



NEWSLETTER

ZAMBIA FLYING DOCTOR SERVICE

In this Edition

Jan-June 2024



**ZFDS TRANSFORMATION ELATES
PRESIDENT HAKAINDE HICHILEMA**

Foreword

ZFDS has continued playing a very critical role in the country's remote areas by increasing access to aero-medical services in hard-to-reach areas, in order to reduce morbidity and mortality.

The Service has a mission "to provide cost effective, quality and efficient aero-medical services in remote, rural and hard to reach areas and other parts of the Country in order to combat human diseases and save lives".

ZFDS did during the period under review launch its Strategic Plan which incorporates policy guidelines picked from the National Health Strategic Plan whose target is providing Universal Health Coverage (UHC) and the plan recognizes health care interventions focusing more on prevention as a measure for an effective and efficient health care delivery system, whilst continuing to strengthen the curative services.

Additionally, the plan covers governance components of health as part of the health system to support effective health service delivery and has an impact whose activities propels social economic development for the Country towards aspiration of the Country's vision 2030.

During the first half of the year 2024, ZFDS conducted a total of Forty- Four (44) routine and specialist medical outreaches, with a total number of Eighty Four thousand, Nine Hundred and Fifty-Eight (84,958.00) patients seen during the outreaches.

These outreaches were undertaken in all provinces of the country and Two Hundred, Seventy-Five (275) health facilities were visited and benefited from these supplementary services. A total number of Fifty- Seven (57) medical evacuations after referrals from various parts of the country to tertiary medical institutions were undertaken thereby greatly enhancing the referral system through air evacuation.

In order to achieve the stated results, The Service has invested in rehabilitation of the static facilities for improved services.

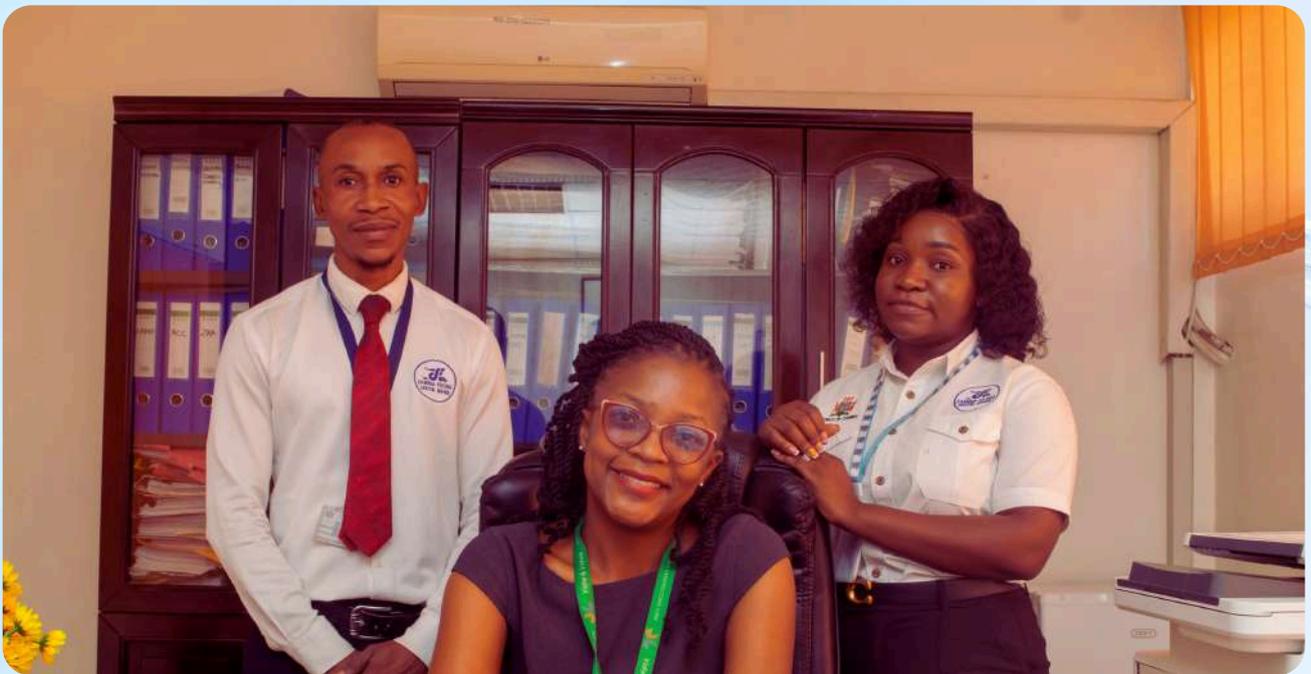


Dr. George Ng'uni
Chief Executive Officer

The Service has three static sites located in Northrise and Itawa within Ndola district, the health facilities are NHIMA accredited and open to the general public offering twenty-four hour services in clinical, surgical and diagnostic services.

The need for these static sites in Ndola cannot be overemphasized as it is an opportunity for enhanced income generation for more outreach activities to be conducted in the rural hard to reach areas.

This has greatly enhanced operations and health service provision in the rural and hard to reach areas of Zambia thereby improving the quality of lives for our rural citizens.



CONTENTS

01 *Institutional Development*

- ZFDS launches Strategic plan & Commissions Diagnostic Hub
- HH Elated with milestone scored by ZFDS
- ZFDS Officially opens Mushiwe Mothers shelter
- ZFDS Invests in Aeromed Pharmarcy
- Revided ZFDS Excites Kaunda

02 *Stakeholder Engagement*

- Ndola DC and Medical Association of Zambia visit ZFDS HQ
- Litunga Cheers ZFDS for ensuring equity of access to primary health
- ZFDS dates N'cwala
- Invest in Marine ambulances Chief Kasoma

03 *Medical Corner*

- Special Edition: Oral Health and Pregnancy
- Medical Evacuations
- Surgical Corner

04 *Aviation Corner*

- Mercy wings targets to save more lives

05 *Staff Wellness and Development*

Impact of Sports on mental health



Mrs Luyando Shimalukwe
Director Legal Services & Corporate Affairs
Copy Editor

Dear Readers,

I extend a warm welcome to you for yet another edition of the Zambia Flying Doctor Service newsletter.

We are excited to have you here on this exciting Journey through our achievements as a Service for the first half of the year.

While ensuring that we remain fully up-to-speed in the developing health sector for a healthier nation, I hope that we are able to inspire ideas and discussions around the ways that we can make health service delivery efficient and effective for all in Zambia.

Enjoy

Editorial Team

Chief Writer

Violet Tembo

Contributing Writers

Sainet Mambo

Tabitha Banda

Theodore Kabali

Lillian Musonda

Sarah Chellah

Lay out & Design

Maureen B.Mulenga

PHOTO FOCUS

President Hichilema Visits ZFDS



01

Institutional Development



ZFDS launches Strategic Plan and commissions Aero-Diagnostic Hub



The Zambia Flying Doctor Service (ZFDS) on 15th of March, 2024 launched its strategic plan.

ZFDS has developed the strategic plan and business plan which clearly outlines the strategic direction of the Service.

This plan encompasses the mission of the Service which is to provide cost effective, quality and efficient aeromedical services to remote hard- to reach areas and other parts of the country to combat disease and save lives.

The mission of the Service is anchored on efficiently delivering health care services.

The ZFDS continues to focus on the following priorities;



- * Provision of quality aero - specialist medical and primary health care to remote and hard to reach areas

- * Provision of aviation services

Provision of technical support services in order to facilitate smooth operation and communication

- * Mobilization and management of financial resources

- * Management and development of human resources

- * Provision of administrative and logistical support services

- * Monitoring and evaluating the implementation of institutional policies and programmes.

The James Lawless Diagnostic hub was officially opened by the Copperbelt Provincial Minister Hon Elisha Matambo ,in attendance were the Ndola District Commissioner Mr. Joseph Phiri, His Worship

the Mayor Mr Jones Kalyati ,the Provincial Health Director Dr Charles Mwinuna, Ndola Teaching Hospital Senior Medical Superintendent ,Dr Justor Banda Arthur Davison Children's Hospital Senior Medical Superintendent ,Dr. Nduna Bweendo and other cooperating stakeholders. The extension of the James Lawless medical facility which is now called James Lawless Aero-diagnostic hub will provide ear, nose, throat (ENT), optical and laboratory services.

This is done in order to improve its financial base and supplement Government funding, This internally generated income will be utilized for more service provision in the rural and hard to reach areas of our country



HH ELATED WITH MILESTONE SCORED BY ZFDS



The Zambia Flying Doctor Service (ZFDS) has in the past two years undergone a huge transformation in its operations and service delivery which has impressed stakeholders, members of the public and the Republican President His Excellency Mr Hakainde Hichilema.

ZFDS boasts of offering quality health services while reaching out to more and more patients in hard-to-reach areas of the Country.

Elated with the milestone achieved so far by the ZFDS, President Hichilema has thus congratulated the Service and its leadership led by its Chief Executive Officer Dr George Ng'uni.

Mr Hichilema also extended his congratulations to members of staff for the collective effort to transform the service.

The Head of State spoke in an interview with journalists on 14th April, 2024 after commissioning the refurbished James Lawless AeroMED centre in Northrise Ndola.

President Hichilema said he was impressed with the business model adopted by the Service.

Without mincing his words, Mr Hichilema pointed out that the service has presented itself as a good example of what can be done to a public institution using a private sector model in all aspects.

He emphasized that leadership was key to the successes scored by the ZFDS, stressing that it is against the understanding on which the Service had attained its set goals.

"I am impressed with the transformation I have seen.

This is a good example of how a public institution can be transformed using the private sector model.

I am happy with the efforts by the leadership here (ZFDS) management and all members of staff for the job well done. They are interdependent as everybody plays a role, he said.

Mr Hichilema pointed out that leadership is key to success while also stressing that, innovativeness and thinking outside the box and ingenuity is important for such success to be attained.

The President also commended Minister of Health Hon Sylvia Masebo and Copperbelt Provincial Minister, Hon Elisha Matambo for pushing for the revival of the Service.

He stressed that the Service is vital in the quality of health care to people in rural and hard-to-reach areas of the Country.

Prior to commissioning the refurbished James Lawless AeroMED centre in Ndola, President Hichilema who was in the company of Minister of Health Hon. Sylvia Masebo, Sports Minister Hon Elvis Nkandu, Copperbelt Provincial Minister Hon Matambo, Energy Minister Hon Peter Kapala, Commerce and Trade Minister Hon Chipoka Mulenga, Permanent Secretaries, District Commissioners and Mayors drawn from the Copperbelt Province, was taken down memory lane on understanding of the transformation agenda by ZFDS.

The remarkable transformation has laid a foundation for the vision in the future stems from June 2022 when the board and new management was put in place.

Dr George Ng'uni the Chief Executive Officer led the delegation on a tour of the facility and gave a presentation on the transformation agenda of ZFDS from where it was.



ZFDS officially opens Mushiwe mothers shelter in Chief Machiya's area

The Zambia Flying Doctor Service (ZFDS) on 15th February, 2024 commissioned a mother's shelter in Mushiwe, Chief Machiya's area on the Copperbelt Province.

This is on the backdrop of the developmental agenda of the Ministry of Health (MoH) in which the Ministry through ZFDS have taken up a deliberate approach to rehabilitate all mothers shelters located in different areas with a ZFDS airstrip located nearer to it.

This will allow for enhancement of health service delivery by bringing services as close to the people as possible.

The commissioning of the mothers shelter is a huge achievement not only for the people of Mushiwe but also a plus in ensuring a reduction in maternal related deaths in the Country.

Chief Machiya of the Lamba speaking people officiated at the opening of the facility by ZFDS together with the Copperbelt Provincial Health Director Dr Charles Mwinuna and ZFDS Chief Executive Officer, Dr George Ng'uni.

Addressing the audience that gathered to witness the great milestone Dr Ng'uni thanked the chief and his people for always welcoming the Service into the chieftom.

The traditional leader narrated that when the ZFDS team came for the launch of the airstrip in October, 2023 a promise was made that a mothers shelter will be rehabilitated for mothers who previously had to walk long distances of over 50 kilometers to Mpongwe.

Dr Ng'uni disclosed that the service currently has a total of 12 airstrips which are expected to undergo rehabilitation and a replica of the Mushiwe mothers shelter is to be done in all the 12 ZFDS airstrips around the country.

" Out of the total number of airstrips we have rehabilitated five, one is Mushiwe which has been certified by the Zambia Civil Aviation Authority (ZCAA) and as such we were able to land here today".

The service will be flying in medical personnel with potable equipment to aid in the safe delivery for the mothers and children," he said.

And speaking at the same event Dr Mwinuna expressed happiness and thanked the ZFDS that the project had come to fruition.

Dr Mwinuna noted that it is always painful when a mother or a child is lost and as such it is with great joy that such achievements are made as there will be a reduction in maternal mortality cases in the district.

" The area is swampy and surrounded by the Kafue River, hence in the rainy season the villages are cut off.

With the ZFDS project we are confident that deaths in pregnant women will reduce and for cases which cannot be handled by the midwife deployed, the Government through the ZFDS can evacuate with the aircraft," he said.

Meanwhile, Chief Machiya was elated at this development in his chieftom citing that the service has shown that they are committed to ensuring that maternal health deaths are reduced as every life matter.

He advised his subjects to ensure that all expectant mothers deliver from the facility as it has been brought closer to them.

Chief Machiya said the Government through ZFDS has shown that it cares for its people by ensuring that it delivers on its needs as promised in ensuring health care access for all.

He has thanked the Government for its robust development in the health sector and ZFDS for delivering in his chieftom.

In a vote of thanks Lanet Lwayile, thanked ZFDS for constructing a mother's shelter.

MSLwayile narrated that some expectant mothers delivered from home while others died on their way to Mpongwe Mission Hospital.

She expressed happiness that the community was given attention by Government by seeing to it that they now have a clean place they can deliver from

ZFDS INVESTS IN AEROMED PHARMACY

Board declares Mpongwe Aeropham ready for commissioning



Zambia Flying Doctor Service (ZFDS) has ventured in retail Aero pharmacy to supplement on the availability of drug both by cash and through National Health Insurance Scheme (NHIMA).

This is aimed at helping patient in need of the right medication.

It is against this background that a survey has been conducted and plans formulated in setting up a modern retail pharmacy.

Emerging from the quarterly briefing ,ZFDS board in April inspected the project to see the curren works pending conclusion of all other aspects.

REVIVED ZFDS EXCITES KAUNDA



Zambia's High Commissioner to Malawi, Lt. Col Panji Kaunda (Rtd) has expressed gratitude to His Excellency,President Hakainde Hichilema for revamping the Zambia Flying Doctor Service (ZFDS).

Speaking recently when he visited the ZFDS stand at Lubwa mission, Chinsali District Muchinga Province where ZFDS employees on medical outreach programme had set up camp during the KK century celebration, Col.Kaunda said he was elated to see that the ZFDS had continued to provide medical services to the inhabitants in the rural areas.

Col.Kaunda who is son to the late President Dr Kenneth Kaunda ,first President of the Republic of Zambia and first Patron of ZFDS , advised management and employees to carry on where the late President left the service.

"I am happy to see ZFDS here at Lubwa,I am a rural dweller and the service was established under the regime headed by my father for the purpose of servicing the inhabitants in the remotest part of the Country.

The vision was to bridge equity in accessing primary health care services.

In the urban areas you have the big hospitals like the University Teaching Hospital (UTH), Maina Soko just to mention a few but here (Lubwa) people have no such services,they cover long distances just to find a hospital," he said.

Col Kaunda further stressed that the establishment of the ZFDS by Dr Kaunda was not by accident.

He explained that the decision was a deliberate move to ensure that the Government delivers services in all corners of the country.

He also made mention that with recapitalization of the Service, he was optimistic that ZFDS will rise above all challenges faced currently.

"I hear Government is buying you (ZFDS) new equipment, this is very good. President Hakainde Hichilema is carrying forward the vision of KK.

I wish you all the best as you continue to serve the people of Zambia and continue from where your first patron left the institution," he said.

On Sunday,28th April 2024 ZFDS joined the country to celebrate the centenary of Dr Kaunda (1924 - 2021) by providing free medical services in the area.



02

Stakeholder Engagements



NDOLA DISTRICT COMMISSIONER AND ZAMBIA MEDICAL ASSOCIATION VISIT ZFDS HQ.



On 22nd of March, 2024, the Ndola District Commissioner Mr Joseph Phiri made a stopover at the Zambia Flying Doctor Service (ZFDS) head office at Zuze Airforce base in Ndola.

Mr Phiri was elated to note the difference in infrastructure and development that has been exhibited by the ZFDS Board and management as he last visited the place before all the developments came to fruition.

He commended ZFDS board and management for the good job that can visibly be seen.

The DC also took time to give words of encouragement and bid farewell to the last medical team leaving for Shang'ombo District.



The medical team was heading to the district for the routine and specialized monthly medical outreaches. In other news, Dr Kaoma Oliver and Dr. Francis Simusika of the Zambia Medical Association paid a courtesy call on ZFDS CEO, Dr. George Ng'uni and management as they were in the district for a five day training on Medical certification of the cause of death (MCCD) which was held at Ndola Teaching Hospital.

ZFDS PARTNERS WITH CHINESE COMMUNITY TO END CHOLERA

Following the cholera outbreak which was first reported in October 2023 and with time the Country saw drastic increase in transmission, ZFDS mobilized stakeholders in the copperbelt province to aid the fight in 9 provinces which was affected.

Zambia Flying Doctor Service (ZFDS) did engage stakeholders on the copperbelt province and mobilize cholera kits.

Among the stakeholders that respond includes the Chinese Association of Zambia, Ndola lime and Handyman limes.

various products ranging from over 100 bags of lime, Liquid Chlorine (10,000 bottles), Gloves, Raincoats, Safety Glasses and gumboots were donated to the Service.

While the items were mobilized for rural and hard to reach areas to be distributed during the implementation of routine and specialised outreaches across the country, the Service did dispatched portions of liquid chlorine to various districts. The beneficiaries were as follows;

- Lusaka DHO
- Ndola DHO
- Kitwe DHO
- Luanshya DHO
- Mufulira DHO
- Chingola DHO
- Chililabombwe DHO



ZFDS DATES NCWALA



The Zambia Flying Doctor Service (ZFDS) medical team was in Chipata, Eastern Province to provide emergency medical services during the Nc'wala traditional ceremony of the Ngoni speaking people.

The medical team led by Chief Medical Officer Dr Chisanga Puta upon arrival on Tuesday, 20th February, 2024 paid a courtesy call on the Provincial Medical Officer Dr Mathew Ng'ambi.

Dr Puta explained that the team included a medical doctor to deal with trauma who is specialised in orthopedics; other services being offered included dental, laboratory and eye services.

Meanwhile, Dr Ng'ambi praised ZFDS for its effort in ensuring that they cover the country through medical outreach programmes.

He said the large part of Eastern Province was rural and henceforth making delivery of medical services to all corners was a daunting task.

"We are receiving such levels of support from the Service with utmost gratefulness.

Dr Ng'ambi pledged to the team all the needed support."



Acting Chipata District Health Director Jairo Mulambya said the district was happy to host the team and expressed happiness that the Service had sent to the district a specialist in orthopedics.

Dr Mulambya said the district had a backlog and it was becoming a financial drain to transport patients on referral to higher facilities.

He disclosed that the district has combined efforts with Kasenegwa District health office to put up a team to cover the ceremony.

Dr Mulambya said the team was ready to work with ZFDS who had gone to the area to offer various health services.

In keeping with traditional values, the ZFDS team paid a courtesy call on Paramount Chief Mpezeni IV who was elated with the works offered by the Service.



The traditional leaders in usual affection said he was happy with the work the Service has been doing in his Chieftom and throughout the Country and pledged to offer his unwavering support.

The team also serviced the Jerusalem facility and attended to over 600 patients.

The uMkhosi WeNcwala, otherwise popularly known as Nc'wala ceremony is the first major traditional ceremony in the Zambian calendar year of traditional ceremonies.

The Nc'wala ceremony is held on the last Saturday of February.

Thousands of people descended on the hilly town of Chipata District to witness this year's ceremony which reached its zenith on Saturday.

HRH KING LITUNGA CHEERS ZFDS FOR ENSURING EQUITY OF ACCESS TO PRIMARY HEALTH CARE SERVICES IN RURAL AREAS



His Majesty Litunga Lubosi Imwiko II King of the Lozi people has commended Zambia Flying Doctor Service (ZFDS) leadership for its determination to ensure that the country attains universal health coverage in remote, rural and hard-to-reach areas.

Speaking through his spokesperson Prime Minister of Barotse Royal Establishment (BRE), Ngambela Mukela Manyando King Lubosi said he was happy with works by ZFDS which he described as tremendous.

"I have been keenly following the works of the service and I am informed of the tremendous works you (ZFDS) are doing for people in hard to reach areas countrywide.

Continue with what you are doing," he said.



His Royal Highness Litunga said this when a team of medical personnel from the Service paid a courtesy visit to him at his Lealui palace in Limulunga.

And medical team lead Dr Tendai Mweemba explained to the traditional leader that the team was providing medical services in the village for a period of three days during the Kuomboka ceremony.

Dr Mweemba explained that the team was in the area to offer services such as general screening, dental services, eye screening and dispensing of free reading glasses, laboratory services and pharmacy.

She said the Service was providing the medical services for free.

ZFDS had sent a medical team to Limulunga District in Western Province to provide medical services to patrons and visitors during the Kuomboka traditional ceremony which was held in April.

"I have been keenly following the works of the service and I am informed of the tremendous works you (ZFDS) are doing for people in hard to reach areas countrywide.

INVEST IN MARINE AMBULANCES CHIEF MBULU APPEALS TO ZFDS



Chief Mbulu of the Ng'umbo people on Chishi island, Chifunabuli Luapula Province has commended the Government for using the medical outreach model to service the rural and hard-to-reach areas.

"We thank the Government for sending ZFDS to our island.

When we heard of your coming and the planned activities we could not believe it because it has been decades since we saw the Zambia Flying Doctor Service on the island.

People just to access dental services have to be referred to Ndola or Kitwe especially for dental services.

Your visit is a demonstration that indeed this Government cares for people settled in this part of the country," he said.

The traditional leader said this when a team of medical personnel dispatched to the area on a medical outreach programme visited him at his palace.

Meanwhile Chief Mbulu has appealed to Zambia Flying Doctor Service (ZFDS) to invest in boats to respond to medical emergencies on the islands across the country.

Chief Mbulu lamented that lack of transport on islands is a barrier being faced by his subjects to access medical services.

Chief Mbulu said the worst scenario was when an expectant woman develops complications in the night and fails to access appropriate health care timely.

He disclosed that dugout canoe used for transport usually capsizes and results in people drowning.

"We have two chiefdoms on Islands in Luapula Province with a growing population but have no boats stationed on the island.

The only boat in the district which is used is stationed on the mainland and not cross points on the island.

We cannot call for evacuation of a patient when need arises because there is no network in the area as such Communication also remains a challenge

Walk around on the island you will observe that settlers in this area are the poorest with a huge population being elderly persons.

I am channeling my request through the Service because I understand your mandate is to service the rural areas who are poor," he said.



CHIEF KASOMA THANKS GOVERNMENT FOR REVAMPING ZFDS

"When I was a child ,ZFDS was a household name in the villages.

We used to see planes fly medical personnel and drugs into Kapata East and service the villagers.

It was an exciting time," these were the words of His Royal Highness Chief Kasoma Bangweulu of Samfya.

This was when a team of medical personnel sent to the District in Luapula Province paid a courtesy visit on his palace.

Chief Bangweulu recalled that back in the days ZFDS used to be active and he remembered how people used to get excited at the sight of the aeroplanes.

I was very young then but I can remember how the visit by ZFDS in our village used to make us happy when we saw the plane.

The people knew that help had come their way because medical services were brought closer to home," he narrated.

Chief Kasoma Bangweulu has since thanked the Government for revamping the service as it was a key vehicle to servicing people in remote and rural parts of the Country.

And the traditional leader implored ZFDS employees to work diligently in serving the Country.

"Serve the people without any reservations.

You have been sent here (Samfya) because the Government entrusted you to deliver on its mandate to achieve universal health coverage for all," he said.

03

Medical Corner



Special Edition :

ORAL HEALTH AND PREGNANCY

By Dr.Theodore Kabali
Dental surgeon

ORAL HEALTH AND PREGNANCY

By Dr. Theodore Kabali
Dental surgeon

Oral and dental health problems in pregnancy are of special importance.

Hormonal changes in pregnancy, particularly estrogen changes, can cause hyperemia, inflammation, bleeding, increased sensitivity to the gums and increased risk of bacterial infection as a result, resulting in increased gum disease.

Changes that occur during the pregnancy period create a suitable environment for the impairment of the health of the mouth and teeth.

Common oral and dental health problems seen in pregnancies are benign oral gum lesions, tooth erosion, tooth decay and periodontitis (gum disease).

However, it is stated that common nausea and vomiting cause impaired acid base balance in the mouth, resulting in erosion of the tooth base and increased incidence of cavities and halitosis (bad breath).

Poor oral health negatively affects both general health and quality of life of woman.

Periodontal diseases seen in pregnancy can cause not only maternal health but also cardiovascular diseases such as low birth weight, premature rupture of membranes, premature birth, preterm delivery and preeclampsia in childhood, diabetes and depression.

It is recommended that comprehensive oral and dental health assessments should be performed on pregnancies.

Pregnancy is also considered to be the most appropriate time for the development of oral dental health for mothers and children.

Among the reasons why pregnant women don't go to the dentist, there are some factors such as financial problems, not having problem about the teeth, not giving importance, not knowing the effects on pregnancy, and not reaching at the service.

Oral health services being offered by Zambia Flying Doctor Service (ZFDS) in rural area is positively impacting lives including the lives of pregnant women and their unborn babies in the sense that treating dental conditions relieves pain and improves the quality of life in these pregnant women in that they are able to improve their nutrition which in turn benefits the health of the unborn child.

Treating dental diseases like dental caries prevents the occurrence of complications of untreated dental caries such as Ludwig's Angina which is usually fatal and may lead to mortalities.



Medical Evacuations

ZFDS EVACUATES BABIES TO HEART HOSPITAL FOR FURTHER MANAGEMENT

On 14th February 2024, the Zambia Flying Doctor Service (ZFDS) conducted an aeromedical evacuation of two children from Mukinge Mission Hospital in Kasempa to National Heart Hospital (NHH) in Lusaka for further management.

The two children aged one year and five years respectively were diagnosed with cyanotic heart disease and endocarditis.

Cyanotic heart disease is any heart defect present at birth that reduces the amount of oxygen delivered to your body while endocarditis is a life-threatening inflammation of the inner lining of the heart's chambers and valves.

SOLWEZI CANCER PATIENT EVACUATED TO LUSAKA

On 18th March 2024, Zambia Flying Doctor Service (ZFDS) evacuated a female cancer patient aged 49 from Solwezi General Hospital (SGH) to Cancer Diseases Hospital (CDH) in Lusaka.

According to the attending physician from SGH Dr. Patience Phiri, the patient was referred to CDH for further investigation after she presented multiple myeloma and was being managed for severe anaemia, bone and Renal dysfunction.



ZFDS EVACUATES BABY WITH OBSTRUCTED AIRWAY AFTER INGESTING MAIZE SEED

On 19th April, 2024 Zambia Flying Doctor Service (ZFDS) evacuated a one (1) year old baby of Mbala with a foreign body in the airway to University Teaching Hospital (UTH) children Hospital for further management.

The child was admitted at Kasama General Hospital (KGH) on 12th April, 2024 where he was presented with respiratory failure.

KGH Head of Surgery Dr. Patrick Kalubi indicated that to save the life of the baby there was need for the patient to access therapeutic method of removing foreign body (endoscopic management).



ZFDS EVACUATES FIVE PATIENTS INTO LUSAKA

On 3rd April, ZFDS evacuated five patients from Mansa General Hospital in Luapula to the University Teaching Hospital (UTH) in Lusaka for further management.

Three of the patients were stretcher cases while two were able to sit.

The patients air lifted included: a seven year old boy who suffered a head injury with a depressed skull fracture.

He is said to have been admitted at the facility on 31st March 2024, after falling from a tree.

The other cases are two Road Traffic Accident (RTA) victims from Mansa - Chipili Road which occurred on 1st April, 2024 involving a 56 year old male and 32 year old female.

The patients were admitted to the University Teaching Hospital in Lusaka.



ZFDS REPATRIATES CHINSALI BOY

On the 11th of January, 2024, ZFDS repatriated a patient aged 16 from the University Teaching Hospital (UTH) in Lusaka to Chinsali, Muchinga Province.

The lad was evacuated to the referral hospital by ZFDS in the month of August in 2023 for spinal surgery after he sustained injury from falling from a tree.



ZFDS EVACUATES MAN PARALYSED FROM WAIST DOWN



On 29th April 2024, Zambia Flying Doctor Service (ZFDS) evacuated a 35 year old Road Traffic Accident Victim (RTA) from Mansa, Luapula Province to Lusaka's University Teaching Hospital (UTH) adult hospital.

According to the CT scan, examination revealed that the patient had anterior displacement with posterior rib fracture.

It was noted that the patient had progress paralysis with difficult in breathing and needed further Orthopaedic spine management at UTH.

04

Aviation Corner



FLIGHT OPERATIONS

With the mention of Aviation, what comes to mind is planes, pilot and engineers.

However, there is a team working behind the scenes to promote safe air travel. This is the flight operations department, a significant part of the flight crew.

Their responsibility includes:

- i) Managing flight plans in coordination with the aircraft crew members.
- ii) Responsible to check weather updates and decide the flight schedule accordingly.
- iii) Manage the flight schedule and inform the concerned authorities about any change in the flight schedule.

Apart from this, Flight Operations is also responsible for the security and safety standards of flights and report any safety failure in the aircrafts notice to airmen (notams).

The department is also responsible for pre-flight information such as flight planning and dissemination of flight plans to external stakeholders (Zambia Airports Corporation) and sending modification messages containing departure, arrivals and cancelling of flight activities.



MERCY WINGS ON A MISSION TO SAVE LIVES



Zambia Flying Doctor Service (ZFDS) in the first quarter of 2024 flew a total of 222 hours covering 56,411 kilometers covering 10 provinces across the country. The activities undertaken include medical evacuations, drop offs of medical personnel on medical outreaches.

With two planes and base in Ndola, the air ambulance has upped its critical-care patient transfer services between hospitals across the country.

A total of 19 patients were transferred from referral hospitals between January to March 2024 registering a significant increase.

ZFDS Director Aviation Lasford Manchisi says the need for patients to access specialists and a higher level of care has driven the increase, along with confidence the Service has instilled in the local communities and the SADC region.

"It has been a busy start to the year, with the team flying all over the ensuring patients get the level of care they need.

The service has been transferring critical care victims, spinal injury patients, neonatal transfers, trauma victims, surgery transfers and medical supplies," he said.

On attaining gender equality, the Director Aviation confirmed that the department has achieved gender balance however, he stressed the need to encourage balance in technical areas such as engineering and flight crew. "For pilots, we have attained the 50/50 threshold we just need to encourage more females to take interest in aircraft engineering as of today ZFDS only has one female engineer," he said.



05

Staff wellness & Development



The impact of sports on Mental Health

By Sera Chella - Mental Health Nurse

Although most people dream of just sitting comfortably on the couch, it is often much more effective to get up and do some exercise.

A study by the World Health Organization (WHO) recommends that adults between the ages of 18 and 64 get at least 150 minutes of exercise per week.

This not only prevents heart disease and diabetes but also has a positive effect on our psyche and mental health.

Zambia Flying Doctor Service (ZFDS) management is using sport as team building method bring about cohesion among staff.

Besides it being fun, it is a stress reliever.

Background

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

Many factors contribute to mental health conditions, including:

Biological factors, such as genes or brain chemistry

Life experiences, such as trauma or abuse

Family history of mental health problems.

Mental health problems are extremely common all over the world and contribute significantly to illness and impairments.

There is an acknowledged need for interventions that focus on prevention to foster mental health, and to fulfil this need, sports offer a promising way to promote mental health and avoid the beginning of a mental illness.

In this study, a literature review is presented about the association between sports participation and mental health across the lifespan.

Sports has always been known for its physical benefits. In recent years, research has also found that sport participation can positively affect your mental health.

Sport is a subset of physical activity that can be particularly beneficial for short-and-long-term physical and mental health and social outcomes.



Sarah Chellah
Mental Health Nurse

Objectives: To determine the association between sports participation and mental health and get information about the mental health benefits that can be achieved by increased participation in sports, both by the general public and professional athletes at any age.

Keywords: Sports, Mental Health, social outcomes

Results: Participation in sports was found to be positively associated with psychological well-being and connected with fewer mental health problems. Sports participation was associated with higher self-esteem and a lower risk of anxiety, depression, and social behavioural inhibition in adolescents.

Sports participation led to reduced smoking and a type of personality that was resistant to alcohol and drug addiction.

Sports club membership, high or moderately frequent sports participation, participation in outdoor sports, team sports, contact sports, and competition were all linked to fewer internalizing problems.

Conclusions: From this article, it has been established that the participation in sports of any form (team or individual) is beneficial for improving mental health and social outcomes among all age groups.

Team sports, however may provide more potent and additional benefits for mental health and social outcomes across adulthood.

LABOUR DAY AWARDS



ZFDS HONOURS EFFORTS OF EMPLOYEES ON LABOUR DAY

ZOn Labour day this year, which falls on May 1,2024, Zambia Flying Doctor Service (ZFDS) awarded 14 of its employees for their dedication to duty.

The employees were awarded under different categories namely most consist,most improved ,most displined,most hard working , most dedicated,most reliable ,most punctual and Managers award respectively.

Speaking during the event,ZFDS Chief Executive Officer (CEO) Dr.George Ng'uni lauded workers for their dedication to ensuring that the Service delivers on its mandate in remote,rural and hard to reach areas.

Dr.Ng'uni said with the dedication from all employees he was confident that the Service will meet it's targets to capture about 14,000 patients during its monthly health outreach programmes in outlying areas of the country.

He further urged ZFDS employees to remain dedicated to duty.

ZFDS Head Resource Edward Msoni said that it was not just a day to celebrate workers but to honour them for their efforts and input.

"Dedication and resilience goes to each one of you who contribute to the success of the organisation that everyone is able to see today. You have made history to bring back ZFDS from it's slumber," he said.

And Martha Banda, one of the employees who got three awards for hard work, expressed gratitude for being recognized.

"It is a memory that has been created to always reflect on and we will continue to be hard working," she said.



ZFDS Holds joint departmental workshop



The Zambia Flying Doctor Service (ZFDS) on 19th February, 2024 held a workshop for its employees drawn from Finance, Legal Services and Corporate Affairs and Audit.

The workshop was held under the theme "Navigating Transformation: Building Synergy for Financial Integrity and Organizational Excellence".

ZFDS Chief Executive officer Dr George Ng'uni in his opening remarks to the team applauded the departments for having organized such a workshop.

Dr Ng'uni encouraged the team to work within the required legal time frame and ensure that they look at the how, when and take into consideration and embrace the seven core values of the service which are : Care, Respect, Confidentiality, Cleanliness, Integrity, impartiality and Excellence.

He urged the facilitators to ensure that the talking points prepared should enlighten employees of the transformation agenda of ZFDS.

"You should come out of the meeting differently with a renewed focused mind.

The service has decided to call for this workshop to use it as a platform to remind each other of our responsibility at ZFDS.

Let all participants take time to introspect and ensure the knowledge from the workshop will enable us to do the work correctly and deliver on the expectations," he said.

The facilitators of the workshop were directors and heads of department from the service with the topics including but not limited to :

Overview of operations of the finance department, explanation of the audit roles and functions of the audit department vis a vis overview of audit lifecycle from planning to reporting and fraud prevention and detection.

This was a one day workshop and it is hoped that the knowledge inculcated will yield positive results in our operations as a Service.



ZFDS at Key National Events

Oral Health Day



International Womens Day



International Youth Day



Labour Day



Midwifery & Nurses Day





**Hon. Sylvia T.
Masebo**



Dr. Rosemary Kumwenda

Board Chairperson



Hon. Suresh Desai

Board Vice Chairperson



Mrs. Nsama Sue Mayowe

Board Member



Brigadier General Lloyd Chonya

Board Member



Dr. Charles Mwinuna

Board Member



Eng. Francis Pwapwa

Board Member



Mrs. Clarissa C Sefuke

Board Member

EXECUTIVE MANAGEMENT TEAM



Dr. George Ng'uni
Chief Executive officer



Dr. Chisanga Puta
Director Medical services



Lasford Machinsi
Director Aviation services



Mrs. Luyando M. Shimalukwe
Director Legal services/ Corporate Affairs



Mr. Mulenga Zulu
Chief Accountant



Mrs. Grace Kafula
Head Internal Audit & Risk



Mr. Edward Msoni
Head Human Resource &
Administration



Ms. Justina Kapandula
Head Procurement



Mr. Dick Chilatema Chama
Head Security Services



**Zambia Flying Doctor Service is situated at Plot number 2965,
Hangar No 1B at Zuze Airforce base,
P O Box 71856
NDOLA**

Contacts:

**Telephone: (+260) 212-618228,
00212-613890, 0212611417/8**

Email: zfdsadmin@zfds.org.zm