



NURSING AND MIDWIFERY COUNCIL OF ZAMBIA

(The Nurses and Midwives ACT. NO. 10 of 2019)



**BACHELOR OF SCIENCE IN MIDWIFERY
SYLLABUS**

2024

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FOREWORD

The Bachelor of Science in Midwifery Syllabus had been developed to respond to the ever-evolving landscape of healthcare education. Key findings from the recent State of the World's Midwifery (2021) (SoWMy) report, emphasizing the critical need for continued investment in midwifery education to improve health outcomes for women and neonates. This comprehensive syllabus underscores the commitment to fostering competent, compassionate, and highly skilled midwives. It addresses the challenges such as disparities in curriculum standards, which have hindered the professional identity of midwives.

The syllabus has been designed to meet international standards, aligning with the key competences outlined by the International Confederation of Midwives (ICM). It emphasizes a holistic and interdisciplinary approach to prepare graduates for the diverse challenges in maternal and neonatal health.

The Bachelor of Science in Midwifery program integrates theoretical knowledge with practical experience through clinical placements and hands-on training. Cultural competence and sensitivity are paramount, recognizing the rich diversity of Zambia. The purpose of this syllabus is to ensure that midwifery education at the undergraduate level is standardized in order to graduate compassionate caregivers, unwavering advocates for women's health, and champions of safe and dignified childbirth in Zambia



Board Chairperson

Nursing and Midwifery Council of Zambia

ACRONYMS

ANC	Antenatal Care
AIDS	Acquired Immuno Deficiency Syndrome
BScM	Bachelor of Science in Midwifery
CPD	Continuous Professional Development
EmONC	Emergency Obstetrics and newborn care
HIV	Human Immune Virus
GIT	Gastro intestinal tract
OPD	Out Patient Department
PHC	Primary Health Care
NMCZ	Nursing and Midwifery Council of Zambia
NICU	Neonatal Intensive Care Unit
SCBU	Special Care Baby Unit
SoWMy	State of the World's Midwifery
ZUNMO	Zambia Union of Nurses and Midwives Organisation
ZQF	Zambia Qualification Framework

ACKNOWLEDGEMENT

The Nursing and Midwifery Council of Zambia expresses its appreciation to all individuals and organisations who provided us the possibility to develop and complete this syllabus. A special gratitude goes to the Ministry of Health (MoH) and Zambia Union of Nurses Organisation (ZUNO) for the support rendered towards the development of this syllabus

We sincerely acknowledge the efforts of academic staff of different Higher Learning Institutions; Cavendish University, Eden University, University of Lusaka, Lusaka Apex Medical University and Mulungushi University for working tirelessly towards bringing this syllabus to realization. We appreciate the guidance and technical support rendered throughout the process of development of development of the syllabus

Lastly but not the least, NMCZ is grateful to the BSc Midwifery Syllabus Development Technical Teams as well as its members of staff for having worked tirelessly to ensure timely completion, editing and formatting of the syllabus



The Registrar & CEO
Nursing and Midwifery Council of Zambia

INTRODUCTION

In the continuum of healthcare, the discipline of midwifery stands as a beacon of care, compassion, and expertise. Midwives play a vital role in ensuring the well-being of mothers and infants during the transformative journey of childbirth. The Nursing and Midwifery Council of Zambia has developed the Bachelor of Science in Midwifery syllabus, a visionary educational framework crafted to elevate the standards of midwifery education. The Bachelor of Science in Midwifery shall be a four (4) year program designed to provide a comprehensive learning experience, blending theoretical knowledge and practical skills. Emphasis is placed on producing midwives who are not only clinically proficient but also empathetic, culturally competent, and ethically committed

In year one, students learn A level courses and year two covers fundamentals of nursing courses. In year three students will be introduced to midwifery courses and in year four, students will cover courses that will prepare them to provide midwifery care. Year four also prepares them as midwifery educators, managers of midwifery care units, conduct research in midwifery and health related issues

Enhancing the delivery of effective and high-quality midwifery practice is achievable through a well-designed syllabus. Aligned with the profession's key competencies, the syllabus framework ensures that education and training incorporate clinical practice adhering to acceptable standards. These standards, rooted in core competencies, guide midwifery graduates towards responsiveness in meeting healthcare provision demands across all levels

LEARNING PROGRAM

Bachelor of Science in Midwifery

QUALIFICATION TITLE

Bachelor of Science in Midwifery (BSc M)

LEVEL OF QUALIFICATION

ZQF level 7

DURATION OF TRAINING

4 years

GOAL

The syllabus is intended to serve as a guiding framework for curriculum developers and implementers of the BSc in Midwifery program across all higher learning institutions.

RATIONALE

This syllabus has been designed to standardize training and practice of graduates from the Bachelor of Science in Midwifery program

CORE COMPETENCES

The competencies for the BSc in Midwifery programme have been adapted from the International Confederation of Midwives Competencies (ICM, 2019). The following are the competencies for this syllabus;

1. General Competencies

- Demonstrate effective interpersonal communication with women and families, health care teams, and community groups
- Assess the health status, screen for health risks, and promote general health and well-being of women and infants

2. Pre-pregnancy and antenatal

- Monitor the progression of pregnancy

- Provide anticipatory guidance related to pregnancy, birth, breastfeeding, parenthood, and change in the family

3. Care during labour and birth

- Manage a safe spontaneous vaginal birth; prevent, detect and stabilise complications
- Provide care of the newborn immediately after birth

4. Ongoing Care of Women and Newborns

- Provide postnatal care for the healthy woman and her newborn
- Detect, treat, and stabilize postnatal complications in new born and woman refer as necessary

ADMISSION REQUIREMENTS

Admission criteria into the B.Sc. Midwifery Program will be at different levels as follows;

1.School Leavers (Pre-service)

The minimum entry requirements for school leavers into this programme shall be:

- i. Five (5) “0” levels at credit level or better of the Zambia General Certificate of Education or its equivalent as follows:
 - a. English Language
 - b. Mathematics
 - c. Any Science Subject
 - d. Any other two (2) subjects
- ii. “A” level passes in Chemistry, Biology, Mathematics and Physics

2.Non School Leavers (In-Service Nursing Program)

Minimum Entry requirements for in – Service candidates will be as follows:

- i. Applicant with a diploma in Nursing or Midwifery
- ii. Satisfactory references from at least two persons one of whom must be from the School where the candidate trained and the immediate supervisor of the candidate
- iii. Five subjects from School Leaving Certificate or the equivalent as follows: “O’ Levels in
 - a. English Language

- b. Mathematics
- c. Any Science Subject
- d. Any other two (2) subjects

EXCEMPTIONS

PRESERVICE ENTRANTS

- Applicants with A levels and a certificate in Nursing and Midwifery will be exempted from the following courses;
 - Cellular, Molecular Biology and Genetics
 - Introductory Chemistry
 - Introductory Mathematics, Statistics and Probability
 - Introductory Physics

INSERVICE ENTRANTS

- Applicants with diploma in Nursing and Midwifery will be exempted from the following;
 - *Year One*
 - Cellular, Molecular Biology and Genetics
 - Introductory Chemistry
 - Introductory, Mathematics, Statistics and Probability
 - Introductory Physics
 - *Year Two*
 - Fundamentals of Nursing
 - Human Anatomy
 - Physiological Sciences
 - Behavioural Sciences
 - *Year Three*
 - Pharmacology
 - Adult Medical and Surgical Nursing
 - *Year Four*
 - Paediatrics and Paediatric Nursing

ASSESSMENTS

Continuous Assessment (CA) shall constitute 40%, while the final examination will be 60%

Continuous assessment and final examination for clinical courses shall constitute theory and clinical components

NOTIONAL HOURS

The syllabus has provided guidance on notional hours for each course which could be adjusted as per institutional requirements. It is recommended that each academic year will have 1200 notional hours and for clinical courses $\frac{2}{3}$ should be allocated to clinical teaching and $\frac{1}{3}$ should be allocated to theory

YEAR ONE COURSES

YEAR ONE COURSES

In the first academic year, students will take the following foundational science courses;

- Cellular, Molecular Biology and Genetics,
- Introductory Chemistry,
- Introductory Mathematics Statistics and Probability, and
- Introductory Physics

These courses will provide a well-rounded understanding of essential concepts in prerequisite A level sciences, laying the foundation for midwifery courses

COURSE TITLE	COURSE STATUS	TOTAL NOTIONAL HOURS	UNTIS
Cellular , Molecular Biology and Genetics	Half	320	<ol style="list-style-type: none"> 1. Atomic Theory 2. Water 3. Biomolecules 4. Cells 5. Molecular Biology 6. Genetics
Introductory Chemistry	Full	350	<ol style="list-style-type: none"> 1. Stoichiometry 2. Atomic Structure and The Periodic Table 3. Nature of Chemical Bonding 4. Sampling and Treatment of Analytical Data 5. Electrochemistry 6. Thermal Chemistry 7. Chemical Kinetics 8. Equilibrium 9. Analytical Techniques 10. Principles And Basics Of Organic Chemistry
Introductory Mathematics, Statistics and Probability	Full	350	<ol style="list-style-type: none"> 1. Sets 2. Functions 3. Vectors and Matrices 4. Equations and Inequalities 5. Partial Fractions 6. Transcendental Fractions 7. Binomial Expansions 8. Differential Calculus 9. Integral Calculus 10. Descriptive Statistics 11. Probability 12. Probability Distribution
Introductory Physics	Half	180	<ol style="list-style-type: none"> 1. Mechanics 2. Properties of materials 3. Heat and thermal dynamics 4. Waves and thermal dynamics 5. Optics 6. Electricity and magnetism 7. Nuclear physics
Total Hours		1200	

YEAR TWO COURSES

YEAR TWO COURSES

In the second year, students will be exposed to fundamentals of Nursing and basic sciences in preparation to midwifery courses

COURSE TITLE	COURSE STATUS	TOTAL NOTIONAL HOURS	UNITS
Fundamentals of Nursing	Full	320	<ol style="list-style-type: none"> 1. History and trends in Professional Nursing 2. The Nurse, the Multidisciplinary Health Care Team, and Health Care Delivery 3. Health, Wellness, and Illness 4. Introduction to Nursing theories and models 5. The Nursing process and Documentation 6. Provision of a Safe Hospital Environment 7. Reception and care of clients' Needs 8. Experience of loss, death, and grief 9. First Aid and Basic Life Support 10. Training Institutional governance and student support services 11. Academic and professional writing 12. Ethics, professionalism and Etiquette in Nursing Practice 13. Policies, Legislation and Legal Aspects of Nursing Practice 14. Attitudes, Interpersonal relationships and Assertiveness <p>CLINICAL ALLOCATION</p> <ul style="list-style-type: none"> • Medical Wards • Surgical Wards

Human Anatomy	Full	180	<ol style="list-style-type: none">1. General Principles of Anatomy2. Systemic Anatomy<ul style="list-style-type: none">• Gastrointestinal Tract• Respiratory• Cardiovascular and Lymphatic system• Urinary system• Reproductive• Endocrine• Nervous system• Musculoskeletal• Integumentary• Special senses
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Physiological Sciences	Full	270	Human Physiology <ol style="list-style-type: none"> 1. Cell Physiology 2. Physiology of the nerve 3. Synaptic and functional transmission 4. Muscle physiology 5. Blood and its constituents 6. Gastrointestinal tract 7. Respiratory 8. Cardiovascular system 9. Renal 10. Endocrine 11. Nervous system 12. Special senses Biochemistry <ol style="list-style-type: none"> 1. General principles 2. Carbohydrate metabolism 3. Lipid metabolism 4. Amino acids, nucleic acids metabolism and protein synthesis
Behavioral Sciences	Full	180	Health Sociology <ol style="list-style-type: none"> 1. Introduction and Historical Development of sociology 2. Social systems 3. Social units 4. Social determinants of health 5. Gender and Health 6. Social change and development, and Demography of Health 7. Sick role and Healing options 8. Health Care Delivery and Social Policies 9. Deviance and Collective Behaviour 10. Social Stratification, urbanization and Industrialisation Health Psychology <ol style="list-style-type: none"> 1. Basic concepts 2. Theories of growth and development 3. Personality and Defence mechanisms 4. Memory, learning, and Intelligence 5. Sensation and Perception

			<ol style="list-style-type: none">6. Theories of psychosomatic illnesses7. Pain and Pain Management8. Motivation9. Psychosocial Counselling
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Pathology and Microbiology	Full	250	General Pathology <ul style="list-style-type: none"> • Introduction to pathology • Cellular response to injury • Inflammation • Tissue healing and repair • Hemodynamics disorders • Human genetics • Neoplasms Systemic Pathology <ul style="list-style-type: none"> • Lymphatic system • Cardiovascular system • Respiratory system • Urinary system • Reproductive system • GIT • Nervous system • Integumentary Immunology Parasitology Bacteriology Virology Laboratory Sessions
Total Hours	1200		

YEAR THREE COURSES

YEAR THREE COURSES

In the third year of training, students will be exposed to specialized courses aimed at equipping them with the skills necessary to deliver fundamental midwifery care. These courses will enable students to offer evidence-based care and foster the promotion and practice of community-based primary health care.

COURSE TITLE	COURSE STATUS	TOTAL NOTIONAL HOURS	UNITS
Pharmacology	Full	180	<ol style="list-style-type: none"> 1. Introduction and general principles of pharmacology 2. Legal, ethical, and cultural aspects of pharmacology 3. Ordering and control of drugs 4. Analgesics 5. Anti-inflammatory drugs 6. Anti-infectives <ol style="list-style-type: none"> 7. Antibiotics 8. Antifungals 9. Antivirals 10. Anti-helminthic 11. Drugs acting on the gastrointestinal tract. 12. Drugs acting on the respiratory system. 13. Drugs acting on the cardiovascular system. 14. Drugs acting on the urinary system 15. Drugs used in the reproductive system. 16. Drugs acting on the immune system. 17. Drugs acting on the nervous system. 18. Drugs acting on the integumentary system. 19. Drugs used in eye, ear, nose and throat conditions. 20. Drugs used in treatment of malignant neoplasms. 21. Drugs used in treatment of tuberculosis. 22. Drugs Used in Obstetrics

Community Midwifery	Half	150	<ol style="list-style-type: none"> 1. Public Health and The Midwife 2. The Community as A Client Primary Health Care 3. Health Promotion Initiatives 4. Community Participation in Maternal and Child Health 5. Community Based Education <p>CLINICAL PLACEMENT</p> <ul style="list-style-type: none"> • PHC • Postnatal –Domiciliary
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Adult Medical-Surgical Nursing	Full	250	<ol style="list-style-type: none"> 1. Introduction to Medical/ Surgical Nursing 2. Health Assessments 3. Alimentary Disorders 4. Biliary Disorder 5. Respiratory Disorders 6. Cardiovascular and Haematological Disorders 7. Urinary Tract Disorders 8. Male Reproductive Disorders 9. Endocrine, Metabolic Disorders 10. Neurological System 11. Muscular Skeletal System 12. Integumentary Disorders 13. Management of Clients with HIV/ AIDS 14. Management of Patients with Neoplasms 15. Palliative Care <p>CLINICAL PLACEMENT</p> <ul style="list-style-type: none"> • General Wards • OPD
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Obstetrics and Midwifery Care I	Full	300	<ol style="list-style-type: none"> 1. Introduction of Midwifery Care 2. Preconception Care 3. Respectful Maternity Care 4. Human Reproduction 5. Applied anatomy to Obstetrics and Midwifery 6. Care during pregnancy 7. Care during labour and puerperium 8. Prevention of Mother to Child Transmission of HIV/AIDS 9. Perinatal Mental Health <p>CLINICAL PLACEMENT</p> <ul style="list-style-type: none"> • ANC • Labour Ward • Postnatal Ward
Sexual and Reproductive Health	Half	120	<ol style="list-style-type: none"> 1. Overview of Reproductive Health 2. Adolescent Reproductive Health and Rights 3. Gynaecology and Gynaecological Nursing 4. Management of Women in Reproductive Age 5. Family Planning 6. : Women in Peri Menopausal Period 7. Gender and Health <p>CLINICAL PLACEMENT</p> <ul style="list-style-type: none"> • Family Planning • Gynecology • Youth friendly spaces

Research, Epidemiology and Biostatistics	Full	200	<ol style="list-style-type: none"> 1. Introduction and background to research 2. Literature Review 3. Ethical and Legal Issues in Research 4. Quantitative Research Methodology 5. Qualitative Research Designs 6. Report Writing 7. Implementation Science/ Evidence Based Practice 8. Introduction to Epidemiology 9. Basic Statistics/ Computing/ Analysis 10. Introduction to Statistics 11. Descriptive Statistics 12. Introduction to Statistical Inference 13. Hypothesis Testing 14. Sample Analysis of Variance 15. Correlation 16. Linear Analysis 17. Binary Logistic Regression
Anatomy and Physiological Sciences (<i>Bridging Course</i>)	Full	200	<p>Anatomy</p> <ol style="list-style-type: none"> 1. General Principles of Anatomy 2. Systemic Anatomy <p>Physiology</p> <ol style="list-style-type: none"> 1. General Principles of Physiology 2. Systemic Physiology <p>Biochemistry</p> <ol style="list-style-type: none"> 1. General Principles 2. Metabolism 3. Laboratory Sessions
Total Hours		1200	

YEAR FOUR COURSES

YEAR FOUR COURSES

During this academic year, the students will be prepared to provide advanced midwifery care and quality leadership, management, and governance within the health care delivery system. The students will also be prepared to initiate, promote, support, and conduct research in midwifery and health related issues.

COURSE TITLE	COURSE STATUS	TOTAL NOTIONAL HOURS	UNITS
Midwifery and Obstetric Care II	Full	300	1. Medical conditions in pregnancy 2. Complications of pregnancy 3. Complications of labour and delivery 4. Emergency Obstetrics and newborn care (EmONC) 5. Complications of puerperium PRACTICUM PLACEMENTS <ul style="list-style-type: none"> ▪ ANC ▪ Labour Ward ▪ Postnatal Ward
Research Project	Half	100	1. Proposal development 2. Research report

Leadership, Management and Governance Practice	Full	200	<ol style="list-style-type: none"> 1. Introduction to leadership, management, and governance 2. Management functions 3. Leadership 4. Policy development and analysis 5. Resource management 6. Human capital Development 7. Financial and material resource management 8. Supply chain management and logistics cycle 9. Time management 10. Health economics 11. Performance management 12. Discipline 13. Quality Assurance and Quality Improvement 14. Advocacy 15. Industrial relations 16. Information management systems 17. Project management 18. Conflict management 19. Change management 20. Entrepreneurship 21. Partnerships and networking 22. Continuous Professional Development (CPD) 23. Licensing and Accreditation of facilities 24. Principles of Corporate governance 25. Public Management
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Midwifery Education	Full	250	<ol style="list-style-type: none"> 1. Trends and Philosophy in Midwifery Education 2. Theories of Learning 3. Educational objectives 4. Curriculum development, design and review 5. Instructional design and programming 6. Teaching/learning methods and learning aids 7. Learning and the classroom environment 8. Clinical Teaching and learning 9. Ethical issues 10. Planning for student's ward placement 11. Supervising students in the clinical area 12. Clinical teaching and learning methods 13. Clinical assessments 14. Preceptorship 15. Mentoring and supervising student projects and research 16. Measurement and evaluation of learning and teaching 17. Micro and peer teaching 18. Managing nurse education and training programmes 19. Guidance, support and counselling in nursing education
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Neonatology	Half	120	<ol style="list-style-type: none"> 1. Introduction to neonatal nursing 2. Review of pregnancy, labour and delivery history 3. Essential newborn care of the neonate 4. Diseases and disorders of neonates <p>CLINICAL PLACEMENT</p> <ul style="list-style-type: none"> • NICU • SCUB • Postnatal wards
Paediatric and Paediatric Nursing	Half	110	<ol style="list-style-type: none"> 1. Introduction to Paediatrics and Paediatric Nursing 2. The Well Child 3. Deviation from Normal Growth and Development 4. Expanded Programs on Immunisation (EPI) 5. Management of Paediatric Emergencies 6. Management of Medical Conditions 7. Management of Surgical Conditions 8. Management of a Child with Congenital abnormalities 9. Children with Special Needs 10. Management of a Sick Child Using (IMCI) <p>PRACTICUM PLACEMENT</p> <ul style="list-style-type: none"> ▪ General Paediatric Wards ▪ Paediatric ICU ▪ Nutrition Ward
Midwifery Practicum	Half	120	<ol style="list-style-type: none"> 1. Clinical Drill 2. Allocations 3. Gynaecology Clinics and Family Planning 4. Antenatal Care 5. Care During Labour 6. Care of the Newborn 7. Postnatal Care 8. Domiciliary Visits
Total Hours		1200	

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8. Zambia Statistics Agency, Ministry Of Health (MOH). The Global Fund, USAID, Ukaid, UNFPA. Zambia Demographic Health Survey, (2019), Lusaka, Zambia and Rockville, Maryland, USA.

LIST OF CONTRIBUTORS FOR DEVELOPMENT OF MIDWIFERY SYLLABUS

NO.	NAME	QUALIFICATION	DESIGNATION	INSTITUTION
1	Dr Marjorie Kabinga Makukula	PhD. MSc Nursing, Pg Dip MEd, BSc. Nursing, RN	Assistant Dean – postgraduate studies	University of Zambia School of Nursing Sciences
2	Dr. Ruth Wahila	PhD. MSc. Nursing, BSc Nursing ,ROTN, RN	Lecturer	University of Zambia School of Nursing Sciences
3	Dr. Maureen Masumo	PhD. MSc. Midwifery, BSc. Nursing, RM, RN	Lecturer	University of Zambia School of Nursing Sciences
4	Beauty Siansende Zimba	BSc Nursing, RM, RN	Registrar & CEO	Nursing and Midwifery Council of Zambia
5	Judith K Chipili	LLB, MPH, BSc Nursing, RN, Certificate M&E	Acting Director of Education and Training	Nursing and Midwifery Council of Zambia
6	Brenda Nambala Sianchapa	Ph.D. fellow, MSc Midwifery, BSc Nursing, RM, RN	Lecturer	University of Zambia School of Nursing Sciences
7	Harriet Mulonda Simaubi	PhD Fellow, MSc N, BSc Nursing, RM, RN	Lecturer	Mulungushi University
8	Alvera Mwiinga	MPH, BSc Nursing, RM, RN	Lecturer	Cavendish University
9	Chiyengo Mundanya	MPH, BSc Nursing, OTN, RN	Chief Nursing Officer Education and Training	Ministry of Health
10	Amukusana Mutandi			Zambia Union of Nurses Organisation
11	Kennedy Mwila	MSc MW, BSc Nursing, RM, RN	Lecturer	Lusaka Apex Medical University
12	Abigail Kalemba – Hatontola	MSc. Health care Management, BSc Nursing, RM, RN	Lecturer	University of Lusaka School of Medicine and Health Sciences
13	Wanda Hankombo Mulunda	MSc MWH, BSc (Hon) PHS, RM, RN	Lecturer	Eden University

NO.	NAME	QUALIFICATION	DESIGNATION	INSTITUTION
14	Ivy Mulenga Mwale	BSc. Nursing, RN	Curriculum Development Officer	Nursing and Midwifery Council of Zambia.
15	Manasseh Mvula	MSc. Nursing, BSc. Nursing	Lecturer	University of Zambia School of Nursing Sciences