

PROJECT ZAMBIA (Phase I)

Dear Dr. Gretchen Birbeck:

First of all, I would like to thank you for offering me the opportunity to be part of this project.

I am going to try to give you an overlook of my visit to the Chainama College of Health Sciences.

The first few days were a little difficult and in some way frustrating mainly because they did not know what they want from me and there was no program of my potential activities there. The first two days I spent my time assisting meetings, such management meetings, internal policy meeting, even a meeting to discuss if the staff personal at the College should pay or not the X-ray films.

Due to this situation and trying not to hurt any feeling, I began to meet with the Heads of the different Departments at the Chainama College, the members of the Central Board of Health, the head of the Chainama Hills Hospital, Project Directors of different Community Based Programs, the Dean of the School of Medicine, the members of the Epilepsy Society and Neurological and Psychiatric Society, Department of Neuro-Psychology at The University of Zambia, the Heads of the Departments of Medicine and Pediatric and the authorities of Zambia National Brocassing Corporation (ZNBC).

After passing for the burocratic interchange of memos, letters, etc, etc, we were able to organize a program.

We were able to provide the following lectures and participate in the following activities:

- ? 32 hours intensive course in Clinical Neurology to 11 Clinical Officers who were doing a post-graduate course in Psychiatry.
- ? 16 hours lectures to the Clinical Officer students of 4th Semester (68 students) in Clinical Adult and Pediatric Neurology.
- ? 4 hours intensive course in Neurology Problems during Pregnancy and Puerperium given to Clinical Officers and Chainama staff members.
- ? 10 hours course in Anatomy, Physiology and Physiopathology of the Nervous System to the 3rd Semester Clinical officers students (75 students).
- ? 16 hours intensive course in Clinical Neurology to nursing staff and Post-graduate Registered Nursing students.
- ? 4 Academic presentations to the staff members from Chainama College and Chainama Hills Hospital. Topics include: HIV/AIDS African Pandemic, Cerebro-Vascular Diseases, Peripheral Neuropathies and Epilepsy.
- ? 4 Combined Neurology-Psychiatry Symposiums with patients at the Chainama Hills Hospital.

- ? 10 hours intensive course in Clinical Neurology to Clinical medical students at the University Teaching Hospital.
- ? 4 hours lecture to Chainama College staff members. Topic: Case-control study, Cohort study, Clinical trial, selection bias, p-values, etc.
- ? 3 two-hour clinical rounds with the Internal Medicine Department and the 4 two-hour Clinical rounds with the Pediatric Department.
- ? 4 hours lecture in Neuro-Pharmacology to combined 3rd and 4th Semester Clinical officer students.
- ? 4 Pediatric out-patient clinics (approximately 16-18 patients per clinic).
- ? 2 hours lecture to a Continuing Education Infectious Course for Clinical Officers (28 assistants). Topic: Anti-Retroviral treatment for HIV/AIDS.
- ? 2 meetings of the Epilepsy Society and one meeting of the Neurological and Psychiatric Society.
- ? 3 (30-minutes each) Radio programs at ZNBC. Topics: Mental Retardation, Cerebral Palsy and Learning disorders.
- ? 2 (35-minutes each) TV- programs "Doctor Diary". Topics: Cerebral Palsy- Psychomotor developmental delay and Developmental Learning and Attention-Deficits Disorders.
- ? 4 hours intensive course in Epilepsy for the Cheshire Home Lusaka Community Based Rehabilitation Program. (17 assistants).
- ? 5 hours meeting with families and patients with Epilepsy seen by the Cheshire Home Lusaka Community Based Rehabilitation Program (117 families). Lecture with questions for two hours. Evaluating patient's treatment for 3 hours.
- ? 4 hours home visit in the surrounding communities with the Cheshire Home Lusaka Rehabilitation Program.
- ? Approximately 10 hours consultation to members of the Chainama Staff and relatives and 14-16 hours to the Chainama students.

Dr. John Barry Omara, Consultant Physician at Chainama College involved in telemedicine for HIV/AIDS was put in contact with Dr. David M. Simpson, at The Mount Sinai Medical Center in New York, who is also involve in this area.

Dr. Kennedy Lushimpi et al. from The University Teaching Hospital, who were involved in an autopsy study in children with AIDS were put in contact with Dr. Susan Morgello, Neuropathologist at the Mount Sinai Medical Center in New York and Head of the Manhattan Brain Bank project for the coordination in studying the Nervous System of these patients.

Dr. Louis Banda, Internist of the University Teaching Hospital was put in contact with Dr. Alessandro DiRocco at the Beth Israel Medical Center in New York. Head of Neuro-AIDS program interested in AIDS associated myelopathy and parkinsonism for potential cooperation due to the significant volume of patients HIV (+) and with AIDS with these complications.

Dr. P.C. Msoni, Director of Clinical Care at Chainama Hills Hospital is very interested in a study of Neuro-Cysticercosis and Epilepsy in Zambia

I think we were able to sell the idea of “what Neurology is all about” and its potential need to help to improve the quality of medical care in Zambia.
The other important achievement was to create an organize program for the next visitor-professors.

The program for the next visitor professor is going to be so far like this:

MONDAY

08:00 - 10:00 hrs Teaching 4th Semester Clinical Officer students at Chainama College
10:00 – 10:30 hrs Tea-Coffee break at Mrs. Ruth Mwelwa office
10:30 - 12:30 hrs Teaching Post-graduate Clinical Officers at Chainama College.
12:30 -14:00 hrs Lunch at Chainama Dyer Hostel
14:00 – 16:00 hrs Bedside tutorials to medical postgraduate students at the University Teaching Hospital Department of Medicine.

TUESDAY

08:00 – 10:00 hrs Teaching 4th Semester Clinical Officer students at Chainama
10:00 – 10:30 hrs Tea-Coffee break (Mrs. Mwelwa office)
10:30 – 12:30 hrs Teaching Post-graduate Clinical Officers at Chainama.
12:30 – 14:00 hrs Lunch at Chainama Dyer Hostel
14:00 – 16:00 hrs Bedside tutorials to Medical postgraduate students at The University Teaching Hospital

WEDNESDAY

08:00 – 10:00 hrs Teaching the nursing staff and postgraduate registered nursing students

- 10:00 – 10:30 hrs Tea-Coffee break (Mrs. Mwelwa Office)
- 10:30 - 12:30 hrs Scientific Academic lecture to the College and Chainama Hills Hospital staff members
- 12:30 – 14:00 hrs Lunch at Chainama Dyer Hostel
- 14:00 – 16:00 hrs Lecture to the medical students at the University Teaching Hospital

THURSDAY

- 08:00 – 10:00 hrs Consultation time at Chainama
- 10:30 – 12:30 Hrs Combined Neurology-Psychiatry Clinical Symposium with patients at the Chainama Hills Hospital
- 12:30 – 14:00 hrs Lunch at Chainama Dyer Hostel
- 14:00 – 17:00 hrs Pediatric Neurology Clinic and bedside tutorials to postgraduate pediatric students

FRIDAY

- 08:00 – 10:00 hrs Teaching Clinical Officer students at Chainama
- 10:00 – 10:30 hrs Tea-Coffee break
- 10:30 – 12:30 hrs Teaching postgraduate clinical Officers at Chainama
- 12:30- 14:00 hrs Lunch at Chainama Dryer Hostel
- 14:00 – 17:00 hrs Adult Neurology Clinic and Lecture to the medical students at the University Teaching Hospital

Schedule will be modified in order to fix the following already confirmed activities:

- ? Two bi-weekly meetings of the Epilepsy Society
- ? One monthly meeting of the neurological and Psychiatric Society of Zambia
- ? There Radio-programs and two TV-programs
- ? Teaching lecture of the Cheshire Home Lusaka Community Based Rehabilitation Program
- ? Meeting with families and patients with Epilepsy (Cheshire Home Lusaka)

- ? Home visit to surrounding communities
- ? Two lectures to Continuing Educational courses
- ? Two-hour bi-weekly lectures for the medical doctors and clinical officers dealing with patients with Epilepsy. Coordinated by Mr. Anthony Zimba (097) 789042

Things to be done prior to next visitor arrival:

- ? Letter of presentation, Curriculum vitae, copy of Neurology training or Board certification and copy of current medical license of the visitor professor for temporary registration and to organize The University of Zambia activities to be send to the Assistant Dean Dr. S.N. Kanyimba. Fax 260-1-250753. E-mail: skanyimba@yahoo.com
- ? Contact Dr. Peter Mwaba, Head of the Department of Medicine through Dr. Louis Banda and Kennedy Lishimpi at veromulenga@zamtel.zm for arrangement of lectures and topics.
- ? The Radio and TV programs are going to be coordinated by Mrs. Kunda Monde (ZNBC) and Dr. Kennedy Lushimpi at veromulenga@zamtel.zm
- ? Mrs. Ruth Mwelwa (assistant to the Academic Secretary at Chainama College) is the key person for the coordination of all the activities (phone: 097808932)
- ? Dr. Alan Haworth (096 753101 and Dr. Leonard Muzizi (097 80652) are the contacts for the Chainama Hills Hospital
- ? Dr. Masharip Atadzhanov, MD, PhD is the Professor of Neurology at The University of Zambia School of Medicine. He is from Uzbekistan and trained in Moscow. He is interested in Genetic Neurology and Parkinson's Dz. He should be involved in the coordination of activities for the next visitor professor. Phones: (260-1) 293373. (097) 775662. E-mail: masharip@yahoo.com
- ? Kordelia Fischer-Borchert is the Project Direct of Cheshire Home Lusaka Community Based Rehabilitation Program. Her program visits the home of approximately 400 families, the majority of them with Epilepsy. (She may be a key person for your project of Stigma of Epilepsy study). Phone/Fax: 260-1-290844. Cell phone: 097/784971. E-mail: borchert@zamnet.zm
- ? Dr. Sylvester Chilaika at chilaika@yahoo.com is the vice-chairperson at the College who with Mrs. Mwelwa will coordinated the activities and housing for the next visitor.
- ? Dr. Tepu Heikinheimo is a fourth year resident of Neurology from Finland, who has been living in Zambia for several years and knows four of the most common Zambia dialects. She is very organized and willing to get involved in community oriented studies. Phone: (260-1) 272003. E-mail: Tepu@zamnet.zm

Recommendations for next visitor:

- ? Prophylaxis for Malaria three weeks prior to and three weeks after the visit.
- ? Rent a Cell-phone at the airport for the four weeks visit. (Average of 1, 25 dollars per day) communication is very important. Doctor and Clinical Officers want and need to get in touch on daily basis to discuss cases and for social activities to incorporate the visitor to the medical community.
- ? Companion (spouse, friend, etc) is strongly recommended.

I strongly believe that this project is very important and necessary in order to try to improve the current quality of the medical educational and medical care in Zambia. People at the Chainama College of Health Sciences, The University of Zambia School of Medicine and the Community Based Projects are very happy and grateful with this project and they are eager to share and enjoy the next phases.

Thank you very much once again to you and to the World Federation of Neurology for this great opportunity.

Good Luck with the next phases of the project!

Best regards,

Enrique A. Wulff, MD, PhD