



## UPDATES

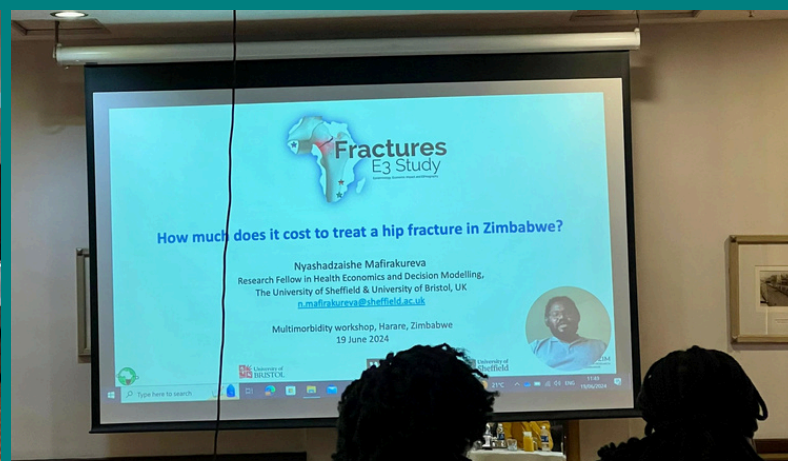
### **FRACTURES-E3 holds a dissemination meeting with stakeholders in Harare**

On 19th June, the Fractures-E3 study held a stakeholder event in Harare to present and discuss interim findings. The Fractures-E3 study is an ongoing 5-year program investigating multimorbidity, disability, frailty, and fracture care in South Africa, The Gambia and Zimbabwe.

Key presentations included an overview of the Fractures-E3 study, highlighting the epidemiology, economics, and ethnographic insights of fracture care in Zimbabwe. Kate Mattick discussed the challenges of disability and access to assistive technologies for adults aged 40 years and above in Harare, and Dr. Anthony Manyara explored the overlap of multimorbidity, frailty, and disability among older adults. Dr. Nyashadzaishe Mafirakureva also addressed the economic implications of hip fractures on hospital resources.

The event featured two interactive panel discussions - one on multimorbidity care and another on fracture care. These discussions engaged key participants, researchers, and healthcare experts, and generated interesting discussion points and recommendations.

This event provided stakeholders with a unique opportunity to engage with cutting-edge research addressing critical health issues affecting older adults in Zimbabwe



Stakeholders at the Fractures-E3 dissemination meeting



## Dr Mandi Tembo gives keynote speech at the 4M Inaugural Conference



Dr Mandi Tembo

The 4M (Menarche, Menstruation, Menopause, and Mental Health) Inaugural Conference 2024 took place in the Peter Chalk Centre, on the University of Exeter Streatham Campus from June 20th – 21st 2024.

On the 21st of June, Dr Mandi Tembo delivered a keynote speech on “Integrating menstrual health and sexual reproductive health” to an audience of over 100 researchers, advocates, implementors, and other stakeholders working at the intersection between menstrual and mental health. Key take-aways from her speech highlighted the following:

- Integrating MH in SRH is an acceptable global approach and the SRH sector is an appropriate “home” for MH as it places MH as integral to overall wellbeing across the life-course
- Addressing women’s health needs could be achieved using an integrated menstrual health and sexual and reproductive health service model
- The importance of multicomponent menstrual health interventions, which include choice and address menstrual health related pain and disorders
- Destigmatizing menstrual health and shifting social norms requires community buy-in

## CIRAD – Zimbabwe hosts two-day workshop in Harare

On June 5-6, 2024, CIRAD – Zimbabwe hosted a two-day workshop focusing on One Health, aiming to build a comprehensive framework for the prevention of zoonotic disease emergence. The workshop brought together experts and stakeholders to discuss strategies for creating a healthier world with fewer zoonotic diseases and pandemic threats.

Dr Salome Manyau a postdoctoral social scientist in THRU-ZIM attended the workshop, contributing valuable insights and expertise. Key discussions centered on strengthening dialogue and fostering networks to enhance collaboration on antimicrobial resistance (AMR) through the One Health Secretariat. Participants emphasized the importance of interdisciplinary approaches and cooperation to address these critical global health challenges effectively.

Key takeaways included the need of promoting holistic approaches to health that integrates human, animal, and environmental health perspectives, to ensure a more resilient and disease-free future.



Stakeholder workshop on One Health held in Harare

## Com-BP Study conducts baseline surveys in Chitungwiza and Chiweshe

The Com-BP study successfully conducted the baseline survey in both Chitungwiza and Chiweshe, interviewing 140 Com-BP group members before the first session of the group meetings was initiated.

A total of 14 Com-BP groups are now up and running in both sites, that is Chitungwiza and Chiweshe. Groups in Chitungwiza are now on their 4th session whilst the ones in Chiweshe are behind with one session.

The study team continues to support and supervise the conduct of the groups for the successful implementation of the study.



Comp BP participants meetings in Chitungwiza and Chiweshe

## OptiMuL – follow-on study to KnowM

It's a pleasure to share the news that a follow-on study to the KnowM multimorbidity study has been funded as part of a Wellcome Career Development Award, entitled: Multimorbidity and Learning Health Stems: Optimising Data-to-Action – or OptiMuL”.

KnowM sought to understand the ‘whole system’ challenge that multimorbidity poses in Zimbabwe, from patient to policy level. OptiMuL, drawing on insights from medical anthropology and health policy and systems research (HPSR), will taking these findings forward by establishing a national multimorbidity learning hub that will provide opportunities for academics, practitioners, and policymakers to collaboratively address some of the priority areas identified during KnowM.

The study will take place over 5-6 years, commencing late 2024. The study is a collaboration between THRU ZIM, OPHID, the University of Zimbabwe, and the MoHCC.





## KOSHESAI hold a community engagement workshop

The KOSHESAI study recently held community engagement workshops with 26 elderly male and female participants from Highfield and Mufakose. Facilitators and participants discussed the critical topic of functional ability and healthy ageing. Discussions focused on the day-to-day well-being of older adults, emphasizing how they feel, move, and engage in meaningful activities.

The participants were taken through an overview of the KOSHESAI study, a discussion on personal health challenges, and a detailed walk-through of the study screening and validation process. These workshops have significantly contributed to the understanding and development of health interventions tailored to older adults. Feedback received was invaluable in assessing the clarity and relevance of our plans and in informing the development and finalization of Community-based Healthy Ageing Peer Support groups (CHAPS).

Participants shared their experiences with aging and expressed their eagerness to see the final CHAPs implemented. The KOSHESAI study team extends heartfelt thanks to all the participants for their time, openness, and valuable contributions



KOSHESAI community engagement workshop

# 5 MINUTES WITH...

## Kate Mattick

### **What do you do and when do you start?**

Hello, I am a physiotherapist by background and currently a CREATE PhD Fellow, working on the KOSHESAI project. I started my PhD in January, and arrived in Zimbabwe on the 12th June.

### **Where can we find you in the office?**

My desk is based in the KOSHESAI room.

### **Who and/or what inspires you?**

*I am inspired by many people and ideas around me. I am very happy to be joining the KOSHESAI team and wider THRU-ZIM community to work with, and learn from colleagues who are passionate and committed to improve health and social equity. I find it particularly inspiring when people think outside of the box, and try something new and different to defy the status quo and drive positive change. Finally, I have always been very inspired by the patients I have worked with, and their determination and resilience when they have faced great challenges.*

### **Why is physiotherapy important and what do you enjoy about it?**

Physiotherapy is a fairly new and emerging profession in many parts of the world. Physiotherapists are part of a wider rehabilitation workforce that offer holistic care to people of all ages, in many different ways. This can include working with people to regain mobility and function after a new and traumatic injury/illness (for example, a fracture, stroke, sports injury or amputation) as well as working with people with disabilities and long-term health conditions to maximise their function and participation in everyday life. I am very passionate about the role rehabilitation and holistic care has in enabling people to achieve the things important to them.



Kate Mattick



# PICTURES OF THE MONTH

June is **Men's Mental Health month** and here is how the men @THRU-ZIM distress and engage in their version of selfcare



I find solace in farming. The rhythm of the earth and the beauty of growth have a profound impact on my well-being-Raphael



I can spend hours on the green. Its my way to recover from the mental fatigue of life- Onesimo



I enjoy connecting with others over a good braai. Issues are lighter when shared - Tendai



Being on the open water is refreshing-Joseph



Playing football is definitely very helpful for my mental health -Kevin



Time with my family over a game of squash is always good for my wellbeing -Justin

## Here are 5 Mental health tips for men

1. **Speak up:** Don't bottle up your emotions. Share your feelings with someone you trust
2. **Prioritize self-care:** Take care of your physical and mental health. Get enough sleep, exercise regularly, and eat well.
3. **Seek help:** Don't be afraid to ask for help when you need it. Talk to a therapist, counselor, or support group.
4. **Take breaks:** Allow yourself time to rest and recharge.
5. **Stay active:** Regular exercise can boost mood and reduce stress.

# ANNOUNCEMENTS

## **Join a seminar on Communicable disease meets non-communicable disease**

Infection and inflammation across the life course and opportunities for cardiovascular disease risk reduction

Date: Thursday 11 July 2024

Time: 12:30 –13:30 BST

Zoom <https://lshtm.zoom.us/j/99493385026#success>

In this seminar, Professor David Burgner from Murdoch Children's Research Institute, Australia, will review the substantial epidemiological and emerging mechanistic evidence linking infection, inflammation and CVD

**Read the latest feature on a study by Vicky Simms et al...**Demonstrating the success of the Friendship Bench in helping people with HIV in Zimbabwe maintain viral suppression through a low-cost, brief psychological intervention.

[Read the article here.](#)

**If you missed Dr. Grace Pearson's public lecture on Aging and Geriatric Medicine,** you can watch the recording here [Watch the lecture](#)

**Do you want to see and plan around upcoming events at Thru Zim?** Check out our calendar here: [Thru Zim Calendar](#).

# OPPORTUNITIES

## **Call for new experts for WHO advisory groups**

The World Health Organization (WHO) is currently seeking new experts to join its Advisory Groups, with a special invitation extended to young experts aged 18-29 years. This is a valuable opportunity for professionals and young leaders in the health sector to contribute to the global effort in improving adolescent health measurements.

For more details and to apply, please visit [WHO Call for Experts](#).

- Application Deadline: July 15, 2024

# PUBLICATIONS

Timire C, Houben RMGJ, Pedrazzoli D, Ferrand RA, Calderwood CJ, Bond V, Mbiba F, Kranzer K. [Higher loss of livelihood and impoverishment in households affected by tuberculosis compared to non-tuberculosis affected households in Zimbabwe: A cross-sectional study](#). PLOS Glob Public Health. 2024 Jun 7;4(6):e0002745. doi: 10.1371/journal.pgph.0002745.

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# THANK YOU!