



GLOBAL NEWS

EMMSInternational

Health for Today, Hope for Tomorrow



Easter: A Season of Hope and Healing

As we welcome Easter, a time of renewal and gratitude, we dedicate this issue of 'Global News' to the real-life heroes in healthcare across the countries where we work.

From doctors and nurses to community caregivers and lab technicians, their unwavering dedication continues to inspire and uplift their communities. In this special

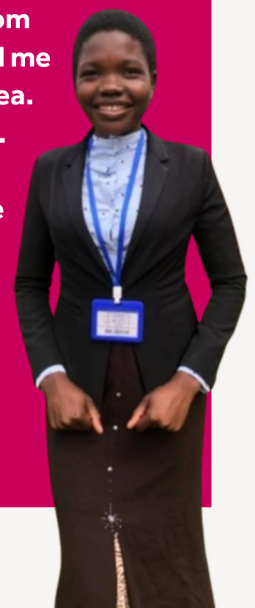
edition, we share their stories of compassion, resilience, and hope, reminding us that the true spirit of Easter shines through those who selflessly care for others.

We are grateful for their work, and the opportunities made possible to them by the donations of EMMS International's supporters. Together, we can bring brighter futures.

Soaring to New Heights: Rising Stars in Clinical Medicine

Mesi is the eldest of six children, who were raised alone by their mother after their father passed away. The opportunities at her school in Malawi were limited due to tuition fees the family could ill-afford. Now married and a mother herself, Mesi was given the opportunity to start a Diploma in Clinical Medicine through our Healthcare Career Pathways, and is now in her second year.

"The college team has been treating me well from the day they picked me from my remote area. I am really changed. Yes, transformed! I will graduate to be a role model to others and to help people by treating and diagnosing in my community."





Compassion in Action: Palliative Care Heroes

Steve Tsitsi is a Palliative Care Nurse in Balaka, a region of Malawi that has been most severely impacted by the country's food crisis.

He currently works with 146 patients who need palliative care at Utale Health Centre. Some of his patients are bedridden, while others are able to visit the health centre to receive treatment.

In March last year, Malawi's President Lazarus Chakwera declared a State of Emergency in 23 out of Malawi's 28 districts. Many of Steve Tsitsi's patients

are from subsistence farming families, whose crops have been devastated by relentless cyclones, droughts and floods. Two million farming households across Malawi have lost their good supply and source of income.

Thanks to EMMS International's supporters, maize has been delivered to the patients and families at five palliative care health facilities. Not only is this helping to feed 1,902 people, but it is allowing patients to take the pain medication they so desperately need.

"My patients are taking very strong painkillers - morphine, codeine, tramadol, to mention a few. Taking these on an empty stomach is very hard for them. The maize donations are helping them to live as normal a life as possible during this disaster."

Steve Tsitsi,
Palliative Care Nurse



Congratulations Manju!

As one of Nepal's first palliative care nurses, Manju has been a trailblazer in her field. We're delighted to bring you news of her latest achievement: graduating with an MSc in Nursing from King's College London!

Sponsored by EMMS International, Manju earned a distinction in her Palliative Care Nursing Fellowship in Nepal, and has led vital palliative care projects.

A huge highlight of the EMMS Team's year to date has been Manju's visit to Edinburgh, during which we spent valuable time learning from Manju about her work and, of course, showing her the sights!

Manju is now back in Nepal, continuing her inspiring work. Her dedication and leadership inspire countless young women to pursue life-changing careers through our Healthcare Career Pathways.

Thank you to our supporters, who are making this possible!



Getting to Know Khyana



Khyana has faced unimaginable hardships, losing her father to COVID-19 and struggling alongside her mother, a daily wage earner. Despite this, she held onto her dream of becoming a doctor and serving those in need. Thanks to EMMS International's supporters and her determination, she is now in her second year of university in Kathmandu. In this interview, Khyana shares her journey and the resilience that keeps her fighting for her dreams.

Hi Khyana, it is wonderful to speak with you. Please could you tell us a bit about yourself?

Hello, I am from Surkhet in Nepal and I am currently in my second year of Bachelor of Medicine, Bachelor of Surgery. Alongside my studies, I have a strong interest in writing poems in my native language. I also enjoy sketching, though I am still working on improving my skills!

What is your greatest strength?

I believe my greatest strength is my faith. Whenever I feel down or low, I turn to bible verses and I have a collection of my favourite ones that always uplift me. Additionally, my mother is a tremendous source of strength for me. Through her prayers and support, I am able to navigate challenging situations.

What are your goals? What is your dream job?

As a medical student, I have some career goals. After completing my MBBS, I plan to pursue an MD (Doctor of Medicine) in Neurology. With the increasing number of people facing mental health issues, I've developed a strong interest in both neurology and psychiatry.

Where do you find your motivation and inspiration?

My role model is my father, who passed away. Because of his dreams and guidance, I am where I am today. He always told me, "No matter what you do, keep God first. Never let failure weaken you, because failure is the first step toward success. Patience is key in life, so keep going and always remember God's word."

What do you do in your free time?

I participate in poem writing and poetry held at my school. Although I didn't win, it was still a valuable experience. I also played basketball games during the sports week in my first year, though we didn't win in those events either! I participate in an online fellowship organised by the Nepal Christian Medical and Dental Association. I also attend church for fellowship, and I plan to practice playing the guitar at church during my free time.

Tell us about a personal achievement.

I have always been a quiet and introverted person, and I struggled with talking to others. However, my time in medical school has significantly helped improve my communication skills. I realised that medicine is a profession that requires strong speaking abilities. To truly help patients, you need to communicate effectively in order to understand their concerns and explain treatment options clearly.

"I want to express my heartfelt thanks to you. Because of your help, I'm able to continue my studies. Please know me and my family are always praying for you. Once again, thank you so much ma'am/ sir. Thank you!"





GLOBAL WOMEN IN HEALTHCARE AWARDS

We are delighted to have received such inspiring nominations for this year's Global Women in Healthcare Awards 2025, held in association with the Royal College of Physicians of Edinburgh.

These annual, prestigious awards honour the invaluable contributions made by women in healthcare worldwide, highlighting their dedication, leadership and innovation in improving health outcomes for communities around the globe.

This year, we are excited to be presenting awards under six categories, to celebrate the work of women who are working in a wide variety of healthcare professions, at different stages of their careers.

The awards will be presented on Thursday 19th June 2025, at the Royal College of Physicians of Edinburgh. Please keep an eye on our social media and our newsletter for booking details.

"The Global Women in Healthcare Awards were truly a turning point in my career. Since receiving the Rising Star Award, I've felt even more motivated to grow professionally. Following the award, I had the privilege of completing a one-month observership at Great Ormond Street Hospital in London, UK, and another one-month observership at St. Anna Children's Hospital in Vienna, Austria. I'm also excited to share that in just two weeks, I will be traveling to the USA to Dana-Farber Cancer Institute in Boston for a 12-week training programme, supported by a grant I received from American Society of Hematology through the ASH Visitor Training Program."

Dr. Maneh Gizhlaryan,
Winner of the Rising Star Award, for her pioneering work in paediatric haematology and stem cell transplantation in Armenia.

To find out about our sponsorship opportunities for the Global Women in Healthcare Awards 2025, please contact our Head of Partnerships and Philanthropy, Steve McManus, at steve.mcmanus@emms.org or on 0131 313 3828. Discover more about the awards at: <https://www.emms.org/global-women-in-healthcare-awards-2025>

Names changed throughout to protect privacy.

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