

**A report on**  
**5 Day Scientific Symposium (27<sup>th</sup>-30<sup>th</sup> October, 2022)**

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## 1.0 Introduction

A scientific symposium was organized by the executive committee of the Zambia Society of Physiotherapy from 27<sup>th</sup> to 30<sup>th</sup> October 2022 at Waterfront Conference facility in Samfya, Luapula province. It was held from 08:00hrs to 16:00hrs daily on the above mentioned dates under the theme '***Rehabilitation of post covid-19 patients in the midst of Rheumatology***'. The purpose of the workshop was to share the latest knowledge in the field of research, assessment, diagnosis and treatment of patients pertaining to physiotherapy practice and its multi-disciplinary partners. This was done to improve the quality of primary health care service delivery in rehabilitation. The presenters included Prof. Lambert, Dr Sody Munsaka, Dr M. Banda, HPCZ representatives and physiotherapists with various specialities. The participants included professors, doctors, entrepreneurs', university representatives (levy, Apex & Unza), pharmaceuticals, physiotherapists and technologists from various institutions in Zambia as well as companies that offer physiotherapy/ health care services and products. A few presenters and delegates attended and participated virtually.

## 2.0 **Scientific Presentations**

### 2.1 HPCZ, promoting compliance in healthcare training and standards

Prof. Fastone Goma HPCZ Registrar was the presenter, he educated the delegates on the HPCZ profile, licensure examinations, continuing professional development, HPCZ head office location and hub, the online system, physiotherapy profession and upholding professional standards and concluded by giving 3 major hallmarks of physiotherapy practice namely knowledge, skill/competence and practice with attitude named as a bonus hallmark.

### 2.2 Health Access, utilisation and needs among patients with neuromuscular generic disorders in Zambia,

Musambo M. Kapapa PT presented this research and gave the introduction, objective of the project, methods used in the research and the results. She concluded as follows:

Treatable generic neuromuscular disorder including spinal muscular dystrophy and Brown Vialetto Van Laere syndrome make up a substantial fraction of cases. Treatments are not available locally and paradigms to improve access to diagnostics and therapeutic interventions are needed in Zambia

### 2.3 Community Based Rehabilitation; A case of Mambwe District.

I Corny Chingizya PT. Kamoto Mission Hospital, Mambwe District introduced the initiative, what we do in the community, how the community benefits from it, who conducts the programmes and the scope in terms of its catchment area. I further presented a lot of picture evidence in affirmative of the massive impact the project has in the community.

### 2.4 Assessment of aerobic endurance using the Footwall test among football players

In Lusaka.

This research proposal for MSc Degree of Physiotherapy in sports science and management was presented by the researcher Mr. Leonard Silungwe PT. University teaching Hospital. He gave the background of football and the statement of the problem including the rationale of the study. He further went on to present the research question, the study objectives, literature review, methodology, data analysis and made the conclusion of the proposal.

## 2.5 Impact of Covid-19 on the demand and utilization of physiotherapy services among stroke patients at UTH

Mrs M.M Simpampa Msc PT presented the research gave the background of her study, the statement of the problem, significance of the study, the specific objectives, methods and the results. She concluded that although the focus of this study was on the impact of covid-19, the low utilization of physiotherapy services has existed even before the COVID-19 pandemic due to an array of factors. It is therefore important to understand that COVID-19 compounded on an already existing problem. The demand for physiotherapy services in our study was high, but only a few stroke patients utilized the services (86/185). Hence utilization was 46.49%. The reduction in the number of sessions per week in 2020 was due to measures put in place to contain the spread of covid-19 infections.

## 2.6 Dynapar QPS

This presentation was done by Peggy Nabeene Trolkaa Zambia Medical Representative. In this presentation she introduced this product called dynapar QRS by Trolkaa Zambia. It contains diclofenac diethylamine 4.69% equivalent to 40% w/v diclofenac sodium. This product is indicated for; low back pain, sprains/strains, blunt trauma of tendons, ligaments, muscles and joints, soft tissue rheumatism, arthritis of superficial joints and osteoarthritis. She concluded by saying that there is no need for massaging on application just a spray and the product penetrates within 10 minutes.

## 2.7 Therapeutic effects of backward walking exercises in chronic back pain

Justin M. Bwalya Msc cand. Bsc PT. acknowledged this study as part of Msc in Physiotherapy Orthopedics program at UNZA entitled: A cross over design for comparative effectiveness: A randomized controlled trial of Backward walking for chronic low back pain patients in Solwezi district Zambia. In the background he stated that LBP has become an increasing health problem due to global population aging & expansion. The study aim and objective is to assess the effectiveness of BW with UCPT in reducing pain, disability and improving function compared to UCPT alone in patients with chronic LBP. The presenter concluded that; The demographic, clinical profile picture, impact on function and self-rated health in LBP patients in Solwezi is similar to those reported in other regions of the world. Secondly, though small effect size early addition of BW to standard physiotherapy care in LBP has better results in terms of pain and disability reduction but similarly improved back performance when compared to usual care alone and BW on treadmill is safe as no adverse effects/ events were recorded.

## 2.8 Osteoarthritis- The Role of in Physiotherapy the process of Rehabilitation

This presentation was done via a zoom conference by Prof. Lambart in which he gave the background on the condition. It is astonishing in 2019 527.81 million patients with O.A from 1990 increased by 13.25% higher in men than women. He further stated that a study conducted at UTH and Levy Mwanawasa University Teaching Hospital found 20% with O.A and Zambia has 333,644 cumulative and 4008 deaths. Arthritis is a major cause of disability to function and 61% of the arthritis patients live many years with a disability.

## 2.9 Interpreting Chest X-rays in Covid 19 Patients

The presentation was given by Mr. Sobusa Victor Banda and he started by giving an important message to note:

Although everyone understands what one means when it is said to get an X-ray, thus referring to the image on the film as an X-ray, the proper term for an image on an X-ray is called radiograph.

There are four densities on the radiograph. They are from black to white: Gas, fat, water and mineral.

White-Grey-Black values are as a result of variations in the number of X-rays that have passed through the object.

In summary of the presentation, he stated that:

Air- black appearance often seen in structures such as lungs, bowels and trachea.

Fat- dark grey appearance often seen in structures such as thicker adipose tissue

Muscle, tendon, Organ tissue- appears neutral or mid grey

Bone- cancellous bone appears as light grey white cortical bone appears as white

## 2.10 Exploring Employment Status for persons Living with Disabilities and Employers implementation of the Persons with Disability Act no.6 of 2012 in Zambia

The study was presented by Samantha Zulu as a presentation for her research for her MSc degree in Rehabilitation. She gave a background, problem statement, rationale, main and specific objects, literature review and methodology. She concluded the presentation by stating that there is limited awareness of persons with disability act no: 6 of 2012.

Employers are usually unaware of the laws and policies pertaining disability.

There's limited knowledge on disability.

### 2.11 Return to Work after Multiple Trauma in Mine Accidents: A case Study

Justin M Bwalya in his presentation highlighted in the background that mining is known to be the most dangerous work with high injury rates that might lead to disability. A case of a female aged 34 years old 340 ton rigid dump track operator was brought to the table whom on December 2021 sustained head injury, transverse left humerus fracture, left medial malleolus and multiple body lacerations. The patient was thus diagnosed with PTSD.

He concluded his presentation by stating that the multi-disciplinary approach to management of the patient and eventual return to work is key.

### 2.12 Mental health Care in Workplaces and the role of In-charges

Tisanke J Ndhlovu PT. In her presentation stated that mental health is a critical component of every employee and should be top priority of any work place. Employees cannot work to their full capacity if their minds aren't in a good state. The presenter went on to give an understanding of mental health according to WHO. She stated physical health, substance abuse, past traumatic experience, loneliness and chronic stress as mental health risk factors.

In conclusion she stated that the in-charges are vital in creating a non-toxic and supportive environment that has minimal stress levels for staff and the effect of ripple effect scenarios.

### 2.13 Role of Physiotherapy in Industry: Case of Kansashi/ Kalumbila Occupational Wellness Centres

This presentation was made by the partnership of Wana Njapawu and Justin Bwalya. To begin the presentation Mr Wana gave the definition of physiotherapy and occupational physiotherapy and the scope. He further gave details on assessment and intervention in occupational health physiotherapy. He gave the background accordance with the ICF model. In conclusion, he stated the importance occupational health and physiotherapy in understanding the patient's problem in relation to the working or living physical environments. He stated the need to have an assessment hallmark to understand the level of contribution an individual can make to the company based their ability in terms of health and the conduciveness of the work environment.

### 2.14 Efficacy of constraint Induced Movement Therapy and Mirror Therapy in Improving Upper Extremity Function on Chronic Stroke Patients

Olipa Zulu in this presentation highlighted the definition of constraint induced movement therapy as a therapy that involves constraining movements on the less affected upper limb usually with slings for 90% waking time while intensively inducing the use of the affected upper limb. She also defined mirror therapy as a therapy that uses visual feedback to give

advantage to the brains neuroplasticity. The mirror stimulates the mirror neurons system to reroute motor signals away from the damaged neurons and to on to the motor cortex.

She concluded that the combination of CIMT and MT showed a significant improvement in ROM for shoulder movement.

#### 2.15 Perceptions and Knowledge of Women Towards Post-operative Physiotherapy Management in Obstetric Fistula at Chilonga Mission Hospital

The aforementioned was presented by Laura Mapani on behalf Constance Mwila Mwenge. In her introduction, she stated that on a global scale Obstetric fistula remains a significant Obstetrical problem in low resource countries and found to be one of the most visible indicators of maternal morbidity. It was further emphasised that 2 million women worldwide are living with Obstetric fistula.

In her statement of the problem she highlighted that Obstetric fistula often leaves women with chronic incontinence and usually results into the death of the child. There's a high rate of divorce and stigma in women with obstetric fistula due to incontinence. Physiotherapists bring specific knowledge and skills, contributing to the quality of care and optimal outcomes after surgical repair in OF.

In conclusion, she stated that the effectiveness of post-operative physiotherapy exercises depend on a number of factors: timing, intensity and number of exercises needed to effectively reverse the changes after surgery. She furthermore stated that some women spoke about the interventions that they implored to manage their conditions during interviews and learning through groups was welcome since it provided a point of identity and reference.

### 3.1 Conclusion

The importance of this scientific symposium cannot be overemphasised as constant training improves quality of health care delivery and stimulates one to pursue further knowledge. All the presentations ended with an open question answer session by the delegate's present physical and on the virtual platform. The end of the symposium was met with gratitude by all the delegates and the Zambia Society of Physiotherapy was satisfied with the attendance and encouraged more participation next year. The following link contains all the presentations on PowerPoint; <https://drive.google.com/drive/folders/1fi2PvCeY62jast8WjiLY2OoiGllc6Wml>



