



AHP CZ

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Ms Farirai Maziriri

AHPCZ Registrar

Dear Readers,

It is with great pleasure and honor that I welcome you to this exciting AHPCZ second newsletter of the year 2023, which is largely devoted to reflecting upon the work of the Council over the last few months as we are on a drive to take health regulation to the people. This first half of the year saw AHPCZ participating in different programs and building collaborative relationships with other relevant stakeholders who are also on a mission to improve quality health care in Zimbabwe.

It is our goal to ensure that the Zimbabwean population is protected through getting health assistance from qualified and certified practitioners. We also endeavor to sensitize the public on AHPCZ's existence and what members of the public need to know about health regulation in Zimbabwe and across the globe. 2023 is a critical year for us and as such we have witnessed an increase in

compliant practitioners, the opening of new institutions by AHPCZ practitioners, participation of health practitioners in the AHPCZ Zimbabwean Journal of Health Sciences and continued education through the delivery of the First Aid in Mental Health Training in Zimbabwe. Our emphasis is on reaching out to strategic partners and other stakeholders who would want to collaborate with us in protecting the population of Zimbabwe through our services and mandate. We hope that through these collaborative efforts we will immensely contribute to improved quality health care of our nation.

AHPCZ is committed to delivering excellence and aspiring to be the leading health regulator set as a benchmark. We hope you enjoy reading this AHPCZ newsletter and we look forward to your feedback so we can continuously improve this along the way.

Thank you and happy reading!!!

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FUNCTIONS AND POWERS OF THE COUNCIL

The Allied Health Practitioners Council of Zimbabwe (AHPCZ or Council) 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). It is also mandated to promote liaison in the field of training in Zimbabwe and elsewhere, to monitor, enforce and improve the standards of such training in Zimbabwe.

(1) Subject to this Act, the functions of the Council shall be;

- (a) to assist in the promotion of the health of the population of Zimbabwe,
- (b) 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 Part II of the First Schedule,
- (c) to promote liaison in the field of training referred to in paragraph (b), both in Zimbabwe and elsewhere, and to monitor, enforce and improve the standards of such training in Zimbabwe,
- (d) to advise the Minister on any matter affecting the profession or calling of any allied health practitioner,
- (e) to communicate to the Minister information on matters of public importance acquired by the Council in the performance of its functions under this Act
- (f) to consider and determine applications for the registration of allied health practitioners in accordance with such conditions, whether as to qualifications or otherwise, as may be prescribed by the Council,

(g) to establish and maintain one or more registers in terms of Part XV for the registration of Allied Health Practitioners Council to be necessary or desirable to advance the standing and effectiveness of allied health practitioners in Zimbabwe

(h) to issue practising certificates to allied health practitioners and to cancel or suspend such certificates in terms of this Act,

(i) to define and enforce ethical practice and discipline among allied health practitioners,

(j) to encourage cooperation between the Council and other councils established under this Act

(k) to take such steps as appear to the Council to be necessary or desirable to advance the standing and effectiveness of allied health practitioners in Zimbabwe,

(l) to present the views of allied health practitioners on national, regional and international issues

(m) to evaluate and monitor the standards of qualifying examinations, courses and training for allied health practitioners,

(n) to evaluate any examinations, training courses and qualifications of foreign institutions for the purposes of the registration of allied health practitioners,

(o) to perform any other function that may be conferred or imposed upon the Council by or in terms of this Act or any other enactment

(2) For the better exercise of its functions, the Council shall have power to do or cause to be done all or any of the things specified in the Second Schedule, either absolutely or conditionally and either solely or jointly with others.



DIETARY FIBER

By a Nutritionist

You've likely heard that fiber is an essential part of your diet. But what exactly is fiber, where can you get it, and why is it so important? If you're looking to boost the fiber in your eating routine, or create your own high-fiber diet meal plan, start by reading this helpful guide. Learn more about fiber, what it does for your body, and how to easily incorporate it into your diet.

What Is Dietary Fiber?

Fiber is a type of carbohydrate found in plant foods that your body can't fully digest or absorb as it does with other carbohydrates, fats, and proteins. However, it is essential for your body's normal functioning and overall health as it passes through your digestive system and out of your body, aiding the whole process. Fiber is commonly classified into two types:

Soluble fiber

Soluble fiber dissolves in water or other fluids. In your body, soluble fiber attracts water, dissolves in it, and turns into a sort of gel. This helps slow down digestion and keep you feeling fuller for longer. Foods that are rich in soluble fiber include:

- oats
- peas
- beans
- apples
- citrus fruits
- carrots
- flaxseed

Insoluble fiber

Insoluble fiber does not dissolve in water or other fluids. Instead, it



What Foods Should You Eat as Part of a High Fiber Diet?

absorbs fluids in your body and sticks to other materials to form stool (poo). This process adds bulk to your stool and helps push other foods through your digestive system more quickly. This leads to softer, bulkier stools, more regular (and, let's face it, more satisfying!). It can also prevent problems like constipation and hemorrhoids. Foods that are rich in insoluble fiber include:

- whole-wheat flour
 - wheat bran
 - nuts
 - beans
- vegetables such as cauliflower, green beans, and potatoes

Why Is Dietary Fiber Important?

It might not sound right to eat something your body can't absorb nutrients from. However, dietary fiber is important for your body's

regular functioning and keeps the digestive system healthy. There are a whole host of health benefits from including more fiber in your diet:

- Better bowel movements
- Healthy weight
- Overall health
- Gut health
- Mental health
- Oral health

High-Fiber Diet Meal Plan

Increasing your fiber intake is easier when you know which high-fiber foods to eat. It is also important to get your fiber from various foods to ensure you are getting a good mix of all the other important nutrients as part of a healthy balanced diet. Below are some types of fiber sources and examples of foods that are rich in fiber for you to build into your daily meal plan:

Fruits

Fruits like raspberries, pears, apples, mangoes, and figs have fiber. They offer an easy way to get more fiber into your diet as you can build them into your breakfast. You can get this fiber in a smoothie, porridge, or yogurt. Remember that lots of fruits' fiber are typically in their skin, so leave it on whenever possible to get the most benefits.

Vegetables

Vegetables like broccoli, brussel sprouts, potatoes, carrots, spinach, and kale have fiber. Making vegetables the base of your main meals is a great way to increase your fiber intake. Look for leafy greens, like kale, spinach, and chard, to use in salads or sauteed when you're looking for high-fiber meal sides.

Whole grain foods & products

Whole grain products like brown rice, oats, rye, and quinoa have fiber. A whole grain is still in its full form and has been through the least amount of processing, and these have the most fiber. But you can also find whole grain and whole wheat cereals, pasta, & bread, which are also high in fiber.

Nuts, seeds, & legumes

Nuts, seeds, and legumes like almonds, chia seeds, peas, beans, and lentils have fiber. They make a

great high-fiber snack or topping compared to other foods. Legumes can be incorporated into main meals to provide additional fiber content.

Boosting Your Fiber Gradually

It would be best to eat a certain amount of fiber daily as part of a healthy balanced diet. The recommended amount depends on the amount of food you should generally consume on a daily basis for your body's energy needs, so this varies for children and adults, males and females:

- Under 5 years = 15g
- 5-11 years = 20g
- 11-16 years = 25g
- 16 years and older (female) = 21-25g
- 16 years and older (male) = 30-38g

Most people do not get enough fiber in their diet. If you want to increase the amount of fiber you are eating, make sure to do so slowly over a few weeks to give your body time to adjust to processing the higher fiber content. A sudden increase in fiber may lead to bloating, abdominal pain, and increased flatulence (gas/wind).

It would be best if you also try to stick to the recommended intake rather than going to extremes. A very high-fiber diet (more than 40g daily) could lead to you losing out on other important minerals (such as iron, zinc, and calcium). This can

become bound to the insoluble fiber passing through your digestive system and then do not get absorbed and used as it should.

REFERENCES

Dietary Fiber And Its Types

<https://www.netmeds.com/health-library/post/dietary-fibre-and-its-role-in-preventing-chronic-diseases>

NOTICE



Continuing Professional Development (CPD) points are mandatory when one wants to renew their certificates and this applies to all those professions that have CPD points as an annual minimum requirement. This notice serves to notify that starting from next year 2024, the professions listed below are mandated to submit signed or stamped CPD booklets when renewing their practising certificates.

Professions	Number of points
ECG Technicians	30
EEG Technicians	30
Hospital Equipment Technicians	30
Medical Physicists	30

Contact the Registrations Department

Phone : (0242)747482-3/303027
 Email: registrations@ahpcz.co.zw

By Lucia Mukamba

Johnny got a visa to go to the United Kingdom from his native Zimbabwe to work as a caregiver. At first he seemed to cope with the rigors of life in a foreign land with the tough routine of work and more work, loneliness cold and racism. He realized the reality of the UK was a far cry from the sugar candy mountain he had anticipated. He soon began developing feelings of self loathe, sadness, hopelessness, irritability, lack of concentration and regret. Most times he would just curl up in his bed and cry and sleep proved hard to come by. He often had thoughts of leaving everything here on earth since the world and all the things he had previously valued; his dotting mother, his lover, his friends, music, food, football and all the so called good things in life had lost meaning. His small rented room was a mess as he no longer cared about hygiene, order and self care. Being new in a foreign land also meant he had no friends and he had no desire to call home all of a sudden.

It is only at work that his work friends began to notice his clumsiness and a demeanor of perennial sadness. He only spoke in mono-syllables and grunts and hardly even smiled. His supervisor was beginning to worry about his suitability for care work and it's demand for diligence, amiability and attention to detail and conversation. The Supervisor had a word with Johnny to make a decision on his suitability for work.

The meeting with Johnny did not take long before the experience management panel came to the conclusion that he was probably suffering from some type of depression and that given the length of time he had had the symptoms, he certainly was overdue for therapy. They immediately recommended a therapist for him to consult.

According to the therapist, Dr. Elizabeth Hatchinson, right from her first encounter with Johnny, it was clear that he was suffering from some form of depression. She explained to his employers that there are many types of depression namely; Major Depressive Disorder (MDD) whose features include fatigue, weight changes, changes in sleep patterns, lack of interest in activities, moodiness, feelings of worthlessness and thoughts of suicide and death.

Dr Hatchinson also talked of Persistent Depressive Disorder (PDD) which has most of the above symptoms but add insomnia, anger and irritability, lack of concentration and general lack of energy.

According to Dr Hatchinson, there are other types of depression that she immediately ruled out in the case of Johnny which include Bipolar Depression, Postpartum Depression, Premenstrual Dysphoric Depression, Seasonal Affective Disorder and Atypical Depression. Medically, depression is defined as "a mood disorder that causes a persistent

feeling of depressed mood or sadness and the often profound loss of interest in things that usually bring you pleasure." (verywellmind.com).

According to Nancy Schimelpfening (2023) in verywellmind.com, when people think about depression, they often divide it into one of two things either clinical depression which requires treatment or "regular" depression that pretty much anyone can go through. As a condition, depression can be a difficult concept to grasp since we refer to it as both the symptom of a condition and a condition itself.

In the particular case of Johnny, there was still the important matter of what might have caused his depression having arrived in the UK being of sound mind and spirit. Was it maybe the change of environment or the shock induced by the chasm between what he expected of the UK and the reality of hardships, indecent work, harsh weather that was new to him? Did he find the lack of social life and the factor of being the other, racially, bothersome. Could it have been a real case of clinical depression requiring of medical treatment like taking certain recommended medicines. According to various experts, it is often quite daunting to determine a single cause for depression. Since Johnny's symptoms had been going on for more than two weeks, the Doctor placed him in the category of MDD

and hence requiring of medical treatment. This would therefore mean that Johnny had to take a prescription of drugs and undergo psychotherapy at the same time.

If left untreated, the condition can last up to a year. Fortunately, research has found that treatments such as antidepressants, counseling, and hormone therapy can be effective.

According to the National Institute of Mental Health, 1.5% of adults in the United States had persistent depressive disorder in the past year. The disorder affects women (1.9%) more than men (1%), and researchers estimate that around 1.3% of all U.S. adults will have the disorder at some point during their lives.

When one looks at Africa, depression is often misunderstood and dismissed as a manifestation of evil spirits that requires divination or some form of exorcism to be cured. It is also seen as a Western problem resulting in there being little or no medical recourse for those affected by the condition. This does not however mean it is not present in Africa and there indeed a lot of suicide cases that with hindsight are attributable to depression. In Johnny's case, it is clear that had he been back home in Zimbabwe, he probably would not have received that kind of expert advise and treatment given the high cost of

such therapy. He probably would have lost his job and would have been driven to suicide by the lack of empathy and sympathy that a depressive person requires from those around them. Those who have to care for patients with depression require education and information about the condition so that they can ably help rather than abet the situation. It has been well established that depression is treatable with the right kind of interventions based on science rather than on superstition.

Depression in many insidences is misunderstood to be limited to thoughts of suicide which ,as this article shows, is associated with the most extreme cases of the mental condition.

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CONGRATULATIONS



Paramedic N. Chakanza



Dr Debra Machando

AHPCZ would like to congratulate it's former Chairperson Dr Debra Machando, a registered Clinical Psychologist and the Mental Health Technical Officer at World Health Organization Zimbabwe for receiving the World Health Organization (WHO) Director General's Award for Excellence from Tedros Adhanom Ghebreyesus. Council would also like to congratulate the Zimbabwean paramedic Mr N. Chakanza who graduated with a Post Graduate Diploma in Emergency Care at the University of Cape Town, South Africa in March 2023. Your persistence paid off, and we are so happy for you. Makorokoto Amhlope!!!!

Congratulations!

NOTICE



We are calling upon all AHPCZ students who wish to contribute to our Third Quarter newsletter through articles, stories, poems, case studies etc., to forward them to research@ahpcz.co.zw. Invitation is open to all AHPCZ students who are interested in contributing to health research. Kindly note that publication in the newsletter will be reviewed by the relevant Education Committee.



Contact the Registrations Department

Phone : (0242)747482-3/303027

Email: research@ahpcz.co.zw/ info@ahpcz.co.zw

DARE TO CARE

Mental Health Day Poem by Author Hasan Simani

The road to mental health littered with myths and misconception
 No deep listening to the variant tones to create finer connections
 Let's add missed perception with harmonious talk
 The creator of the light for the eyes to see
 And treat misconceptions as misplaced grammar
 The time for reckoning is now
 Time to look beyond ourselves into the eyes of hurting
 To plant our feet upon a greater intent
 And delete virus of stigma lest it might contaminate our consciousness

A voice of those lying in comatose yearning for freedom but are afraid for they are tongue tied
 A vision for the future to see a beautiful tapestry of the world with psychologically-minded people
 A dream of the future to build rapport with the hurting to minimize suffering
 Let's work together like gestalt once remarked "the whole is greater than the sum of its parts"
 Health is incomplete without mental health
 Let's rub off the black hues that surround our people's mind-set and plant a better seed
 "Dare to care"

Depression has tightened its vice
 And its evil twin brother suicide squeezing life out of many
 Schizophrenia breeding destitute to would-be-doctors
 And heavy combustion of noxious drugs like Mutoriro
 We lost talented individuals now talent rot in earth
 Alcohol too making my generation a disaster
 And if I sit in the background without a focused attention I might lose my friend to the cemetery
 Let's dare to care impel the world to kindle the flame of hope.

Psychology theories

The conflicts prime youth rooted in the unconscious channeled who you are,
 But inside your body genes inspire what you want to be,
 You can choose to be using your mind, you got the free will,
 Your passion in humanism they respect what you feel,
 Using person centered therapy, they allow you to speak what you feel,
 How can a psychotherapist make you well again?
 They make you draw the positive man or woman,
 You dance in existence of who you are and avoid pain,
 Deny situations that cause stresses,
 All we need in society individual with gaiety faces,
 Focus on here and now,
 Past is past don't let it determine who you are if it traumatize,
 Come again brother, sister, mother, father we know,
 Rooted in psychoanalysis is the philosophy of Sigmund Freud,
 Now dead but inspired psychology to what it is now,
 The legacy was the psycho-sexual theory,
 Romanticizing nonsense to make sense,
 Our mind with the id, superego and ego,

I beg to differ with him was he dreaming when he made that theory,
 I can't find any scientific explanation,
 And Maslow too drew our life moving in stages
 But the last one self-actualization,
 How can we reach saturation?
 That one raises debate we got to find the explanation.

Roles of a real Psychologist from A-Z

Attentive to the cries of the marginalised
 Buttressing the falling walls
 Competent to deconstruct problems confronting statements or non-verbal cues wisely
 Diagnosing sometimes with the DSM-V, doesn't pursue self interest
 Enacting hope to the weak willed extremely ethical
 Finding ways to intervene
 Guiding the process of therapy
 History taking to know the client
 Inspiring to the community
 Joking with the clients jests rest their sorrows
 Keep on asking until he/she perceives the abstract
 Listening to what is said and unsaid
 Monitoring change
 Numbering stages taking notes
 Openness to the new reality of the client
 Pumping hope like increasing air in a flat tyre
 Quoting the previous to match the now
 Smiling not surrendering to summon courage inside
 Renovating the peeling optimistic surface
 Teaming with the client/s
 Uniting psychology and culture
 Verifying what worked and voting for policies that promote mental health
 Willingness to help those in need
 X Exorcise myths and misconceptions
 Years of experience in psychotherapy
 Zealous about identifying client's needs

Author Hasan Simani

Lecturer at University of Zimbabwe, Intern Counselling Psychologist, Poet, Musician, Lyricist





FIRST AID IN MENTAL HEALTH

Mental health first aid is the help you give to someone developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

You can give this first aid until the person has received appropriate professional treatment or the crisis is resolved.

To help reduce mental health problems, Allied Health Practitioners Council of Zimbabwe took an initiation to teach the public through a three day course titled First Aid in Mental Health (FAiMH).

The FAiMH is a public education course that aims at preserving life, preventing illnesses from getting worse, aiding recovery, and protecting well-being of families and communities. Just as Cardiopulmonary resuscitation(CPR) training helps a layperson without medical training assist an individual experiencing a heart attack ,this three day course helps individuals offer initial assistance to someone experiencing a mental health crisis until appropriate professional help is accessed.

Through the learning environment, learners will share experiences, discuss real challenges from their day-to-day work, learn from one another, and grow in their profession. They will learn effective ways of helping someone experiencing a mental health problem until appropriate professional support is obtained.

Who should take It?

- Corporates
- Law Enforcement Officers
- Teacher & Faith Leaders
- Health Practitioners
- etc

Who teaches It?

- AHPCZ Registered counsellors
- Psychologists

Mental Health Symptoms

- bizarre or unusual thinking
- hallucinations, such as hearing or seeing things that aren't there
- extreme mood changes
- restless, agitated and disorganised behaviour
- marked decrease in activity
- difficulty concentrating
- significant drop in performance at work or school
- significant withdrawal from friends and family
- neglecting self-care (such as neglecting personal appearance and hygiene, and eating poorly)
- suicidal thoughts or behaviours
- non-suicidal self-injury (deliberate self-harm)
- destructive or high-risk behaviour
- confusion and disorientation
- emotional outbursts
- etc

Enroll Now for the next class !!!



**First Aid In
Mental
Health**



2023

BULAWAYO FAIMH

Course Taught by:

REGISTERED
COUNSELLORS &
PSYCHOLOGISTS

**Fee
\$100**

What It Is?

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 experiencing a mental health crisis.

Who should take It?

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



Venue: TBA



Date: 26-28 July

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council of Zimbabwe



ZITF 2023 IN PICTURES

As we endeavor to take health regulation to the people, AHPCZ participated in the 63rd edition of the Zimbabwe International Trade Fair in Bulawayo. The 2023 edition was characterised by high-level business networking, interactions and engagements, among both local and international participants. The main objective for participating in these international programs is to take health regulation to the people and increase the Council's visibility. Different AHPCZ professions' representatives engaged with stakeholders at the AHPCZ Bulawayo ZITF stand.



Thabani Ndlovu (Psychologist) engaging with the public



Ms Farirai Maziriri (Registrar), Sandisiwe Nkomo (HIM) and Kindman Ndlovu (Radiography)



Sandisiwe Nkomo (HIM) and Tendai Thatha (Medical Physicist) talking to members of the public



Tendai Thatha (Medical Physicist) Engaging with the Public



Prisca Ndlovu (Counsellor) conversing with the public

CONT'D



Prisca Ndlovu (Counsellor) speaking to the ZRP Officers



Mufaro Chimbindi and Louis Gremu (HFSS) (Board Member) with the members of the public



Tendai Thatha (Medical Physicist) Engaging with the Public



Mufaro Chimbindi and Prisca Ndlovu (Counsellor) speaking to the members



Persistence Maunga (HPA) visits AHPCZ stand



Louis Gremu (HFSS)(Board Member), Farirai Maziriri (Registrar) and Tendai Thatha (Medical Physicist)

We would like to appreciate all the different representatives from our professions who took their time to participate in the 2023 Bulawayo ZITF. Much Appreciated 🙏

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COMPLIANCE SPOT CHECKS

The Council's overall objective is to safeguard the Zimbabwean public through regulating professions. As guided by the Health Professions Act Chapter 27:19, AHPCZ, regulates twenty (20) health professions. This means that no person in Zimbabwe should practice using these titles for gain or any other reason (section 126) unless they are registered by the Regulator. The Act further stipulates that no health practitioner should practice in a profession they are registered in unless they hold a valid practising certificate which is issued by the regulator each year (section 92). Another section of the health professions Act states that practitioners should practice in registered health institutions (section 99).

AHPCZ is concerned about health practitioners that are contravening sections of the Health Professions Act and is therefore carrying out compliance spot checks to ensure that Zimbabweans are attended to by practitioners who meet the minimum standards to practice. Any practitioner who is caught on the wrong side of the law shall be dealt with accordingly.

The AHPCZ team visited Norton, Chegutu, Kadoma, Kwekwe and Gweru General Hospitals to ensure that all practising practitioners were compliant. AHPCZ advises all its practitioners to be registered and have a valid practising certificate always to avoid paying fines or facing imprisonment.

Please be advised that we will be conducting inspections around the country to check whether practitioners are registered and have valid practising certificates.



Chegutu General Hospital



Kadoma General Hospital



Kwekwe General Hospital



Norton Hospital



Gweru Provincial Hospital

UNIVERSITY ENGAGEMENTS

Council has met with training institutions of health professions encouraging compliance in training, increase in lecturer compliance, promote and foster research through the Council’s Journal (ZJHS), Quarterly newsletter and First Aid in Mental Health Training and encourage student registration. Secretariat has so far visited the following:

- University of Zimbabwe
- National University of Science and Technology
- Solusi University
- Women’s University in Africa
- Harare Institute of Technology
- Manicaland State University of Applied Sciences
- Africa University

The Council intends to visit all the training institutions in Zimbabwe. There was also a plea for AHPCZ to take a proactive approach towards unaccredited institutions so that students do not suffer after taking courses that would not be considered by the Council.



National University of Science and Technology



Women's University in Africa



Harare Institute of Technology



Solusi University



Manicaland State University of Applied Sciences (MSUAS)



Africa University

STAKEHOLDER ENGAGEMENTS

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

AHPCZ also had successful physical engagements with its practitioners in Bulawayo at the United Bulawayo Hospitals in April 2023 and in Mutare at the Victoria Chitepo Provincial Hospital. AHPCZ highlighted on the role of health regulation in Zimbabwe and its importance to the population, encouraging practitioners to take a bold stance against any malpractices and attended to the enquiries of the participants.



United Bulawayo Hospital Stakeholder Engagement



AHPCZ Registrar discussing with stakeholders in Bulawayo



Victoria Chitepo Hospital Stakeholder Engagement

MANICALAND STATE UNIVERSITY PSYCHOLOGY UNIT VISIT

AHPCZ was at Manicaland State University of Applied Sciences to strengthen relations and to have an appreciation of the Psychology unit that the institution intended to open.

The importance of these verification visits is to check for the compliance levels of the health institutions. After such a visit the practice control committee will approve an application for the registration of a health institution guided by section 100 of the Health Professions Act which states that;

- (1) The Authority shall establish and cause to be maintained a register of health institutions in which shall be recorded— (a) such particulars of all registered health institutions as may be prescribed by the Authority; and (b) any conditions subject to which any health institution has been registered; and (c) the cancellation, suspension or renewal of the registration of any health institution.
- (2) Any member of the public shall be entitled to inspect the register, free of charge, at all reasonable times at the offices of the Authority.

AHPCZ, safeguarding the public, regulating professions...



NOTICE



AHPCZ PRACTITIONERS LIVE WEBINAR

"YOUR WELL BEING AS A CARE GIVER."

 **DATE**
04 August, 2023

 **TIME**
1400 CAT

CPD POINTS ATTAINABLE!!!



HEALTH PROMOTION OFFICER
Mr Israel Makwara



NUTRITIONIST
Ms Mavis Dembedza



PSYCHOLOGIST
Prof Herbert . Zirima

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 Allied Health Practitioners Council of Zimbabwe

Contact the Regulatory Services Department

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CONDOLENCES



The Chairperson Miss Ratidzai Hofisi, Vice Chairperson Professor Herbert Zirima, the Council members and Secretariat of AHPCZ all send their deepest condolences to the Seda Family and the EMS fraternity on the passing on of Mr Joseph Seda an Emergency Medical Technician on the 24th May 2023. Mr Joseph Seda contributed a lot in the Emergency Medical Services. He shall forever be remembered for the good he did. May his soul continue to rest in peace.



#If you know any practitioner that we have lost, kindly inform the council#

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.

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

PAYMENT PLATFORMS

1. THROUGH BANK TRANSFER

a. STANDARD CHARTERED BANK

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. PAYMENT THROUGH OUR ECONET BILLER SYSTEM

Make Payment

Pay Bill,

Enter Biller Code: **36143**

Enter amount

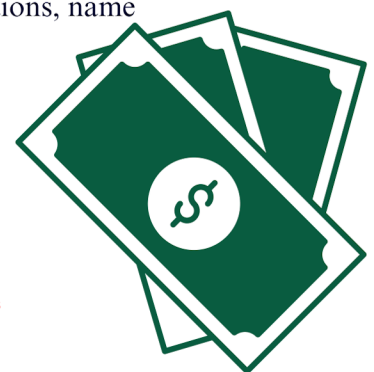
Enter Account Number : Write your professional abbreviations, name and surname as one word, NO SPACING

Send the proof of payment to

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

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

AHPCZ only has a CBZ USD Account !!!



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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For registration and renewal matters please contact; registrations@ahpcz.co.zw

For invoices, quotations and proof of payments please contact; accounts@ahpcz.co.zw

For system complaints and management/ administration issues please contact; registrar@ahpcz.co.zw

Or Visit us at

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