

Hello

Vol 3. September 2023

Chiremba

MEDICAL STUDENTS MAGAZINE



ZiMSA Masquerade Ball

ZiMSA held its inaugural dinner in May. Pictures and glam of the event on page 23

Introducing Sehlumile

Catch up on what the Sehlumile Team did over the last year...

Hello Chiremba

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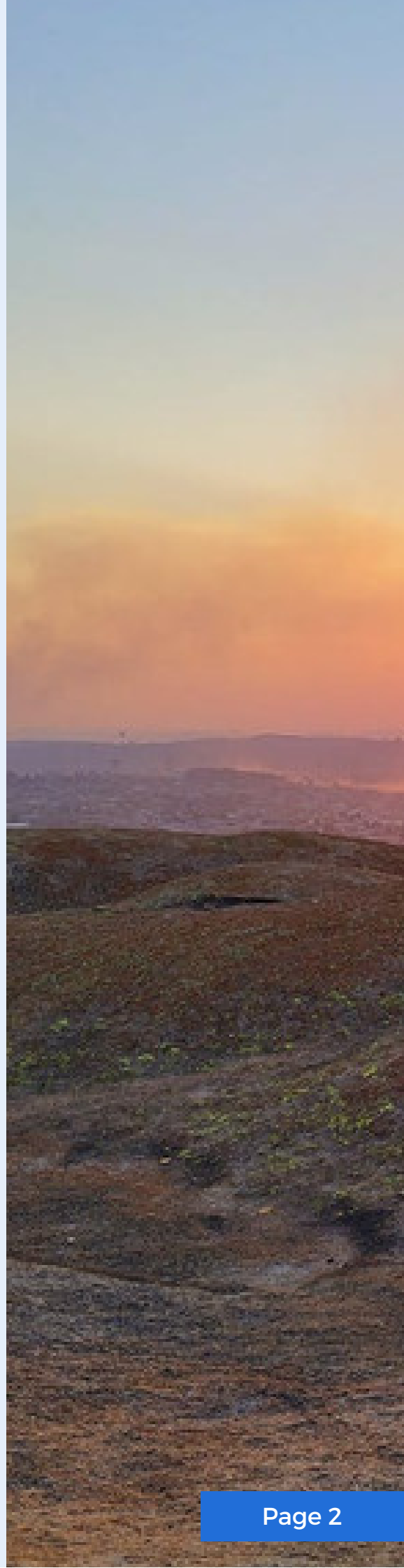
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Editor's Note

HELLO CHIREMBA

I am pleased to have the honour to present to you the latest issue of Hello Chiremba. I'm so proud of the amazing work that our members have done in the past year. In this issue, you'll find inspiring stories of resilience, innovation and collaboration. You'll also get a glimpse of some of the exciting projects and initiatives that are happening in and around ZIMSA.

Recline, breathe in, take a long sip of nostalgia, and enjoy with us as we reminisce over the past year

*Wilsar
Mutinhima*

Editor-in-Chief



As the editor in chief, I want to extend my heartfelt gratitude to all the contributors who shared their ideas, experiences and opinions with us. Who not only left ink on these pages, but also their sweat in the new ZIMSA Structures and their footprints in the path that has led us to where we stand today. I also want to thank our editorial team for their hard work and dedication in putting this magazine together. It's been a pleasure and an honor to work with such a talented and passionate group of people.

I hope you enjoy reading this issue as much as we enjoyed creating it.



President's Report

The beginning of every year brings exciting opportunities and hope as you embark on a journey. Starting of the term as ZiMSA President, I was greatly humbled for the opportunity to lead this great organisation and ready for the task that lay ahead. Having had solid foundations that had been established by the National Executive before us, we hit the ground running with a team that was eager to take the organisations to greater heights.

By Tadiwa Govore

Over the course of the term we have faced numerous opportunities and obstacles, all of which have shaped the direction and impact of our organisation. This report serves as a testament to the unwavering commitment, dedication, and collaborative efforts demonstrated by our team throughout the term.

In the beginning of the term, ZiMSA hosted its first ever National Executive Capacity Building workshop. Under the leadership of our Capacity Building Representative our executive went through a weekend of rigorous training that served as a team building exercise and a weekend getaway at Mudziyashe resort in Harare, a newly formed ZiMSA partner.

On the international scale ZiMSA has continued to thrive. We saw members attending both IFMSA General Assemblies, the March Meeting hosted in Estonia and the August Meeting hosted in India.

At the same time our former president was chosen amongst the few that will attend the 73rd session of the World Health Organisation regional committee meeting hosted in Botswana. This shows ZiMSA's drive in maintaining and propagating our vision of facilitating and capacitating the training and development of globally competent, socially responsible medical students capable of providing effecting leadership in an environment that promotes and strives for academic excellence.

Over the course of the term, ZiMSA has excelled on all fronts. With the hard work of our SCOPE Director, ZiMSA has welcomed international students as well as sent students on their elective journey.

We have opened our doors to students from France and Germany and our students will also get to go raise the Zimbabwean flag high in these countries as these are bilateral agreements. Students from ZiMSA also had the opportunity of having their electives in Kenya as well as Qatar.

The year has had a lot of memorable moments for ZiMSA, but one that sticks out for me is the ZiMSA masquerade ball that was masterminded by our PRO.

The event was top class and saw high ranking members of the medical field attending including the Chief Director from the Ministry of Health and Child Care Dr Dobbie, as well as our guest of honours that included the CEO and founder of Interpath laboratories, Dr Dandadzi, CEO and founder of Optinova Eye Group, Dr Guramatunhu, CEO of MedOrange Pharmacies, Diana Hore, as well as Dr Mvere- Chatora from MIC Radiology. This event saw ZiMSA members, including alumni learning about medical entrepreneurship from top individuals in the industry as well as enjoying a 3 course meal and a masquerade ball at the elegant Zimbali Gardens.

This year saw the beginning of many fruitful partnerships for the organisation that we hope will help the organisation in the future. With Interpath laboratories we started ZiMSA X Interpath lab coats as well as partnering with our program Sethumile. The partnerships we formed during the year have brought about great impact to the organisation as well as the community as ZiMSA does its programs and outreaches.

We would like to thank all our sponsors and partners who have helped ZiMSA thrive this year. You will find out more about our partners and sponsors in this magazine.

The ZiMSA community over the course of the year can marvel at the growth it has shown. In membership we were able to incorporate Great Zimbabwe University into ZiMSA and under the leadership of their first local chapter president Kuda I have no doubt that the Simon Mazorodze School of Medicine students will have a strong impact on the association as well as in their communities.

As we contemplate the achievements and evaluate the road ahead, we must recognize that our work is far from complete. Challenges persist, and the pursuit of progress requires continued dedication, collaboration, and a unified vision. Together, let us reflect upon the collective achievements of this term and harness the insights gained to propel our organisation towards an even brighter future.

Thank you for your unwavering support and trust throughout this journey. I remain committed to serving our organisation to the best of my abilities, and I am grateful for the privilege to have led during this transformative period. I have no doubt that the upcoming executive we choose at this year's AGM will bring about great success for the organisation and as I hand over the baton I would like to wish them all the best and look forward to seeing all the great things they will achieve.

MEDICINE PAR EXCELLENCE!



VPE Report

The term kicked off with registration for the IFMSA MM23 GA and we managed to attend the MM23 Presidential Online Sessions. The entire EB helped maintain our membership by participating in the completion of the required documentation as the strategy was divide and conquer.

We utilised the divide and conquer strategy once again in the completion of the relevant documentation in maintaining our voting rights and membership in the IFMSA AM23 GA. It was with much pleasure to have 5 delegates physically attend in India the IFMSA AM23 GA. Many thanks go to the PRO who helped in creating promotional graphics for the IFMSA GAs. It is with much gladness to have 8 promising delegates to attend the IFMSA African Regional Meeting in Rwanda later in the year.

In line with maintenance of membership, the VPE Office liaised with the Treasury desk in paying the FAMSA dues for 2022-23. I managed to encourage ZiMSA members to apply for FAMSA Executive positions and a total of 8 candidates applied:

- 3 female applicants applied for Regional Coordinator – Chido Sunga got appointed
- 5 candidates applied for the Regional Council and 3 got appointed as the Finance officer, Vice Regional Coordinator External Affairs and Secretary officer from Zimbabwe

A ZiMSA Data Analysis Skill Acquisition (ZDASA) Program was established and unfortunately MSU was the only university that could complete its sessions with their LC President running point on the event.

With the emergence of GZU Medical School on the scene, we managed to complete the ZiMSA GZU inauguration with many thanks going to Tadiwa (The President), Michelle (The Secretary General), Joshua (UZ President) and Melissa (The Preclinical Representative) for attending the event.

As my term comes to an end, it is my hope and desire to see ZiMSA continue to thrive on the grandest stage of them all and I hope the future VPE will take ZiMSA to greater heights.



Jo-Anne Chikwira
VP of External
Affairs

NATIONAL EXECUTIVE COMMITTEE

2022-2023



Kuziva Zvokuomba
VP Internal Affairs



Tadiwa Govore
President



Jo-Anne Chakwira
VP External Affairs



Michelle Mujaji
Secretary General



Wilsar Mutinhima
Public Relations Officer



Hamdaan Ibrahim
Vice Treasurer



Tashinga Simende
Sergeant-At-Arms



Tendai Saungweme
Capacity Building Rep



Shantel Samusiya
National Treasurer



Melissa Masuka
Preclinical Representative



Gerome Brock
Preclinical Representative



Kimberly Nkomo
IMUNZI Program Coordinator

NATIONAL EXECUTIVE COMMITTEE

2022-2023



Nathan Manyange
SCORE Director



Alysa Gore
SCOPH Director



Anna Munir
SCOPE Director



Lindah Nkomo
SCORA Director



Aaliyah Girach
SCOME Director



Fatima Mubashar
SCORP Director



Samantha Makore
MSU Local Chapter President



Joshua Masanganise
UZ Local Chapter President



Tinevimbo Mavuka
NUST Local Chapter President



Charmaine Sanyika
Sehlumile Program Coordinator



Lionel Shumba
Rare Diseases Initiative Program
Coordinator

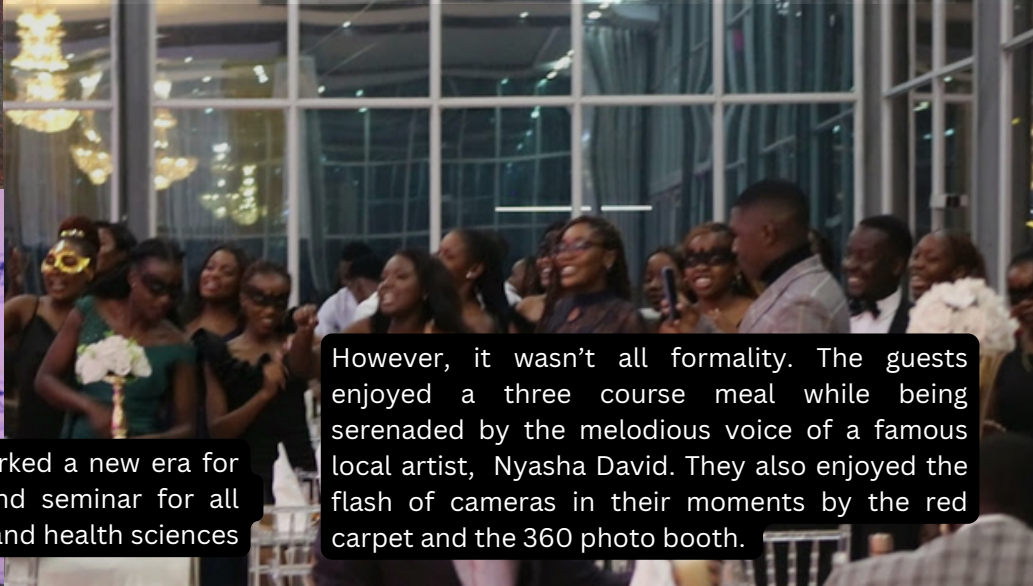


Kuda Mughodhi
GZU Local Chapter President



ZiMSA Inaugural Dinner

*Masquerade
Ball*



The starry night of the 20th of May marked a new era for ZIMSA. We hosted a themed dinner and seminar for all students across the faculty of medicine and health sciences and for all health professionals.

However, it wasn't all formality. The guests enjoyed a three course meal while being serenaded by the melodious voice of a famous local artist, Nyasha David. They also enjoyed the flash of cameras in their moments by the red carpet and the 360 photo booth.

We had many high profile guests in attendance who included including the Chief Director from the Ministry of Health and Child Care Dr Dobbie, as well as our guests of honour that included the CEO and founder of Interpath laboratories, Dr Dandadzi, CEO and founder of Optinova Eye Group, Dr Guramatunhu, CEO of MedOrange Pharmacies, Diana Hore, as well as Dr Mvere- Chatora from MIC Radiology. And many others that would fill up this page.

The topic of the discussions was Medical Entrepreneurship and our panelists left the attendants feeling inspired and motivated to break through the economic barriers and become entrepreneurs too. The dinner was also a point of breakthrough for the association in terms of meeting potential partners and forming new relationships, as well as strengthening existing partnerships.

We would like to thank all our sponsors for this event, CABS, Interpath Laboratories, Borrowdale Trauma Centre, Diagnostic Imaging Center, Optinova, MRI and Radiology, MIC, MedOrange, Flatbridge, AZANZA, Women in Global Health, Tariro Health, population services, instacare and Dr Fran. We are truly grateful for this sponsorship as it allowed us to give a heavily discounted ticket price for students, and allowed us to give free tickets to some students who couldnt afford to attend.

Masquerade Ball

The dinner was also monumental in that it brought forth the establishment of a ZIMSA Scholarship Fund. Through an auction held at the dinner and the money left from sponsorship, we were able to raise money to pay school fees for one person.

The dream now is to have the dinner be an annual event that aims at connecting medical students from all medical schools in the country, with each other and with doctors and professionals already in the field. We also aim to grow the scholarship fund so that we would be able to pay fees for a medical student in need at each local chapter



Wilsar Mutinhima
Public Relations
Officer

Preclinical Report

Must Grill & Chill

The main responsibilities of pre-clinical representatives are to assist prospective medical students with career guidance, to ensure a smooth transition from high school to medical school and from preclinical to clinical and to represent and encourage preclinical medical students to participate in ZIMSA activities.

We got the chance to expose ZIMSA to thousands of high school students. Numerous high schools, both urban and rural attended an open day that MSU held. Our primary goals, which were to raise awareness of ZIMSA and its purpose, entice high school students to seek a future in medicine, foster a sense of community and support among aspiring medical students and inform them of the advantages and possibilities of being a part of this family, were all accomplished. Judging on the number of students who expressed an interest in pursuing a medical career after being exposed to ZIMSA's initiatives indicated the success of the organization's outreach effort.

First-year orientations are essential for acquainting fresh medical students with the curriculum, resources, and expectations for their academic path. We took use of this chance to appeal to all first-year students about ZIMSA. NUST, had 55 out of 60 sign-ups, while at MSU, all 40 students were interested in this organization.

We utilized every chance to present ZIMSA during game nights and color runs. Additionally, we got the chance to introduce and launch the organization during our visit to GZU. We encouraged first-year students to take part in ZIMSA activities, and several of them took on active leadership positions as committee directors. We emphasized on the significance of paying subscriptions.

One of the main objectives for our term in office was to set up a mentorship program that would provide medical students advice and assistance. Through surveys and discussions with fellow students, it became evident that many medical students desired mentorship opportunities to navigate through their academic journey effectively. Extensive efforts were made to recruit both mentors and mentees from various academic years. A careful matching process was implemented to ensure compatibility between mentors and mentees based on their interests, career goals, and personal attributes. At NUST a grill and chill was conducted which served as a face to face mentor mentee interaction. In other universities these interactions are being done online. Many medical students are still signing up for the mentorship program hence the program has been successfully established.



LOCAL CHAPTER REPORTS

A Report of the activities of each local chapter.

UZ Local Chapter

As we bid farewell to another remarkable year, it's time to celebrate and acknowledge the growth that has been shown by our organization. Throughout the past year, we have persevered, adapted, and achieved milestones that have propelled us forward. With unwavering dedication and collective effort, we have transformed challenges into opportunities and made significant strides towards our goals. Let us take a moment to reflect on the successes that have defined this incredible year.

- **ZiMSA UZ** had an overwhelming increase in the number of new members as well as that of active members. This was very pleasing as it has taken a long time to recover the numbers post COVID.
- **Impactful Initiatives and Projects:** Our organization has made a tangible difference in the lives of those we serve. From community outreach programs to impactful projects, we have left a lasting positive impact. One such example is the outreach programs carried out by the UZ Sehlumile team.
- **Growth and Innovation:** Innovation has been at the heart of our organization's success. We embraced new ideas, harnessed technological advancements, and adapted to the evolving landscape. This spirit of innovation has propelled us forward, enabling us to find creative solutions and seize emerging opportunities. An example that perfectly encapsulates the aforementioned point is the growth that has swept the Scope sub committee to new levels. Students now have the opportunity to learn more information about the intricacies of travelling both locally and abroad during their elective years via the Scope sub committee instead of going at it alone. With Scope, the costs as well as benefits are packaged in a manner that allows the individual peace of mind to navigate the choices before them.
- **Engaged and Empowered Members:** Our success would not have been possible without the dedication and passion of our ever active members, particularly the local chapter board that went above and beyond in their efforts to recruit and retain prospective members. Their unwavering commitment, enthusiasm, and tireless efforts have been instrumental in driving our organization's growth. Through their engagement, we have nurtured a vibrant and inclusive community that thrives on collaboration and shared values. They have also been the backbone of the think tank that has seen us add more features to the organization. Features that have helped us to be a bit more user friendly for prospective members.
- **Strengthened Partnerships:** Building strong partnerships has been a cornerstone of our success. By forging meaningful collaborations with like-minded organizations and stakeholders, we have expanded our reach and amplified our impact. We are eternally grateful to Interpath, Azanza Telehealth and Cabs to name a few of the successful partnerships we were able to take part in.

It has been a year of taming challenges as they lept out of thin air in a seemingly unending wave. Together, we hope to shape a brighter future and continue making a positive difference in the lives of those we touch.



**FIRST BMS
GRADUATION**
Cohort
AT UZ

NUST Local Chapter

Working together is surely more fun than working alone. This proved true for the ZIMSA-NUST 2022-2023 local executive. The committee worked as team during their term to bring alive the vision of ZIMSA. The work for the outgoing executive began in October last year. This is breast cancer awareness month. The committee did not let this chance pass. They did their bit in raising awareness. The team wore pink, and distributed pink ribbons around campus.

In January, the National University of Science and Technology (NUST) Faculty of Medicine welcomed sixty new medical students. For the past years, the number has been twenty-five. This was a beautiful opportunity for ZIMSA-NUST, as that meant an opportunity to increase our membership numbers. As expected, in February our local executive committee led by the Pre-Clinical Representative went to the Ekusileni campus where the first years learn to introduce

ZIMSA to them. Fifty-four joined the association. To welcome the freshmen to the family, ZIMSA-NUST hosted a welcome braai. Later during the first semester, the team also hosted a movie night on campus where they also did fund-raising activities by selling burgers, popcorn and juice. The team also sold burgers on separate days on campus for fundraising. An online quiz was also hosted in the local chapter WhatsApp group chat and the winner was awarded with airtime.

Some of the members of the local executive committee.



MSU

Local Chapter

ACHIEVEMENTS

- Managed to set up the team for the term. Also managed to introduce the team and have them understand their roles in the executive. This was done through the hand over take over meeting that we had with the former executive board
- Registered ZIMSA to the MSU student's development office so that it can be recognized as a club in 2023
- Put together the 2023 calendar and submitted it to the University and they made some alterations
- Had a breast cancer awareness walk. We had medical students wear anything pink and join us in marching around the campus as we raised awareness for breast cancer which was under the theme 'Squeeze a Boob Save a Life'.
- The first year's orientation. The preclinical representative was the one who organized and made sure the event was a success. We also got help from the national preclinical representative, Melissa Masuka.
- Had a data analysis workshop for the students and very few people attended
- A few of the executive members were chosen to be part of the MSU orientation
- For the masquerade ball that was held in Harare, only a handful of students managed to go.
- Had a sexual reproductive health workshop which was running under the theme 'Increase Access to Sexual Reproductive Health to Young People. We had almost thirty medical students in attendance as well as some officials from the university which include the Dean of students and the Director of Health at the university.



IN THE PIPELINE

- We have started to collect donations for the donation drive that is scheduled for the 9th of September. This donation drive, ZIMSA will be collaboration with CMF and we will be donation to Jairos Jiri School in Gweru
- First Aid Training day with MARS, the date is to be confirmed by the people from MARS.
- A game night also scheduled for the 2nd of September

Hopes for the future

- The local chapter committee would like to encourage MSU ZIMSA members to pay their subscription fees so that the organisation can achieve more.

SIMON MAZORODZE SCHOOL OF MEDICAL & HEALTH SCIENCES

GZU Local Chapter

Our inauguration was held on May 27 towards the end of the semester two weeks before exams for local chapter executives. In attendance were the national executives, Tadiwa Govore the President, Jo-Anne the vice president of external affairs, Michelle Mujaji the secretary general, Joshua UZ local chapter president, Melissa the pre-clinical representative, MSU patron and also GZU students with their patron, dean also student representative council executives, radio personnel and Say What representative among others.

As the first born of GZU medical school, the executives and the patron we aim to set certain standards so that the future of ZIMSA at local chapter level is secure and the following were initiated after registering the club with the university:

- ZIMSA-INTERPATH lab-coat partnership
- ZIMSA mentorship program [in conjunction with NUST]
- SAY WHAT and UNESCO partnership
- RADIO broadcasting [Awareness campaigns]
- Subscription payments to register our first ever members



To us who see the sky is not the limit and the following are our aims as we approach the latter part of the year,

- Standing committee related activities e.g
- Increase membership
- Increase fundraising activities, educate and enlighten students about ZIMSA
- Do our first ever outreach to Highschools
- Increase ZIMSA scholarship capacity at local chapter level and national as well.
- To sum it all up we still have a lot of firsts to do.

OUR PARTNERS



INTERPATH
Ultimate diagnostic solutions



Zimbali
Events &
Lifestyle

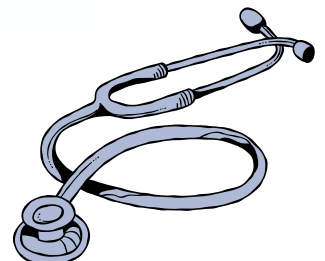


TRAUMA CENTRE
& CRITICAL CARE

OUR SPONSORS



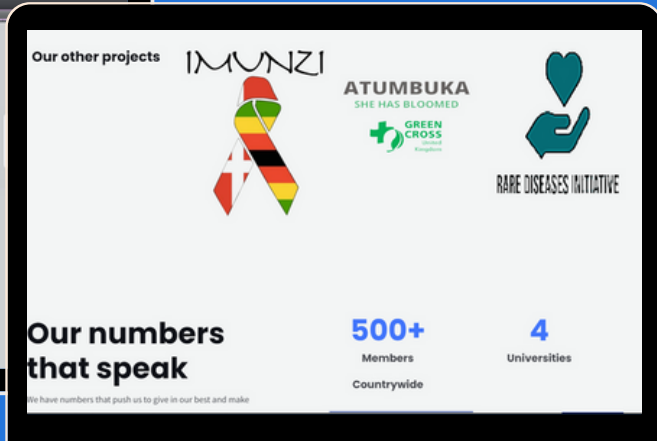
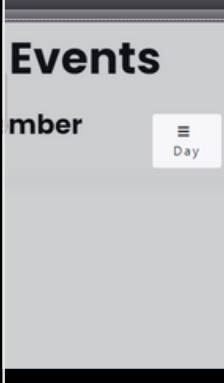
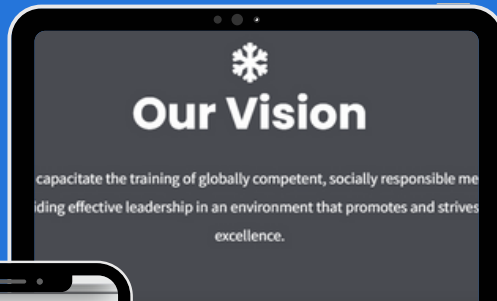
AZANZA
HEALTH



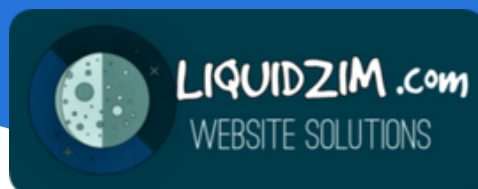
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DEVELOPED BY HAMDAAN IBRAHIM
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White Coat Warrior: A Tribute to Medical Students

In the halls of knowledge, where shadows dance,
Lies a medical student, a mere mortal haunted by circumstance.

Passionate and driven, his zeal shines bright,
Yet inside, he's exhausted, broken in the dead of night.

With textbooks as companions, he feeds his hungry mind,
Burning out at midnight, seeking wisdom he hopes to find.

His dreams are filled with cadavers and disease,
His heart yearns to heal, to offer solace and ease.

But every step forward comes with its own toll,
His hands bear the scars, a testament to his role.

Gruelling hours spent in lecture rooms,
Witnessing suffering and pain, as life teeters on fumes.

The weight of responsibility crushes his spirit,
As he grapples with loss, failure, and the fear to admit.

Haunted by mistakes, choices he can't undo,
He questions if he's worthy of the white coat, of seeing it through.

His eyes, once afire with hope and dreams,
Now reflect the weariness, the darkness it seems.
The sleepless nights and the endless demands,
Have carved hollows within, where anguish expands.

While others see success and accolades adored,
He bears beneath the surface a story untold.
For to heal the broken, he must battle his own strife,
A relentless war between passion and fragile life.

Yet, amidst the shadows, a flicker remains,
A spark of resilience refusing to wane.
He may be exhausted, cracked inside and worn,
But his compassion persists, for healing is his sworn.

Inscribed upon the pages of time, your tale, O student dear,
A testament of resilience, despite your every fear.
For you have seen the pain and strife, that some may never know,
Yet your heart still yearns to heal, to help each patient grow.

When waves of doubt crash over you and tears fill up your eyes,
Remember why you started, let your calling be your guide.
You chose this path, this noble quest, to mend what's torn apart,
To bring hope to those in need, with knowledge as your art.

You may be broken, dear student, but fragments can give birth,
To a strength unparalleled, a renewal of your worth.
Through shattered pieces of your heart, compassion finds its way,
Allow your pain to shape you, as you rise like the dawn each day.

Know that you are not alone, in this battle you embrace,
A community of hearts, standing strong, never to erase.
Surround yourself with kindred souls, who share your arduous plight,
Together you shall shine your light, and overcome the darkest night.

Remember to be gentle, with yourself along the way,
For healing starts within, in the depths where shadows sway.
Celebrate the small victories, and cherish every stride,
For your determination and resilience, forever shall reside.

So, dear medical student, wear your brokenness with pride,
For it is through the cracks that your compassion can't hide.
You are the beacon of hope, shining bright through the storm,
A warrior within white coat, a healer who transforms.

Keep pushing forward, steadfast and true,
The world needs your compassion, don't doubt what you can do.
Embrace the depths of your passion, let it guide you ever more,
And in your journey to heal, may your spirit truly soar.

So, let us remember the medical student's plight,
Their tireless devotion, a beacon in the night.
For behind the broken facade, a hero resides,
That keeps pushing hard, through the high tides.

Written by

HAMDAAN IBRAHIM

Faculty Representative, Faculty of Medicine and
Health Sciences, University of Zimbabwe

National Vice Treasurer, Zimbabwe Medical
Students Association





Standing Committee Reports

*Take a look at the work that has been done
by the standing committees in the past year.*



SCORA ARTICLE

SCORA has been busy and successful in the past few months and we want to share some of the highlights with you. Here are some of the platforms and topics we used and covered, along with some of the outcomes and impacts we achieved:

- November: On Instagram, we posted about #movember, men's health awareness month, and prostate cancer awareness. We also shared some stories and testimonials from men who have been affected by these issues.
- December: On Instagram, we marked world aids day and international day to end violence against sex workers. We also shared some resources and facts about these issues and how to support people living with HIV/AIDS or working in the sex industry.
- January: On Instagram, we focused on cervical cancer awareness month and how to prevent and treat it. We also shared some tips and advice on how to have regular screenings and check-ups.
- February: On Instagram, we covered teen dating violence awareness month, international day for zero tolerance against genital mutilation, sexual and reproductive health awareness day, and international condom day.
- March: On Instagram, we raised awareness about endometriosis, HPV, sex workers rights, women's rights, and tuberculosis. We also celebrated international women's day and world tuberculosis day with some inspiring stories and messages.
- May: On WhatsApp, we provided a guide to SRHR in Zimbabwe and answered some questions from the group members. We also clarified some myths and misconceptions about SRHR issues. On Instagram, we joined the international aids candlelight memorial and honored those who lost their lives to HIV/AIDS. We also did some outreach with Adult Rape Clinic at Hatcliffe High and Southlea Park High schools and talked to students about SRHR issues.
- June: We attended the UZ career fair day at innovation hub and talked to students from various high schools about SCORA and SRHR. We also gave them some flyers and brochures to learn more.
- July: On Instagram, Facebook, threads, and twitter, we posted about fibroids awareness month and zero HIV stigma day. We also shared some personal stories and experiences from people living with fibroids or HIV.
- August: On all social media platforms, we invited various members to participate in breastfeeding awareness week and provided scripts for videos and posters. We also shared some benefits and challenges of breastfeeding for mothers, babies, families, communities, environment, etc



Lindah Nkomo
SCORA Director

As you can see, we've learned a lot from being part of SCORA and we're proud of our achievements. We've also made great connections with colleagues, stakeholders, and professionals who helped us grow and improve our skills. We hope you enjoyed this summary of our SCORA journey.



SCOPE ARTICLE

Hey, do you love exploring different healthcare systems around the world? Do you want to boost your medical skills and knowledge while having fun in a new place? If yes, then SCOPE ZIMSA is perfect for you! Our program lets you join a healthcare exchange with experts from various countries. You'll get to see how they work, learn new things, and understand the global health situation better.

You'll also enjoy a new culture and make friends with healthcare workers from different backgrounds. SCOPE ZIMSA gives you an awesome way to grow your career and your worldview. So if you're up for a cool and rewarding adventure, don't wait and apply now! And guess what? It's super affordable too.

SCOPE takes you to amazing places for your elective. Discover a World of Wonders! France, Romania, Slovakia, Finland, Germany, Ethiopia, Kenya, Italy, Malaysia, Rwanda, Brazil and more! Just tell us where you want to go and we'll do our best to make it happen. SCOPE has been very busy this season, we faced some challenges but we didn't let that stop us from giving students the chance to do their electives in their dream countries. We signed more contracts than we expected. So we urge you to apply on time and not miss this opportunity.

Listen to what our recent exchange students have to say:

Hear from our recent exchange students:

German student: Robert

I had an amazing time in Zimbabwe, where I studied medicine and visited beautiful places. The people there were very kind and helpful, and the university and hospital were safe and quiet. I was impressed by the students' dedication and the quality of education. The best part was seeing Victoria Falls, which blew my mind. I'm very thankful to ZIMSA for making my exchange so smooth and fun. It was a life-changing adventure that I'll never forget.

Charmaine, Her exchange in Kenya

I chose Kenya for my elective because I love it. It's the "Pride of Africa" with many tribes and good education. I wanted to see more surgeries and avoid culture shock. Nairobi was amazing with skyscrapers and traffic. I met students from different countries and learned a lot. The hospital staff was nice but the Cardiovascular department was rude. My advice is to be open minded, persistent and curious.

Anna Munir
SCOPE Director



SCORE ARTICLE

Standing committee of research exchange it was founded in 1991 with the objective of giving medical students an opportunity to improve their skills in research. It offers the medical students the platform to learn the basic principles of medical research such as literature studies, collecting data, scientific writing, lab work, statistics and ethical aspects related to medicine. Its mission is to give future physicians an opportunity to experience research and diversity and to produce cultural sensitive students and researchers.

The term 2022-2023 for SCORE has not been as busy as we anticipated. We planned to have online dialogues on topics which revolved around the impact of traditional herbs in medicine, the role of artificial intelligence in medicine among others. However we failed to carry them out due to challenges which are not limited to finding professional speakers. We hope to improve with time and make this standing committee more vibrant. However on the 30th of June 2023 we managed to hold an online score workshop with other SCORE NMOs from Ghana, Cameroon and Gabon. Its main goal was to try to increase medical students' activism in SCORE.

On the same day we had physical dialogue with high school students from Mpopoma high school in Bulawayo, where we held discussion on AMR (antimicrobial resistance), we hope that more of these interactive dialogues are going to be held in future.

SCORE is still in the process of being activated in order to allow students to have exchange electives, if everything goes well the process should be complete beginning of 2024.



Research Exchange



Nathan Manyange
SCORE Director



SCOPH ARTICLE

It has been an eventful year for SCOPH, but before I get into that let me give you a brief introduction on SCOPH. SCOPH stands for the Standing Committee on Public Health. Just as the name says, we deal with public health issues that arise, especially here in Zimbabwe. Our mission can just about be summarized by one sentence, "Prevention is better than cure". Basically, why wait for someone to get sick when you can prevent the illness in the first place?

The answer is, for no reason!

We aim to educate people on better lifestyle habits and good hygiene as well as give equip them with basic information on various diseases of concern. Our membership comprises a group of like-minded medical students who are interested in community engagement on issues to do with public health, and not just on a national scale, but on an international scale. So if you are a public health enthusiast, then be sure to join our SCOPH family.

During this term we've celebrated several international health awareness days which include: Diabetes Awareness Day, World AIDS Day, World Cancer Day, World TB Day and World Malaria Day. Most of our work included use of posters and infographics designed by our members, as well as informational videos, done by fellow medical students and health professionals. We have also had informational quizzes and discussions on our social media platforms so as to keep as up-to-date on public health issues.

Earlier this year we expanded our network and managed to collaborate on an online Mental Health Seminar that we conducted in conjunction with fellow student organizations from Tanzania and Zambia. Additionally, a seminar was held at Midlands State University in which SCOPH in conjunction with SCORA talked about Sexual and Reproductive Health and Rights (SRHR) and how Mental Health impacts SRHR. Much was accomplished during the year, but there is still more that can be done especially in a broad area like this. To those who wish to join our mission, we will welcome you with open arms.

Cheers!



Alysa Gore
SCOPH Director



SCOME ARTICLE



We are the Standing Committee on Medical Education. Our vision is for medical students to attain an optimal personal and professional development to reach their full potential as future doctors for better healthcare worldwide.



As SCOMEians we strive to be better medical students for ourselves and for our communities. We have taken the initiative to organize First Aid training events, with the intention of students being able to preserve life and promote recovery on the spot.



Our other areas of focus have been tutoring services; recruiting academically-skilled students to tutor other students that may be facing challenges, online medical education; where pearls of clinical knowledge are shared daily, our partnership with Lecturio and our general interest in the well-being of the students, by passing on beneficial advice, stress-relieving and study tips



Aaliyah Girach
SCOME Director



MICHELLE
MUJAJI

Zimsa
Secretary
General



IFMSA GENERAL ASSEMBLY



One of the main reasons I joined ZimSA was to be able to travel the world and interact with medical students from all over the world. I am sure some of you have been told this when you were considering joining the association. Well it is very much true and this year I was able to complete one of these goals when I attended the International Federation of Medical Students 2023 august meeting held in India.





CONT...

The IFMSA August meeting is a significant annual event that brings together medical students from around the world. It serves as a platform for knowledge sharing, collaboration and advocacy on various global health issues. It aims to promote discussion and action on key topics relevant to medical education, public health, human rights, share best practices and develop skills necessary for future medical careers. The August meeting is also a platform to exercise the agenda of the academic space and discuss issues of academic freedom in medical education, capacity building, stakeholder engagement and advocacy.

On the 31st of July, a delegation of 5 medical students set out to New Delhi, India with Tadiwa Govore(President) as the head of delegation. The other four delegates were Tendai Saungweme (Capacity Building Officer), Hamdaan Ibrahim (Vice treasurer), Fortunate Gwandu and myself (Secretary General). Over 100 nations were represented with over 500 delegates.

The official opening event commenced on the evening of the 1st of August. The AM had three main components namely:

- PLENARY - where representatives from different national member organizations (NMOs) gathered to discuss and vote on important issues,
- SESSIONS - these were an opportunity to learn from each other, exchange and collaborate on projects. We all attended different sessions i.e. president's sessions, SCOPH sessions, SCOPE sessions, SCORA sessions and NMO management sessions respectively
- FAIRS i.e. SCORE exchange fair, SCOPE exchange fair, SCORA exchange fair and Capacity Building(CB) fair. We signed SCOPE contracts with other countries both unilateral and bilateral to bring students to Zimbabwe and also send our members out during the elective period, so watch for announcements on these.

Sessions ran throughout the day and plenary sessions followed, usually ending around midnight. From then on we would have social events. On day 2 we had the National food and drug party(NFDP) as the planned social event. The NFDP is meant for NMOs to share their respective different delicacies with other NMOs. Our NMO managed to set up a table filled with Maputi, Mazowe, fruits and many other snacks for other NMOs to try and as expected they really liked everything, especially the Mazowe raspberry. We also took turns to move around trying out other delicacies from other countries. As always the NFDP remains undefeated as the best scheduled social event of the AM. Other social events were the Barbie vs Oppenheimer themed event, cultural night and the closing gala.

We also managed to tour New Delhi during the GA. We visited the lotus temple, Connaught place, Lodhi garden, Mayun's temple and India gate. We managed to make friends from different countries like South Africa, Nigeria, Serbia, Malawi, Ethiopia, Taiwan, Rwanda, India and DRC and others



I also attended the Post GA (7 August - 9 August) which is meant solely for the purposes of touring the country after the GA. We travelled around the golden triangle (New Delhi, Agra and Jaipur). On the first day we visited Qutub Minar, the highest tower in India with a height of 72.5m and a holy place. We also managed to pass by India gate which is the centre of New Delhi and it commemorates the 70000 Indian soldiers lost during fighting for the British Army in WW1. We then proceeded to Agra and arrived by 6pm.



It is best to get to the Taj Mahal before sunrise and this is what we aimed for as we were there before 6am on the 8th of August. The Taj Mahal is a symbol of eternal love that stands on the southern bank of the Yamuna river and was built by the fifth Mughal emperor in memory of his beloved love. It is built to look like an optical square and hence will look the same from any angle (confirmed by your SG guys). Given its beautiful symmetry and white marble inlays, it would be a shock if it wasn't a world Wonder (which it is).



Next on the tour was the city of Jaipur, the colourful capital of Rajasthan known as the "Pink city". In Jaipur we went to Fatehpur, a grand, deserted, Mughal royal city which served as the political capital for 14 years until it was abandoned in 1985 because of drought. In the evening we were graced with an exotic dinner at the Chokhi Dhani, a resort town around 20 km from Jaipur. This place is a wonderful reflection of the Rajasthani culture, food, customs and heritage. Here we danced with the locals and tried their cuisine. On that note I must say Indian food is really spicy but nice. Just remember to try it with a glass of milk. We also got to learn about the Rajput chivalry since it shows vivid culture, art, folklore and traditional Rajasthan.



On the 9th of August we went to Hawa Mahal (place of winds) built from red and pink stone which was built with the original intent to allow royal ladies to observe everyday life and festivals celebrated in the street below without being seen and so much more different advantages.



The last place I visited with the group before rushing back to New Delhi for my flight was Amber fort, a UNESCO World Heritage Site located just outside Jaipur, the ancient capital of Amer houses Amer palace which is a great example of Rajpur architecture. For me it felt like visiting the Great Wall of China because the fort is built right around the old city and it's very big.



In summary the experience in itself was like none other. India is a very beautiful multireligious, multicultural country with beautiful architecture, not to mention the beautiful and loving Indian people who are always smiling.



OUTREACH PROGRAMMES



*Rare Diseases Initiative
Sehlumile
IMUNZI*



CAUSES OF ANTIBIOTIC RESISTANCE

Antibiotic resistance happens when bacteria change and become resistant to the antibiotics used to treat the infections they cause.

HANDLE ANTIBIOTICS WITH CARE

- Over-prescribing of antibiotics
- Patients not finishing their treatment
- Over-use of antibiotics in livestock and fish farming



Rare Diseases Initiative

A collaborative project between the Zimbabwe Medical Students Association (ZiMSA) and Child and Youth Care (CYC), aimed at raising awareness and identifying patients with rare diseases in need of help. The initiative also intended to ensure that these people who need support are referred to, and be attended by CYC.

In the Post AGM22 period, the initiative appointed 4 program assistants to help in the achievement of its targeted goals in. We continued raising awareness and introduced our blog, RAREZIM to allow medical students and everyone else to exploit and explore about Rare Diseases it was created by 2 of our own.

Together with CYC we organized a webinar titled, exploring the journey of people living with rare Diseases in Zimbabwe where we had international speakers, local medical specialists and local leaders in the field. It was a successful and beneficial experience to the audience.

The PRO department launched social media accounts, on Instagram, Facebook and Linked in to improve our audience and outreach and change lives leaving no one behind. Anyone can kindly follow us on those platforms.



The initiative can also organize fundraising campaigns as it did for galactosemia patients. We also actively organize informative sessions for medical students as we did for Galactosemia, Tuberous Sclerosis Complex, Congenital Adrenal Hyperplasia and Fetus in Fetu and Whole Genomic Sequencing in their respective months.

For the most important day of the initiative, the Rare Diseases Day the initiative intended and planned for physical activities to be carried out at UZ, NUST and MSU. The UZ organized a march and activities which were postponed on the basis of bad weather conditions. The commemorations were rescheduled but however were unsuccessful due to concerns of safety and had to be carried out online. NUST organized successful physical activities where they met and discussed various topics while MSU resorted to online activities.

Members of the initiative also attended other events such as a successful world Hemophilia Day commemoration organized by Hemophilia Association of Zimbabwe and World sickle cell day.

The initiative is also working on launching the RARE MERCHANDISE, which will showcase an identity and help raise awareness among ourselves and the community.





Charmaine Sanyika
Program Coordinator

“All things which exist are fruits of originality”

We started our term on a rocky note as we were battling with Partnership issues and trying to restructure what appeared to already be an unbalanced relationship.

As fate would have it we ended the partnership and decided to rebrand the project as a whole. Sehlumile was born represented by a beautiful lavender colour which symbolizes devotion, serenity and purity. Although the project has been rebranded our aim to end period poverty and empower young girls equal with equal rights to sanitation and education have not changed.

Our first project took flight as we visited Ruvheneko School, located in Damofalls in partnership with Tariro Health. This was a successful encounter as we managed to teach the girls to make pads and answer burning questions they had on menstrual health and some of the taboos associated with it. However, after the trip, we still felt our rebranding was not complete and we still yearned to be a solid unit that is well equipped for any future collaborations.

That is when we sought out a tailor, previously we had been buying reusable pads and then teaching girls how to make them. This would often slow our progress and not allow us at times to quantify the cost so we decided the best way forward was finding a tailor who would work with our schedule.

We managed to do this and carried out our next outreach at Wings of grace trust in partnership with Interpath. Wings of Grace is a girl-child orphanage in Harare occupied by at least 25 adolescent girls. It was a success and full rebranding had taken place as we even had new booklets, shirts and an eager team of representatives and volunteers. To say that the future holds for Sehlumile would be limiting how far we can paint the canvas, we are a team of young people eager to change the lives of young women and uplift the community and will do so by continuing to polish the brand and holder bigger and better outreach. After all a smile on endure every girl's face is a signature of God's presence.

Imunzi Report



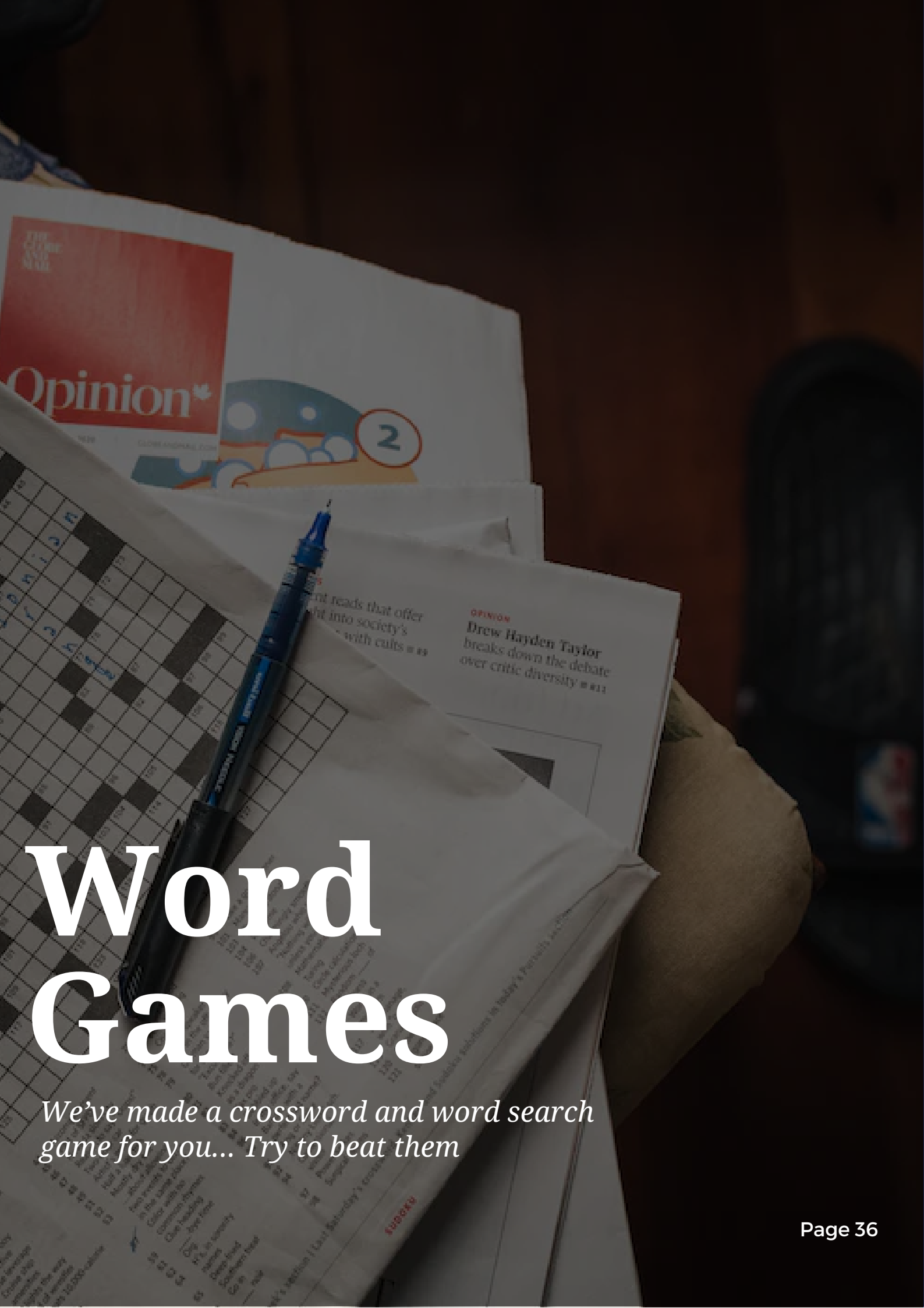
The IMUNZI Project has unfortunately been in limbo for the past few months while we waited for the partnership to be renewed with IMCC and UNICA, the other 2 members of IMUNZI. After months of meetings, applications, and signing papers, we are pleased to report that the project is now fully approved for the next 2 years with activities slated to resume on the first of October 2023.

We look forward to having a refresher bootcamp, various YAA sessions, sports days and radio appearances and well as project visits that all full members who volunteer have an equal chance of participating in. Additionally, the new IMUNZI committee is now in place, save for the MSU local coordinator and local treasurer whom we hope to appoint soon. The new members of the IMUNZI Committee for the next year are as follows -:

- 1) National treasurer - Walter Chowa
- 2) National secretary - Margaret Msiyiwa
- 3) UZCoordinator- Mazvita Shalom Wuta
- 4) NUSTCoordinator - Leeford Saidi Mwachuma
- 5) NUSTTreasurer- Nathan Manyange
- 6) Public Relations Officer - Tashinga Simende

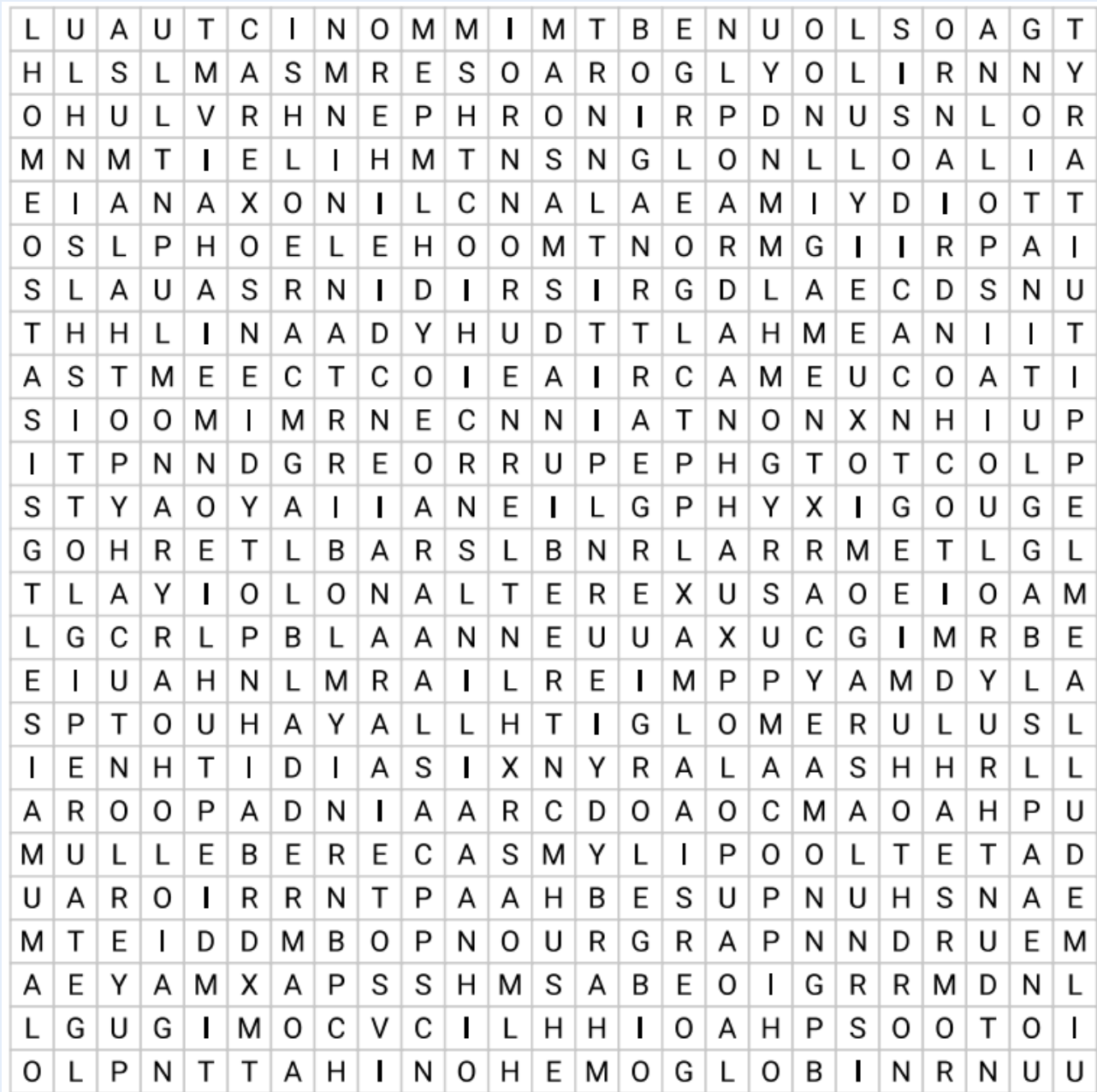


Kimberly Nkomo
Imunzi Director



Word Games

We've made a crossword and word search game for you... Try to beat them

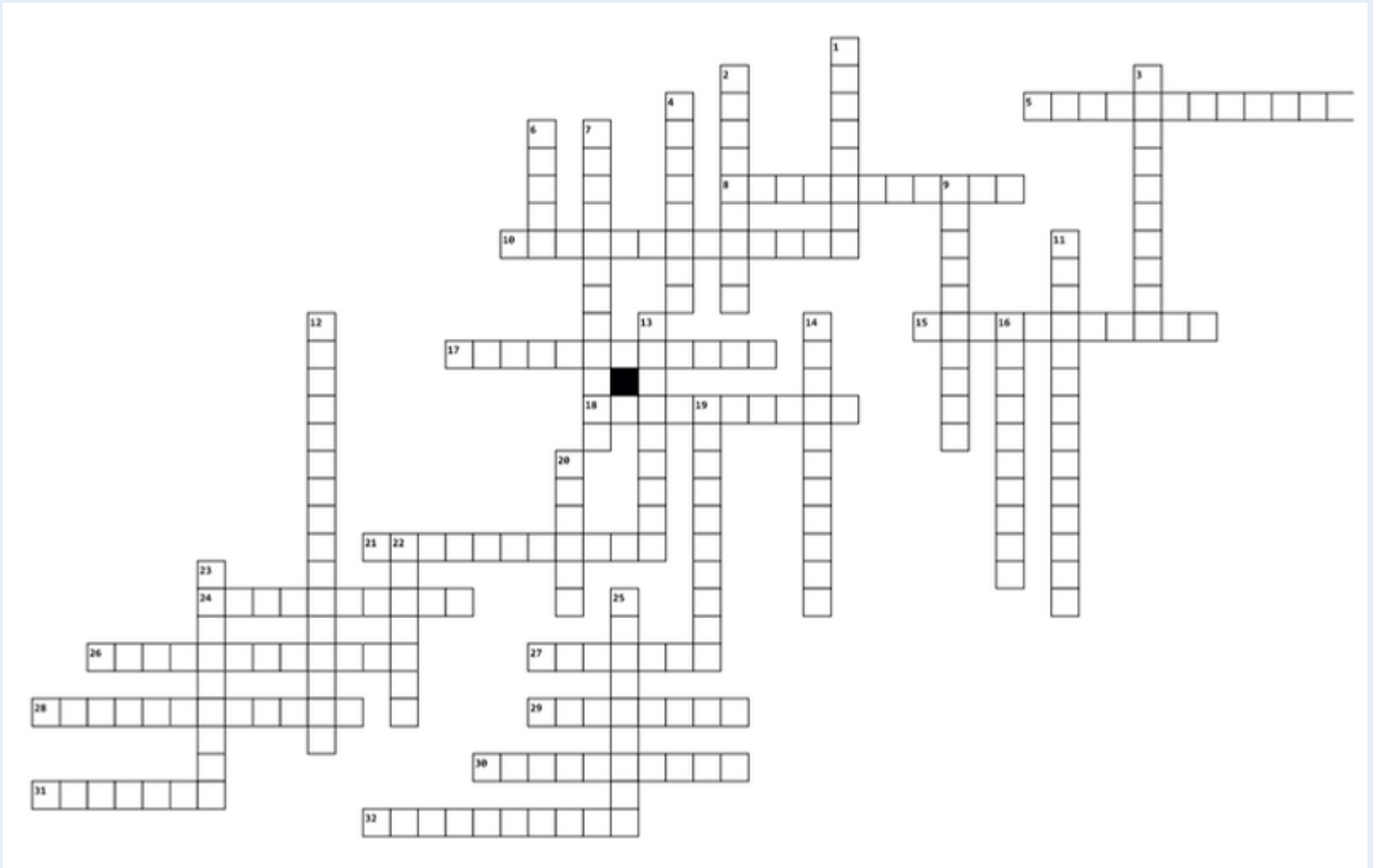


| | | | |
|---------------|------------|-------------|-------------|
| Adrenaline | Alveoli | Aorta | Axon |
| Bronchi | Capillary | Cerebellum | Cerebrum |
| Diaphragm | Endocrine | Epiglottis | Gallbladder |
| Glomerulus | Hemoglobin | Hippocampus | Homeostasis |
| Hypothalamus | Larynx | Ligament | Medulla |
| Mitochondria | Nephron | Neuron | Pancreas |
| Pituitary | Pulmonary | Thyroid | Acidosis |
| Agglutination | Albumin | | |

If you are reading the mobile version of the magazine, play the game online at the following link

https://easywordsearchmaker.com/online?gid=gid_1tekoie



**Across**

5. Study of the causes and spread of disease
8. Study of the bones and muscles
10. Study of the endocrine system
15. Maintaining a constant internal environment
17. Study of chemical processes in living things
18. Material within the cell membrane that is not part of the nucleus
21. Study of the skin
24. Study of the kidneys
26. Study of microorganisms
27. Study of the body's structure
28. Study of drugs
29. Study of viruses
30. Study of the body's function
31. Study of surgical operations
32. Study of the heart

Down

1. Study of cancer
2. Study of images of the body
3. Study of children's health
4. Study of genes and heredity
6. Study of women's health and childbirth
7. Study of the nervous system
9. Study of the immune system
11. Study of anesthesia
12. Study of the digestive system
13. Study of tissues
14. Study of the lungs
16. Study of the development of embryos
19. Study of mental disorders
20. HEALTH Study of the health of populations
22. Diseases and conditions named after a person or place connected with them
23. A procedure that uses a flexible tube with a light and camera to examine the inside of the body
25. Study of disease

If you are reading the mobile version of the magazine, play the game online at the following link

<https://crosswordlabs.com/view/medical-school-puzzle>



Thank you for reading this far

Here is an appreciation token



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browser

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