

# CURRICULUM VITAE

## Personal Data

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NAME:	-	CHISHIMBA M. LUMBWE
DATE OF BIRTH:	-	17 MAY 1955
NATIONALITY:	-	Zambian

## Education

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|--|---|-------------|----------|
| ➤ Chipili and Mufulira primary schools | - | 1960 – 1967 |          |
| ➤ Munali Secondary School              | - | 1968 - 1972 |          |
| ➤ University of Zambia                 | - | 1973 - 1977 | BSc (HB) |
| ➤ University of Zambia                 | - | 1977 - 1980 | MB ChB   |

## Postgraduate Training

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|---|---|---|--------------------------|
| ➤ University of Zambia                                      | - | 1983 - 1988   | MMed (Internal Medicine) |
| ➤ University of Sheffield (UK)<br>(Endocrinology/Diabetes)  | - | 1989 - 1990   | MMed Sci                 |
| ➤ Central Institute of Advanced<br>Medical Studies (Moscow) | - | 1985 Certificate in Nuclear Medicine  |                          |
| ➤ University of Birmingham (UK)                             | - | 1997 PG Certificate in International<br>Health Management and Certificate in Senior<br>Hospital and Health Service Management |                          |

## Military Career

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- Officer Cadet, Zambia Army - 1975 – 1980
- Captain, Zambia Army and  
Regimental Medical Officer  
64 Armoured Regiment,  
Mikango Barracks, Lusaka - 1980 – 1984
- Major, Zambia Army  
In training at UTH - 1984 – 1988
- Lt Colonel, Zambia Army and  
specialist medical officer,  
Maina Soko Military Hospital - 1988 – 1992
- Colonel, Zambia Army - 1992 – 1996
- Brigadier General, Zambia Army - 1996 - 2007
- Major General, Zambia Army - 2008 – Retired From Army

## Faculty Positions Held

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1991 to 2001: Part Time Lecturer, and tutor for both undergraduate and postgraduate medical students in endocrinology and internal medicine at the University of Zambia

## Positions Held

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- 2011 - date - In private practice as a diabetologist and Endocrinologist
- 2008 - 2010 - State House presidential physician
- 1995 – 2008 - Hospital Commandant and Consultant Physician, Endocrinologist and  
Diabetologist, Maina Soko Hospital, Lusaka
- 1991–1995 - Deputy Commandant and Consultant Physician and Head of Department of  
Medicine; Maina Soko Hospital, Lusaka, Zambia
- 1989-1990 - Research Registrar: Royal Hallamshire Hospital, Sheffield, UK
- 1988-1989 - Senior Registrar: Maina Soko Hospital Lusaka, Zambia
- 1983-1988 - Post Graduate Registrar: University Teaching Hospital, Lusaka, Zambia

### Current License to Practice

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Health Professions Council of Zambia, Specialist Register

### Fellow/Membership of Colleges

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East, Central, and Southern Africa (ECSA)

Fellow of the Royal College of Physicians (FRCP), London

### Qualifications

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- Certificate in Nuclear Medicine
- PG Certificate in International Health Management
- Certificate in Senior Hospital and Health Service Management
- BSc, MB ChB, MMed, MMed Sci

### Offices held in National Specialist Associations

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#### DIABETES ASSOCIATION OF ZAMBIA (DAZ)

1989                    –            Founding member

1990 -2008           -            President of the Diabetes Association of Zambia

During this period was the only diabetologist in the country and undertook the following:

- Spearheaded the formation of DAZ branches all over Zambia, thereby growing the Association from scratch to the current nationwide presence
- Organised numerous short courses in diabetes for nurses and clinicians all over Zambia
- Trained diabetes Nurse educators
- Organised numerous patient education seminars for patients with diabetes all over Zambia
- Organised and conducted many youth camps for children with diabetes together with their parents or guardians
- Spearheaded numerous fund-raising activities for DAZ

- Spearheaded numerous public awareness campaigns in the print and electronic media on diabetes
- Raised the awareness of diabetes as a public health problem till the Ministry of Health formed a unit to look after non-communicable diseases in 2008
- Negotiated for funding from NOVO-Nordisk for the running and upgrading of the Diabetes Association head Office
- Negotiated twinning of DAZ with Diabetes Association of Norway, who are currently funding numerous activities in diabetes care in Zambia
- 2008 to date – Patron of the Diabetes Association of Zambia

### **Special National Responsibilities**

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- 1989 - Geneva: Member of the WHO Technical Committee on Formulation of Management Guidelines for HIV/AIDS Patients.
  - 1992 - Chairman, National AIDS Prevention and Control Committee for the Review of Management Guidelines for HIV/AIDS Patients.
  - 1995 to 1998 - Chairman, National Task Force for the Prevention of Iron Deficiency Anaemia
  - 2001 – 2005 - Member and then Chairman, Non-Communicable Disease (NCD) Steering Committee, Ministry of Health
    - Oversaw the establishment of a Unit for Non-Communicable Diseases at the Ministry of Health
    - Prepared an NCD policy for the country, though this has not yet been fully adopted.
  - 2002 – 2006 - Member then Chairman of the Board of Directors for the National Food and Nutrition Commission (NFNC)
    - Instrumental in implementing the Iodine Deficiency Disorders (IDD) elimination programme through nationwide salt iodation from 1992 to 2002. This led to Iodine deficiency Disorders being eliminated as a public health problem in Zambia, thus improving the lives of millions of Zambian children and adults and preventing thousands from the debilitating effects of iodine deficiency
    - Supervised vitamin A and Iron deficiency elimination programmes
  - 1988 - 1991 and 2004 – 2009 - State Presidents' Physician

## Special Local Responsibilities

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- Conducted the nationwide baseline survey in Iodine Deficiency Disorders in 1992 and later in 2002 the follow up nationwide survey to determine impact of the salt iodation programme
- 2002- 2005      Member of the Board of Directors for the University Teaching Hospital, Lusaka, Zambia
- Currently, Chairperson of the Online Bemba-English Dictionary Trust that is preparing an Online Bemba-English Dictionary (obed)

## Bibliography

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### Publications

"Pneumocystis carinii is not a major cause of pneumonia in HIV patients in Zambia". Transactions of the Royal Society of Tropical Medicine and Hygiene (1989): 83, 663. Authors: Elvin KM; Lumbwe CM; Luo NP; Bjorkman A; Kallenius G; Linder E

### Other publications

- "Iodine Deficiency Disorders in Zambia - 1993. An epidemiological survey". Principal Investigator and report author. National Food and Nutrition Commission of Zambia Publication. Published March 1995.
- "Impact of Control Measures on Iodine Deficiency Disorders in Zambia - 2002. Principal Investigator and report author. National Food and Nutrition Commission of Zambia Publication. Published March 2003.

### Published books

- 1992 –Too Young to Die –Book published for use in AIDS education. Book was used in primary and secondary schools in Zambia.
- 2011 –Ukuli Nsoke Takufwa Muntu –Book published in the Bemba local language on 63 diseases for use by patients and health care workers in rural areas. The book focuses on health promotion, prevention and symptom recognition.
- 2018 –Sundu! A Tale of Political Intrigue in An African Country Called Sundu! Winner of the 2019 Ngoma Awards for Most Outstanding Book of theYear.
- 2021 –Not My Brothers’ Keeper —Book 1. The Sad Tale of How and Why Africa South of the Sahara Succumbed to Slavery. Winner of the 2022 Ngoma Awards Book of the Year in Creative Writing.
- 2022 –Ruminations –A Frank Satirical Look at The Africa Society in the Twenty-First Century. Winner of the 2023 Ngoma Awards Book of the Year in Creative Writing.

- 2024 —Albert Einstein in The Belgian Congo and Other Stories, Plays and One Soliloquy.
- 2024 —Published 6 books of short stories in the Bemba local language and 2books on proverbs and idioms in the Bemba local language.

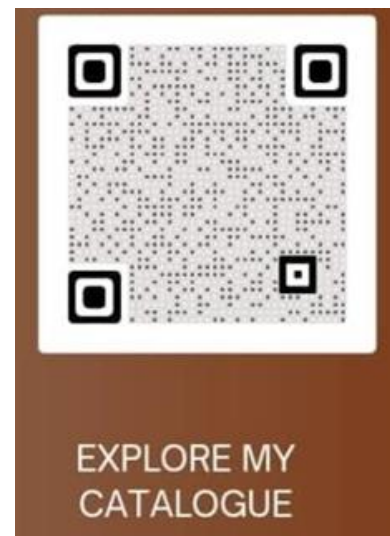
### Other Publications

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- 2025 —Contributed severalarticles in a local newspaper, the Zambia Daily Mail, on Slavery, Colonialism and Neo-colonialism during Black History Month
- 2025 —Published 21 articles on Slavery, Colonialism and Neo-colonialism during Black History Month on my Facebook page —Dr Chishimba Lumbwe.

### LIST OF ARTICLES/ESSAYS FOR BLACK HISTORY MONTH PUBLISHED IN THE ZAMBIA DAILY MAIL IN FEBRUARY AND MARCH 2025 AND ON MY FACEBOOK PAGE

1. WHAT DARK CONTINENT? —A LIST OF SOME ANCIENT AFRICAN CIVILISATIONS
2. WHY AND HOW AFRICANS WERE ENSLAVED BY ARABS
3. WHY AND HOW AFRICANSWERE ENSLAVEDBY EUROPEANS
4. THE DESERT PASSAGE
5. THE MIDDLE PASSAGE
6. TYPES OF SLAVERY
7. REASONS FOR ABOLITION OF TRANSATLANTIC SLAVERY
8. REASONS FOR ABOLITION OF AMERICAN SLAVERY
9. AMERICA, THE LYNCH CAPITAL OF THE FREE WORLD
10. REASONS FORTHEABOLITION OF ARAB SLAVERY
11. HOW AND WHY AFRICA WAS COLONISED
12. BENEFITS OF COLONIALISM
13. NEGATIVES OF COLONIALISM
14. COLONIALISM WAS NOT BENIGN
15. FACTORS THAT HELPED END COLONIALISM
16. TWO WORLD WARS AND THE COLD WAR TOO—AFRICA’S UNRECOGNISED AND UNREQUITED SACRIFICE IN THE WORLD WARS
17. NEOCOLONIALISM FOR DUMMIES
18. NEOCOLONIALISMISNOT BENIGN
19. NEOCOLONIALISM—PATRICE LUMUMBA, THE CONGO, BELGIUM AND AMERICA
20. THOUGHT EXPERIMENT —WHAT IF INDEPENDENCE HAD BEEN DELAYED?
21. YOUTH DAY —TIME TO HAND OVER THE BATON!



## Other Interests

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- Golf,
- Guitar
- Chess
- Gardening