



E-NEWSLETTER

Dear Team,

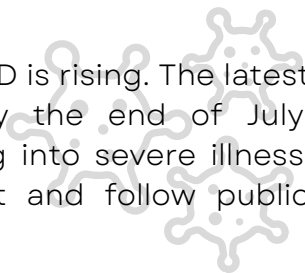
This communication is to keep you informed and updated on developments.

The weather forecast is set to be hot for the next week with warnings of heat alert. While we enjoy this sun, sunny spells can pose health risks like skin cancer and sunburn even on darker skin. Lets remember to use sunscreen. Main risks posed by heatwave include dehydration, heat exhaustion and heatstroke. Look out for signs of heat stroke such as headache, dizziness, confusion, loss of appetite, feeling sick, excessive sweating, pale/greyish, clammy skin, cramps in arms, legs and stomach, tachypnea, tachycardia and temperature of 38 C or above and thirst. .With heat health alert issued please lets remember to take breaks and rehydrate.



Covid-19 Update:

Community transmission of COVID is rising. The latest projections suggest a peak by the end of July, thankfully this is not manifesting into severe illness. However we need to stay alert and follow public health guidance.



National Stand down of Covid restrictions:

It is worth noting that many NHS trusts and private employers are still requiring staff to isolate after testing positive to COVID 19 for at least 5 days with some up to ten days. Staff are only allowed to return to work after two negative Lateral Flow tests. Please familiarize yourselves with these guidelines, especially if you are self-employed and always exercise professional judgement.

Covid Sickness:

Following the withdrawal of all other restrictions of COVID 19, its worth noting that from 7 July 2022, new episodes of COVID-19 absence will be treated in the same way as other sickness absence. This decision follows the government's publication of its plans for living with COVID-19.

This means that any new COVID 19 sick pay will be withdrawn and access to special leave for isolation will cease. Please familiarise yourselves with this new NHS guidance.

Update:

Malawi High Commissioner UK

Malawian UK Nurses Association (MUNA) on 3rd July 2022 had the privilege to welcome the new High commissioner to the UK, His Excellency Dr Thomas Bisika who is also the Malawi Ambassador to Denmark, Finland, Iceland, Ireland, Malta, Norway, Portugal, Spain and Sweden. With a work portfolio that includes working as a social demographer and public health specialist, diplomat, former health systems specialist at the World Health Organisation (WHO) in Nigeria. Dr Bisika has also worked with intergovernmental agencies. Dr Bisika's passion and drive within the health sector is key in his desire to work collaboratively with MUNA to address health inequalities and support development of healthcare infrastructure. MUNA shared its key objectives with the High Commissioner, which included projects that would benefit global health care system. Dr Bisika advised MUNA to continue supporting nurses in both Malawi and the UK but also encouraged MUNA to continue building key networks within local and international governments. MUNA Executive team is thrilled to continue building its relationship with the High Commissioner's office and the Office of the President of Malawi.

Achievements:

PNA TRAINING:

Lets congratulate Sala Kamkosi Khulumula and Clement Ndau for being successful in their Professional Nurse Advocate Course, this was sponsored by Malawian-UK Nurses Association. Please look out for the next cohort advert. I would encourage everyone to apply so as not to miss this opportunity.



New Stroke Unit, Malawi

MUNA would like to recognise Dr Emmie Malewezi (a Stroke Nurse consultant currently working in Higher Education in the UK) on being part of the team that successfully opened the first ever stroke unit at Queen Elizabeth Central Hospital in Malawi on 12th May 2022. Dr Malewezi collaborated with stroke specialists from the UK, Malawi and UK companies to ensure that the Stroke Unit was set up with high quality equipment and facilities. She has also been instrumental in stroke awareness campaigns in Malawi through a charity she co-founded in 2021 (Stroke Support Organisation-Malawi).

Projects:

One of the projects we are keen to start soon is the renovation of a ward in Malawi. MUNA's secretary Charlotte Kamundi undertook an investigative visit to Kamuzu Central Hospital. We are planning a series of fundraising initiatives towards this project including the *Summer Ball on the 6th August 2022*.

We have raffle tickets for sell and all proceeds will go towards this project.

Benevolent Fund:

MUNA will be selling T-shirts and Hoodies, all proceeds will go towards benevolent fund. Fundraising for this will start soon. Please support this cause. Terms and conditions will apply.

Face to Face meetings:

MUNA is planning at least 1 Face to Face meeting once a year. Please send your suggestions, eg. to incorporate Mandatory training and other training, any suggestion welcome.

Collaboration: We are working collaboratively with other Diaspora Nurses Association teams and we encourage our members to do so.

Clinical Standards:

In the next issue we will share on issues that affect our practice.

Medication errors: Medication errors are any Patient Safety Incidents (PSI) where there has been an error in the process of prescribing, preparing, dispensing, and administering, monitoring or providing advice on medicines. Medication errors can occur at many steps in patient care, from ordering the medication to the time when the patient is administered the drug. On the next issue we will start sharing common drug errors and prevention

Webinars:

MUNA will continue to hold Public Health webinars. Our last health webinar on Prostate Cancer webinar that opened up conversation within our community and brought to the fore men's health.

The next webinar will be on Learning Disabilities and Autism. Dates to be announced soon

We will be holding a joint webinar with Kenyan Nurses Association UK.

The Training team are ready to send certificates on request to your email address please contact: Professionaldevelopment@muna.org.uk

Director of Nursing and Midwifery Malawi

MUNA held a meeting with the Director of Nursing and Midwife Malawi Mrs Lucy Mkutumula and Director of Nursing Kamuzu Central Hospital Mrs Mary Chinkhata. Minutes will be circulated this week.

Working Holidays: Malawi

MUNA successfully lobbied for Diaspora Nurses wishing to work in Malawi temporarily while on vacation to pay verification and registration fees only to Malawi Nurses and Midwives Council. Previously nurses were expected to pay arrears from their last registration. Please contact Malawi NMC for registration fees.



Networking after launch



Charity Gladstone with Sajid Javid at West Minister Abbey



Patrick Vundule with Deputy Chief Nursing Officer England Duncan Barton

Training and Opportunities:

1. Professional Nurse Advocate (PNA)

MUNA is proud to have supported two of its members to become fully qualified Professional Nurse Advocates (PNA). The Professional Nurse Advocate (PNA) programme delivers training and restorative supervision for colleagues right across England. The programme launched in March 2021 by The Chief Nurse of England, Ruth May. The program is funded through NHS England; it is a Level 7 programme where you obtain credits towards a masters degree. It will equip learners to listen and understand challenges and demands of fellow colleagues and to lead, support and deliver quality improvement initiatives in response. There are still opportunities to train more PNA's, please email info@muna.org.uk for your expression of interests.

for further information and to put in an expression of interest.

2. International Nursing & Midwifery Association Fellowship Program (INMA)

MUNA is one of the 12 associations that has put across one of its members to become an INMA Fellow commencing April 2022. The fellowship is sponsored by NHS England and NHS Improvement. The fellow is given 15 hours a month for 6 months to support MUNA with project planning marketing and business development.

3. Leadership training opportunities

1. https://www.leadershipacademy.nhs.uk/programmes/rosalind-franklin-programme/eligibility?utm_source=email&utm_medium=EOI&utm_campaign=region_a

Monkey Pox:

A few cases of Monkey Pox have been reported in the UK, these are being investigated by the UKHSA. Monkeypox is a viral infection, it is usually a mild self-limiting illness, spread by very close contact with someone with monkeypox. Most people recover within a few weeks. The virus can spread if there is close contact between people and the risk to the UK population is low. Symptoms can include unusual rashes or lesions on the body such as the face or genital area, fever, muscle aches, chills and exhaustion, headaches and swollen lymph nodes.

Follow the link for more details:
<https://www.gov.uk/guidance/monkeypox>

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Thank you all for providing the best care possible in these difficult circumstances, with the added issue of a heatwave, and rising COVID 19 numbers this week. Keep raising the Malawi flag high. Wishing you all the best summer holidays.

**Charity Gladstone
President**

Listening events: From September we will be having listening events: Bi-monthly to check in and listen to your ideas and offer support.

Local initiatives: MUNA Executive team encourages members to participate in local initiatives in UK.

Save the date

6th August 2022: MUNA Summer Ball in Kent

October 2022: MUNA 2nd year Anniversary celebrations.