



First Quarter Newsletter





Producer and Publisher :
**Allied Health Practitioners
Council of Zimbabwe**

For More Information
please contact us on:
(0242)747482-3/ 303027
+263 771 832 846

info@ahpcz.co.zw

Photographs
AHPCZ

Editors/Advertising
**Mr Mufaro Chimbindi
Miss Farai Sepete**

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Registrar Ms F Maziriri

Greetings colleagues

Welcome to this thrilling year of 2024 as we thank God for another opportunity to execute our mandate as council and share with you exciting news in this edition of the Zimbabwe Allied Health Practitioners Council Newsletter!

Our mission is to spread captivating, enlightening, and empowering information to every corner of the nation, making a positive impact to all our valued stakeholders. Before we dive into this exciting year, we must express our heartfelt gratitude to all the stakeholders who made 2023 possible. The Council owes a debt of gratitude to the Ministry of Health and Child Care, the Health Services Commission, public and private institutions, training institutions, students, practitioners, committees, and everyone who supported us in executing our mandate. In 2023, the Council was actively involved in various activities such as verifying private practices, conducting inspections, engaging with stakeholders, publishing the Zimbabwe Journal of Health Science (ISSN 2791-0148), releasing the AHPCZ newsletter, visiting training institutions, interacting with students, and hosting webinars. As we step into 2024, our aim is to continue and expand these endeavors.

Our goal is to build more mutual relationships with various stakeholders as we strive to protect the population and regulate the professions. Get ready for an incredible year ahead!

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ALLIED HEALTH PRACTITIONERS COUNCIL OF ZIMBABWE



DEPUTY MINISTER HON SLEIMAN TIMIOS KWIDINI

The Board, Management and Staff of Allied Health Practitioners Council of Zimbabwe would like to congratulate the Deputy Minister, **Hon Sleiman Timios Kwidini** on His appointment as the Deputy Minister of Health and Child Care in Zimbabwe.

Congratulations! Makorokoto!
Amhlophe!

FIRST AID IN MENTAL HEALTH

Our First Aid in Mental Health course takes a uniquely practical approach to creating competent and confident workplace first aiders who are able to spot the signs and respond to the mental and physical health needs of a person experiencing a mental health issue.

The FAiMH learning environment enables learners will to share experiences, discuss real life challenges from their day-to-day work, learn from one another, and grow in their professions. Participants will learn the clear referral pathways when experiencing a mental health problem. It is imperative that members of the Zimbabwean public seek mental health

services from registered clinical social workers, counsellors and psychologists.

Who Should take it?

- Corporates
- Law Enforcement Officers
- Teachers
- Faith Leaders
- Health Practitioners
- Students
- Anyone who is interested





The aim of FAiMH is to destigmatize mental illnesses and increase mental health literacy. The learning outcomes of the training are that trainees will be able to:

- 1) Recognize the potential risk factors and warning signs for a range of mental health problems common in Zimbabwe including depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, suicide, and self-injury.
- 2) Use a seven-step action plan to help an individual in mental health crisis connect with appropriate professional help.
- 3) Interpret the prevalence of various mental health disorders in Zimbabwe and the need for perception and attitude change, and stigma reduction toward mental health.
- 4) Apply knowledge of the appropriate professional, peer, social, and self-help resources available in the community to help someone with a mental health problem access treatment and learn how to manage the problem and achieve recovery.
- 5) Assess their own views and feelings about mental health problems and disorder.



Delta Beverages First Aid in Mental Health Training

Decent work is good for mental health. Poor working environments – including discrimination and inequality, excessive workloads, low job control and job insecurity pose a risk to mental health of employees.

To foster the mental health of its employees, Delta Beverages employees trained for the First Aid in Mental Health Training at Mandel Training Centre, Harare in the month of March.

The employees that attended got a chance to share their experiences, discuss real life challenges from their day-to-day work, learn from one another, and grow in their professions.





Let's Take Action

"Stand up Zimbabweans , we are in this together"

Suicide is primarily associated with a number of risk factors amongst the many, fractured families and relationships, substance misuse, undiagnosed and/or untreated mental illness, loneliness and stigmatization,

"It is okay not to be okay"

"It is okay to cry and talk to someone"

"It is okay to seek help"

**ALWAYS SEEK HELP FROM A REGISTERED
COUNSELLOR
CLINICAL SOCIAL WORKER
PSYCHOLOGIST**

Mental health professionals work in various capacities
To diagnose and treat individuals
Suffering from mental illnesses and disorders.

*Allied Health Practitioners Council of Zimbabwe, safeguarding
the public, regulating professions*



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FIRST AID IN MENTAL HEALTH

ALLIED HEALTH PRACTITIONERS COUNCIL OF ZIMBABWE



WHAT IS IT?

An evidence-based training course designed
To give members of the public key skills to help
Someone having a mental health crisis or potentially
Developing a mental health problem

WHO SHOULD TAKE IT?

- ✓ Corporates
- ✓ Law Enforcement Officers
- ✓ Teachers & Faith Leaders
- ✓ Health Practitioners, etc

COURSE TAUGHT BY:

**REGISTERED COUNSELLORS
& PSYCHOLOGISTS**

- Allied Health Practitioners council of Zimbabwe
- <https://www.ahpcz.co.zw/>
- @allied_council
- 0771832846
- 20 Worcester Road Eastlea, Harare



VENUE: MTB
DATE: 10 - 12 April
FEE: \$100

FEE
\$100

INTERNATIONAL WOMEN'S MONTH

March marks Women's History Month, an honorary observance designated by Congress to recognize and celebrate the contributions of women throughout history and today.

Among the events honoring women in their consequential fight for visibility and equality is International Women's Day on March 8, which is observed around the world with marches and demonstrations.

When is Women's History Month?

Women's History Month takes place from March 1 to March 31. However, it didn't start out as a month-long observance.

What are the origins of Women's History Month?

According to the National Women's History Museum, Women's History Month began as a week-long celebration in Santa Rosa, California.

In 1978, the Education Task Force of the Sonoma County Commission on the Status of Women planned the first "Women's History Week" in 1978 and timed it to coincide with International Women's Day. The idea spread to other local communities in the state and across the country.

In 1980, an association of women's groups known as the National Women's History Project successfully lobbied for national recognition from President Jimmy Carter, who issued a proclamation that year recognizing the week of March 8 as National Women's History Week.

President Ronald Reagan continued the tradition until 1987 when Congress designated the entire month of March as Women's History Month with the passage of Public Law 100-9. Since then, every president has issued annual proclamations designating the month.

During Women's History Month, we celebrate the courageous women who have helped our Nation build a fairer, more just society

What is International Women's Day?

March 8 marks International Women's Day. The United Nations officially recognized International Women's Day in 1977, but the occasion has its roots in labor movements of the early 20th century. The day is commemorated in different ways and to varying degrees in places around the world. The first iteration was the National Woman's Day observance in the U.S. on Feb. 28, 1909, when the Socialist Party of America selected the day to honor striking garment workers in New York City who were

protesting unsuitable working conditions for women, according to the United Nations.

A year later, German activist Clara Zetkin was at the International Conference of Working Women in Copenhagen when she suggested the 17 countries in attendance mark March 8 as Women's Day to honor the movement for women's rights and to build support for achieving universal suffrage for women. The following year in 1911, a day to celebrate women was recognized throughout Europe and in the United States.

By 1913, women in Europe began using International Women's Day as a vehicle to protest World War I, which was eventually adopted by women in Russia striking for "Bread and Peace" in response to the death of over 2 million Russian soldiers in the first world war.

It was not until 1975, that the United Nations officially marked what is known now as International Women's Day. Two years later, the U.N. General Assembly adopted a resolution proclaiming a United Nations Day for Women's Rights and International Peace to be observed by member states.



What do the colors behind Women's History Month mean?

Purple, green and white are the official colors of Women's History Month. They are adopted from the colors used for International Women's Day, which according to the website International Women's Day, originated from the suffragists in the Women's Social and Political Union in the early 1900s.

In England, the color purple has historically signified royalty and loyalty to a cause, but internationally and in the U.S. it is associated with justice, dignity and the color of women and gender equality, according to TODAY.com.

Green symbolizes hope and new beginnings, harkening back to spring and nature's flourishing, while white represents purity.

How is International Women's Day observed in the U.S. and around the world?

International Women's Day is celebrated as a national holiday by many countries around the world, with women often receiving flowers and gifts. In dozens of nations, the day has also been marked with marches and demonstrations, as women demand gender parity.

Women's Day events often reflect that year's theme. For 2024, the official theme of the U.N. observance is "[Invest in Women: Accelerate Progress](#)," aimed at tackling economic disempowerment. According to a

U.N. news release announcing the theme, over 100 stock exchanges around the world will host bell ringing ceremonies "to raise awareness of the pivotal role the private sector can play in advancing gender equality."

The website internationalwomensday.com, which was launched in 2001 to reignite attention for the day, has its own campaign theme for 2024: #InspireInclusion. The theme underscores the crucial role of inclusion in achieving gender equality. The website allows people to search for and promote local International Women's Day events by cities, states and countries.

Online retailers, meanwhile, have long used International Women's Day to sell sweatshirts, greeting cards, sticker packs, cloth totes, jeopardy games, cupcake toppers and myriad other March-8-themed, purple-heavy items for the event. The internet also offers plenty of guides for businesses to tap into the occasion, from cupcakes and appreciation emails for employees to product bundles and social media offers for existing or future customers.

Companies, however,

have had varying degrees of success with these efforts.

Additionally, in the U.S., the National Women's History Alliance chooses its own theme for Women's History Month each year. This year's theme is centered on "Women who advocate for equity, diversity, and inclusion."

"During 2024, we recognize the example of women who are committed to embracing everyone and excluding no one in our common quest for freedom and opportunity. They know that people change with the help of families, teachers and friends, and that young people in particular need to learn the value of hearing from different voices with different points of view as they grow up," according to a statement on the website.

The group urges people to honor women and organizations in their community who work for basic inclusion, equality and fairness.

Article adapted from:

<https://www.nbcnewyork.com/news/national-international/womens-history-month-2024-march-celebration/5196447/>





Happy Women's Month

"Women are the real architects of society"



Ms. RATIDZAI HOFISI

CHAIRPERSON OF ALLIED HEALTH PRACTITIONERS OF ZIMBABWE



HAPPY WOMEN'S MONTH

"The biggest barrier for women is the thought that they can't have it all."



Ms. Deidre Machirahondo

AHPCZ Paramedics Representative

www.ahpcz.co.zw

20 Worcester Road Eastlea, Harare, Zimbabwe

0771832846/0242303027

Allied Health Practitioners of Zimbabwe



"Having financial independence is essential for women."

- Violet Bwekera

Celebrating Women's Month



"She is clothed with strength and dignity; she can laugh at the days to come."

Proverbs 31:25

- Telmore Mateka

Celebrating Women's Month



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Stakeholder Engagements

Engaging stakeholders is crucial for successful strategic planning. It involves identifying, understanding and involving people who have a stake in the outcome of the plan. Effective stakeholder engagement management requires a comprehensive approach that includes ongoing communication, listening, and collaboration.

During the first quarter of 2024, AHPCZ has had successful engagements with its practitioners. These engagements have been done both physical and online.

The Council visited Masvingo and Midlands Provinces where they interacted with the practitioners from the different professions that the council regulates. AHPCZ highlighted the role of health regulation in Zimbabwe and its importance to the population, encouraging practitioners to take a bold stance against any malpractices and attended to the enquiries that the participants had.



AHPCZ Registrar discussing with stakeholders in Masvingo



Gweru Stakeholder engagement with AHPCZ practitioners

Online engagements were done through webinars. For the first quarter the council had 7 webinars in the following professions;

- Clinical Social Workers
- Counsellors
- Hospital Food Service Supervisors
- Psychologist
- Paramedics
- Radiographers, Xray Operators and Ultra sonographers
- Multi Discipline (EEG Technician, ECG Technicians, HET and Medical Physicist)

In these webinars practitioners were taught on issues to do with the professions, their training, registration and practice.

For the upcoming second quarter the council is looking forward to having more physical engagements and online webinars for stakeholder engagements and therefore recommends all practitioners to attend these engagements.



IN LOVING MEMORY OF



Aaron Nyakubaya



The Chairperson Miss Ratidzai Hofisi, Vice Chairperson Professor Herbert Zirima, the Council members and Secretariat of AHPCZ all send their deepest condolences to the Matobwe Family and the Radiography fraternity on the passing on of Mr Aaron Nyakubaya. Mr Aaron Nyakubaya will forever be remembered for his immense contribution to the Radiography profession.

May his soul rest in eternal peace.





IN LOVING MEMORY OF



Phyllis Matobwe

The Chairperson Miss Ratidzai Hofisi, Vice Chairperson Professor Herbert Zirima, the Council members and Secretariat of AHPCZ all send their deepest condolences to the Matobwe Family and the X-Ray Operator fraternity on the passing on of Ms Phyllis Matobwe. Ms Phyllis Matobwe will forever be remembered for her immense contribution to the X-Ray Operator profession.

May her soul rest in eternal peace.





2024 3RD AHPCZ CONFERENCE

**Navigating Healthcare Post COVID-19
Period**



Standard Fee
\$100



Early Bird Fee (Deadline 20 April)
\$75

MTB MSASA

128 Mutare Road, Msasa,
Harare



DATE

23-24 May, 2024



SITE

<https://ahpczconference.com/>



Register Now!!!

 Allied Health Practitioners Council of Zimbabwe

 @allied_council

 info@ahpcz.co.zw

 Allied Health Practitioners Council of Zimbabwe



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Payment Platforms

1 . T H R O U G H B A N K T R A N S F E R

a . S T A N D A R D C H A R T E R E D B A N K

Account Name: Allied Health Practitioners Council Zimbabwe
Account Number: 0100209676900
Branch: Avondale

b. CBZ BANK

i. RTGS Account

Account Name: Allied Health Practitioners Council of Zimbabwe
Account Number: 66161383840018
Branch: Avondale Branch
Branch Code: 6103

ii. USD Account

Account Name: Allied Health Practitioners Council of Zimbabwe
Account Number: 66161383840028
Branch: Avondale Branch
Branch Code: 6103

NOTE: Write the Practitioners' name and/or Registration Number when making deposits or transfers .

2 . P A Y M E N T T H R O U G H O U R E C O N E T B I L L E R S Y S T E M

Make Payment

Pay Bill,

Enter Biller Code: 36143

Enter amount

Enter Account Number : Write your professional abbreviations, name and surname as one word, NO SPACING

Send the proof of payment to

accounts@ahpcz.co.zw Copy registrations@ahpcz.co.zw

N.B Kindly note that we do not have a Standard Chartered USD account.

AHPCZ only has a CBZ USD Account !!!

2024 CPD POINTS CHART

Continuing Professional Development (CPD) is the means by which members of professions broaden the expertise required in their professional lives. This serves to ensure that both academic and practical qualifications do not become obsolete and redundant. Continuing Professional Development (CPD) is an ongoing, structured combination of learning activities through which Registered Practitioners maintain and extend their knowledge and skills for lifelong professional competence. CPD can take many forms, from short courses to conferences, seminars and lectures. Engaging in Continuing Professional Development ensures that both academic and practical qualifications do not become out-dated or obsolete; allowing individuals to continually 'up skill' or 're-skill' themselves, regardless of occupation, age or educational level.

Ambulance Technicians	30
Clinical Social Workers	50
Counsellors	50
Dieticians	15
ECG Technicians	30
EEG Technician	30
Emergency Medical Technicians	30
Health Promotion Officers	12
Hospital Equipment Technicians	30
Hospital Food Services Supervisors	30
Intern Psychologists	40
Medical Physicists	30
Nutritionists	12
Paramedics	30
Psychologists	50
Radiographers	50
Specialist Ultrasonographers	50
Ultrasonographers	50
X-ray Operators	25

Training Institution Visits

The Council has been engaging training institutions to meet with the staff and students as a way to increase Council's visibility, promote and foster research through the Council's Journal (ZJHS), Quarterly newsletter and First Aid in Mental Health Training. Members of the secretariat also encouraged compliance in and when training from both the students and the lecturers.

It is the Council's intention to visit all institutions that are training its regulated professional courses in Zimbabwe to avoid training in unaccredited programs.

In the first quarter the secretariat was able to visit the following institutions:

- Mars Training Institution
- ACE Training Institution
- Emras Training Institution
- Great Zimbabwe University



Emras Training Institution



ACE Training Institution



Mars Training Institution



Great Zimbabwe University

TELE HEALTH

Telehealth sometimes called telemedicine lets you see your health care provider without going to their office. You can have a telehealth visit online using your computer, tablet, or smartphone. Telehealth care allows you to:

- Talk with your health care provider on the phone or using video.
- Send messages with your health care provider safely.
- Track your health care using technology so you can share information like your blood pressure with your provider.

What are the benefits of telehealth?

Having a telehealth visit is just like a regular visit, but you are in one place and your health care provider is in another. While you may need to see your health care provider in person sometimes, telehealth has many benefits.

- It keeps you and others from getting sick by being close to each other.
- You can see your health care provider anywhere: home, work, or even your car.
- It saves time because you don't need to travel, take time off, or find someone to watch your kids.
- You may get an appointment faster.
- You have more choices. You can have a visit with a health care provider who may be far from you.

Telehealth may not be right for everyone or every health care condition. Always talk to your health care provider if you have questions or concerns.

How can I get comfortable with telehealth?

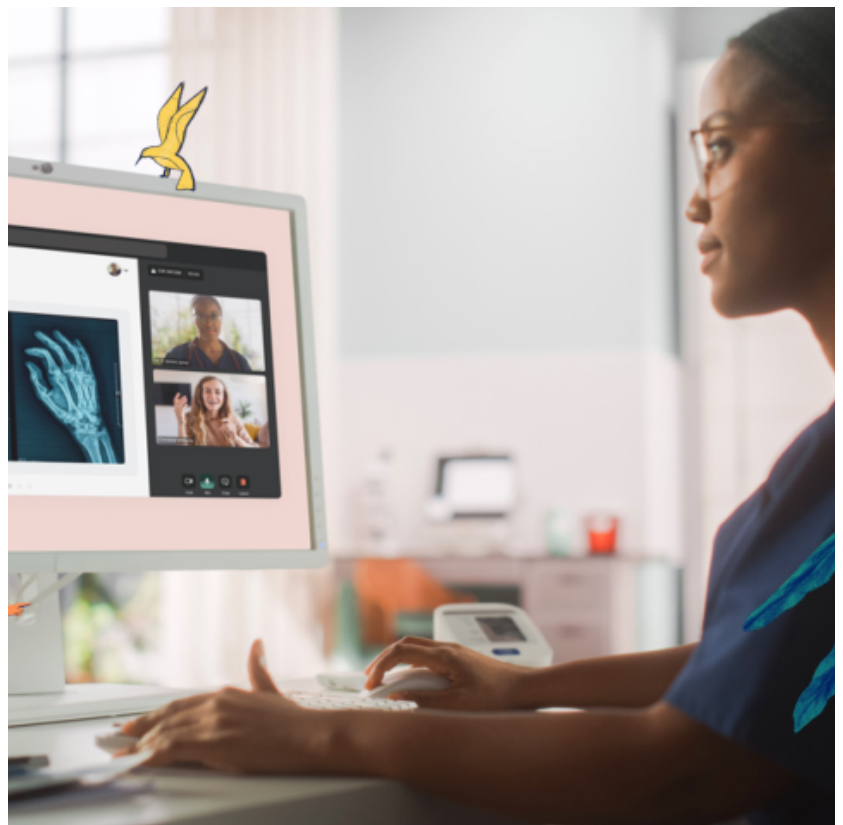
You should feel confident with telehealth. This is important to make sure you get the best care possible.

Pick a provider that makes you comfortable. Your health care provider should be someone you trust. They should make you feel welcome no matter who you are or where you are from. If you speak another language, you can find a provider who speaks your language or use a translator. Using telehealth can give you more choices.

For the AHPCZ Tele health Policy kindly contact registrations@ahpcz.co.zw

Article adapted from:

<https://telehealth.hhs.gov/patients/why-use-telehealth>





Invitation to Participate in the AHPCZ Newsletter

All AHPCZ Students can now participate in the quarterly newsletter by forwarding articles from their professions for possible publication in the newsletter after review by the relevant Education Committee



SUBMISSION DATES
Friday 14 June 2024



info@ahpcz.co.zw



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NATIONAL CLEAN UP CAMPAIGN

A clean up campaign is a community-based, environmental initiative that inspires and empowers communities to clean up, fix up and conserve their environment themselves. These campaigns can focus on different types of pollution, such as litter, plastic waste, or electronic waste. The goal of clean-up campaigns is to create a cleaner and healthier environment for everyone.

President Mnangagwa launched the National Clean-Up Programme in December 2018 based on moral persuasion urging all citizens to clean their environment between 8am and 10 am on the first Friday of every month

Clean-up campaigns raise awareness about the importance of keeping our planet clean and healthy. By participating in these events, people can learn about the impact of pollution on our environment and what they can do to help.

These campaigns bring people together and build community spirit. They provide an opportunity for people to work together towards a common goal and create a sense of pride in their community. There are many ways to participate in clean-up campaigns. You can join a local group or organization that organizes clean-up events.

You can also organize your own clean-up campaign with friends, family, or colleagues. Some organizations also offer virtual clean-up events, which allow people to participate from anywhere in the world. Before participating in a clean-up campaign, it is important to take safety precautions. Wear gloves and other protective gear, and be careful when handling sharp or hazardous materials. It is also important to properly dispose of the waste you collect.

Steps involved in planning a successful program

- assessing community needs,
- lining up resources,
- acting on plans

- monitoring and evaluation

Realistic cleanup goals should be established and volunteer program participants should be motivated and well-organized. Both adults and young people should be involved in community cleanup programs and should be made aware of benefits to neighborhoods of cleanup efforts and should be encouraged to form partnerships.

AHPCZ joined HPA and other councils in an environmental clean up campaign at Harare Maternity Hospital as a way of contributing towards the achievement of the Sustainable Development Goals (SDGs) by 2030.



RPAZ Engagement



Allied Health Practitioners Council of Zimbabwe (AHPCZ) met with representatives from the Radiation Protection Authority of Zimbabwe (RPAZ) to discuss about collaborations and partnerships between the organizations





NEWSLETTER ADVERTISEMENT RATE CARD

FULL
PAGE

\$100

HALF
PAGE

\$75

QUARTER
PAGE

\$50

GIVE US YOUR FEEDBACK & LEAVE A REVIEW

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Or Visit us at

20 Worcester Road Eastlea , Harare, Zimbabwe

Website : www.ahpcz.co.zw

Phone : (0242)747482-3 /303027/ 0771 832 846

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**#It is a right of every Zimbabwean to seek assistance from a registered
AHPCZ Practitioner#**