



American International Health Alliance  
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# AIHA Country Snapshot: Zambia

FALL 2011

## AIHA PARTNERSHIPS IN ZAMBIA

- Zambia Institute of Mass Communication Educational Trust / University of Kentucky / Media Institute of Southern Africa - Gaborone  
*(HIV/AIDS Media)*
- Zambia Defense Force Learning Resource Center Initiative  
*(Evidence-based Medicine)*
- University Teaching Hospital, Livingstone General Hospital / Center for International Health  
*(Pharmacy, Pediatric ART)*
- Palliative Care Association of Zambia / African Palliative Care Association  
*(Palliative Care)*

## CONTACT US

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## HIV/AIDS Twinning Center Partnerships in Zambia

*As of 2009, Zambia's adult HIV prevalence rate was estimated to be 13.5 percent, making it the sixth most affected country in the world. HIV prevalence rates vary considerably within the country, with infection rates highest in cities and towns along major transportation routes. Young women, military personnel, commercial sex workers, truck drivers, and people who work in fisheries are among the populations at greatest risk of contracting HIV. With support from the US President's Emergency Plan for AIDS Relief (PEPFAR) and the US government team in country, AIHA's HIV/AIDS Twinning Center currently manages four partnerships to build health system capacity in Zambia.*

## Strengthening Reporting on HIV, Public Health

The Twinning Center first started working with the Zambia Institute of Mass Communication Educational Trust (ZAMCOM) in 2005, piloting training courses to improve local media coverage of HIV/AIDS-related topics. In 2008, ZAMCOM was teamed with the University of Kentucky School of Journalism and Telecommunications with the goal of strengthening its organizational capacity to train journalists on HIV/AIDS reporting, as well as on reporting techniques and print and broadcast production. Partners are also working to improve training programs based on ZAMCOM's strategic goals. To date, they have trained 180 Zambian journalists on accurate HIV/AIDS reporting; conducted workshops in Chipata, Kitwe, and Livingstone to train community members to produce radio programs on HIV and other critical public health issues; and provided training for staff at community radio stations throughout the country, along with prevention messages translated into local languages. In October 2011, partners launched the 'Newspaper in Education' project in close cooperation with Zambia's Ministry of Education and the *Zambia Daily Mail* to improve classroom access to reading material and teaching resources — in particular on health topics and gender-based violence. This partnership works closely with another alliance linking ZAMCOM with the Media Institute of Southern Africa (MISA) in Botswana to implement a public awareness campaign, "Hearts & Minds."

## Improving Access to Evidence-based Medicine

AIHA provides direct technical support to the Zambian Defense Force (ZDF) military medical personnel through its Learning Resource Center (LRC) Initiative. The project is designed to improve provider access to evidence-based clinical resources as a means of enhancing management of patients living with HIV. As of October 2011, AIHA has established LRCs at eight ZDF clinical sites throughout the country, identifying and training information coordinators for each center in the network. Through these LRCs, healthcare personnel can easily tap into a wealth of up-to-date clinical research, texts, case studies, treatment protocols, and other evidenced-based resources that can serve to guide their practice and improve quality of care. AIHA supports effective use and scale up of the LRCs by providing targeted training on evidence-based medicine, proper research protocols, online resources, and other relevant topics through workshops and distance learning courses. In the coming year, ZDF and AIHA will collaborate to establish seven additional LRCs and continue training medical personnel in effective research and implementation techniques.

# Strengthening Clinical Pharmacy Practice to Improve ART



Partners at University Teaching Hospital in Lusaka and Livingstone General Hospital have been working with the Milwaukee-based Center for International Health to improve the quality of services provided by pharmacists at the Pediatric ART Centers of Excellence at both Zambian institutions. A key objective of this partnership has been to develop in-country training capacity that enables pharmacists to more effectively organize and manage pharmacy services — all with the goal of ensuring high quality HIV-related treatment and care to mothers, infants, and children. Partners are also working to better integrate pharmacists into the multidisciplinary HIV/AIDS care teams at both hospitals and, to this end, have established satellite pharmacies to improve access to both medications and expert advice in selected wards. To date, they have trained 130 Zambian pharmacists and pharmacy technicians through in-country workshops. More than 30 Zambian pharmacists participated in intensive training programs in Milwaukee focused on pharmacy management and the role of the pharmacist in multidisciplinary clinical care teams. Learning Resource Centers (LRCs) have been established at both Zambian institutions and AIHA facilitated training for pharmacists on evidence-based medicine, online resources, searching techniques, and the use of Lexicomp, an online database that provides clinical information — including drug usage guidelines — that help health professionals make safer, faster care decisions. The Lusaka and Livingstone hospitals recently hosted a clinical attachment for Twinning Center partners at Addis Ababa University School of Pharmacy who, in turn, are sharing their own experience with establishing a replicable Drug Information Center (DIC) and conducting research projects. In the coming year, partners plan to equip LRCs with satellite computers that will enable pharmacists to extract information from anywhere in the hospital and to establish a DIC at University Teaching Hospital and Livingstone General Hospital. They will also continue in-country pharmacy trainings with the Zambian partners taking the lead as facilitators and work to increase their collaboration with the Ethiopian pharmacy partnership.

## Partnering to Build Palliative Care Capacity

Partners the Palliative Care Association of Zambia (PCAZ) have emerged as a leading advocate for promoting national palliative care standards and policies in Zambia, thanks in part to a Twinning Center partnership with the Uganda-based African Palliative Care Association (APCA) that was funded from 2005 - 2010. In September 2010, PCAZ began receiving direct funding from the Twinning Center to continue their efforts to strengthen palliative care throughout Zambia. The main objectives of this ongoing program are to develop organizational and human resource capacity of PCAZ staff; promote best practices in palliative care; and create broader awareness through expanded advocacy and information dissemination efforts. As of October 2011, PCAZ has ushered in many positive changes in the country. Key accomplishments include the development of a morphine fact book for Zambia and resource material on morphine use, as well as a chapter on pain management for the NAC Care Treatment and Prevention guidelines. PCAZ also spearheaded the development of the Palliative Care National Strategic Plan and co-authored an article on palliative care that appeared in both the *Zambia Daily Mail* and *Times of Zambia*, which coincided with the 10th African Growth and Opportunity Act. PCAZ also developed the country's first draft Pediatric Palliative Care Curriculum, which was piloted through a training-of-trainers course for 15 health professionals. AIHA established a Learning Resource Center (LRC) at PCAZ in 2011 to provide staff and other parties with access to a wide range of evidence-based resources, research, and other material that can help strengthen palliative care throughout Zambia. In the coming year, partners will focus on developing data quality management tools to strengthen their services to hospices and facilitate palliative care sensitization workshops for hospice and clinic workers. They will also finalize the Palliative Care National Strategic Plan. Other planned activities include strategic planning development trainings to enhance hospice capacities and their visibility through clearly documented plans, as well as a new focus on economic strengthening through a pilot project that will ensure better recognition of palliative care providers, who are the unsung heroes of the health system.

### AIHA/Zambia

The HIV/AIDS Twinning Center

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