



Apex Medical University Zambia

Brian I. Carr



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Guideline for the pharmacological treatment of hypertension in adults World Health Organization, 2021-08-25 In this guideline the World Health Organization WHO provides the most current and relevant evidence based global public health guidance on the initiation of treatment with pharmacological agents for hypertension in adults The recommendations target adult non pregnant patients who were appropriately diagnosed with hypertension and counselled about life style modifications The guideline provides new recommendations on the threshold for the initiation of pharmacological treatment for hypertension as well as recommendations on intervals for follow up target blood pressure to be achieved for control and the cadre of health care workers who may initiate treatment The guideline provides the basis for deciding whether to initiate treatment with monotherapy dual therapy or single pill combinations as well as guidance for countries selecting medicines and algorithms for hypertension control for their national guidelines for hypertension management Beyond the Horizons Shimwaayi Muntemba, Lily Mubitana Monze, 2024-09-24 Beyond the Horizons Chipembi School Blazes the Trail for Girls Education and Empowerment in Zambia is a history of Chipembi School its role in the evangelizing policies of the Methodist Missionary Society whose Wesleyan branch founded the school in 1912 its development as the leading school for African girls in the colonial period and the first and until 1956 the only school to offer secondary education to them It follows the development of the school after Independence its initial problems and subsequent successes in academic achievements and agricultural education and production The book discusses the contribution of the schools graduates professionals in many fields to the development of Zambia and also documents their humanitarian work Above all it is an account written by two Chipembi girls from the perspective of the girls themselves illustrating the hardships the achievements the fun the friendships and the faith that sustained so many of them in their years at school and in their later lives Widening University Access and Participation in the Global South Edward Mboyonga, 2024-12-31 Using a capability approach as an analytical framework this timely volume examines how access to higher education enabled through private universities can transform students lives and contribute to human development in low income countries in the Global South Providing new insights into the contribution of the private higher education sector in Africa s developmental agendas the book offers an alternative to human capital theory by offering an expansive notion on the value of higher education emphasising both the economic and the intrinsic societal and social benefits that come from access to university and raised aspirations The chapters identify and discuss six specific capabilities valued by students that higher education provides This includes epistemological access epistemic contribution aspiration recognition respect and belonging Ubuntu and employability The book foregrounds the voices of students and lecturers to explore students aspirations agency access and participation Ultimately promoting a reconsideration of access to higher education beyond numerical terms by focusing on students access to transformative knowledge as means to promote their freedom to achieve well being the book will appeal to scholars

researchers and postgraduate students in higher education African education studies and international and comparative education more broadly

Hold the Salt: Dietary Sodium's Effect on Cardiovascular and Kidney Diseases Ashley Pitzer Mutchler, Marcelo Perim Baldo, Youngseung Lee, Maria Do Carmo Serrano, 2025-01-31 Sodium plays a pivotal role in cardiovascular and kidney health and disease with its balance being crucial for maintaining overall health While most guidelines recommend a daily intake of less than 2 grams of sodium most individuals consume nearly twice that amount in a day On average more than 70% of dietary sodium comes from processed foods and eating out at restaurants It is well known that the sodium status of the body is directly correlated to systolic blood pressure Excessive sodium intake can lead to hypertension which is a major public health issue due to the profound risk of developing cardiovascular and kidney diseases The kidneys act as a key regulator of sodium levels in the body adjusting its reabsorption and excretion to maintain a delicate balance Dysfunction in the renal handling of sodium can contribute to various kidney disorders Therefore a careful and balanced approach to sodium consumption is essential to support optimal cardiovascular and kidney function reducing the risk of related health complications

A Nurse's Step-by-Step Guide to Transitioning to an Academic Role Mercy Ngosa Mumba, 2022-04-30 Dr Mercy Ngosa Mumba provides critically insightful perspectives on becoming an academic in the US Kenneth K Mwenda PhD LLD DSc Econ Rhodes Scholar Program Manager The World Bank Washington DC USA Extraordinary Professor of Law University of Lusaka Zambia Dr Mumba provides a window into academia and is bursting with pragmatic information and real world examples of what to expect and how to navigate a successful and balanced academic career Richard Ricciardi PhD CRNP Professor George Washington University Past President Sigma Jumpstart Your Career in Education and Research Starting any new professional endeavor can be as challenging and overwhelming as it is exciting Moving from practice to education can further amplify the uncertainty Academia is a whole different world which means a unique new culture different priorities and a complete change in your day to day work life Lucky for your soon to be students you already know what it takes to be a strong competent clinician You just need to transfer that knowledge to future nursing professionals A Nurse s Step by Step Guide to Transitioning to an Academic Role gives you a detailed road map for a successful transition to academia Using a conversational tone and highly practical tools author Mercy Ngosa Mumba explains how to Understand different types of academic appointments Connect with colleagues and students Juggle various academic responsibilities Manage your time and stress Contribute to a more equitable institutional culture Table of Contents Part I Welcome to Academia Chapter 1 Becoming an Educator Chapter 2 Academic Teaching Is an Art Chapter 3 Secrets of Networking and Collaboration in Academia Chapter 4 Service and Academic Citizenship Part II Choosing the Best Role for You Chapter 5 So You ve Chosen Tenure Track Finding the Right College for You Chapter 6 Becoming a Nurse Researcher and Scientist Chapter 7 Considerations for Transitioning to a Clinical Faculty Role Part III It Starts and Ends With You Mind Body and Soul Chapter 8 Othering in Academia An Imperative for Diversity Equity and Inclusion Chapter 9 Stress

Management 101 Chapter 10 Thriving in Academia Appendices A Application Process B Sample Lesson Plan C Service Commitment Contract Hours

One Zambia, One Nation, One Country Mwelwa C. Musambachime, 2016-04-07 Zambia became an independent Republic of Zambia on 24 October 1964 with Kenneth Kaunda as the first president for twenty seven years He and his successors have over the last fifty years created a stable and united nation under the motto One Zambia One Nation Zambia is regarded as a beautiful friendly diverse and unspoilt country Aside from the majestic Victoria Falls on the Zambezi River despite its considerable mineral wealth and agricultural potential Zambia is not well known This book One Zambia One Nation One Country provides the reader with a virtual guide to Zambia s profile of her geographical location forestry rivers lakes and dams history people and its government culture governance economy Economy wild life tourism and social services In addition it gives comprehensive information for the potential tourists The motto One Zambia One Nation is borrowed from our coat of arms to provide a title to this book dedicated to President Kenneth David Kaunda the founding father of the nation for his service to the nation uniting the country and building a strong foundation of a modern stable and united nation

Sustainable Education and Development - Sustainable Industrialization and Innovation Clinton Aigbavboa, Joseph N. Mojekwu, Wellington Didibhuku Thwala, Lawrence Atepor, Emmanuel Adinyira, Gabriel Nani, Emmanuel Bamfo-Agyei, 2023-02-17 This book presents papers from the 11th Sustainable Education and Development Research Conference on the theme Build Resilient Infrastructure Promote Inclusive and Sustainable Industrialization and Foster Innovation Papers related to the sub themes were presented i Develop quality reliable sustainable and resilient infrastructure including regional and transborder infrastructure to support economic development and human well being with a focus on affordable and equitable access for all ii Promote inclusive and sustainable industrialization and by 2030 significantly raise industry s share of employment and gross domestic product in line with national circumstances and double its share in the least developed countries iii Increase the access of small scale industrial and other enterprises in particular in developing countries to financial services including affordable credit and their integration into value chains and markets iv By 2030 upgrade infrastructure and retrofit industries to make them sustainable with increased resource use efficiency and greater adoption of clean and environmentally sound technologies and industrial processes with all countries taking action in accordance with their respective capabilities v Enhance scientific research and upgrade the technological capabilities of industrial sectors in all countries in particular developing countries including by 2030 encouraging innovation and substantially increasing productivity SEDRC gathers papers that explain how key education on the Sustainable Development Goals is transforming lives eradicating poverty professing solutions to the infrastructural deficit in Africa and providing innovative ways to provide affordable housing in Africa This book will be of interest to academics postgraduate students and industry professionals

World TB Day 2023: Yes! We can end TB Hai-Feng Pan, Adwoa Asante-Poku, Andrea Gori, 2024-10-21 World tuberculosis day takes place on the 24th of March commemorating the date Robert Koch announced

he had discovered TB bacillus the bacterium causing tuberculosis Tuberculosis is still a widespread epidemic in various parts of the world leading to over one and a half million worldwide annual deaths which disproportionately affects developing countries The COVID 19 pandemic shifted countries focus away from tuberculosis putting the goals of the End TB project at risk The World Tuberculosis Day 2023 focuses on boosting awareness hoping to increase public and political involvement which will be crucial for the UN High level meeting on TB in September 2023 Political will is needed to increase financial investment in current TB programs as well as to improve the research and development of strategies to improve TB prevention such as the development of a new TB vaccine TB diagnosis such as improving the speed and efficiency of current molecular diagnostic tests and TB treatment such as finding shorter and more efficient treatments It is in this spirit that Frontiers is launching a new article collection to coincide with this UN day This occasion not only offers an opportunity to raise the visibility of tuberculosis but also to consider solutions to this ongoing epidemic

Hepatocellular Carcinoma Brian I. Carr, 2016-08-26 Hepatocellular carcinoma HCC used to be regarded as a rare disease However the increasing numbers of chronic HCC carriers in the U S and subsequent increased incidences of HCC seen in most large medical centers means that it is no longer an uncommon disease for gastroenterologists or oncologists to encounter and its incidence and epidemiology are changing During this exciting time in the field of HCC basic science and clinical management many changes are simultaneously occurring at multiple levels of our understanding and management of the disease Suddenly there are several new choices of therapy to offer patients Hepatocellular Carcinoma 3rd edition addresses this fast changing disease and gives the reader a clearer understanding of the many mechanisms involved in carcinogenesis of the liver This comprehensive and detailed review of how to diagnose and treat hepatocellular carcinoma is written by international leaders in the field covering both clinical treatment choices and the basic science underlying HCC development Updated and enhanced from the last edition in 2009 Hepatocellular Carcinoma 3rd edition features 12 new chapters including discussion of molecular markers molecular hepatocarcinogenesis microenvironment heterogeneity the new and exciting contributions of immunotherapy and updates on the major effective hepatitis therapies that will transform HCC incidence and perhaps also the therapy This cutting edge text is a vital resource and must have for today's hepatologists and medical and surgical oncologists This is a well written text and should be a good reference book for those who see patients with HCC Practical Gastroenterology a useful tool for both physicians and surgeons with a specific interest in the management of patients with HCC Digestive and Liver Disease

Impact of Global University Ranking Systems on Developing Countries Onyancha, Omwoyo Bosire, Tella, Adeyinka, 2023-06-01 The emotive discourses on the subject of university rankings are directly linked to the effect of such rankings on the performance of universities throughout the world It has been observed that the top ranked universities attract major financial commitments from the industry the best students quality researchers and a wide range of other quality endowments such as equipment libraries and laboratories It is not surprising that the ranking of universities

has gained popularity and become a significant factor shaping not only the reputation of universities but also the performance of said institutions around the world including the developing countries Impact of Global University Ranking Systems on Developing Countries presents a collection of perspectives from scholars and other stakeholders on the impact of the global ranking systems on developing countries The book is an additional resource for discussion and discourse as far as the global university ranking systems are concerned and opens new frontiers for further research Covering key topics such as assessment ethics and academic freedom this premier reference source is ideal for administrators policymakers researchers scholars academicians practitioners instructors and students

Apex Medical University Zambia: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Apex Medical University Zambia : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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