

## A Word from the Dean



In response to national health imperatives such as the NHI (National Health Insurance plan) and the HR for Health plan) the FHS re-structured in 2012 placing each professional category in its own department within four new schools. At the same time we introduced several new "scarce skill" programmes. This year alone brand new 4-year professional degree programmes in Radiography, Medical Laboratory Sciences and Environmental Health replaced the old NDip/BTech qualifications. A new 4-year BSc (Biokinetics) has also just been accredited. Currently we have the first 3<sup>rd</sup> year intake in the new 4-year BSc (Dietetics) degree, our first 2<sup>nd</sup> year intake in the new 4-year BEMC (Emergency Medical Care) degree and have already qualified large groups of Pharmacy Assistants (Higher Cert.) in 2013 and Pharmacy Technicians (AdvCert) in 2014. The latter two categories are still the only accredited providers in South Africa. This was accomplished on top of the Pharmacy department's first intake this year of 3<sup>rd</sup> years into their re-curriculated BPharm degree whilst also phasing out their old degree. All this growth has resulted in our faculty student numbers increasing significantly from approx. 2800 in 2012 to the current 3300 plus.

The faculty recently embarked on developing a new comprehensive 10 year Master plan for further growth towards 2025. This integrated plan seeks to emphasise the growth trajectory of the faculty as a whole with undergraduate medical training following as a natural "add-on" once the existing clinical training platform is sufficiently

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## First Pharmacy Technicians in SA



*South Africa's first group of Pharmacy Technicians celebrate their new qualification in style*

This year NMMU pharmacy department were proud to watch the historic first cohort of pharmacy technicians in South Africa receive their Advanced Certificates in Pharmacy Technical Support on the 21<sup>st</sup> April 2015. Thanks to the generous sponsorship from *American International Health Alliance* (AIHA), we were able to host a celebration dinner for Port Elizabeth's newest pharmacy mid-level workers in Port Elizabeth's oldest restaurant, Old Austria, the night before their certificate ceremony. Nelson Mandela Metropolitan University and STLCOP have a twinning partnership facilitated by the American International Health Alliance (AIHA) and funded by the President's Emergency Fund for HIV and Aids (PEPFAR). The overall goal of the twinning partnership is to strengthen the Pharmacy Technician (PT) and Pharmacy Technical Assistant (PTA) pro-

grammes at NMMU.

It was a night filled with happy reunions, speeches and celebrations. The top three academic students were awarded certificates by our Head of Department, Prof Shirley-Anne Boschmans and our sponsor representative Loveness Satande. In first place we had Shanté Gerber, second place Siphokazi Matika and third place Megan Felix.

We are very proud of these students and excited about the impact this qualification will have on healthcare provision in South Africa, in particular with the introduction of NHI. We look forward to training many more technicians and watching them grow into and fulfil their role in the multi-disciplinary healthcare teams where they are employed.



resourced and developed to accommodate medical students by 2020 and then further evolves to include medical specialist training by 2025. Important aspects of this trajectory will be: to further increase the offering of new scarce skill programmes such as mid-level cadres e.g. nutrition-, radiographic-, EH-, clinical engineering-technicians etc. Re-curriculating all existing Health Science qualifications to include generic modules that are common to all e.g. a common biopsychosocial baseline, general concepts of nutrition, basic concepts of prevention and PHC, conversational Xhosa (for those who cannot speak the language), communication etc. creating and implementing a new health sciences (pre-med) degree eg. BSc(HSc) that will enable graduates if selected, to either gain entry into 3<sup>rd</sup> year MBChB (2018), carry on with a higher qualification or receive requisite recognition of prior learning (RPL) to be able to enter one of the other 4-year professional degrees offered by the FHS and other similar faculties, to gain full approval and then implement our own clinical associate training (3-year degree) programme, whilst also accommodating some returnee Cuban-trained doctors (during their 18 month clinical training up-grade phase to full HPCSA registration) on the current NMMU clinical training platform by 2017.

This plan must also present comprehensive financial projections of expected income growth from normal HE income streams as well as from the health professions training (HPTD – DoH) and clinical training (DHET) grants viz a viz the FHS's requirements for building new as well as upgrading existing, infra-structure related resources. At the same time start negotiations for "joint-appointment" posts for medical staff with the ECDoH. All this to enable us to be in a position to "add-on" clinical associate training, Cuban returnee-upgrading and then eventually 3<sup>rd</sup> year medical under-grad training as indicated in the timeframes above. Notwithstanding, all the above happening whilst we continue to deliver top-quality graduates in all 10 of our current professional categories keeping our staff and students inspired and excited about our new trajectory.

## Ukhanyo Community Clinic launch

The morning of 29 April 2015 saw the official launch of the Ukhanyo Community Clinic on the Missionvale Campus. Its name *Ukhanyo*, meaning 'light' or 'enlightenment', embodies the vision of the clinic as it strives to serve the community in diverse areas and by diverse means. The clinic is a collaborative project between NMMU and Walter Sisulu University, and evolved from the need

“It will indeed be a light in the lives of many local people”

for a broader, more highly specialised mental health service for the local community. Ukhanyo offers invaluable academic and community experiential learning opportunities within the extended Eastern Cape provincial clinical training platform, while engaging with community related health problems. The Clinic, together with staff from the Dora Nginza hospital, currently focuses on the child and adolescent and offers psychiatric services, psychotherapeutic services, psychometric evaluation, counselling, psycho-social wellness and personal development workshops and opportunities for outreach and research.

Future plans include the establishment of a small school that will serve children and adolescents with severe behavioural challenges who would benefit from intensive multi-modal therapies and remediation while keeping abreast with their academic demands. Also envisaged are support programmes for local teachers in the areas, young mothers and the aged as well as outreach programmes for the youth. These programmes would involve students from other disciplines within the Health Sciences Faculty.

The Dean of Health Sciences, Prof Vic Exner noted that Ukhanyo underscores the drive of the Faculty, namely a transdisciplinary approach to teaching, training and research, helping to strengthen both the local health and social systems by becoming fully responsive to the needs and adjusting services accordingly. Prof Louise Stroud, Director School of Behavioural Sciences at NMMU and Dr Zukiswa Zingela, HOD Psychiatry Department at WSU both endorsed the establishment of Ukhanyo and believe that it will indeed be a 'light' in the lives of many local people as well as a place and agent of enlightenment in the larger community.



From left Director of School of Behavioural Science Prof Louise Stroud, Educational Psychologist Dr Rosemary Exner and Clinic manager Dr Jennifer Jansen

# Reason to be proud

**NMMU's Emergency Medical Care (EMC) HoD, Nico Louw, was reminded to practice what he preached to his students, when he joined the Gift of the Givers Foundation on their recent search and rescue mission to Nepal.** "In

the EMC programme we have 12 core values we teach our students to live by. On this mission I was especially challenged by the value which encourages you to step outside your comfort zone," says Nico. Nico formed part of the 80-strong volunteer team which travelled to Nepal after a devastating earthquake measuring 7.8 on the Richter scale, left over 9 000 people dead and thousands more injured and destitute. The team, made up of search and rescue personnel, paramedics, doctors, surgeons and nurses participated in a week-long Nepal mission and served alongside hundreds of volunteers from around the globe. "There were so many volunteers, I've never seen so many cargo planes in my life as the dozens of massive cargo planes flocking together onto the small Kathmandu airport to deliver aid. I felt so proud to be part of the global village" says Nico. He has been involved with Gift of the Givers since the Haiti earthquake in 2010. This South African organization's main focus is humanitarian and medical assistance, yet since the Haiti earthquake a search and rescue capability was established to join the team. Nico says that their mission was a great success despite the challenges of language, culture, religious



barriers and the inconvenience of a three-day delay of their baggage and equipment and stepping outside your comfort zone.

Nico describes how he took the initiative to chop bamboo to construct a stretcher to assist them until their equipment arrived.

However, despite all his trouble, he never got to use the stretcher because he was alerted to the fact that culturally, only dead bodies are carried on bamboo stretchers and it would be very inappropriate to be used otherwise. "Every mission is incredibly different and the experience

gained far outweighs textbook knowledge." After day four the search and rescue team shifted their focus towards helping the medical team to treat the hundreds of injured patients in the overloaded hospitals. "Our medical skills were of great use and among others, our two wound specialists were able to equip the Nepalese nurses with new skills to continue with better care even after we left."

"NMMU's EMC students obtain an excellent skills set and are educated in both rescue and medical capabilities, making them prime candidates to assist with future missions". "I appreciate NMMU's support and granting me the time off. I'm very thankful". If anybody wishes to get involved with the Gift of the Givers Foundation and their future missions, please contact Nico Louw at [nico.louw@nmmu.ac.za](mailto:nico.louw@nmmu.ac.za) or visit <http://giftofthegivers.org/>.

## Fun Facts

- Everyone has a completely unique smell except for twins.
- We are about 70 per cent water.
- We exercise at least 36 muscles when we smile.
- Babies start dreaming even before they are born.
- Our eyes never grow and our ears and nose never stop growing.
- Children grow faster in springtime
- The tooth is the only part of the human body that cannot heal and repair on its own.
- The human brain cell can hold 5 times as much information as the Encyclopedia Britannica
- Your nose can remember 50,000 different scents
- Right-handed people live, on average, nine years longer than left-handed people do.



## Students Give Back To The Community



*From left Devon Harvey, Thando Loliwe, Signoria Qolani, Kevin Carrol, Feroz Khan, Sindile Bungane.*

**The NMMU Soccer Charity Cup was held on the 24<sup>th</sup> and 25<sup>th</sup> of April at the North and South campus fields. Twenty two teams entered the annual schools soccer tournament that is organised by the Nelson Mandela Metropolitan University's third year Sport Management students.**

The three main objectives of the tournament are to provide a practical learning opportunity for the third year students, to help in the development of soccer at grass roots level as well as giving back to the community.

This event was started in 2002 and has grown tremendously each year. This year's tournament saw twelve U19 teams, six U16 teams and four girls teams battle it out for top honours. Urban Academy clenched the U19 division, with Bethelsdorp High School claiming both the U16 and girls divisions.

The third year Sport Management students choose the charity they wish to support and all proceeds from the tournament were given to Sinethemba Children's Care Centre. This included R3000 fuel voucher, a R2000 prepaid electricity voucher and two irons and ironing boards. Sinethemba Children's Care Centre is situated in Korsten in Port Elizabeth. They provide an essential service of community based care for vulnerable children.

## NMMU celebrates 10 years: T-shirt Tuesday

As part of Nelson Mandela Metropolitan University's ten-year celebrations, each staff member received a T-shirt in recognition of the university's first successful decade.

In a show of support for how far we have come in ten short years, NMMU asked all recipients of the T-shirt to wear their T-shirt on Tuesday 10 March and thereafter take pictures.



*Department of Psychology in their 10 year celebration T-shirts*



*Radiography staff from left Antoinette Edwards, Razana Williams, Riaan van de Venter, Thea Grobler and Maureen Oosthuizen*



*2015 Environmental Health Staff*



*From left: Sydney Campbell, Marilyn Willemse and Hayley Hodgson*



*Beverley Connolly*



## PHARMACY OATH CEREMONY

NMMU Pharmacy Oath and Graduation Awards Ceremony is an annual event held to celebrate the achievements of our graduating pharmacy class as well as to give them an opportunity to say the Pharmacy Oath in front of family, friends, colleagues and staff.



Students say the Pharmacy Oath in front of friends, family, colleagues and staff, committing to practice in an ethical, professional manner when they enter the workplace.



NMMU Pharmacy Department presented awards to our top BPharm students in 2014 from left BPharm 1: Edrich Louw, BPharm 2 : Yasmine Khan, BPharm 3: Roxanne Gerber, BPharm 4: Mayi Nanyonga and Prof Ilse Truter.

## Research enhancing medication use in Africa

MURIA (Medicines Utilization in Research Africa) is a multidisciplinary network of people striving to promote sustainable, rational medicine use in Africa through collaborative research and capacity building in order to improve the quality of life of patients, as well as the quality of medicine utilisation in Africa.

The vision of MURIA is achieved through training, collaborative research, information sharing and facilitation of access to data to address challenges to current drug utilisation research in Africa. MURIA, a multi-country and multidisciplinary group, has as its mission to be fully functioning and publishing within 2 years of its inception.



Members of the MURIA include Prof Ilse Truter (First from right, first row) and Dr Brent Knoesen

## FHS represented at the Spar Ladies Race



From left: Sydney Campbell (Radiography), Dr Lynn Slogrove (HMS), Prof Rosa du Randt (School of Lifestyle Sciences), Razana Williams (Radiography) and Ryan Raffan (HMS)



# GRADUATION 2015







## STAFF



Dr Veonna Goliath Senior lecturer in the Department, graduated during the December 2014 graduation ceremony with a thesis entitled : " Practice guidelines for culturally sensitive drug prevention interventions". Prof. Blanche Pretorius was her promoter.

Mrs Razana Williams graduating with an MTech in Radiography



## Mentors for first year Social work students

Mentoring is the process of guiding and facilitating a less experienced person to achieve growth and to reach their potential. The goal of mentoring is to provide students with the support and skills they may need to cope with the demands of studying at the NMMU by assisting them in becoming engaged with the university community and promoting life-long learning through critical thinking and social awareness.

The Department of Social Development Professions identified the need for a mentoring program based on student feedback and feedback from the Centre for Access Assessment and Research. The peer mentoring programme for first year social work students was piloted in 2014. Through this programme we would like to provide the necessary support and guidance to our students, especially our first years in order to assist with their adjustment to university and development academically as well as personally.

Each year we train ten third year social work students as mentors. One hundred and twenty first year students are involved in this mentoring initiative for 2015.



*Razia Lagerdien (fourth from left, back row) with the ten third year mentor students for 2015.*

## Social Development Profession Staff members go to India

Two Social Development Professions staff members delivered conference papers in Hyderabad India at the International Conference on Community Empowerment, Coping, Resilience and Hope organized by the Centre for Action Research and People's Development and the Brisbane Institute of Strengths Based Practice Inc. (14 to 16 December, 2014).

Veonna Goliath delivered a conference paper entitled "Case study of a comprehensive, multisystemic strength-based drug prevention intervention."

Nevashnee Perumal's paper was entitled "Child abuse: Hearing the voices of preadolescent children in a rural town in the Eastern Cape."



*Some of the delegates in India at the International Conference on Community Empowerment*



## SDP Celebrates Social Work Day

The Social Work Profession celebrated International Social Work Day on 17 March 2015, highlighting the theme: **Promoting the Dignity and Worth of all people**. Lecturer, Nevashnee Perumal initiated the planning and coordination of events to mark this momentous day, by calling for submission of poems, creative writing by social work students for the promotion of the theme.

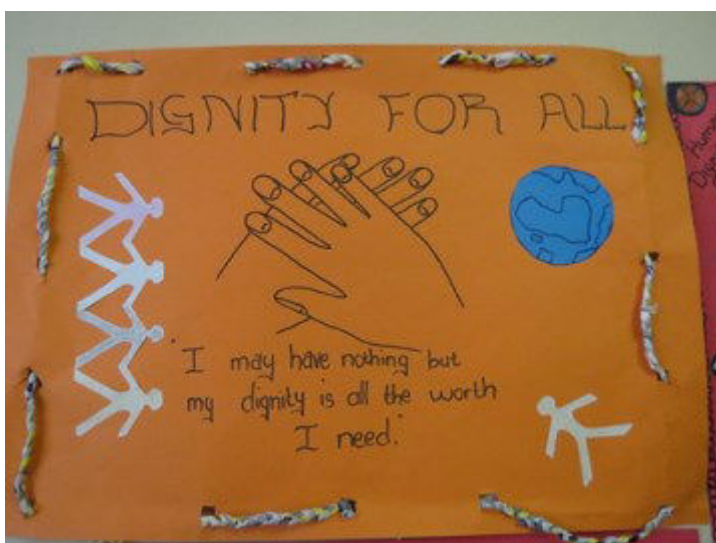
The faculty librarian, Madeleine Clare and the library staff played a phenomenal role leading up to and during this week. They designed bookmarks and developed a digital presentation which screened in 3 NMMU libraries on the day. Veonna Goliath posted the NMMU Social Work celebration events on the ASASWEI (African Social Work Education Institution) mail and the NMMU communication. An article also appeared in a local PE newspaper .



*A library display for the week*



*A pinkie painting outside the library which communicates our respect for even the smallest (and often insignificant/undervalued) in society*



*Designing of posters by third year Social Work students*



*Designing and hanging up masks which symbolised our commitment to facilitate the removal of masks (of inferiority etc.).*

## NMMU CORPORATE WELLNESS PROGRAM

The Biokinetics and Sport Science Unit (BSSU) as part of the Human Movement Science Department have been contracted to provide Biokineticist Services to all NMMU personnel on the BestMed Member Wellness Programme. Individual interventions are performed in the form of a medical history questionnaire, physical assessment and report as well as physical activity interventions. The member receives a number of individually supervised Biokinetics rehabilitative sessions. Thereafter they are entitled to join the BSSU at a reduced staff member fee. Each member is monitored (weight, blood pressure and heart rates) daily and the unit is open week days 6 days from 6am – 6pm with adjusted times for weekends and public holidays. Our staff are highly committed, enthusiastic and knowledgeable and make every effort to improve the members' health status and adherence to activity programmes. We also offer daily group exercise sessions with alternate walking and functional exercises at either lunch time or early evening. These classes are sponsored by BestMed and BSSU to encourage member participation and are also offered to any NMMU staff member.



## BSSU and EMC put fitness to the test



The BSSU (Biokinetics and Sports Science Unit) has been a service provider for the Department of Emergency Medical Care since the inception of the Bachelor of Emergency Medical Care (BEMC) program in 2013.

We were approached by the department to design and implement a fitness testing protocol for selection purposes for potential candidates as well as provide group training sessions and monitor the physical status of their students. The candidates are re-evaluated at the end of the first and second semester and scored according to international standards. The fitness testing assesses all components of health-related fitness as well as occupation-related functional ability. All BSSU staff and biokinetics honours students are involved in this process.

Supervised physical training takes place 3 times per week with a qualified biokineticist. The daily training sessions take place on Monday, Thursday and Friday at 06:00-07:00 am, this involves occupa-

tion-specific functional training, general conditioning, swimming and running. As part of this service the BSSU also provides talks to the BEMC on topics relevant to their occupation such as ergonomics of lifting, nutrition, injury prevention and back care and more.

Mr Mteteleli Biko, a fulltime qualified biokineticist, is allocated to take care of the EMC group. He ensures the smooth operation of the programme and facilitates the physical training sessions as well as performing orthopedic assessment and rehabilitation of the EMC members.

## Community Nutrition Symposium

The Department of Dietetics organised a symposium as part of the Community Nutrition module on 14 May on governmental policies on community nutrition. The opening and closing remarks were delivered by Prof P Kuzwayo, a leading expert on community nutrition education in South Africa. Other speakers at the symposium were Mrs J Nyarko, Head of the Integrated Nutrition Programme of the Department of Health in the Eastern Cape, Mr U Siyo from the Department of Social Development and Ms J Sishi that is in charge of the School Nutrition Programme of the Department of Education. Valuable information, not only for students but also for staff, was exchanged and good relationships were built.



The Open Day took place at the Indoor Sports Centre on the 8th and 9th of May 2015. The event was a huge success with well over 6000 visitors attending over the two day period. Although none of the Faculty departments won , Medical Laboratory Sciences was a runner up for most interactive stall.



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