

October 2013 - Edition 2

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A Word From The Dean: Faculty of Health Sciences Launch



On Tuesday, 8th October the Faculty of Health Sciences hosted a partnering breakfast at the NMMU for the press, public service officials, key NMMU staff, and current and prospective

corporate partners. The aim was to introduce the newly re-structured faculty by sharing its vision for 2020, including the short, medium and long-term growth plans with a special focus on the new medical school planned for 2018. The breakfast also aimed to highlight a number of partnering opportunities of mutual benefit to those present.

On the previous Friday, the NMMU Council gave the official go-ahead for the dean and the faculty to begin the arduous task of planning a new medical school with a unique approach namely to be developed from the "bottom up" around an already well-established health sciences faculty.

Permission is required from the highest levels of governance including the National Ministry of Health, the Health Professions Council, and the Department of Higher Education before a medical school can become a reality. Next week a panel of medical experts will visit the NMMU to begin working on the blueprint for the new medical under-

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Left: **Curwyn Mapaling** (Abe Bailey travel bursary finalist 2013) and
Right: **Kegomoditswe Mathobela** (Mandela Rhodes Scholar)



Professor Mayekiso, DVC: Research and Engagement: addressing the delegates at the partnering breakfast.

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graduate degree.

Recently, the Department of Pharmacy introduced its newly curriculated "clinical" BPharm degree and took in its first intake of pharmacy assistant students. In addition, a new four-year dietetics degree commenced in January and a master's in dietetics will follow in 2014. The NMMU has just been granted official approval to initiate the following four-year professional degrees in emergency medical care, in radiography, medical laboratory science and a revamped nursing science degree by January 2014/15. The next growth phase will be a four-year biokinetics and three-year clinical medical practice degrees, which are scheduled to start in January 2015. To meet national imperatives around the introduction of the NHI, considerable growth in nursing, social work, psychology, and radiography is also envisaged.

Re-curriculation of all the programmes in the faculty is also aimed at minimising the "academic waste" that has developed over the years due to the various disciplines developing in "silos". A more integrated, trans-disciplinary approach seeks to create a common base for all health science qualifications that will eventually also include medicine. A key priority for the faculty is to keep abreast of the latest technology such as e-learning and especially newly emerging health care technology. The faculty also encourages its staff and students to embrace innovative approaches to teaching and learning.

At the same time the faculty is striving to be more research-driven with an emphasis on evidence based practice and aims in this way to place the NMMU on the world map.

Passport to Health



Above: HMS students getting ready to do some renovations at **Greenville Primary School**.

Back row: (From left to right) **Paul Kores, Azola Sino and Jason Le Roux.**

Front row: (From left to right) **Kayleigh MacDonald, Larissa Adams, Kelly de Ridder and Nikita Bentley**

The 3rd year human movement specialisation students have been assigned the task of promoting physical activity in underprivileged schools in the Nelson Mandela Bay area. The project has been running since 2010 under the guidance of Dr Cheryl Walter.

Each group of students have a set goal of raising at least **R10 000**, with which they must build and implement physical education activities for the school.

The group above have already had two very successful visits to **Greenville Primary School** in Bethelsdorp, where they have started to implement their plan of action! The students plan on reorganising and cleaning the storage room at the school to make it more suitable for storing equipment, painting educational games on the cement areas within the school to encourage free play, renovating an unused classroom into a physical education room and building an obstacle course on the school grounds.

The Health Sciences Faculty wishes all the groups of students the best of luck!

Just Moved In!

The Department of Human Movement Science moved into their new building on South Campus on the 18th and 19th of July 2013.

The **Eastern Cape Academy of Sport** shares the building with HMS. Although the building is not yet completed, lectures and practicals have commenced. There is still finalization work happening and the building is not complete, but lecturing and work is carrying on. The Biokinetics and Sport Science Unit is up and running and the new facilities are being enjoyed by its patients and clients.

It is the first time that the Sport Management staff and students are under the same roof as the staff and students from HMS. Dietetics will be moving into the new building by the end of October 2013, once their facilities are completed. Building 125 as it is called, will be the official home of the School of Lifestyle Sciences.

Building 125 is in Protea road on the way to the stadium at South Campus.

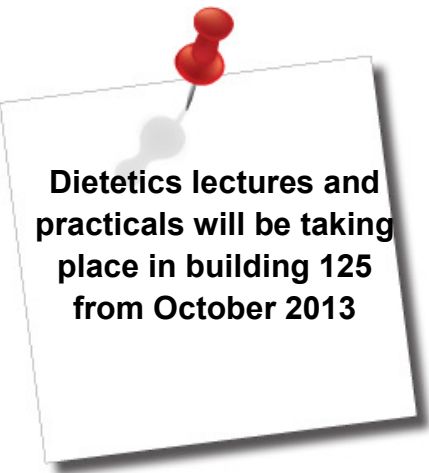
We look forward to a successful future in our new premises.



Above: NMMU staff members delighted to be moving into their new and upgraded building

Did You Know?

- Crossing your arms can reduce pain by confusing the brain.
- The hepatitis B virus is 50 to 100 times more infectious than HIV.
- Hair will fall out faster on a person who is on a crash diet.
- Blood is about 78% water.
- It takes your food about seven seconds to get from your mouth to your stomach.
- Babies are born colour-blind.
- The only bone not connected to another is the hyoid, found under the chin and at the base of the tongue.
- Once we reach the age of 35, we will start losing approximately 7,000 brain cells each day—cells that will never be replaced.
- Over 90% of diseases are caused or complicated by stress.
- The main purpose of eyebrows is to keep sweat out of the eyes.



Dietetics lectures and practicals will be taking place in building 125 from October 2013

Students Give Back to The Community



(From left to right) Michael Andrews, Seamus Mc Hugh, Linda Van Oudheusden and Russell Viljoen (Headmaster of the Missionvale Care Centre Academy)

The Soccer Charity Cup is an annual soccer tournament among schools that is organised by the Nelson Mandela Metropolitan University's 3rd year Sport Management students as part of their practical learning. The two main objectives of the tournament are to help in the development of soccer at grass roots level as well as giving back to the community.

The **NMMU Soccer Charity Cup Tournament** was held on the 3rd and 4th of May 2013 at **South Campus**. Congratulations to **Ncedo High School** who won the U19 section and **Newton Technical High School** who won the U16 section.

The funds raised from the tournament were donated to the **Missionvale Care Centre** on the 31st of May 2013. The students chose the charity themselves and donated **R4000** worth of stationary, sporting equipment (including two netball posts), food and clothing. **The Missionvale Care Centre** was founded by **Sister Ethel Normoyle**, from humble beginnings, under a tree donated by a resident of Missionvale. It has grown into a centre which provides love and care for the poor and destitute, catering particularly to those living with HIV/AIDS.

Congratulations!



Congratulations to the above staff members for completing their **Doctorates in the Department of Nursing Science**: From left: **Dr M Williams**, **Dr H Willemse**, **Dr S du Rand**; and **Pharmacy**: **Dr S Boschmans** (who was also promoted to associate professor in October) and **Dr S Burton**



Above: Congratulations to Dr M Williams who has been promoted to Senior Lecturer in the Department of Nursing Science.



Above: Congratulations to our 1st year Dietetics students on receiving their certificates from the HPCSA. Thank you to **Mrs Annatjie Smith (back row - centre)** who was the driving force behind the dietetics programme at NMMU.



(Above): Congratulations to Garret Barnwell for being voted **President of Doctors without Borders**.

Three Human Movement Science staff members' children graduated in 2013

Congratulations to Dr Cheryl Walters' son, **Michael Walter**, who graduated with a BA (Media, Communication and Culture). Vernon Oosthuizen had two daughters graduate both with Cum Laude, **Megan** with Honours (Psychology) and **Stacey** with a B-Tech Tourism Management. Karen Ferreira's son, **Tremaine Ferreira**, obtained the degree BEng (Mechatronics).



Above: A big congratulations to Prof E Ricks (Right) and Prof S James (Left) on their promotion to associate professors

Congratulations!

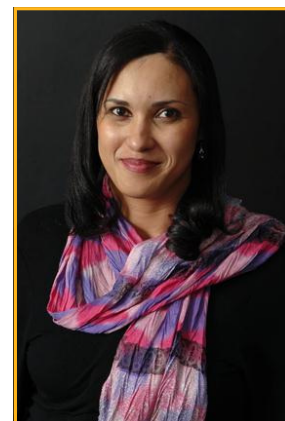


Above: Christy Rawstron is a student in the Department of Human Movement Science at NMMU and is currently playing water polo for EP under-20, SA under-20, and the SA women's squad.

(Right): **Jordan Le Clus** and **Kevin Carroll** are both Sport Management Students in the Department of Human Movement Science who made the EP U21 Ladies and Men sides respectively. The tournament took place from the 28th of April to the 4th of May 2013, with the ladies tournament being held in Durban and the mens in Pretoria.



Above: Well done to Jordan Le Clus for being named player of the tournament



Congratulations to the above staff members for obtaining their **Master's Degree**. From left to right: **Ms Lourett Smith** (Department of Nursing Science), **Ms Andrea Waters** (School of Clinical Care Sciences), and **Ms Candice Bowers** (Department of Nursing Science)

Our New Upgraded Student Centre

For approximately three years our **Psychology Department** has been battling to get their student centre upgraded as they did not have the necessary funds. **PPS Investments** came to the rescue this year by donating **R 72 000** for the renovations to take place in order to provide better workflow, and ultimately provide just under 2000 students with upgraded services.



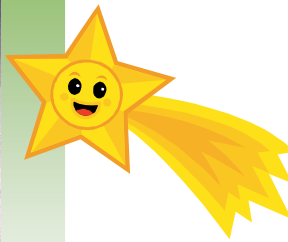
Above: The recently completed renovations of the Psychology Departments student centre

Awards

Congratulations to the following staff members on receiving the following awards.



Lourett Smith: NMMU Council Award for the best Master's Degree by Course-work in the Science, Engineering and Technology Category .



Dr Sue Burton: Teacher of the Year



Jessica Baker (left): Best Final Year Student for 2013 within the Department of Social Work



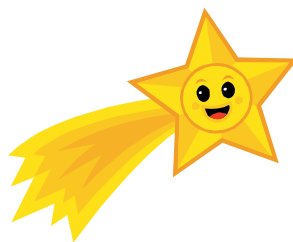
Professor Mark Watson: Researcher of the Year



Melvyn Roelfse (left): Best Social Work Ambassador in the Final Year

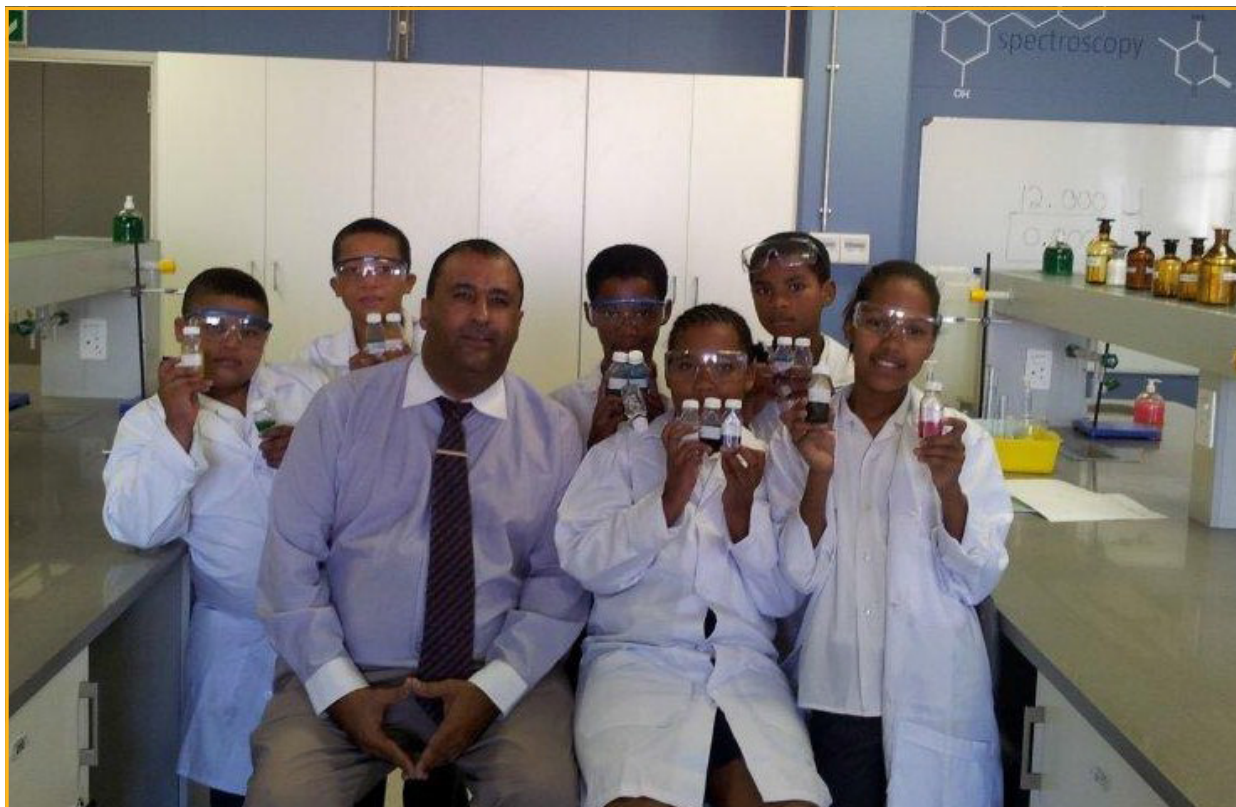


Professor Essie Ricks: Emerging Researcher of the Year



Charnel Tennant: VC Award for Best Masters Student for 2012

Pharmacy Department assist with Primary School Science Projects: Can we make medicine taste better?



Twelve excited grade six learners from Bayview and Spencer Mabija Primary Schools visited NMMUs Department of Pharmacy for their science project practical work.

Their grade six teachers attended a short learning programme run by **SMATE** and sponsored by the **GMSA Foundation**, which focused on developing educator skills in scientific investigations. After a laboratory safety talk by **Mrs Arista Van Jaarsveld** and kitted out with white laboratory coats and safety glasses, the learners worked in the Pharmaceutical Chemistry laboratory formulating their non-flavoured suspension.

Next came the fun part - mixing and tasting flavours like chocolate, raspberry, orange, pepper-mint, liquorice, and vanilla. Taste batches were taken back to school for classmates to taste and then rate:

1 = absolutely gross and revolting up to 5 = tastes great and I'm sure my little sister/brother would love it.

The **Bayview Primary group** went on to win a silver medal at the **Eskom Regional Science Expo**. Who knows, **NMMU** may have started one or two learners on the road to a future career in **pharmacy**!

The Institutional Research Theme - Health & Wellbeing

The Institutional Research Theme, “Health & Wellbeing”, presented a series of workshops and meetings during 2013.

The theme’s activities kicked off on 28th May, 2013 with a workshop by **Dr Nolunckwe Bomela** on how to write a successful grant application. On 29th May 2013, a Health & Wellbeing Colloquium and Panel Discussion took place in the Senate Hall on North Campus. The colloquium was attended by 26 participants from **NMMU** and various stakeholder organisations. The colloquium began with 10 presentations by different researchers to provide an overview of possible sub-themes under the main theme “**Health & Wellbeing**”. The presenters were: **Dr Ben Somai**, **Prof Maryna van de Venter**, **Prof Mark Watson**, **Prof Ilse Truter**, **Prof Rosa du Randt**, **Dr Jill von der Marwitz**, **Prof Naydene de Lange**, **Prof Darelle van Greunen**, **Dr Henri Maarschalk**, and **Prof Essie Ricks**. Thereafter, an open discussion and brainstorming session followed and ideas were generated on how the theme should be developed to be both relevant to the community whilst also strengthening its academic research endeavours. **Dr Blanche Pretorius** presented a workshop on 11th June 2013 on NRF Thuthuka grant applications – the process, the pitfalls and how to write a successful Thuthuka proposal. **Dr Pieter van Breda** thereafter gave insight into how Thuthuka proposals are evaluated from the perspective of an NRF reviewer.

The theme spans across disciplines and faculties, and strongly encourages collaborative research. We believe our strength lies in our diversity, and by working together, we can achieve better **health and wellbeing** outcomes and make a positive contribution. If anyone is interested in becoming part of the “**Health & Wellbeing**” research theme, you are welcome to email Prof Ilse Truter at ilse.truter@nmmu.ac.za (theme driver), Prof Rosa du Randt (rosa.durandt@nmmu.ac.za) or Mrs Gail Klopper at gail.klopper@nmmu.ac.za.



Above: NRF Thuthuka Grant Application Workshop presented by Dr Blanche Pretorius

Psychology Society



Above: The NMMU Psychology Society members (left to right), Louis Fourie (Head of Community Service), Mpho Seakamela (Secretary), Sarah Everett (Chairperson), Thobani Mkananda (Head of Academics), Melissa Landsberg (Head of Social Events), Aviwe Tebekana (Vice-Chairperson), and Pinky Shabane (Treasurer).

On 25th April 2013, a new society was officially introduced within the Psychology Department.

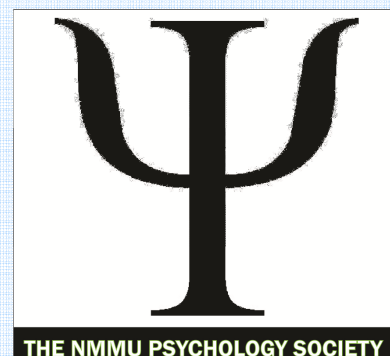
This Society is known as the **Psychology Society**, and aims to give all **Psychology** students a level platform for interaction among fellow students as well as other professionals. This society serves as a medium to share knowledge, create opportunities, and promote the name of **Psychology** through community, social, and academic development.

The society also aims to provide a practical aspect to the mostly theoretically - based curriculum which will enable students to experience, first hand, the line of work which they intend on pursuing in the near future.

The Psychology Society base their values on the following:

- Integrity
- Excellence
- Responsibility
- Ubuntu and Professionalism

If there are any **Psychology** students who are interested in joining this vibrant and motivated society, please feel free to contact Sarah Everett (s212319566@live.nmmu.ac.za) or visit their Facebook page: <https://www.facebook.com/nmmupsychsociety>.



1st year Dietetics Students Embark On Visits To Port Elizabeth Hospitals



Above: Students doing practical work in the kitchen of Greenacres Hospital. From left to right is **Zintle Phekana** (student), **Sonja Gerber** (food service manager at Greenacres) and **Nurudeen Nieftagodien** (student)

Our 1st year Dietetics students had the privilege of visiting the National Hospital on 2nd May as well as Netcare Greenacres Hospital on the 16th May.

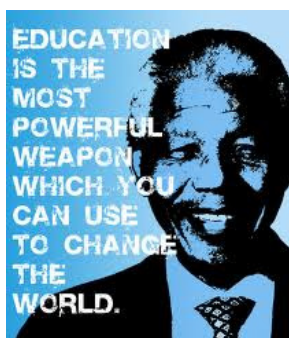
During their visits, the students were provided with an overview of the duties and responsibilities of **dietitians**. The students visited various patients, including cancer patients, patients on feeding tubes, and patients who are in the Intensive Care Units on intravenous feeding, and were shown the specific diets that these patients had been placed on.

After visiting the patients, the students were taken into the hospitals' kitchens to view the various pieces of large scale equipment being used as well as the menus that are prepared at the various hospitals.

As part of **NMMU**, we receive excellent co-operation from the hospitals within Port Elizabeth as well as surrounding towns. Students are involved in research conducted under the **Port Alfred Hospital** in the Nemato township, and will participate in research surrounding the Queenstown areas later this year.

Celebrating Nelson Mandela Day

On 18th July 2013, our former President **Nelson Mandela** celebrated his 95th birthday. The **Department of Nursing Staff**, together with staff from the **School of Clinical Care Sciences**, held hands to signify **67 seconds of unity** in support of **Nelson Mandela Day**.



67 SECONDS OF UNITY... Staff from the **School of Clinical Care Sciences** and the **Department of Nursing Science**

Training Pharmacy Technicians

Pharmacy technician training at NMMU received a boost through a twinning agreement with America's St Louis College of Pharmacy (SLCP), strengthening the curriculum and the mentoring of our staff. This will aid to strengthen South Africa's pre-service training capacity in the discipline of pharmacy care.

Three pharmacy professors from St Louis in Missouri visited **NMMU** to help set up a training programme for **pharmacy technicians** to address the country's HIV/Aids epidemic. Research shows that South Africa needs about 2 500 new pharmacy technicians each year to meet the demand for HIV and Aids drug distribution and medical care.

NMMU is the first university to train **pharmacy technicians** and presently has 69 students. The new qualification is a one-year certification programme that enables graduating technicians to deliver care with limited supervision and will provide the healthcare system, and pharmaceutical services, with much needed pharmacy support personnel.

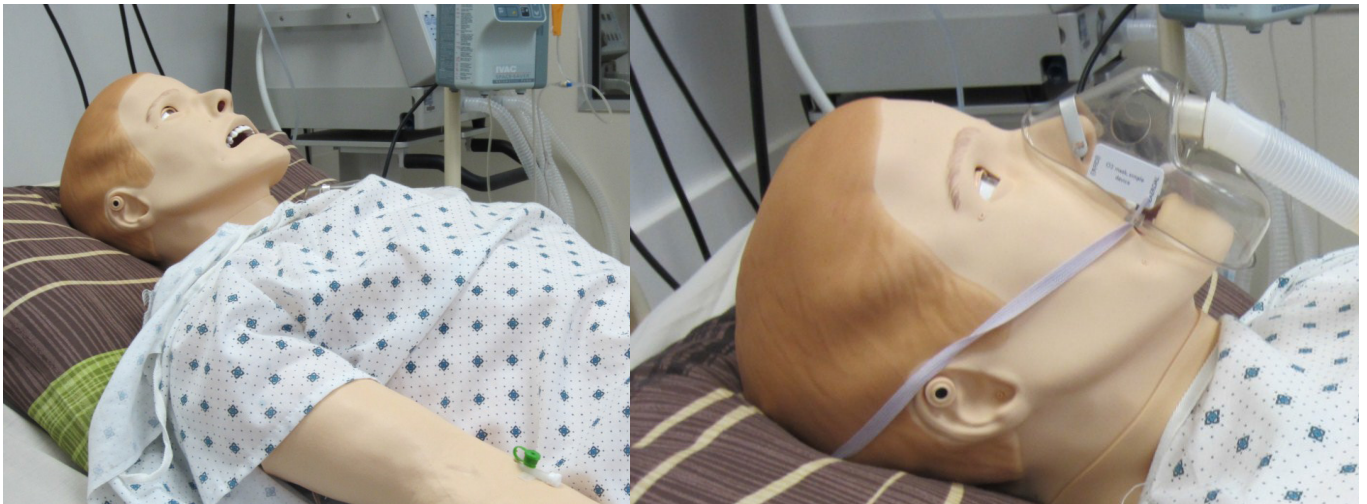
"This partnerships' aim is to support **NMMU** in strengthening its curriculum and building capacity by mentoring the staff of the department to develop their expertise in the teaching and assessment of students while ensuring the quality of experiential learning provided to students," says SLCP International Programmes Director, **Prof Ken Schafermeyer**.



At the signing were (back from left) Pharmacy's Teri-Lynne Fogarty, Prof Vic Exner and Pharmacy Department Head Dr Shirley-Anne Boschmans with (front from left) American International Health Alliance's John Capati, acting Vice-Chancellor Prof Thoko Mayekiso and St Louis' Prof Ken Schafermeyer

Welcome Mr Pollard

Mr Pollard-SimMan 3G, an advanced patient simulator, was recently welcomed into the **Department of Nursing Science**. **SimMan** features accurate anatomical landmarks necessary to facilitate realistic fiberoptic bronchoscopy and provides detailed feedback on performance in all case scenarios to the students. **SimMan** also provides simulation-based education to challenge and test students' clinical and decision-making skills during realistic patient care scenarios.



Colgate Visit to 3rd Year Health Care Practical



The **Pharmacy Department** was privileged this year to have, for the very first time, a dental hygienist assisting them with their Oral Examination Skills Practical. **Mrs Caryl Klokow**, a dental hygienist from Port Elizabeth, and **Mr Adriaan Buys** (Business Manager, Colgate, Johannesburg) joined the Pharmacy Practice, Oral Care third year practical in the Clinical Laboratory. Apart from the normal oral cavity examination skills, this year's practical also included a hands-on practical demonstration and discussion of oral health. We thank Colgate for their continued support to the Pharmacy Department to make their practicals up-to-date and relevant to the practice of pharmacy.

Social Work: Out and About



(Left): Veonna Goliath, a lecturer in the **Department of Social Development Professions**, attended the **18th Biennial International Consortium for Social Development** which was held in **Uganda** from 15-19 July 2013. The Symposium, co-hosted by **Makerere University** in Uganda and **Simmons College**, Boston, USA, was guided by the theme “**Opening New Frontiers in Social Development: Facing Opportunities and Challenges.**” Veonna delivered a paper entitled “**Narratives of Adolescents as guidelines for Culturally Sensitive, Peer led Drug prevention Interventions.**” The paper which advocates for adolescents to be viewed as valuable assets, capable of employing positive peer influences to reduce the onset of drug use amongst their peers, was well received by the delegates who hailed from 41 different countries.

(Right): **Ms Amanda Calitz**, lecturer and student supervisor in the Department, recently visited the **University of Gothenburg** in Sweden as part of an exchange programme. Site visits to various social work projects were undertaken. Here she is seen with **social workers and students** who run a successful **youth development centre** in Hammerskulle, a housing project in Gothenburg. In this community 84 different languages are spoken.



(Left): **Ms Veonna Goliath** recently marketed the profession at the **Van Der Kemp Primary School** in the Northern Areas of PE when she gave a talk to ignite the possibility of having a dream and introduced the learners to **Social Work** as a career option. **The Department of Marketing and Corporate relations** at **NMMU** sponsored the event and each learner received **NMMU** memorabilia.

(Right): **Ms Amanda Calitz**, lecturer, acted as **judge** in a talent show for the aged, organized by third year **Social Work** students doing their practical work at the **Department of Social Development** in **Uitenhage**. The winning group, involving two octogenarians, won the first prize for their lively dance item.



4th Year BCur Nursing Ball

The 4th year Nursing students recently had their BCur ball at the Radisson Blu Hotel, Port Elizabeth. The students looked amazing in their formal attire as they celebrated the end of four years of study. The current 4th years wanted to leave the junior nursing students with an inspiring message – “we can do anything we put our minds to, nothing is impossible”.



Exam Blues

Yes, it is that time of the year again! Our exams are fast approaching and stress levels are rising. Here are ten tips to help you cope with the pressure of exams.



1. **Find out about the exam:** What type of exam is it? Will there be a choice of questions or tasks? How much will each question or task be worth?
2. **Ask for help:** Don't feel bad if you need to ask for help. Talk to your lecturer and pick the brains of other students.
3. **Sort out your subject material:** Check that you have all the relevant handouts and get all your notes together from the subject. Read through the course outline or subject guide (if there is one) and use it to organise the information you've collected.
4. **Check past exam papers:** Get your hands on any old exam papers from the subject and familiarise yourself with the structure and format.
5. **Know where to go:** Check your exam timetable for details on when and where you'll be sitting during the exam. Make sure you have everything you'll need to take with you.
6. **Don't cram:** Stick to what you already know when studying the night before an exam. You'll only make yourself nervous if you try to learn new information. Review your notes or test yourself on key points.
7. **Keep your cool:** Don't talk to other students prior to the exam. It could confuse you or make you lose confidence in yourself.
8. **Use your reading time:** The way you use your reading time could make or break you in the exam. Use it to plan your writing time and start thinking about some answers.
9. **Break the questions down:** Look for the key parts in the question and these will give you clues on how to answer it.
10. **Review your performance:** While there's no use stressing out over an exam you've already done, it does help to look at what you can improve on. If you didn't do as well on an exam as you would've liked, ask your lecturer if you can go through it with them and find out what you did wrong.