

# SECOND QUARTER NEWSLETTER



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# REGISTRAR



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Dear Esteemed Readers

It is my great honor to welcome you to this exciting and informative AHPCZ second newsletter of the year 2024 where we will be highlighting the success we have made for the first half of the year. It is a reflection of the efforts we have made to raise awareness to the public and the importance of compliance amongst our practitioners.

During the second quarter of the year, AHPCZ's drive was focused on compliance, visibility, stakeholder engagements and improved continuous professional development activities. This saw AHPCZ successfully hosting its 3rd Annual Conference running under the theme: Navigating Healthcare Post Covid 19 Period. The event was attended by various stakeholders and the guest speaker was the Deputy Minister of Health and Child Care.

Driven by our mission statement, "To provide regulatory frameworks and standards of practice to health professionals for quality healthcare delivery in Zimbabwe and beyond," we are committed to encouraging the public to seek health assistance from registered health professionals to ensure the highest quality of care. In alignment with this mandate, we have intensified our efforts to increase visibility by utilizing available communication channels, including social media, to reach out to the public. This initiative serves as a reminder of their right to health and our dedication to upholding healthcare standards.

Happy reading!!!

# APPLIED PSYCHOLOGY DEPARTMENT ANTI-DRUG AND SUBSTANCE USE MOBILE APPLICATION

Article By Mr E, T, Dondo

## Abstract

Substance and drug abuse is one of the most catastrophic worldwide practices affecting young people. Similarly, substance and drug abuse (SDA) is regarded as the most serious public health and socio-pathological threat facing adolescents and young people. In Zimbabwe, alcohol, crystal myth (Guka/dombo), bronclear, mbanje and other substances abuse is higher for boys (59%) as compared to girls (41%) (UNICEF, 2023). Substance and drug abuse has severe effects on the overall wellbeing of the users. Notably, one of the dire consequences of SDA is the negative impact on the brain development and growth of the youth. Implied is the notion that the future seems bleak given that the 'future bearers' could be destroyed by the SDA scourge. Therefore, to promote the positive overall development of young persons and to save the 'future', the need for an urgent intervention cannot be overemphasized.

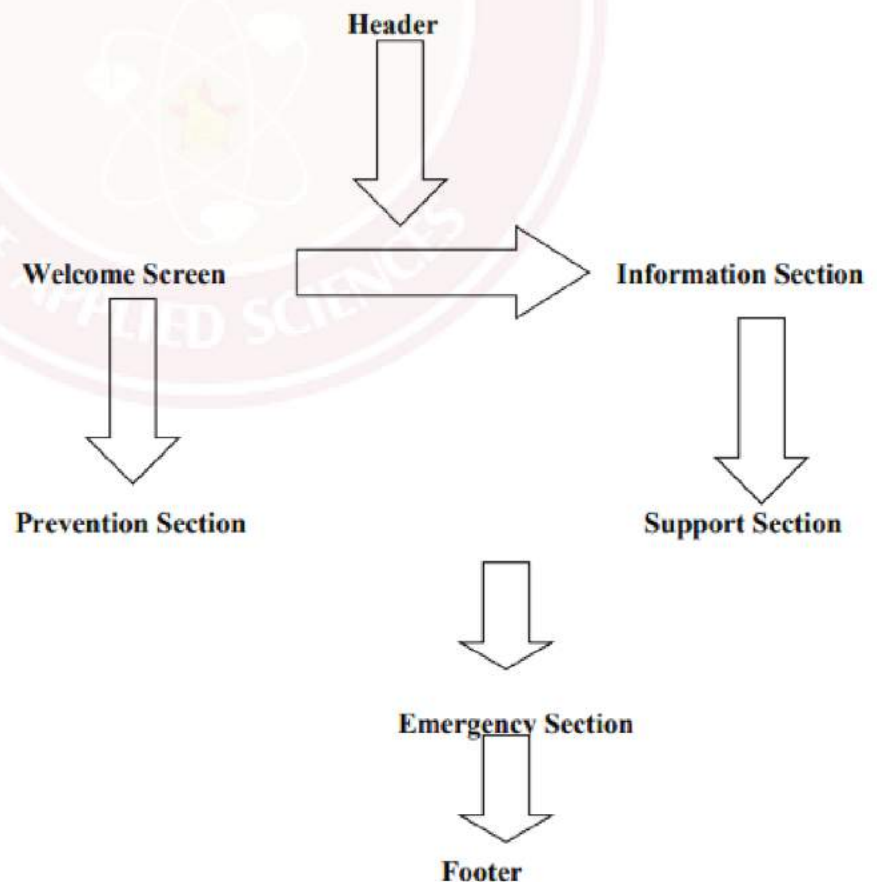
In light of the above, the department of Applied Psychology in collaboration with the IT department developed an anti-drug and substance use mobile application which will be accessed offline and online. The mobile

application will serve as a platform for information dissemination on the subject of SDA. Additionally, the mobile application will be aided by the use of banners, fliers and psycho-education programs which the department of Applied Psychology will carry out as part of its community service. As the old adage, 'Information is power' say, the overall aim of this application is to empower young persons with evidence-based information which will in turn encourage them to

make informed decisions and subsequently shun the abuse of substances and drugs.

The proposed application is new in Zimbabwe and its utilization will among other benefits; promote a 'healthy generation' of young people which will be useful in the fulfillment of Zimbabwe's Vision 2030. The development of this proposed application is in line with the demands of education 5.0's innovation pillar.

## FEATURES OF THE MOBILE APPLICATION



<p><b>Header:</b></p> <ul style="list-style-type: none"> <li>- Logo and branding - Menu icon (for navigation)</li> </ul>	<p>Home Screen:</p> <ul style="list-style-type: none"> <li>- Welcome message and engaging visuals - Age-specific drug abuse statistics and impact - Call-to-action buttons for immediate assistance (e.g., helpline numbers, emergency services) - Interactive elements to capture attention (e.g., animations, gamified features)</li> </ul>
<p><b>Information Section:</b></p> <ul style="list-style-type: none"> <li>- Categories or tabs for different types of drugs (e.g., opioids, stimulants, hallucinogens) - Basic, easy-to-understand information about each drug category, including effects, risks, and signs of abuse</li> <li>- Infographics or visual representations for better comprehension</li> <li>- Engaging videos or interactive content to increase user engagement</li> <li>- Links to reputable sources or references for more detailed information</li> </ul>	<p><b>Prevention and Education</b></p> <ul style="list-style-type: none"> <li>- Tips and strategies for prevention and early intervention in a relatable and engaging manner</li> <li>- Interactive quizzes or challenges to test knowledge and raise awareness</li> <li>- Real-life stories or testimonials from peers who have experienced or witnessed drug abuse situations</li> <li>- Information on the importance of education and awareness programs</li> <li>- Links to additional resources, such as books, documentaries, or podcasts on drug awareness</li> </ul>
<p><b>Support and Treatment:</b></p> <ul style="list-style-type: none"> <li>- List of support groups or online communities dedicated to drug addiction recovery</li> <li>- Information on local treatment centers, rehab facilities, and counseling services</li> <li>- Features to locate nearby support groups or treatment centers using geolocation</li> <li>- Testimonials from young individuals who successfully overcame drug addiction</li> <li>- Access to online counseling or chat support for immediate help or guidance</li> </ul>	<p><b>Emergency Assistance:</b></p> <ul style="list-style-type: none"> <li>- Quick access to emergency services (local emergency numbers)</li> <li>- Location sharing functionality to help emergency responders locate the user</li> <li>- Information on overdose prevention and steps to take in case of an overdose</li> <li>- Instructions on administering basic first aid until professional help arrives</li> </ul>
<p><b>Additional Features:</b></p> <ul style="list-style-type: none"> <li>- Personal profile creation for users to track their progress, set goals, or join challenges</li> <li>- Push notifications for updates, new content, or motivational messages</li> <li>- Integration with social media platforms for easy sharing of information or seeking support from peers</li> <li>- Feedback or contact form for users to provide suggestions, share success stories, or report issues</li> </ul>	<p>Footer:</p> <ul style="list-style-type: none"> <li>- Privacy policy, terms of use, and disclaimer links</li> <li>- Contact information for the app developer or organization</li> <li>- Social media icons for easy access to the organization's social profiles</li> </ul>

# ZIMBABWE INTERNATIONAL TRADE FAIR (ZITF)



Allied Health Practitioners Council of Zimbabwe successfully participated in the 64th edition of the Zimbabwe International Trade Fair (ZITF) held in Bulawayo, Zimbabwe's second largest city. It ran from 23-27 April 2024 and it was officially opened by Dr William Ruto, President of Kenya. The ZITF was a priceless opportunity for the Council to exhibit its services and demonstrate its commitment to working closely with the Zimbabwean public as well as the practitioners.



The council's main goal in participating in these programs is to bring health regulation information directly to the people. Various professionals from AHP CZ were represented at the Bulawayo ZITF stand.





## AHPCZ 3RD CONFERENCE



# AHPCZ CONFERENCE



## EVENT SPONSOR





# CONFERENCE EXHIBITION TOUR



# PRESENTATION OF GIFTS



# SECRETARIAT AND COUNCIL





**ALLIED HEALTH PRACTITIONERS  
COUNCIL OF ZIMBABWE**

**THANK YOU!**

*For*

**ATTENDING 3RD AHPCZ CONFERENCE 2024**

**WE TRULY APPRECIATE YOUR  
SUPPORT.**

# MSUAS COMMUNITY MENTAL HEALTH CENTRE

Manicaland State University of Applied sciences recently launched the Community Mental Health Centre in a bid to decentralise the provision of mental health services which are generally found at a few psychiatric associations in Zimbabwe. The initiative is aimed at providing high quality, consumer driven, behavioral and targeted case management services to MSUAS students, staff and the community at large. The Vice Chancellor of the institution highlighted in his remarks that the establishment of the community mental health center marked a significant milestone in the commitment to fostering the well-being and holistic development of the students and the broader community in line with the national vision, vision 2030, which leads the nation towards an upper middle-income economy.

The Community Mental Health Centre is a safe space where individuals can seek help, find solace and embark on a journey of self-discovery. Through a multi-disciplinary approach the aim is to provide comprehensive mental health services that address a wide range of challenges, from stress and anxiety to depression as well as trauma. The opening of the physical space also allows breaking down of barriers and de-stigmatization of mental health. The objectives of the Community Mental Health Centre are to facilitate community engagement programs, industrialization with regard to generating revenue for the institution, to avail counselling services for students, the community and the staff members and or employees. Furthermore, the Community Mental Health Centre was established so as to curb the use and abuse of drugs and substances.



As we speak, the centre has been able to avail counselling services to students, the community and employees on issues such as trauma, depression, anxiety, suicide, relationships and marriage, to mention but a few. There has been execution of employee wellness programs tackling issues of dispute resolution, work related stress, work-life balance, and burnout. The Centre also was opportune to be able to implement intervention programs that tackle issues stated above. Through partnerships with relevant stakeholders the centre has been able to engage more with the community, an example being on the World Suicide Prevention Day commemoration.

As stated earlier on, the centre industrialises the services it avails at a small administrative fee. Intervention programs and employee wellness programs also attract a fee depending on the client who sought the services.

Article By Ms. J N Ncube





First Aid In  
Mental  
Health



# FIRST AID IN MENTAL HEALTH

## WHAT IS IT?

An evidence - based training course designed to give members of the public key skills to help someone who might be developing a mental health problem or a mental health crisis

## COURSE TAUGHT BY

Registered Counsellors  
& Psychologists

## WHO SHOULD ATTEND

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

**FEE: 100 USD**



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**FIND US HERE**

# Men's Mental Health Month: Breaking the Silence

June is Men's Mental Health Month, a crucial time dedicated to raising awareness about the mental health challenges that men face and promoting better mental well-being. Despite significant progress in understanding mental health issues, men often suffer in silence due to societal expectations and stigmas surrounding masculinity. This month serves as an opportunity to encourage open conversations, provide support, and create environments where men can seek help without fear of judgment.

## Understanding the Stigma

One of the biggest barriers to men's mental health is the stigma associated with seeking help. Traditional notions of masculinity often emphasize strength, stoicism, and self-reliance, which can make men feel ashamed or weak if they admit to struggling. This cultural pressure can lead to men bottling up their emotions, avoiding therapy, and refusing to talk about their mental health issues.

## Common Mental Health Challenges

Men face a range of mental health issues, including depression, anxiety, substance abuse, and stress-related disorders. Statistically, men are less likely to be diagnosed with depression, but they are more likely to die by suicide. This disparity highlights the urgent need for targeted mental health interventions and support systems that cater specifically to men.

## The Importance of Seeking Help

Seeking help is a critical step in managing mental health. Therapy, counseling, and support groups can provide men with the tools and strategies they need to cope with their issues. It's essential to promote the idea that asking for help is a sign of strength, not weakness. Many men benefit from peer support, where they can share their experiences with others who understand what they are going through.

JUNE IS  
**MEN'S  
HEALTH**  
MONTH



# ZIMBABWE JOURNAL OF HEALTH SCIENCES



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## INVITATION TO PUBLISH IN OUR 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





In today's digital age, engaging stakeholders online has become a vital part of any organization's strategy. Whether you're looking to gather feedback, foster collaboration, or ensure transparency, online stakeholder engagement allows for broader participation and more dynamic interactions. This guide will outline best practices and strategies for successful online engagement.

## STAKEHOLDER ENGAGEMENTS

In 2024's second quarter, AHPCZ was able to interact with practitioners via webinars and in-person visits. United Bulawayo Hospitals was visited by the council. Because practitioners could discuss their grievances and difficulties, the engagement was quite progressive. The topic of discussion was the hiring of practitioners for higher positions within the ministry. In addition to other important points, they mentioned that some X-ray devices are being used in locations that are unsafe due to radiation



Webinars were used for online interactions. The council successfully organized seven webinars catering to various professional backgrounds; however, certain sessions were open to the general public as well. The following is a list of webinars that were held in compliance with practitioners:

- 1.Counsellors
- 2.Dieticians and Nutritionist
- 3.Engagement with the Practitioners in charge
- 4.Radiographers Supervisors
- 5.Facebook Live Engagement
- 6.Health Promotions Officers

# STUDENT ENGAGEMENTS

The term "student engagement" describes how involved students are in their own education. It entails students becoming emotionally and intellectually committed in their education, going beyond simple attendance or engagement. Active learning, interest and motivation, critical thinking, personal growth, and other factors are important features and advantages of student engagement.

As of the second quarter, AHPCZ managed to do three student engagements. The National University of Science and Technology, Midlands State University, and Mars are the training facilities where AHPCZ conducted student engagements. The primary goals of the interaction were to educate the students on the registration procedure and the Allied Health Practitioners Council's functions, as well as how they should conduct themselves in their line of work.



The Allied Health Practitioners Council of Zimbabwe (AHPCZ) is a regulatory body established by the Health Professions Act (Chapter 27:19). Its mandate is to regulate, control and supervise all matters affecting the training of persons in, and the manner of the exercise of, the professions and callings specified in the Health Professions Act (Chapter 27.19). The list of Allied Health Professions is attached for your information.

The AHPCZ answered participant questions, emphasized the function of health regulations in Zimbabwe and their significance to the populace, and urged professionals to take a firm stand against any malpractices.

# AHPCZ Portal

The Allied Health Practitioners Council of Zimbabwe has launched a new portal that allows practitioners to register, update their personal data, and get help using it. The fact that people can now complete all necessary procedures in the convenience of their own homes is a significant development for the council and all of its practitioners. Additionally, practitioners now have access to all banking information on the platform, including online and bank payment options.

## Benefits of the portal

1. **Convenience:** Practitioners can now complete essential administrative tasks such as registration and updating personal information from their homes or offices, saving time and effort.
2. **Accessibility:** By providing access to banking details and payment methods (such as bank payments and online payments), the portal ensures transparency and facilitates efficient financial transactions between practitioners and the council.
3. **Efficiency:** Centralizing all these processes on a single platform enhances overall efficiency for both practitioners and council administrators. It reduces paperwork, minimizes errors, and speeds up transaction processing.
4. **User Empowerment:** Offering learning resources on how to use the portal empowers practitioners to navigate the system effectively, ensuring they can fully utilize its capabilities.
5. **Modernization:** The adoption of digital solutions reflects a commitment to modernizing administrative practices within the healthcare sector, aligning with global trends in digital transformation.

## Access AHPCZ Portal Today !!


[portal.ahpcz.co.zw](http://portal.ahpcz.co.zw)


**UPDATE YOUR  
DETAILS i.e**


- Contacts
- Employment Details
- National ID/Passport
- Nationality
- Location

**CONTACT  
Details**



 0771832846

 0242303027

 [registrations@ahpcz.co.zw](mailto:registrations@ahpcz.co.zw) >>>>>

 <https://portal.ahpcz.co.zw/>





**The Allied Health Practitioners Council of Zimbabwe Board and Secretariat would like to congratulate the following for passing their board exams**

### **PSYCHOLOGY**

<b>Getrude Chatira</b>	- Counselling Psychologist
<b>Chipo Zambasira</b>	- Counselling Psychologist
<b>Francisca Magwaza</b>	- Counselling Psychologist
<b>Nicola Mazwi</b>	- Counselling Psychologist
<b>Patience Dzikira</b>	- Counselling Psychologist
<b>Matinhira Tasunungurwa</b>	- Counselling Psychologist
<b>Wonder Makasi</b>	- Counselling Psychologist
<b>Cleopatra Mpasu</b>	- Counselling Psychologist
<b>Bridges Grizah</b>	- Counselling Psychologist
<b>Army Garden</b>	- Clinical Psychology
<b>Nomalanga Mahachi</b>	- Clinical Psychology
<b>Regina Banda</b>	- Clinical Psychology
<b>Enia Munyira</b>	- Forensic Psychologist
<b>Brilliant Tasara</b>	- Occupational Psychologist
<b>Tanyaradzwa Ndlovu</b>	- Counselling Psychologist

### **RADIOGRAPHY**

<b>Celine Thandolwenkosi Dube</b>	- Radiographer
<b>Elias Jaricha</b>	- Radiographer
<b>Bukhosi Sebastian Dingani</b>	- Radiographer



***#HouseHoldWaterTreatment***  
***#StopCholera #StayHydrated***

# **Ensure the purity and Cleanliness of the Water you drink**

## **BENEFITS OF PURE CLEAN WATER**

- **Increases Energy & Relieves Fatigue**
- **Promotes Weight Loss**
- **Flushes Out Toxins**
- **Improves Skin Complexion**
- **Maintains Regularity**
- **Boosts Immune System**
- **Natural Headache Remedy**
- **Prevents Cramps & Sprains**
- **Puts You In A Good Mood**



# 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

# 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](mailto:accounts@ahpcz.co.zw) Copy [registrations@ahpcz.co.zw](mailto: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 !!!**

# GIVE US YOUR FEEDBACK & LEAVE A REVIEW

This Newsletter is Produced and Published by Allied Health Practitioners Council of Zimbabwe (AHPCZ)

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