

CBM Scholarship Programme

Reporting Template

1. Basic Information

Recipients	Lions of LC Grevenbroich, Hans-Jakob Vogt
Name of scholar	Sylvia Chifundo Siwinda
Date of submission	November 2024
University / Place of Work	Kamuzu University of Health Sciences, Queen Elizabeth Central Hospital- Lions Sight First Eye Hospital.
Type of Report (semi- annual/ Annual)	Annual
Reporting period (DD/MM/JJJJ – DD/MM/JJJJ)	March 2024 – August 2024

2. Personal and Professional Background

<p><i>Remark for the scholar: Please write 170–200 words about your personal and professional background (to be filled in and updated yearly given any new developments).</i></p>
<p>I am a 27-year-old junior Ophthalmology female resident, 6 months into my residency program at the Queen Elizabeth Central Hospital under the Kamuzu University of Health Sciences. I graduated in 2021 with a Bachelor of Medicine and Bachelor of Surgery (MBBS) and proceeded with my 18-month internship at Mzuzu Central Hospital, in the northern region of Malawi. I am a registered member of the Malawi Medical Council.</p> <p>My interest in ophthalmology started during my training at the medical school when I had my own experience with eye problems. This experience gave me a firsthand understanding of the importance of eye care and the impact that ophthalmology can have on people's lives. It also sparked my curiosity and desire to learn more about the field and how I can contribute to it.</p> <p>6 months in, I can confidently say, I made the right decision in my career. To say it was a smooth start would be underrating the effort and hard work my lecturers, colleagues, patients, and myself have poured into my start. I am glad my dream of serving my community and becoming a part of the community that is saving sight has begun.</p>

3. Screening and Surgical Skills

<p><i>Remark for the scholar: Please report about the development of your screening and surgical skills during the reporting period: number of screenings, treatments and surgeries (both minor and major). Please refer to fields where you experience progress and consistency.</i></p>



number of screenings: 100

number of treatments: 80

number and type of surgeries **(both major and minor):**

Type	No. of observed surgeries	No. of assisted surgeries	No. of surgeries operated under supervision	No. of surgeries operated without supervision
Retrobulbar injection	3			108
Lid reconstruction	2	1	2	
Corneal repair and removal of sutures	3		2	
Excision	3	2	15	14
Evisceration	4	2	5	3
Exenteration	2	2	1	
EUA/ debridement/ I and D	10	2	1	

4. Outreach Skills

Remark for the scholar: Please write 170–200 words about outreach missions during the reporting period. If possible, please inform about the number of screenings, treatments and surgeries. Please do also name the outreach sites and the specific challenges and describe your learning experience. If no outreach missions were conducted during the reporting period simply report “Not Applicable”

Not Applicable

5. Exams and Learning

Remark for the scholar: Please write 170–200 words about relevant learning experience and exams or further academic milestones (CMEs, CPDs within the training center or elsewhere) during the reporting period and shortly explain the type of exams that you have passed/ will retake and how this affects your course progress

I have had numerous learning experiences over the past six months, and it has been incredible. We have also had departmental continuous professional development (CPD) presentations fortnightly and workshops from visiting optometrists. The CPDs covered various topics, from low



vision assessment and management to communication with patients and colleagues, a data review of our admitted eye trauma cases for the recent quarter, and others.

I am currently pursuing online courses and attending webinars from Cybersight as a way widening my learning pool of ophthalmology.

I will share information on exams in the preceding reports since I have not sat for them yet.

6. Conferences, Workshops and other Trainings

Remark for the scholar: Please write 170–200 words about all national and international conferences that you have joined during the reporting period. Please do describe what you learned or why the assistance to attend conference was beneficial for you; also refer to practical training and workshops that you have received during the reporting period that you had not reported elsewhere.

In June of this year, I had the pleasure of attending a dissemination meeting for the national retinoblastoma guidelines as well as the Ophthalmological Society of Malawi's annual general meeting in Mangochi. It was a great experience as I interacted with district ophthalmology clinical officers, and this was a highlight for me as I understood different management hurdles from various eye care points, this is a great way of furthering discussion on how best to go forward in managing retinoblastoma children in my country.

In July, we had a refraction workshop with visiting optometrist students and lecturers from Cardiff University and this was a very productive workshop. I gained more understanding of the optics world and my confidence in approaching and refracting a patient was significantly increased.

7. Research Interests and Data Collection

Remark for the scholar: Please write 170–200 words on your current research project(s) (e.g.: thesis, articles) topic, data collection and other progress.

I am currently in the 'sorting and decision' phase of my thesis idea. I will report in the upcoming reports whenever I make progress.

8. Other important developments or remarks

Remark for the scholar: Please inform about any other relevant developments during reporting period. Reflect on new skills or improved skills as pertains to practical learning and your surgical practice. You can also mention new developments or challenges not directly related to your academic learning but enhancing your career.

I started this training with no skills at all, but with a great passion. Six months in, I can confidently say the skills match up to the fiery passion. Now I can confidently take a thorough history,



examine both anterior and posterior segments thoroughly, and set an initial management on course. My surgical skills have grown exponentially too, from excisions to lid reconstructions to eye removal surgeries.

9. Outlook for the next reporting period

*Remark for the scholar: Please give a short outlook on the upcoming reporting periods. For example: Are you planning to join specific conferences or trainings? Will you do further research or data collection?
Include recommendations to improve on your training.*

I will be attending 4-6 weeks of cataract training in the upcoming weeks. I am also planning to do more online courses on different topics. With your continued support, I look forward to attending the COECSA (College of Ophthalmology of Eastern, Central and Southern Africa) congress in 2025.

10. Expression of thanks

Remark for the scholar: Please write 3-4 sentences. It's important to include a special thanks to the "sponsor" as well as to "CBM". This field should not be used to raise concerns. For any concerns, please promptly contact CBM contact person directly via email or telephone

My special thanks to you the Lions of Grevenbroich for your continued and unwavering support towards myself and other CBM scholars. To CBM, my heartfelt gratitude towards the enormous work you put in for education. I hope this report shows you a glimpse of what your work has achieved.

11. Photos

*Remark for the scholar: Please include at least four photos showing different aspect of your work or training as separate **jpg-files** – not embedded in doc or pdf.*

Requirements:

- *Each photo should have **highest possible resolution** (minimum data of 2 MB/each).*
- *Each person photographed needs to sign **CBM Consent form**.*
- *Please provide basic information (as described below):*

Photo No.	Caption (Answering "W-questions")	Consent available? Pls. indicate picture number on related CBM consent form



<p>Picture:PXL_20240606_110745467.jpg</p>	<p>The picture was taken at Lakeview Lodge in Mangochi on the 6th of June 2024.</p> <p>(From right to left) Dr. Sheena Kaunda Khuwi, me, Dr. Ruth Felani, Dr. Harold Nkume, and Dr. Lonjenzo Jemi. All are resident doctors at KUHES, QECH of which four are sponsored by CBM.</p> <p>I together with my fellow residents were delegates attending a dissemination meeting for the national retinoblastoma guidelines</p> <p>Photographer: Dr Chinsinsi Nyirenda, Ophthalmologist (Zomba Central Hospital)</p>	<p>Yes</p>
<p>PXL_20240704_142027154.jpg</p>	<p>The picture was taken at QECH-LSFEH in the laser room on July 4th, 2024.</p> <p>In the picture is Mrs. Janet Nyirongo, a 45-year-old patient, and I. I am administering a YAG laser capsulotomy on her left eye, to treat a posterior capsule opacification (PCO) that she developed after her cataract surgery.</p> <p>Photographer: Dr Ruth Felani, Resident Doctor.</p>	<p>Yes</p>
<p>PXL_20240710_121952117.jpg</p>	<p>The Picture was taken in the operating theatre of QECH on 10th July 2024.</p> <p>A 25-year-old female and myself. I am performing an excision procedure on her left eye to treat a pterygium she had developed.</p> <p>Photographer: Dr Lonjezo Jemi, Resident Doctor.</p>	<p>N/A</p>
<p>PXL_20240719_112932616.jpg</p>	<p>This picture was taken at QECH, radiology department on the 19th of July, 2024.</p> <p>Mrs. Manesi Banda a 35-year-old lady and me.</p> <p>I am doing a B-Scan ultrasound examination of the eye.</p> <p>The patient had anterior uveitis, and we were examining her to rule out posterior segment involvement.</p>	<p>Yes</p>

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Lions Deutschland
Stiftung der Deutschen Lions



	Photographer: Dr Ruth Felani, Resident Doctor.	
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