

Central Africa Medical Mission

A Day in the Life - Zambia



The day at the Lutheran Mission Rural Health Centre, commonly known as Mwembezi, which means “Shepherd” in the Sala language, starts with the arrival of staff at the centre before 8:00 am in the morning.



The staff sit for what is called a briefing, and our Clinical Officer in Charge - Mr. Jackson Kalekwa - chairs the meeting where quick updates are given. Typically, Mr. Kalekwa provides information pertaining to any new medical developments.



8:00am

By 8:00 am, patients have arrived, and a morning devotion is given.

Following the devotion, Mr. Kalekwa and Mr. Sakala (Environmental Health Technician EHT) give health education talks to our patients.





Each day, there is a different specialized clinic, Under-fives, antenatal, and blood pressure; in addition, outpatients are seen at any time. Patients are advised to wait outside and are only allowed into the building one at a time. They must also wash their hands before entering the building. Nowadays, the outpatient clinic begins with patients who have coughs, and then others are seen.

1:00pm

Usually, afternoons are for family planning clients and a few outpatients. Mr. Kalekwa uses the afternoon to hold meetings with treatment supporters and other organizations to discuss programs; for example, one group came up with a program for giving drugs to HIV/AIDS patients.



4:00pm

Around 4:00 pm or thereabout, most of the staff are done for the day. However, the clinic day is not over. Mwembezi is a 24-hour operation. One staff member is always on call for evening and night-time clients. Typically, those clients come for labor and delivery as part of the safe motherhood program. Last year, 118 babies were delivered at the clinic. Other off-hours clients are typically outpatients in need of immediate assistance.