

## Celebrating Nelson Mandela Day



ABOVE: Celebrating Mandela Day (Back: left to right): Nursing student, Nadine Rall (Nursing lecturer), Euan Martins (2nd year Nursing student), Ayanda Mlatsha (Nursing lecturer) Front: Prof Derrick Swart (Vice-Chancellor, NMMU)

On 17 July 2015 NMMU's Department of Nursing Science staff and students celebrated Mandela Day by providing free-of-charge health services to the general public as part of an initiative of the Nursing Education Association (NEA, Port Elizabeth). They set up stalls in various shopping centres across Port Elizabeth, providing services such as taking blood pressure, screening blood glucose levels and providing health education in honour of Nelson Mandela.

# HIGH PERFORMANCE COMPLEX BENEFITS



ONE of the benefits of Nelson Mandela Metropolitan University's (NMMU) new High Performance Complex (HPC) is the delivery of expert services to six priority sports – rugby, cricket, netball, soccer, hockey and athletics – by the Biokinetics and Sport Science Centre (BSSU) staff.

"We decided to begin our work 'at home' so the first groups to benefit from our high performance support are our priority sports teams," says NMMU School of Lifestyle Sciences director, Prof Rosa du Randt.

And so to assist with assessments and effective follow-up with the individual players and athletes, one full-time biokineticist or sport scientist is committed to two sporting disciplines.

The work by the BSSU includes the assessment of players/athletes, the identification of weaknesses and potential injuries, early rehabilitation, strengthening and conditioning as well as the necessary training – all to give them the edge over opponents.

"In addition, our teams have access to sophisticated biomechanical analysis to enhance their performance," says Prof du Randt.

Apart from the country's only 90m fully-enclosed indoor tartan research track with its

accompanying Vicon 3D motion analysis system, high speed cameras, Kistler force plates embedded into the track, and the world's first multi component piezoelectric double force plate starting block system, there are a number of other laboratories aimed at assisting players and athletes to optimise and maximise performance. The physiology lab where an individual's work capacity is measured is one of these; another is the vision lab where gaze behaviour is measured.

**"This is of great value for youngsters and**

**youngsters and coaches."** According to Prof du Randt bone density and body composition measurements are also undertaken by sports scientists in the complex.

Assessment of all players is undertaken at the beginning of the season to help the coach with planning training programmes for the teams.

"To do strengthening and conditioning, you need the correct equipment. We have the equipment that is needed," says Prof du Randt.

## NMMU/ECDoH SIGNING OF PLEDGE CEREMONY AND INAUGURAL MEETING OF ITS CLINICAL GOVERNANCE



*In the photo pictured at the pledge ceremony, are from left to right: Prof V Exner (Dean of Health Sciences) Dr T Mbengashe (ECDoH Superintendent General), the Hon Dr PP Dyantyi (MEC for Health in the EC) Prof D Swartz, (NMMU VC) Dr L Matiwane (ECDoH Chief Director: Hospital Services) and Mr S Kaye the CFO (Finance) who stood in for Dr Maduna,*

The MEC for Health in the Eastern Cape the Honorary Dr PP Dyantyi, the Superintendent General of the Eastern Cape Department of Health Dr T Mbengashe and other senior members of staff visited NMMU on the 18<sup>th</sup> of September 2015 for a signing and pledge taking ceremony that was facilitated by the MEC and the VC Prof Derrick Swartz.

On the same day an inaugural meeting of a newly constituted “Academic Governance Committee” to oversee the training of NMMU Health Sciences students on the Eastern Cape clinical training platform, was also held at NMMU.

The AGC is to be co-chaired by Dr Patrick Maduna the Deputy Director General in charge of Clinical services in the Province and Prof Vic Exner the Executive Dean of the Faculty of Health Sciences and the four Directors of Schools are also members of this important committee.

## CELL C NATIONAL TAKE A GIRL TO WORK DAY

Thursday 28 May 2015 saw the Ukhanyo Clinic at Missionvale reach out and engage with a local high school, Ikwezi Lomso Comprehensive School under the auspices of the Eastern Cape Rugby Union, organised by psychology Master's student Nerine Loock and facilitated by Jenny Jansen and Rosemary Exner.

It took the form of a morning workshop where personal introspection and preparation for the world of work were the central themes.

Sixteen Grade 11 and Grade 12 learners and their teacher enjoyed the morning learning more about their personality styles and how each one interacts with the world around them, what makes each individual unique and how each can learn to accommodate others who operate in the world in vastly different ways.

This encourages less discrimination, appreciation of diversity, better teamwork and greater personal insight.

Having discovered their own personality styles, they were encouraged to plan a mock end-of-the-year farewell tea for their teaching staff. The brief was to break into small groups and plan the function using the strengths of all the personality types. They then reported back with great insight and some rather innovative ideas.



*Dr Jennifer Jansen and Dr Rosemary Exner with the participants*



*M1 Psychology Master's student Nerine Loock with some of the learners*

The workshop ended with the decorating of wooden hearts using glass beads, silk butterflies and their best personal characteristic that makes each one of them unique.

# SDP Pledge and Prize Giving

The Department of Social Development Professions held their annual prize and pledge giving ceremony in the auditorium on south campus on 21 July 2015. This prestigious event was attended by 300 people, amongst them inter-faculty representatives, practitioners, parents and students.

## FIRST YEAR

Best Achievement in Theory: *Janome Montagu*

Best Achievement in Skills: *Helen Esau*

Most Outstanding First Year Social Work Learner: *Helen Esau*

## SECOND YEAR

Best Achievement in Theory: *Liziwe Mavongwana*

Best Achievement in Practical Work: *Shanell Booysen and Nikita Burdett*

Most Outstanding Second Year Social Work Learner: *Glenis Jacobs*

## THIRD YEAR

Best Achievement in Theory: *Aviwe Bomela*

Best Achievement in Practical Work: *Aviwe Bomela*

Most Outstanding Third Year Social Work Learner: *Aviwe Bomela*

## FOURTH YEAR

Best Achievement in Theory: *Azazole Mpoza and Selebaleng Siphuhle*

Best Achievement in Practical Work: *Tracy Le Vack*

Most Outstanding Fourth Year Social Work Learner: *Selebaleng Siphuhle*

Best Achiever over Four Years of Study: *Nombasa Kili*

Most Outstanding Social Work Ambassador (1st Level): *Conisa Skosana*

Most Outstanding Social Work Ambassador (2nd Level): *Luvo Mbeshu*

Most Outstanding Social Work Ambassador (3rd Level): *Elroy Stuurman*

Most Outstanding Social Work Ambassador (4th Level): *Nkqubela Ntloko*



# SDP TOP ACHIEVERS



*(Left): Most outstanding FIRST YEAR LEARNER Helen Esau receiving her award from Prof. Louise Stroud , DOS School of Behavioural Sciences.*



*(Right): Most outstanding SECOND YEAR LEARNER Glenis Jacobs with Prof Stroud*



*(Left): Most outstanding THIRD YEAR LEARNER Aviwe Bomela with Prof Stroud*

*(Right): Best Achiever over Four Years of Study: Nombasa Kili with Prof Stroud*





Education tutors and Social Work life skills facilitators (2015)

Seated from Left to Right: Aphiwe Ntloko (social worker); Reverend Hanzline Davids; Vicky De Doncker

2nd row: Catherine Niemand (4th yr SW student); Mhlahle Banzana (1st yr SW student); Dr Veonna Goliath (Project coordinator); Cindy Gallant (BEd student)

3rd row: Monique Uithaler (BEd student); Liziwe Mavongwana (3rd yr SW student); Ruaan Oerson (BEd student); Sonwabile Nqeketho (teacher)

Back row: Stanton Potgieter (BEd student); Musiegh Madatt (4th yr SW student); Lindy Durr (4th yr SW student); Karen Hendricks (teacher)

## Community Engagement

An interdisciplinary, positive youth development project emerged from a church initiative, implemented in 2011 for grade 10 and 11 learners from the Northern Areas. Initially aimed at improving school success, the project, now in its 5th year, contributes to community transformation and strengthens civic responsibility and social sustainability. Community based, educational tutoring is provided by education students, life skills by social work students; prosocial peer influence, demonstrated by selected adolescent peers. A

visionary approach is prompted through career development engagements, facilitated by Psychology students; and a visit to NMMU for input on study options. Positive community identity and social cohesion is ignited and ongoing parenting workshops are facilitated by Dr Veonna Goliath. An appreciation ceremony, witnessed by parents' affirms the learners' worth. NAPDI and community members provide essential funding.



Busiswe Lujabe (Left) and Razia Lagerdien (Right) Next Generation Initiative (NGI) students in the Department of Social Development Professions. This is a three year research / working contract [programme for PHD students. The initiative is driven by the VC's office. At the end of three years of mentoring the participants would have finalised their PHD studies and be ready to take up positions as emerging academics.



Fourth year Social work students doing their internship at the CMR (Family care NGO), dress up in cultural dress for Casual day supporting people with disabilities.



(Back row, left to right): Sango Gqibisa; Theophilus Lekgetho; Makhombi Tracey; Pule Masienyane

(Middle row, left to right): Kamva Mbudwana; S. Pikashe; P.aul Mwangi; Moyisi Ntushelo; M.zimhle Dyonta

(Front row, left to right): Aviwe Majola; Mvuzo Nyikila; Wandile Ntsilani; Sipamandla Meji

## Male Nurses On The Increase

In the past, nursing science has largely been the domain of women and, indeed, women were the founders of modern nursing science. However, things are beginning to change and more and more men are now looking to join the profession. This year, the Department of Nursing Science had a record intake of male nursing students with over 13 young men putting their names down for first year nursing science. The presence of men is also reflected in the make up of the Nurso executive committee with the founders being men and the current chair, Euan Martin, being a man. Furthermore, we currently have three male nurse lecturers in the department: Mr Israel Sonti, Mr Thando Nyangeni and Mr Mabitja Moeta, following in the footsteps of Dr Herman Willemse who preceded them.

## Nursing Society Supports The VC



From left to right: Euan Martins (Chairperson), Lundi Mmango (PRO), Micheala Ponzo (Sub-com committee member), San Potye (North Campus Site Rep), Yandisile Mbovu ( Secretary) & Yonwaba Madikizela (Deputy Chairperson).

NURSO supports the VC's fundraising initiative

Fundraising is definitely is not for the faint of heart, or so they say. It has been made evident by the efforts of our VC to raise money for the institution that it is definitely a difficult climb to get to the top. As Nurso we are aware of this struggle and we are in full support of this initiative.

When presented with the opportunity the chairperson of Nurso and his excellent team grabbed onto it with both hands and truly made a significant contribution. On the 07 August 2015 a few of the executive members and subcommittee members presented a substantial amount of money to the fundraising initiative. Nurso challenges all other societies and students to make their contribution to ensure the successful support of this fundraising initiative.

A climb which comes with hardships, makes the reward so much sweeter when you reach the other side. May that resonate within the hearts of all students  
#climb4nmmu

## Protea Home of Safety Fundraiser: Dietetic Students

The Protea Child Care Centre is a multi-racial held; therefore the total amounted to R7 559.96. centre that provides temporary accommodation for children between the ages of 3 and 12. These children have been removed from their parents, were abandoned or orphaned. The organisation also provides accommodation to children who are mentally disabled and removed from their parents or guardians in terms of the Child Care Act.

In the end of 2014 the second year BSc Dietetics students of Nelson Mandela Metropolitan University (NMMU) hosted an end of year Christmas party for the children of the Centre. In 2015, it was decided to incorporate a fundraiser into the second year student project of the module Human Resources in Food Service in order to raise funds for the Centre. The money raised by the students amounted to R6 046.97. The students raised this money by selling raffle tickets, arranging cake sales and obtaining sponsors. The staff of the Department contributed R1 512.99 by means of consultations and additional functions



Front row from the left: Kebbi Cyprian, Bjorn Ronaasen, Sebastian Venter and Philip Bolke  
Middle row from the left: Kirsten Barkhuizen, Justin Crous, Emma Slabbert, Tayla Joubert, Megan du Plessis, Nabeelah Essack, Zainab Cheema, Zahraa Lagardien and Ephraim Sekwati  
Back row from the left: Rumbidzai Manyange, Tertia Pohl, Bianca Lawrie, Lize Steenkamp, Lauren Mace, Saskia Cressey and Dr Annelie Gresse (HOD: Dietetics Department)

The budget allocated to the centre every year is very limited, this year the centre had to use their 'Sport and Recreation' budget to repair a geyser, toilet and a pipe that burst. Therefore the programme co-ordinator of the centre, Mr van der Merwe requested that we purchase stationery and sport equipment with the money

raised. The Centre currently has approximately 46 children; each child received a stationary pack and a party pack. The party packs were sponsored by Westering High School Interact Club.

The remainder of the funds was spent on rugby, soccer and netball balls and paint. The Centre and the children were very grateful and as a Department we are very proud of our second year students for executing a very successful fundraiser as part of their project.

## EMC First Years Roll Up Their Sleeves

Emergency Medical Care (EMC) first-year students at NMMU recently decided to roll up their sleeves and conduct an outreach programme this year in an effort to provide support or assistance to an area of their choice.

After much deliberation they all agreed to support Livingstone Hospital, and more specifically Ward 1A. The class of 24 students were divided into groups of four and began working their volunteer shifts for a month over weekends.

“As a profession that primarily focuses on servanthood, our aim as a department is to create a culture of selfless community service that goes beyond our normal working environment. For our first year students, many of them entering the profession for the first time, this initiative was a great opportunity to learn what servanthood means,” says EMC programme leader Nico Louw.

During their shifts, we assisted staff with general patient care such as bathing, feeding, linen changes, and taking and recording of patients’ vital signs. The staff were very welcoming and spent much of their time teaching and showing our students the ropes.

The students all had enriching experiences.

“Being a born free fresh from high school and having to work at one of the busiest hospitals in the province, where there are all sort of patients, bearing in mind I have never been to a hospital ward, especially to give extra hands, was not an easy task. I honestly did not know what to expect at first, says student Sandile Biyela.

“ All I had in mind was that we were going to help people at Livingstone Hospital for our community project. I pay full respect to all the nurses for the tremendous amount of work they put in just to help serve those in need, because most of the patients cannot do anything on their own.

“I assisted in washing in the mornings, dressing the patients, sometimes feeding them and taking good care of them. The saddest thing I experienced was seeing a dead body for the first time in my life. What made it worse was that I saw and treated the very same patient the day before and I have never experienced something of that nature. It was a bit emotional for me and it is something to learn from. That experience has made me emotionally stronger especially because of the comfort I received from my classmates who were there.

Lamla Makaluza says the work at the hospital confirmed her calling.

“Taking my time and helping out at Livingstone Hospital taught me so much about the field I want to work in. Practicing one of our twelve Emergency Care Practitioner (ECP) values - being a servant - really humbled me and showed me how the patients I will hand over at hospitals will receive continued care.

I gained a whole new respect for nurses too as they have very difficult and challenging jobs by having to work 12 hour shifts and helping difficult and demanding patients – exactly what is waiting for me. Livingstone Hospital made me realise that at times all you can do to make the patient comfortable could be as easy as getting them a bed pan, helping to feed them, or even just listening to how they got to the wards. The shifts were very long, busy and demanding but I would volunteer again anytime to help out,” she says.

# TOP RESEARCHERS & TEACHERS MAKING A DIFFERENCE



Faculty of Health Sciences



**Faculty Emerging Excellent Teacher of the Year**  
**Mr Ryan Raffan**

*"I enjoy challenging students to step outside of their comfort zones and push above the accepted standard to a level where critical thinking is the norm."*




Faculty of Health Sciences



**Faculty Emerging Researcher of the Year**  
**Dr Maryna Baard**

*"The context and landscape of overweight and obesity in children and adolescents is complex. Health-related professionals should address the challenges associated with obesogenic behaviour in youth to prevent and manage the early onset of hypokinetic non-communicable diseases."*



Faculty of Health Sciences



**Faculty Researcher of the Year**  
**Prof Ilse Truter**

*"Healing is an art. Medicine is a science. Healthcare is a business." I am living the research journey between my two passions, Business Management and Pharmacy"*



# FHS Reasons To Be Proud



Congratulations to **Justin August**, a lecturer in the Psychology department, who has been appointed by the Minister of Health to serve on the Professional Board for Psychology of the Health Professions Council of South



Congratulations to Edgar Katushabe, a Human Movement Science honours student, who achieved 1<sup>st</sup> place in the Men's Junior Equipped category with a bench press of 175kg at the **South African Bench Press Championships** held in Durban last weekend.



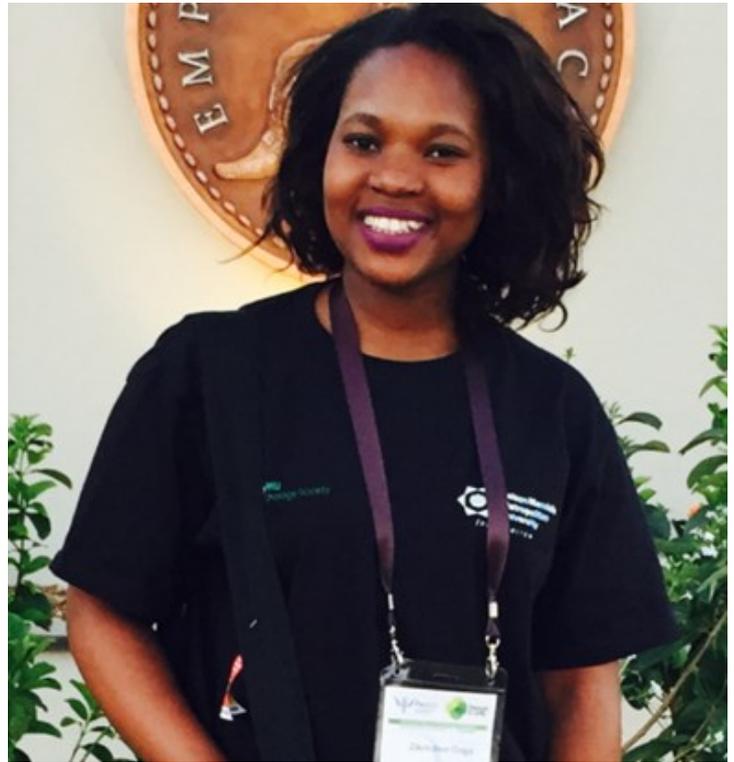
Congratulations to Dr Lynn Slogrove the head of department for Human Movement Science who came second at the South African Senior Womens' Golf Championships held at Nelspruit and White River golf courses in Mpumalanga.



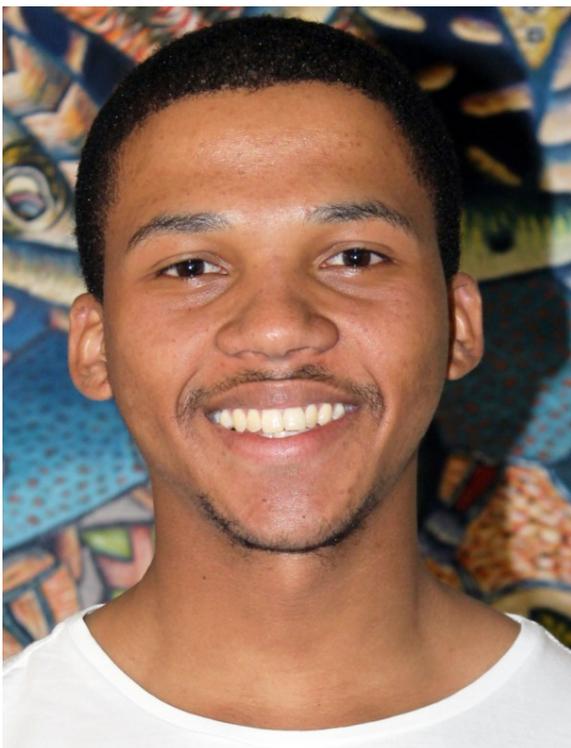
*Lemarc Stewart is the best first year undergraduate diploma student for 2015.*

*Congratulations to Lemarc Stewart who received the NMMU councils first year Diploma award for 2015 for the best first year undergraduate diploma student.*

*Lemarc is a Sport Management student in the Department of Human Movement Science.*



*Congratulations to Zilondiwe Goge 3rd year BA Psychology student and 2014 Beyond the Classroom graduate who has been elected as Vice-Chairperson of PsySSA (the Psychological Society of South Africa) student division for 2016 at the recent PsySSA annual congress that took place in Johannesburg recently.*



*Congratulations to Euan Martins, a Bachelor of Nursing Science student, who has been recognised as an emerging young student leader in the Nursing field and selected to represent NMMU and South Africa at the STTI (Sigma Theta Tau International) Biennial Convention which will take place in Las Vegas, Nevada, USA from 7 to 11 of November 2015.*

*It is the 43rd biennial conference and he will be inaugurated into the organisation as a member.*

*The theme for the Convention is to Serve Locally, Transform Regionally and Lead Globally.*