

MY PLAN FOR EAST AND SOUTHERN AFRICA AS ZONAL REPRESENTATIVE FOR ZONE 14

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Serving at the WPA is the highest honor a Psychiatrist can be granted in the course of their profession. It provides one with the opportunity to serve at a local as well regional and global level to enhance the profession. As I look to have such an opportunity to serve globally, I will aim to do the following:

I would like to promote collaboration between countries in Zone 14 (East and Southern Africa) in order to enhance the development of the psychiatry profession. In a setting where human resource for mental health is limited, such collaboration may go a long way to leverage the available human resource to support countries where there is scarcity. Collaboration also enhances better communication and friendship within and across countries in the region which is good for the growth of psychiatry

I will aim to promote the growth of mental health in the East and Southern Africa while promoting learning from within and outside the region by promoting the discipline to young upcoming doctors who are not yet psychiatrists to join us in Psychiatry. I will encourage and promote collaboration between Psychiatry departments in training institutions in the region to achieve this.

The young Psychiatrists need inspiration and guidance in their chosen field in order for them to gain satisfaction from the care they provide and to innovatively find new ways of moving their profession forward. I will promote and ensure the continuity of the young Psychiatrist movement in East and Southern Africa in order to inspire them for future leadership.

Research is central to the growth of any medical discipline and has been a key agenda for the World Psychiatric Association. I will further this cause of the WPA in our region by encouraging and promoting regional scientific events where members will have an opportunity to share their work, innovations and lessons within the region and with the wider international community.

I would like to also address myself to the area of women in Psychiatry. So far no body has addressed this in sub-Saharan Africa. This will be an innovation for the region to profile all women in psychiatry in Zone 14 and highlight their contribution in our great profession. This will by no means be at the exclusion of others but to simply highlight and inspire the women in our profession and encourage them to inspire younger women to join them.

Last but not least, I will endeavor to contribute to the best of my ability to the agenda of the WPA board as we seek to promote mental health training and care in the world.

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