



## **Building Children's Nursing for Africa conference 2019: 'Constructs of Care'**

**A participative conference for nurses who work with children, newborns to adolescents, and their families, to consider and celebrate their contribution to excellence in care**

**An interview with Idah Mzama (Lecturer, Materna and Child Health Nursing, Catholic University of Malawi, Nguludi, Malawi) by Adess Mwale (1st year MNCN student)**

Idah Mzama was born in 1967, in the Salima district, in central Malawi. In 1991, she began her career as an enrolled Nurse at Malawi College of Health Sciences, she then specialized in mental health in 1997. In 2004 she upgraded to become a registered nurse and in 2008 obtained a Bachelor of Science in Health Education at Mzuzu University in Malawi. In 2016 she graduated with a master's degree in child health community paediatrics from the University of Witwatersrand in South Africa.

Idah Mzama has worked as a bedside nurse for 15 years, before she joined the teaching fraternity at Mulanje Mission College of Nursing and Midwifery, where she worked from 2008 -2013. From 2014 – 2017 she worked at the Malawi College of Health Sciences and in 2018 she retired from government and joined the private sector at the Catholic University of Malawi.

Idah Mzama came to the conference to learn more from other paediatric nurses across the globe, to gain more knowledge in child nursing and to improve care. Her presentation titled: 'Description of paediatric burn injuries at an academic hospital in Blantyre, Malawi' aimed to share her knowledge with other paediatric nurses.

What Idah found helpful at the conference was that nurses from different places came together to share information on child health care from their different countries. The theme of unity was helpful, without unity we can achieve very little, but with unity we can achieve so much more. As child nurses this is especially relevant, we can improve the care we render to our patients. If we have healthy children now, then we have a healthy future. Children are the leaders of tomorrow, who need to be cared for now, for the best outcome.