



## UPDATES

### Understanding the impact of Tuberculosis through jumping mechanography- SIMBA study

December started on a high note with the SIMBA study team setting up an electronic jump plate at the THRU-ZIM site. The SIMBA study will investigate the impact of tuberculosis on patients' muscle mass and function, with the goal of providing new insights into how muscle is affected by TB and to what extent patients truly recover their strength during TB treatment.

One aspect of this study, called 'Jump plate mechanography,' will involve measuring participants' ability to launch themselves off the ground and then land again on a high-tech jump plate. The force and power used by the participant to perform the jump can then be calculated. The team hopes to use this technique to provide novel insights into the functional impact caused by disease states such as TB, which may not be detected by less sensitive methods previously employed.

Jump plate mechanography will form part of the training provided during the recently advertised "Musculoskeletal radiography and assessment week" occurring at THRU-ZIM from the 24th to 28th February 2025. Please contact [thesimbastudy@gmail.com](mailto:thesimbastudy@gmail.com) to express interest in this training opportunity.



SIMBA Principal investigator, Edson Marambire, testing the jump plate at THRU-ZIM



## Four MSc graduates shine at THRU ZIM

We are thrilled to celebrate four of our team members who have recently completed their Master's degrees. Faith Kandiye, Karlos Madziva, and Mimi Malhotra successfully completed their MSc programs at the London School of Hygiene and Tropical Medicine and Fionah Mundonga earned her MSc from the University of Zimbabwe. These accomplishments highlight the commitment of THRU ZIM's team to not only contribute to health research but also to grow their expertise and strengthen the impact of their work. To mark this incredible achievement, the team came together for a small celebration—complete with a delicious cake.



Sweet success - Graduates share cake with the MSC training and mentorship lead Constance

## PhD fellows and volunteers deliver healthy meals to those in need

We are incredibly proud of our PhD fellows, THRU ZIM staff, and volunteers for coming together on December 5 to make a meaningful impact in the lives of individuals living and working on the streets of Harare. Through their generosity, they donated, packed, and delivered healthy meals to 85 children and adults.

This initiative highlighted the power of teamwork, compassion, and dedication. From coordinating donations to ensuring every meal was delivered, each effort truly made a difference. A heartfelt thank you to everyone who contributed to this endeavor



PhD fellows and volunteers prepare meals for the needy

## Transforming dementia care in Zimbabwe and beyond

Maureen Tshuma to part in the Dementia and Brain Ageing in Low- and Middle-Income Countries (LMICs) Conference in from 1-7 December in Nairobi Kenya.

During the event, she presented her work titled: "An intervention for people with cognitive impairment: Adaptation of Cognitive Stimulation Therapy (CST) manual for use across Zimbabwe." Her presentation highlighted innovative ways to adapt CST for diverse contexts, paving the way for improved dementia care services in LMICs.

This contribution is a vital step toward shaping global discussions on research and service provision for dementia care, particularly in settings with limited resources.

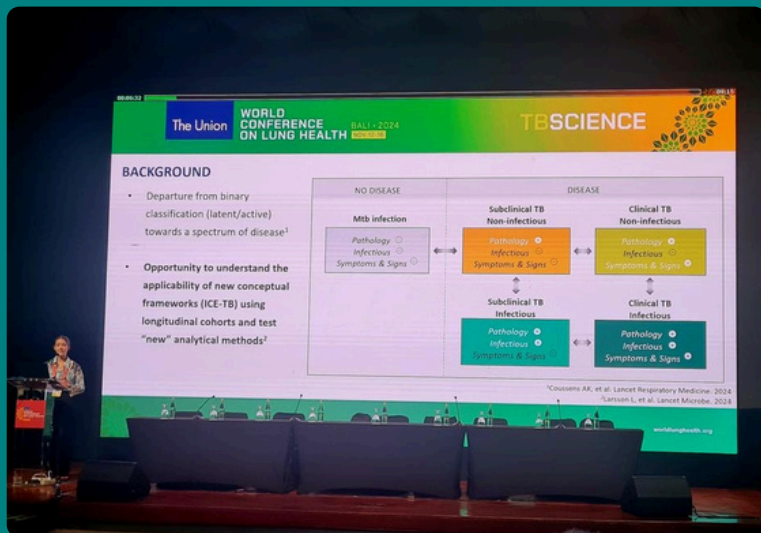
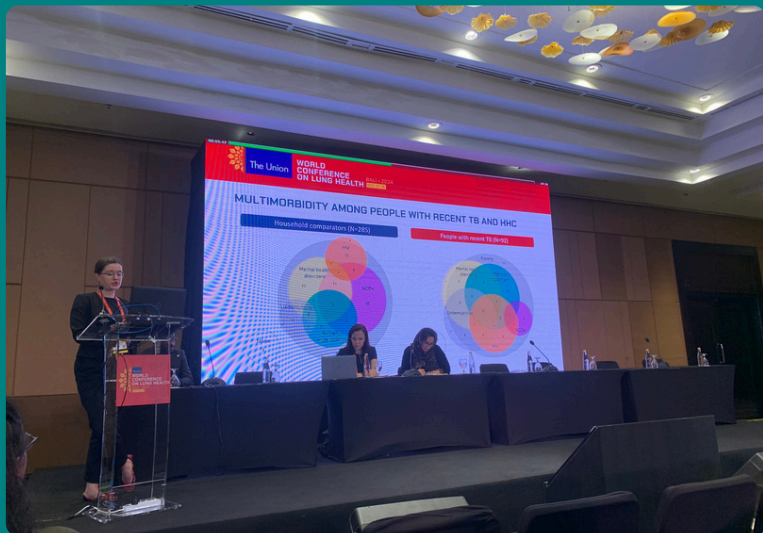


Maureen delivers her presentation in Nairobi Kenya



## ERASE TB attends Union Lung Health Conference in Bali

The ERASE-TB team was well represented at the 2024 Union World Lung Health Conference in Bali, with 5 oral presentations from Denise Banze, Claire Calderwood, and Leyla Larsson and 1 poster presentation from Mikaela Coleman. All presentations were well received and incited engaging and thought-provoking discussions. The conference which ran from 12-16 November was a fantastic platform to underscore the value of the ERASE-TB and Imba Hutano studies and how they can contribute to future policy and programs



ERASE TB team shines at the Union Lung Health Conference

## Zimbabwe national TB Conference focus on advancement in TB research and management

The ERASE-TB team, participated in the Zimbabwe National TB Conference held from November 27-29 at Mendel training center in Harare. The event brought together policymakers, service delivery partners, stakeholders, TB survivors, and academics to discuss critical advancements in TB research and management.

The team delivered five oral presentations, all drawn from ERASE-TB and Imba Hutano projects. These presentations are significant milestones as they represent PhD research outputs from the attendees. The topics included:

- Development and evaluation of prediction models for Mycobacterium tuberculosis (Mtb)
- Impact of HIV/ART status of individuals with TB on household Mtb transmission
- Body mass index trajectories and their association with TB risk in a cohort of household contacts in East and Southern Africa
- Characterizing the spectrum of TB through a multi-state model analysis of household contacts
- Integrated multi-component health checks for TB-affected households

The conference was an excellent platform to disseminate research findings, foster meaningful dialogue, and strengthen collaborations with key stakeholders committed to ending TB.



ERASE TB at the Zimbabwe National TB conference



# PICTURES OF THE MONTH

## THRU-ZIM Christmas Get-Together

December 6 was an unforgettable day filled with mouthwatering food, exciting games, and heartfelt connections. A special thank you to you all for bringing JABARI, MADEDIDO, NZOU-HUKU, and ZIG teams to life.





# 5 MINUTES WITH...

## Flora Dangwa



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

My background is cancer and palliative care nursing working at several London NHS institutions. I did my cancer nurse training at the Royal Marsden and spent most of my career at University College London Hospital (UCLH) specialising in leukaemia and other blood cancers. I continue my practical clinical work at the world-renowned St Christopher's Hospice in London as a palliative care nurse. It is that background that led me to my current position as a CREATE PhD fellow at BRTI THRU ZIM pursuing research into palliative care and end-of-life in Zimbabwe. I started in September 2024 at King's College London which is the BRTI partner institute. I am currently inducting at THRU ZIM for a few weeks where I have had the privilege of meeting wonderful teams, and I hope to be based here from early May 2025 for two years.

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

I'm temporarily located in the Field Management office with other fellows and will have a more permanent location in 2025.

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

My clinical journey has been inspired by many different people, all who have contributed to my personal and professional growth. I have worked with some amazing nurses, too many to mention by name, and many other healthcare professionals who have inspired and taught me the value and importance of multidisciplinary working and putting patients and their families/carers first. Most importantly I have been inspired by the patients and their carers who taught me the value of compassion, empathy and humility.

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

I am passionate about palliative care. Palliative care improves the quality of life of patients and that of their families particularly when faced with challenges related with life-threatening illness, regardless of whether the challenges are of physical, psychological, social or spiritual nature.

The person who has been most influential and has had a profound effect in my life is my father. He died in 2022 at the age of 94 after a long-complicated period of long illness which required a lot of palliative care input. I took three months off work to look after him towards the end of his life. As a palliative care nurse, his patient experience inspired me to do more and was most inspirational in my choice of topic subject to research on. The realisation that only 14% of people needing palliative care globally receive it, mostly in the medium to high income countries, yet the greatest need is in low-and middle-income countries where there are limited resources and poor access to palliative care led me to what is important to and why nursing research in palliative is desperately needed in low and middle-income countries like Zimbabwe.



# ANNOUNCEMENTS

## **We are happy to share that THRU ZIM is now on LinkedIn and Bluesky.**

These platforms open new doors for us to showcase our work and connect with diverse audiences.

- **LinkedIn:** A space for in-depth updates, professional insights, and meaningful discussions about our projects and collaborations.
- **Bluesky:** Perfect for sharing quick updates, sparking conversations, and amplifying our impact in a concise, interactive format.

As we embark on this journey, we encourage the group to start thinking about topics to share. Whether it's project updates, success stories, lessons learned, or thought-provoking ideas, your contributions will help shape our presence and spark engagement.

Follow us on LinkedIn: [THRU ZIM LinkedIn Page](#)

Find us on Bluesky: [THRU ZIM Bluesky Profile](#)

## **RD Studentship Opportunity**

MRC LID, a partnership between LSHTM and St George's, University of London, is offering funding for 2025-26 research degrees. Applicants can choose a 4-year PhD or a Master's + PhD (1+4).

Key Details:

- 9 studentships available (up to 2 for international applicants)
- 3 awards reserved for UK applicants from ethnic minorities
- Application deadline: 22 January 2025

For more information and how to apply, visit the MRC LID website.

**Share your news, publications, pictures, announcements: [ellenchiyindiko@gmail.com](mailto:ellenchiyindiko@gmail.com)**

# THANK YOU!