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HIPH

HARARE INSTITUTE OF PUBLIC HEALTH

Centre of Excellence in Public Health Informatics Research and Training

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EDITORIAL NOTE

Welcome to the second issue of the HIPH Quarterly, a publication dedicated to showcasing the academic excellence, innovation and resilience that define the Harare Institute of Public Health. As a higher education institution, HIPH continues to nurture talent and drive progress through research, technology and professional training. In this edition, we feature inspiring student journeys, pioneering scientific research, and thought-provoking perspectives on healthcare and public health. Each article reflects our commitment to preparing graduates who are industry-ready, globally competitive and equipped to make meaningful contributions.

We are also bracing for a landmark moment in September 2026, when HIPH will host its 5th Graduation Ceremony. More than 800 students are expected to graduate, a testament to the institution's growth and its role in shaping Zimbabwe's future workforce. This milestone underscores our vision of excellence and our dedication to empowering the next generation of leaders.



At HIPH, we remain committed to bridging this gap by embracing digital learning platforms, strengthening ICT integration and equipping our students with the digital competencies required in modern professional environments. This approach also supports the delivery of specialised programmes, including German language and Mandarin training aligned to international opportunities.

Equally celebrated are the milestones of the institution and the remarkable contributions of our academic and professional staff. Their dedication, expertise and innovation continue to strengthen HIPH's reputation as a trusted centre for higher learning. Our offerings span biomedical engineering, public health, nursing assistant, broader health disciplines, business studies, research and innovation, reflecting our commitment to preparing graduates who are ready to meet the demands of diverse professional fields.

For our corporate partners, stakeholders, alumni, parents and students, this magazine serves both as a record of achievement and a reflection of our vision. It highlights an institution that continues to evolve with society, committed to excellence and determined to be a pacesetter in tertiary education and healthcare.

This inaugural edition is therefore not only a celebration of how far we have come, but a clear statement of our ambition to continue shaping education, research and innovation in Zimbabwe and beyond. Together, we build an institution that inspires excellence and delivers impact.

Elizabeth Ndhlovu-Dumbireni

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PRACTICAL SKILLS, BOLD IDEAS: HIPH CHAMPIONS EDUCATION 5.0

By Dr. Amos Marume



At the Harare Institute of Public Health, we continue to evolve in line with national priorities and the changing demands of higher education. Our institution is proud to embrace the Government of Zimbabwe's Education 5.0 initiative, which calls upon universities and colleges to move beyond traditional teaching and research, and to become engines of innovation, industrialisation and community impact.

Education 5.0 is not simply a policy; it is a vision for the future. It challenges us to prepare graduates who are not only knowledgeable but who can apply their learning to solve real-world problems, create new knowledge, and contribute meaningfully to society. At HIPH, this vision is becoming a reality. From the National Foundation Certificate through to the National Diploma and Higher National Diploma levels, our students are being equipped with practical skills that ensure they leave our classrooms ready to make an impact in workplaces, communities and industries.

This shift requires a collective commitment. Our teaching staff are central to this transformation. They must not only deliver content to students but also nurture creativity, encourage collaboration, and inspire innovation. Education 5.0 demands that lecturers become facilitators of discovery, guiding students to champion solutions that address health, social and economic challenges. It is a call to reimagine teaching as a partnership between staff and students, where knowledge is co-created and applied for the greater good.

Already, we are seeing the fruits of this approach. Our Biomedical Engineering students are designing working models of traffic lights and other electronic features, demonstrating ingenuity and technical skill. Those in Traditional Medicine and Pharmaceutical Technology are engaging in practical exercises that connect theory with community health needs. Laboratory Technology students are immersed in hands-on testing that sharpens their scientific expertise, while Veterinary Technology students are applying their learning to animal health solutions. In Information Technology, students are building systems and applications that respond to real-world challenges. These diverse examples show how Education 5.0 is alive across our programmes at HIPH, ensuring that every discipline contributes to innovation and impact.

As an institution, we are committed to ensuring that every graduate of HIPH embodies this spirit of innovation and practical excellence. We believe that education must be transformative, equipping individuals not only with certificates and diplomas but with the confidence and competence to shape the future.

Together, staff and students, we will continue to build HIPH as a place where knowledge meets practice, and where education drives solutions for Zimbabwe and beyond.

Principal, Harare Institute of Public Health

Dr. Amos Marume

FRSPH (UK), CIPL/S (UK), DBA (BUME), PhD (UKZN), DPhil (UZ), DSc (AIU), MPharm (UKZN), MSc (CUT), MSc (NUST), BPharm (UZ)

PRINCIPAL

Fellow Member of the Royal Society for Public Health

Visiting Researcher, School of Mathematics, University of the Witwatersrand, SA

Academic achievement awards -Centre for Immunology & Infection Research, Parasite Immuno-epidemiology Group, tibia/tibaz

President - Public Health Practitioners Association of Zimbabwe (PHPAZ)

Outstanding Academic Achiever - Norton Town Awards (NOTAS)

Certified International Professional Leader/Strategist - Cambridge Global Learning Fellow

Honorary Research Fellow - Pharmaceutical Science UKZN

"WELLBEING AT THE HEART OF LEARNING: HIPH'S COMMITMENT TO MENTAL HEALTH"

By Dr. Isaac Mutingwende



Dr. I. Mutingwende (REGISTRAR)
PhD, MSc, MSc, BSc

Every thriving institution is built not only on academic excellence, but also on the strength and wellbeing of its people. At the Harare Institute of Public Health, we believe that mental health is a cornerstone of success. In a dynamic environment where hundreds of individuals from varied backgrounds meet, study and work together each day, the importance of emotional resilience and psychosocial support cannot be overstated.

We are committed to creating a supportive atmosphere where staff and students feel valued, understood and encouraged. The challenges of academic life, professional responsibilities and personal circumstances can sometimes weigh heavily, and without proper care, these pressures may affect both performance and overall quality of life. Recognising this, HIPH has taken deliberate steps to ensure that mental wellbeing is prioritised across our community.

Central to this effort is our trained and experienced chaplain, who provides a safe and welcoming space for all. The chaplain offers psychosocial support to lecturers, staff and students, helping them navigate difficulties with empathy and professionalism. For those who draw strength from the Christian faith, prayer sessions are available as an additional source of comfort and encouragement. Importantly, this support is inclusive and non discriminatory, ensuring that every member of HIPH receives care regardless of their beliefs.

By embedding mental health support into our institutional culture, we are fostering resilience, compassion and unity. We believe that when individuals feel emotionally secure, they are better equipped to excel academically, contribute professionally, and grow personally. This commitment reflects our vision of education as a holistic journey, where intellectual achievement is matched by emotional strength and human connection.

At HIPH, mental wellbeing is not an afterthought; it is a vital pillar of our mission to nurture graduates and professionals who are confident, capable and ready to make a meaningful impact.

Registrar, Harare Institute of Public Health

Dr Isaac Mutingwende holds a BSc and MSc (University of Zimbabwe), an MSc (University of Sheffield), and a PhD (North-West University).

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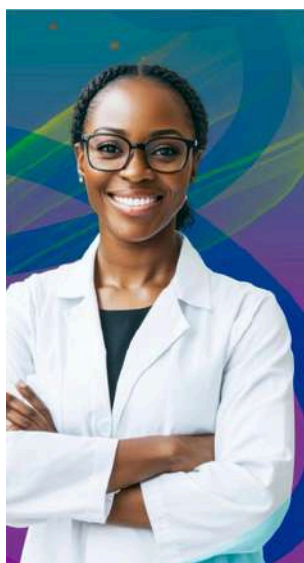
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1. Institutional Expansion

The opening of the new campus in Harare marks a major milestone, reflecting growth in student enrolment, programme demand, and institutional capacity. This expansion improves access to quality education and strengthens our national presence.

2. Student-Led Community Engagement

Students continue to bridge theory and practice through community outreach:

- Public Health students conducted health education sessions at Herbert Chitepo High School
- Nursing Assistant students are carrying out regular blood pressure (BP) screenings in communities

These initiatives enhance practical skills while contributing to community wellbeing.

3. Strengthening Work-Integrated Learning (WIL)

Students are increasingly being placed in real healthcare settings, allowing them to gain hands-on experience and develop confidence before graduation.

4. Curriculum Review and Alignment

Programmes are being regularly reviewed to align with industry standards and regulatory requirements, ensuring graduates remain relevant and competent in the healthcare sector.

5. Use of Technology in Teaching and Learning

Adoption of digital tools, e-learning platforms, and blended learning approaches is improving accessibility, engagement, and flexibility for students.

6. Staff Development and Capacity Building

Lecturers and instructors are continuously undergoing professional development to enhance teaching methodologies, assessment practices, and student support.

7. Improved Student Support Systems

Academic support, mentoring, and guidance services are being strengthened to improve student success rates and overall learning experience.

8. Quality Assurance and Monitoring

Ongoing monitoring of teaching standards, assessments, and student performance ensures that academic delivery remains consistent and of high quality.

9. Interdisciplinary Learning

Encouraging collaboration between different programmes (e.g., nursing, public health, pharmacy) to promote holistic understanding of healthcare delivery.

10. Increased Enrolment and Programme Diversity

Growth in student numbers and introduction of new programmes reflects rising confidence in the institution and its training capacity.

THE BUSINESS CASE FOR WORKPLACE WELLNESS PROGRAMMES

Why investing in employee wellbeing makes business sense.

Wellness as a Strategic Investment

Workplace wellness programmes are no longer a 'nice to have' but a strategic business investment. Organisations that prioritise employee wellbeing consistently record higher productivity, reduced absenteeism and stronger employee engagement.

The Cost of Ignoring Wellbeing

Mental health challenges, stress and chronic conditions directly affect employee performance and safety. When these issues are left unaddressed, organisations experience higher medical costs, presenteeism, staff turnover and reduced efficiency.

Prevention Saves Money

From a financial perspective, prevention is far more cost-effective than treatment. Structured wellness initiatives such as psycho-social support, early assessment and employee assistance programmes help identify risks early and reduce costly interventions later.

Key Business Benefits

- Reduced absenteeism and turnover
- Improved productivity and morale
- Better risk management and workplace safety
- Stronger employer brand and talent retention

Building Resilient and Inclusive Workplaces

Effective wellness programmes promote psychologically safe, inclusive and gender-responsive workplaces. When employees feel supported, they are more motivated, loyal and committed to organisational goals.

A Competitive Advantage

In today's competitive labour market, organisations known for prioritising wellbeing attract and retain top talent. Workplace wellness also enhances corporate reputation, stakeholder confidence and long-term sustainability.

Workplace wellness programs deliver measurable business value by improving performance, reducing costs and strengthening organizational culture. Investing in employee wellbeing is not just a social responsibility — it is a smart business decision.



Shaping Futures, Transforming Nations: The Rise of Botlhale Institute of Health and Technology.

By Lovemore Evans



In an era where innovation, skills and adaptability define national success, Botswana is steadily positioning itself as a knowledge-driven economy. At the centre of this transformation is the Botlhale Institute of Health and Technology, a dynamic institution redefining education as a driver of human capital development, socio-economic growth and national progress.

Located in Francistown, Botlhale has grown into more than a learning institution—it is a catalyst for change. Registered under the Botswana Qualifications Authority (BQA) and the Human Resource Development Council (HRDC), the institute has built a reputation for credibility, quality assurance and forward-thinking education. Its mission is clear: to produce graduates who are academically competent, industry-ready and globally competitive.

Botswana continues to face high youth unemployment, estimated at 43.9%, with overall unemployment above 23%. This highlights the urgent need for practical, market-relevant education. Botlhale responds directly through accredited programmes in Health and Social Services, Business and Management, ICT, Humanities and Engineering. Its hands-on curriculum ensures students graduate with both knowledge and workplace skills, bridging the gap between education and employment.



Healthcare remains central to Botswana's development agenda, and Botlhale contributes meaningfully by training a new generation of practitioners equipped with technical expertise and strong professional values. The impact extends beyond classrooms, supporting improved healthcare delivery and stronger community-based systems.

With a youthful population of over 2.3 million and a median age of 24, Botswana holds immense human capital potential. Botlhale supports this through flexible programmes that enable students, professionals and entrepreneurs to continuously upskill in a changing economy.

As Botswana advances towards sustainable development and economic diversification, Botlhale Institute of Health and Technology stands as a beacon of empowerment, innovation and future-ready education.

Shaping Tomorrow's Care: Inspiring Journeys in Healthcare

BIHT Students



As healthcare systems across the region continue to demand compassionate, skilled, and dedicated professionals, young people like Caroline Bontle Edward and Florence Themba are stepping forward with purpose and determination. Their journeys at Botlhale Institute of Health and Technology reflect the institution's commitment to shaping confident, capable healthcare practitioners prepared to make a meaningful impact in Botswana and beyond.

Currently enrolled in the Healthcare Assistant Short Course, Caroline describes joining Botlhale Institute of Health and Technology as a life-changing decision.



For me, choosing Botlhale Institute of Health and Technology was a turning point, she says it has been one of the best decisions I have made for my future.



Since beginning her studies, Caroline has developed essential skills in patient care, communication, and professionalism through the institute's practical and hands-on approach to learning. Beyond technical knowledge, she highlights the personal growth she has experienced throughout her training. Beyond technical knowledge, she highlights the personal growth she has experienced throughout her training.

"The course has not only taught me how to care for patients," she explains, "it has helped me grow as a person. I am more confident, more professional, and more certain about my path."

Her aspiration is to continue advancing in the healthcare field, deepen her expertise, and become a highly skilled professional capable of positively impacting communities. Caroline's story reflects how Botlhale is not only equipping students with knowledge, but also building confidence, purpose, and ambition.

Similarly, Florence Themba, also training as a Healthcare Assistant at the institute's Francistown campus, describes her experience as empowering and inspiring. Though still at the beginning of her journey, she already feels prepared to contribute meaningfully to healthcare delivery.



"My experience at Botlhale Institute of Health and Technology is truly amazing," Florence shares. "Each day presents opportunities for career growth, while the guidance and professionalism of the lecturers provide valuable practical knowledge and mentorship." She credits the institute's hands-on training approach for strengthening her confidence and enhancing her understanding of real-life patient care techniques. Beyond academics, Florence values the opportunity to connect with like-minded students who share a passion for making a difference.

"What makes my experience truly meaningful is the sense of purpose I have gained," she says. "Studying at Botlhale Institute of Health and Technology is an experience of a lifetime."

As Botswana continues investing in healthcare and human capital development, stories like Caroline's and Florence's demonstrate that the future of healthcare lies in capable, compassionate, and empowered hands.

By Caroline & Florence, students at BIHT

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BULAWAYO CAMPUS IN PICTURES





Shaping Tomorrow's Healthcare Leaders: A Journey at HIPH Bulawayo Campus

Studying at the Harare Institute of Public Health (HIPH) Bulawayo Campus has been nothing short of transformative. For me, enrolling in the one-year National Certificate in Health Services Management has opened doors to knowledge, confidence, and a sense of purpose that goes far beyond the classroom.

What makes HIPH truly stand out is the calibre of its teaching staff. Our lecturers bring a wealth of practical experience into every lesson, turning theory into real-world insight. Complex challenges that once seemed daunting in the healthcare setting suddenly become manageable when explained through their hands-on approach. This blend of academic rigour and practical application ensures that learning is not only effective but deeply rewarding.

The programme has sharpened my understanding of contemporary healthcare practices and strengthened my confidence to step into the field with competence and clarity. Each module builds not just technical skills but also the leadership qualities needed to thrive in today's dynamic health sector.



Looking ahead, I am eager to continue my journey towards the National Diploma in Health Services Management, accredited by HEXCO. This next step promises to deepen my expertise and prepare me for greater responsibilities in healthcare leadership.

To every young person aspiring to make a meaningful impact in health services, I wholeheartedly encourage you to join HIPH Bulawayo Campus. It is more than a place of study – it is a community where you grow, gain invaluable practical experience, and prepare for a career that truly changes lives.

By Josiah Njanji HIPH Health Services Management Student



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My Journey as a Dispensary Assistant Student at HIPH Bulawayo

By Tinotenda Zindove



Studying for a National Certificate in Dispensary Assistant at the Harare Institute of Public Health (HIPH) Bulawayo Campus has been a life-changing experience. This programme has not only equipped me with technical skills but has also instilled in me the discipline, precision, and responsibility required in pharmacy practice. I quickly discovered that pharmacy is a profession built on trust and accuracy, and HIPH provides the perfect environment to nurture these qualities.

From the very beginning, the support of my lecturers has been invaluable. In my first semester, I achieved distinctions in all my modules, thanks to the dedication of Mr Nhongo and Miss N. Manamike, among others. Their teaching goes beyond textbooks — through clear explanations, practical demonstrations, and continuous encouragement, they make learning engaging and ensure that students reach their full potential.

A highlight of the programme is the on-campus demo pharmacy. Here, theory meets practice as we gain hands-on experience in real dispensary operations. From dispensing medications and managing prescriptions to handling stock and ensuring compliance with health regulations, this training prepares us to step confidently into professional pharmacy and healthcare settings.

HIPH Bulawayo also stands out for its excellent student support. The campus administrator, Ms K.P. Mlotshwa, ensures that every student feels valued and prioritised. With flexible tuition payment options and the choice of full-time or part-time classes, the campus caters to diverse student needs, making education accessible to all.

This journey has strengthened my skills, boosted my confidence, and prepared me to contribute meaningfully to pharmacy services. I look forward to serving communities with professionalism, compassion, and dedication. For anyone aspiring to a career in pharmacy, HIPH Bulawayo offers more than education — it offers growth, opportunity, and a pathway to making a real difference in healthcare.

By Tinotenda Zindove HIPH Dispensary Assistant Student



HIPH Gweru Celebrates Growth, Student Success and Community Commitment

By Tanatswa Chakamanga



The Harare Institute of Public Health (HIPH) Gweru Campus began 2026 with renewed commitment to growth, academic excellence, and community engagement. Over the years, the campus recorded remarkable growth in student enrollment, with numbers doubling compared to the previous years. This growth reflects the increasing confidence that students, parents, and stakeholders have in the quality of education and professional training offered by the institution.

HIPH Gweru also celebrates the excellent performance of its students in the November HEXCO examinations, a testament to the dedication of both students and lecturers who continue to strive for academic excellence.



The campus extends sincere appreciation to its valued stakeholders, whose continued support contributes greatly to the institution's progress.

As the new semester begins, HIPH Gweru remains committed to improving service delivery and strengthening stakeholder relations.

The campus also plans to engage in community outreach activities, including donations to children's and old people's homes while promoting initiatives that empower the girl child.

Tanatswa Chakamanga is the Administrator of HIPH Gweru Campus



AUGUST 2026 INTAKE

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HIPH Gweru Campus: The most rewarding experiences of my academic journey

By: Goronga Mitchell



I first enrolled at HIPH to pursue a National Certificate in Dispensary Assistance, a programme that introduced me to the healthcare field and gave me a strong professional foundation.

Through hard work, determination, and the continuous support of my lecturers, I was proud to graduate with six distinctions, an achievement that motivated me to aim even higher. The practical training, quality teaching, and encouraging learning environment at HIPH helped me build both knowledge and confidence.

Because of this positive experience, I decided to further my education and I am now studying for a National Diploma in Medical Sales and Marketing at the same institution.

HIPH Gweru has not only shaped my academic success but has also inspired me to pursue greater opportunities in the healthcare industry. I am proud to be part of an institution that truly supports student growth and excellence.

By Goronga Mitchell | HIPH ND Medical Sales and Marketing Student



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Shaping the Future Through Public Health Monitoring and Evaluation

By ND Public Health Monitoring
and Evaluation students



From left: Rumbidzai Simoyi, Zivoyashe Mtombwera, Lesly Gwawawa and Rosemary Mambo

As National Diploma students in Public Health Monitoring and Evaluation at the HIPH Gweru Campus, our academic journey has been both inspiring and transformative. This programme has provided us with the knowledge and practical skills needed to understand how health programmes are planned, monitored, and evaluated to improve community health outcomes.

Through our studies, we have developed strong skills in data collection, analysis, reporting, and programme assessment. These competencies have helped us appreciate the critical role monitoring and evaluation play in strengthening health systems and ensuring that health interventions effectively reach the communities they are meant to serve.

The course has also shaped our career aspirations by preparing us to become competent public health professionals who can contribute meaningfully to evidence-based decision-making. We are grateful for the guidance and support from our lecturers, whose dedication continues to motivate us.

As we move forward, we are committed to using our knowledge and skills to improve community health and contribute to sustainable public health development.

HIPH Expands Horizons: Mutare Office Opens to Serve the Eastern Highlands

By Harmony Chigidi



The Harare Institute of Public Health (HIPH) proudly announces the opening of its Mutare Office, a milestone that reflects growth, accessibility, and a strengthened commitment to communities in the Eastern Highlands. Strategically located in the iconic ZB Life Towers building, the new office places HIPH at the centre of Mutare's commercial and professional district. Its presence is more than symbolic – it represents permanence, visibility, and readiness to engage meaningfully with students, partners, and stakeholders.

This expansion is a significant step in widening access to quality public health education and professional development. Public health is the cornerstone of resilient communities, and by bringing its services closer to the people of Mutare and surrounding districts, HIPH reaffirms its mission: to empower individuals with the knowledge and skills needed to promote health, prevent disease, and strengthen healthcare systems.

Mutare itself is a city of opportunity. As a gateway connecting Zimbabwe to the eastern region and neighbouring Mozambique, it is a strategic hub for collaboration and growth. The establishment of HIPH's office here is not simply about expansion; it is about partnership. It is about working hand-in-hand with local healthcare providers, community leaders, and aspiring professionals to cultivate a culture of excellence, service, and innovation.

The opening of the Mutare Office is a chapter filled with hope and gratitude. Inspired by the city's resilience and openness to development, HIPH steps forward with renewed energy to support the region's educational and healthcare needs.

In this spirit of growth and opportunity, HIPH Mutare Office is delighted to announce that August Enrolment is now in progress. Prospective students are invited to take the next step toward a professional future grounded in excellence, impact, and service to the community.

Mutare Office	Harare Main Campus	Bulawayo Campus	Gweru Campus	Harare Gweru Campus
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Building Health and Growth: HIPH's Business Development Vision

By Tatenda Kambizi



From new clinics to podcasts, regional offices to centres of excellence, HIPH is redefining business development by blending education, innovation, and community service.

In today's fast-evolving business environment, Business Development has continued to play a pivotal role in strengthening institutional growth, enhancing market visibility, and creating sustainable opportunities for expansion. The function has evolved from traditional outreach to a more strategic and data-driven approach, positioning the organisation to respond effectively to a dynamic and competitive environment. Importantly, HIPH's business development portfolio now includes health-related initiatives such as the soon-to-open HIPH Health Clinic, the Chenjerai Centre of Excellence, the Health Shenanigans Podcast, and other ongoing projects that combine education, innovation, and community service—further positioning the institute as a leader in public health advancement and sustainable institutional growth.

Business development at HIPH has centred on expanding markets and deepening stakeholder engagement. Through structured outreach initiatives, student engagement activities, and consistent follow-ups with prospective leads, the institute has strengthened its pipeline and improved conversion rates.

These efforts are not only about attracting interest but also about building long-term institutional visibility and ensuring that HIPH's programmes remain relevant and accessible to diverse audiences.

The development and strengthening of external relationships has remained central to business growth. By fostering partnerships with industry players, communities, and prospective clients, the organisation has been able to unlock new opportunities and enhance its reputation. These collaborations continue to contribute to both short-term enrolments and long-term strategic positioning.

A notable priority in 2026 has been the promotion of regional growth initiatives, particularly in areas such as the Mutare, Chinhoyi and Masvingo office development. Ongoing follow-ups, inquiries, and operational assessments have ensured steady progress, reinforcing the institution's commitment to decentralisation and increased accessibility.

Digital engagement has also become a cornerstone of business development efforts. The use of social media platforms, student-generated content, and targeted campaigns has improved audience reach and engagement. Content strategies now incorporate both academic and social aspects of student life, providing a more holistic representation of the institution.

Biomedical Innovation for Zimbabwe's Health

Key Priority

By Merit-Messiah Mukurechaza



A young biomedical engineering student has put forward practical, locally grounded solutions to help strengthen Zimbabwe's healthcare system, highlighting the critical role of innovation in addressing persistent sector challenges.

Merit-Messiah Mukurechaza, a member of the HIPH Young Innovators, notes that while Zimbabwe's healthcare system has made progress in line with national development goals, it continues to face pressures linked to economic constraints, post-pandemic recovery, and resource limitations. According to Mukurechaza, these challenges present an opportunity for engineering-driven interventions that are both sustainable and responsive to local needs.

One of the key issues identified is the frequent downtime of medical equipment in public health institutions.



Mukurechaza explains that essential machines such as X-ray units, ventilators, and laboratory analysers often become non-functional due to maintenance gaps, limited access to spare parts, and shortages of technical personnel.

This, he says, can delay diagnosis and treatment. As a solution, Mukurechaza proposes the adoption of a digital maintenance tracking system.

"The system could monitor equipment usage, schedule timely servicing, and integrate low-cost sensors to detect faults early, ultimately improving reliability and extending the lifespan of critical machines," She said.

Merit-Messiah Mukurechaza is a HIPH Biomedical Engineering Student

Driving Innovation Through Technology: How the IT Department is Transforming Operations at HIPH

By Talent Chikamhi

The IT Department at the Harare Institute of Public Health (HIPH) continues to play a strategic role in strengthening efficiency, improving security and driving innovation across the institution. Through intelligent systems, automation and infrastructure upgrades, the department is delivering solutions that enhance service delivery, accountability and support national health initiatives.

Smart Access Control at Gowero

A major innovation is the Access Control System at Gowero Campus, fully integrated with the Chenjerai ERP platform. This smart solution automates entry management, validates student eligibility in real time and restricts access based on fee status or academic periods. By eliminating manual checks, the system improves security, accountability and reduces administrative workload.

Chenjerai ERP – Backbone of Digital Transformation

Chenjerai ERP remains central to HIPH's digital journey. It reduces paperwork, streamlines approvals, strengthens transparency and centralises operations across campuses. Continuous development ensures the system adapts to organisational needs and supports long-term growth.

Disease Surveillance and AI Innovation

The department has also developed Disease Surveillance Software to monitor health trends and detect outbreaks early. Complementing this is an AI-powered disease prediction tool, which analyses symptoms to assist clinicians in preliminary screening and telemedicine workflows. These innovations demonstrate HIPH's commitment to harnessing technology for public health improvement.

Telemedicine and Learning Platforms

A Telemedicine System is under development to digitise clinic operations and enable remote consultations, while the new LMS Mobile Application enhances learning accessibility by allowing students and lecturers to access materials anytime, anywhere.

Continuous Innovation

From smart campus systems to predictive analytics, HIPH's IT Department is positioning the institution as a technology-driven leader. Its commitment to innovation ensures operational excellence while contributing to national health priorities.



By: Roswell Nyikadzina, Tawonga Chiparo,
Tendai Chikowore, Ethel T Chisanje



Antenatal care refers to the care that all pregnant women receive from health care providers and how she takes care for herself to ensure safe pregnancy term and delivery of the baby and herself. Several activities are to be carried out in order to meet the goals of antenatal and self-care as will be discussed below.

The first step of antenatal care is carried out at 12 weeks when a pregnant woman goes to register her pregnancy at a medical centre. This is the kick start of regular clinic checkups that she has to attend until she gives birth. During such visits the fetus' growth and health as well as the mother's are frequently monitored and review dates are given for further check-ups. This also rules out conditions like anaemia.

Maintaining a balanced diet is also part of antenatal care and self-care. On this aspect, healthcare professionals give ideas on healthy diets and activities that an antenatal mother is supposed to carry out to ensure health of two lives. Self-care gains ground when the antenatal mother follows all steps to a healthy diet and exercises as suggested by nurses. This helps her to have a normal delivery.

Antenatal mothers should get enough rest thus restricting themselves from heavy workload. Getting enough rest gives the fetus time to grow and develop using nutrients from the mother, however if the mother is overworking this may prevent the fetus from getting enough adequate nutrients to develop.

Overworking also compromises the antenatal mother's health since her immune system is already weak from developing a growing fetus.

Women are used to wearing high heeled shoes and tight clothes since it's trending fashion these days. However, when one becomes pregnant – dressing style also has to change. Self care during pregnancy includes not wearing high heeled shoes to avoid back pain and inflammation that could harm the cervix. Tight clothing may not give the uterus enough space to expand thus compromising the fetus' health.

Personal hygiene is one of the most crucial part for antenatal mothers. This also involves genital hygiene specially to prevent urinary tract infections that could harm the mother and crossing the placental barrier which can affect the fetus. This could potentially result in birth labour complications.

Antenatal mothers should be given health education by health professionals on the danger signs in pregnancy which include bleeding amongst other issues. Antenatal care and self-care methods mentioned above help to protect and ensure the fetus' health as well as that of the mother. It also improves and contributes to a successful delivery.

By: HIPH Nursing Assistant Students

Survivor Calls for Stronger Fight Against Zim's Drug Crisis

By Shalom Shawurwa



Drug and substance abuse survivor Brighton Muresherwa is calling for stronger interventions to address Zimbabwe's growing drug crisis. Speaking on the Health Shenanigans podcast, Muresherwa shared his journey from addiction to recovery, highlighting the urgent need for early education, family support, and accessible rehabilitation services.



Growing up in Harare, Muresherwa said his substance use began in high school and worsened during university, eventually affecting his education, health, marriage, and future. "I started drinking and smoking because I wanted to fit in," he said. "If I had learned resilience and healthy coping mechanisms earlier, my path could have been different."

After years of dependency, including periods of binge drinking and personal struggles, he sought help through community-based and anonymous recovery programmes. Today, he holds a master's degree in Development Studies and works with mental health and rehabilitation organisations. He urged families to recognise early warning signs and support loved ones without judgment.

Mental health practitioner Tafadzwa from Salt Africa also appeared on the programme, warning of a sharp rise in addiction among adolescents and young adults. She noted that substance abuse affects people across all ages, genders, and backgrounds, including children and elderly adults. According to her, conditions such as depression and anxiety often contribute to substance dependence as individuals attempt to self-medicate.

Tafadzwa stressed that rehabilitation is a long-term process requiring professional assessment, therapy, and strong family support. "Recovery is not a switch," she explained. "Some recover in weeks, while others may need months or years."

She also called for increased investment in rehabilitation centres outside major cities, arguing that rural environments and natural spaces can provide therapeutic benefits. Limited funding, rising crystal meth addiction, and strained health institutions, she said, continue to place pressure on Zimbabwe's recovery infrastructure.

Both speakers rejected common misconceptions that addiction only affects "weak" individuals or men. Tafadzwa noted that women, including pregnant women and teenage girls, are increasingly seeking help.

Public health advocates, including the Harare Institute of Public Health, are urging government to prioritise treatment facilities, mental health funding, and community education campaigns. Muresherwa said sharing his story publicly was aimed at encouraging hope and understanding.

"We need to break the silence," he said. "Drug abuse is destroying young people, but with the right support, recovery is possible."

Harm Reduction and Methamphetamine Use in Zimbabwe: What the Latest Evidence Shows

By Ropafadzo Madondo



Drug and substance abuse has rapidly emerged as one of Zimbabwe's most urgent public health crises. The narrative review by Muparadzi et al. (2025) provides a comprehensive overview of the rise in methamphetamine and related drug use, the science behind addiction, and the gaps and opportunities within the country's health and policy systems.

Globally, drug use has escalated dramatically—rising from 246 million users in 2013 to 316 million in 2023. Zimbabwe mirrors this trend, with methamphetamine—locally known as **mutoriro, guka, or dombo** now the most widely used synthetic stimulant in the country. Young people, especially males in high-density suburbs, have become the demographic most affected, driven by unemployment, economic hardship, and social instability. The review highlights that street-connected children and increasingly, women, are also turning to substances as coping mechanisms.

The paper explains how methamphetamine affects the brain, triggering massive surges in dopamine and other neurotransmitters that lead to euphoria, dependence, and long-term neurotoxicity.

The consequences stretch far beyond health—fueling crime, family breakdown, and community instability.

A key contribution of the review is its detailed analysis of treatment options. While pharmacological treatments exist for disorders involving alcohol, nicotine, and opioids, there is currently no approved medication for methamphetamine use disorder. Instead, a few drugs—such as mirtazapine, bupropion, modafinil, and topiramate—show modest, inconsistent benefits and require further research. The authors emphasize that in Zimbabwe, treatment challenges are worsened by resource shortages, stigma, limited mental health specialists, and weak health financing structures.

Strong evidence supports non-pharmacological interventions as first-line therapy. Approaches such as Cognitive Behavioural Therapy (CBT), Contingency Management (CM), the Matrix Model, motivational interviewing, peer support, and family-based interventions offer hope for recovery—especially when integrated into community structures. These strategies are well suited to Zimbabwe's context, where social networks play a powerful role in daily life.

The review further explains Zimbabwe's evolving policy landscape. While drug possession remains illegal under the Dangerous Drugs Act and related statutes, the government has taken steps toward a multisectoral response through the Drug and Substance Abuse Plan (2024–2030).

Despite this, enforcement-heavy approaches still create barriers for users seeking help, making harm reduction advocacy critical.

Ultimately, Muparadzi and colleagues argue that Zimbabwe needs a coordinated, well-funded, human-rights-aligned approach that spans healthcare, law enforcement, mental health, education, and community organisations. Strengthening harm reduction is not only a health priority—it is an investment in national development and social wellbeing.

Ropafadzo Madondo is the Head of HIPH School of Pharmacy

From Local Data to Lifesaving Treatments: A Transformative Journey in Prostate Cancer Research

By Takudzwa C. Chiwoneso



At the Harare Institute of Public Health, researcher and lecturer Takudzwa C. Chiwoneso is leading an innovative project aimed at addressing prostate cancer, one of the leading causes of cancer-related deaths among men in Zimbabwe. His project, titled “From Clinical Data to Novel Therapeutics,” combines machine learning and advanced drug discovery to tackle challenges such as late diagnosis and limited access to effective treatment.

The research follows a two-stage approach. The first stage uses real-world clinical data from Zimbabwean hospitals to develop a locally calibrated machine learning model capable of predicting outcomes such as survival rates and disease aggressiveness. The model identifies major clinical drivers of poor prognosis and links them to underlying biological targets, creating a strong foundation for therapeutic development.

The second stage focuses on computer-aided drug design (CADD), where virtual screening and generative artificial intelligence are used to develop novel drug-like molecules tailored to the molecular

profiles most common among Zimbabwean patients. This ensures that drug discovery efforts remain closely aligned with local healthcare needs.

Chiwoneso’s work builds on his recent scientific contributions, including his publication on “Kinases and their derived inhibitors from natural products” in *Bioorganic Chemistry* (2025), as well as co-authoring “Cancer pathogenesis and phase targeting through condensate fragility” in *Trends in Pharmacological Sciences*. These studies contribute valuable insights into precision oncology and the development of more effective cancer therapies.

Supported by the Harare Institute of Public Health, Chiwoneso aims to expand his research into broader drug discovery initiatives that advance precision medicine in Zimbabwe. His vision is to transform local health data into targeted, context-specific treatments that can improve patient outcomes and provide sustainable healthcare solutions in resource-limited settings.

Frontline Power, United Voice: Why Dispensary Assistants Must Organise

By Ngoni Gurajena



As winter intensifies across Zimbabwe, pharmacies become critical frontline health centres where patients seek relief from flu, coughs, and respiratory illnesses. At the centre of this growing demand are Dispensary Assistants (DAs), professionals who often serve as the first point of contact for patients. Despite their vital role, DAs remain under-organised, loosely structured, and without a unified professional identity, a gap that is becoming increasingly difficult to ignore.

Zimbabwe's healthcare environment is evolving rapidly, with changing medicines, digital health technologies, and rising patient expectations. In this context, individual effort is no longer enough. There is an urgent need for a registered and organised Dispensary Assistants' association that can strengthen professional standards, support continuous learning, and provide practitioners with a unified voice.

Currently, DAs work across pharmacies with varying levels of training and exposure. While many are highly capable, the absence of formal organisation limits professional development, weakens accountability, and

reduces their influence within the healthcare system. Without a recognised association, there is no structured platform for continuous professional development, unified ethical standards, or collective advocacy.

Creating a national DA association would elevate the profession into a recognised healthcare discipline with proper governance and accountability. It would also enable standardised training, coordinated refresher programmes, and shared ethical frameworks similar to those governing pharmacists and nurses. In an era where healthcare knowledge evolves rapidly, continuous professional development is essential to ensure DAs remain current and competent.

Institutions such as the Harare Institute of Public Health (HIPH) could play a key role by offering structured refresher courses tailored for DAs, helping practitioners stay updated on pharmaceutical products, treatment guidelines, and patient care practices.

Beyond training, DAs must also be included in broader healthcare discussions. Their daily interaction with patients gives them valuable insights into medication adherence, treatment challenges, and frontline healthcare realities. A registered association would allow DAs to participate in conferences, seminars, and professional forums while also creating their own platforms for knowledge-sharing and collaboration with other healthcare professionals.

Ultimately, organising Dispensary Assistants is about strengthening Zimbabwe's primary healthcare system. As pharmacies continue to serve as accessible healthcare hubs, a united and recognised DA profession will ensure more integrated, responsive, and patient-centred care. In a rapidly changing healthcare landscape, organisation is no longer optional, it is essential.

Grants, Research and Innovation: Our Work in Action

By Tendai Keen Dengezela

Over the past four years, the HIPH Grants, Research and Innovation Department has led and supported a diverse portfolio of projects that reflect our commitment to research, community impact, and strategic collaboration. These include the ongoing Maternal and Infant Nutrition and Growth (MiNG) Study, which contributes to improved understanding of maternal and child health outcomes, and also the ongoing Scoping Review and Primary Research on Youth Sexual and Reproductive Health and Rights, focusing on youth wellbeing and integrated development approaches.

The department has also undertaken applied consultancy work such as the Health Impact Assessments, demonstrating our capacity to support evidence-based decision-making in the private sector.

At community level, we continue to implement the Menstrual Poverty Project, promoting dignity, gender equity, and health awareness. In addition, through multi-countries collaboration, we are contributing to Digital Transformation and Innovation Initiatives, strengthening skills development, research, and institutional systems.

Through these initiatives, implemented in collaboration with both national and international partners, the department continues to position itself as a key partner in research, innovation, and programme implementation, and welcomes opportunities to collaborate with organisations seeking to drive impactful, evidence-based solutions.



Transforming Maternal & Infant Nutrition in Zimbabwe: 25 Years of Progress

By Nyaradzai Katena



Over the past 25 years, Zimbabwe has made remarkable strides in maternal and child nutrition, despite economic challenges, climate shocks and health system constraints. The Maternal and Infant Nutrition and Growth (MiNG) study captures this journey, offering lessons for both Zimbabwe and the global community.

Recognised under the Global Health Exemplars initiative, alongside Bangladesh and Cambodia, Zimbabwe's achievements highlight how evidence-based, multisectoral approaches can deliver measurable improvements in population health.

The MiNG study examined determinants of progress between 2000 and 2025 using survey data, policy reviews and qualitative research in Mudzi and Seke districts. Guided by a life-course framework, it assessed nutrition from adolescence and pregnancy through infancy and early childhood.

The results are inspiring: stunting declined from 33% to 23.5%, wasting dropped by nearly 80% to 2.9%, and exclusive breastfeeding more than doubled to over 60%. Improvements in maternal nutrition and antenatal care further strengthened child growth outcomes.

Three drivers underpin this success:

Integrated health services, embedding nutrition into antenatal, postnatal, immunisation and HIV programmes.

Community-based delivery, with Village Health Workers bridging gaps between clinics and households.

Nutrition-sensitive agriculture, including *Pfumvudza/Intwasa*, which improved food security and dietary diversity.



These gains were supported by enabling policies such as the National Nutrition Strategy and Infant and Young Child Feeding Programme, alongside strong partnerships between government, civil society and communities.

Voices from the field reinforce the story: mothers credit hospital education, villagers highlight the role of health workers, and stakeholders point to traditional foods and agricultural schemes as vital contributors.

While challenges remain, Zimbabwe's experience demonstrates that lasting improvements are possible. As a Global Health Exemplar, the country offers a powerful model for nations striving to reduce malnutrition and achieve the Sustainable Development Goals.

YOUR WELL-BEING MATTERS AT HIPH



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Pursuing the Science of Precision: My Journey in Industrial Laboratory Technology

By Maita Kangwena



Joining the Harare Institute of Public Health (HIPH) marked the beginning of an exciting journey into the world of science and precision. As a first-year Industrial Laboratory Technology student, I entered the institution with both nervousness and excitement, eager to pursue a career focused on technical excellence and scientific discovery. Choosing a school dedicated to health and science immediately gave me confidence that I was building a strong foundation for my future.

My passion for Industrial Laboratory Technology comes from a deep curiosity about how systems and products function at a molecular level. I have always been fascinated by the role laboratories play in ensuring safety, quality control, and innovation across industries. I want to contribute to Zimbabwe's industrial growth by becoming a skilled professional capable of delivering accurate and reliable scientific results.

My experience at HIPH has been both challenging and rewarding. The transition into specialised science training requires discipline, attention to detail, and commitment.



Through lectures and practical sessions, I have learned laboratory protocols, safety standards, and the importance of precise record-keeping. Exposure to modern laboratory equipment, calibration procedures, and troubleshooting techniques has shown me that laboratory technicians are not only scientists, but also problem-solvers responsible for ensuring accuracy and reliability.

The curriculum at HIPH effectively combines theory with industry practice. Subjects such as ISO 45001 and Total Quality Management have helped me understand the importance of safety and quality in regulated environments. These lessons make the programme highly relevant to real-world industrial and public health sectors.

Beyond academics, HIPH offers a supportive environment where students collaborate on assignments and learn from one another. This teamwork has strengthened my communication and problem-solving skills while making the demanding coursework more manageable.

My journey at HIPH has confirmed my passion for science and strengthened my commitment to becoming a highly skilled laboratory professional. Although the programme is demanding, the knowledge, confidence, and practical skills I continue to gain make the experience worthwhile.

By: HIPH Lab Tech Student Petition Maita Kangwena

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