

BCured News

Nursing Science

Striving for excellence in the service of humanity

24 April 2014 - Edition 7



From the HOD's desk ...

Welcome to our first edition of *BCured News* for 2014, where you are kept updated about the activities in the Department of Nursing Science. It is

encouraging to have so many male students entering our nursing profession this year, since there is still a considerable gap in the number of males compared to female nurses. Despite the contemporary emphasis on gender equality, nursing, although a high profile profession, remains the domain of women. Men provide unique perspectives and skills that are important to the profession and society at large, therefore it is hoped that in the near future more men will decide to choose nursing as a career, and maybe even make up 50% of the nursing workforce. The need for male nurses is exemplified in the fact that many male patients feel more comfortable discussing certain conditions with other men rather than with women.

Congratulations to our six BCur extended students who were invited to join the Golden Key International Society. This society recognizes and encourages scholastic achievement and excellence among college and university students from all academic disciplines. We are so proud of our students' achievements.

A number of our staff members participated in The CANSA Shavathon which is one of South Africa's best-loved events in support of a very worthy cause, namely showing solidarity with those affected by cancer. Losing one's hair is a common side-effect of cancer therapy – so shaving your head is the definitive symbolic gesture of support for cancer survivors.

In this issue we also pay tribute to a great nurse leader, academic and researcher, Professor Leana Uys's, who died recently. Professor Uys was an inspiration to all who crossed her path. Her academic work in the field of nursing earned her countless awards and praises. Professor Uys' death is a tremendous and poignant loss to the nursing profession, she will be sorely missed. May her soul rest in peace.

Thank you to all the contributors of this edition and I urge you all to continue submitting news items for our newsletter.

More men in Nursing Science



Above: First year male Nursing Science students with three male lecturing staff at the Department of Nursing Science, Missionvale Campus.

This year the Department of Nursing Science welcomed 112 students into the Nursing Science programme of which 33% are male. For many years the nursing profession was dominated by females but recently more men have been applying for the programme. As men become more aware of nursing especially through television programmes, or through family members who need medical assistance or who work in the profession, more men are joining.



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First year fun event with lecturers



Above: First year Nursing Science students singing their theme song. **Right:** Students think on their feet by making up their own story.



On 6 February 2014, the new mainstream first year students gathered in the Senate Hall on North Campus to have some fun and get to know their lecturers. They had a wonderful morning of laughing and playing and getting those creative juices flowing. From storytelling to singing the morning was a great success.

A hearty welcome to all first years and we trust you all will have a successful year with us and be true ambassadors of the nursing profession.

2014 Class Representatives

CONGRATULATIONS to first year BCur Extended students, **N Syfers**, **P Masienyane**, second year BCur Extended students, **S Potye**, **V Skarfu**, first year BCur students, **M Ponzo**, **T Mthembu**, second year BCur students, **C Gunn**, **Y Madikizela**, third year BCur students, **R McCarthy**, **A Cebe** and fourth year BCur students, **M Potgieter** and **T Verheij** for being selected as the class representatives for 2014.

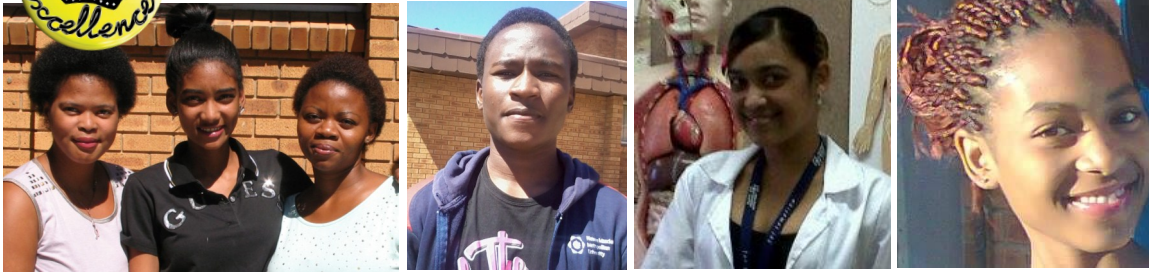
Students in this position have the following responsibilities:

The class representatives:

1. Will have to attend regular meetings with the Head of Department.
2. Must give accurate feedback to their respective classes about the discussions that took place at these meetings.
3. May raise any student matters in an appropriate manner in these meetings, seeking counsel from the HOD and reporting back to the Head of Department of the outcomes thereof.
4. Must be able to plan, coordinate and implement class activities



Golden Key invitation



A BIG CONGRATULATIONS to the six second year Nursing Science extended students, **San-Sisanda Potye, Shade Ismail, Lilian Sibinda, Joshua Alayemi, Surena Ismail** and **Yonela Nduku** who received an invitation to be part of the Golden Key International Society.

*From left: Second year Nursing Extended students, **San-Sisanda Potye, Shade Lewack, Lilian Sibinda, Joshua Alayemi, Surena Ismail and Yonela Nduku***

The Golden Key International Honour Society, is an academic honour society which recognizes and encourages scholastic achievement and excellence among college and university students from all academic disciplines. In an effort to reflect the Society's diversity and international presence, Golden Key uses the globally accepted spelling of "honour" in its name.

Benefits of joining Golden Key:

- Lifetime Membership Certificate.
- Academic recognition at your campus and internationally.
- Adding prestige to your qualifications and Curriculum Vitae.
- Golden Key member only Scholarship and Award opportunities.
- Leadership development opportunities.
- Opportunities to attend international and national conferences.
- Chance to meet with other students and university leaders.
- Access to an international network of universities.
- Community engagement service opportunities.
- Targeted career opportunity e-communications
- Opportunities to attend events on campus (professional development, leadership, etc)



Requirements for membership:

- Degree courses only.
- Students must have completed at least one full year of study at a university.
- Top 15% of students per field of study in any undergraduate and postgraduate degree.
- Full and part-time students can receive invitations.
- Local academic average cut-off is set by the university and varies from faculty to faculty.

(Golden Key International Honour Society)

9 Ways to Achieve Success

1. Aim for the stars but keep your **expectations realistic** (goal setting)
2. **Time management**: Prioritise your work and plan your schedule carefully
3. Get into a **study group**: Working together makes things more manageable and achievable
4. Become **familiar** with all your course requirements at the start of each module
5. Make use of ALL available **resources**
6. Do not be afraid to speak to advisers, lecturers and professors: **Ask for help** when needed
7. Initiate and maintain close relationships with peers as this fulfils important **emotional needs**
8. Resolve to **solve** your own problems; they do not belong to anyone else so take responsibility for your own learning
9. And lastly, keep your **dream alive!** Don't allow anyone to put your fire out

Attending the Oprah Leadership Academy

Dulce Mikateko Mbiza



The Oprah Leadership Academy was founded by Oprah Winfrey in 2007 and I was accepted into the academy in 2008 (grade 7) till 2013 (grade 12). Being part of the academy has taught me a lot about life and how to strive in life and not just survive. It has helped me to discover myself, what I want to be and the impact I want to have on people's lives just as much as my life has been impacted. None of this would have been possible if it was not for what I believe was a God-sent angel, Mom Oprah who has invested a lot of her time in coaching us as young leaders to start investing in our futures. As the famous quote says, "I am the master of my fate I am the captain of my soul". These vital qualities that have been imbedded in the deepest parts of my soul are what will help me to become the professional career woman I am working towards. One that gives back to the community and that makes me so excited for my future. Oprah said: "Your future is so bright it burns my eyes". These are the words that keep me grounded and going.

Celebrating the month of love



Left: Staff at the School of Clinical Care Sciences celebrated the month of love by wearing a red item on Friday, 14 February 2014.

CONGRATULATIONS to Ellen Brooks, Louise Graham, Donne Dee Fourie, Carla Smith and Kirsty Nelson who got engaged and Anne-Marie Bester, Saadiqah Gaffore and Stephani Harebottle who tied the knot recently.



Right: Saadiqah Gaffore and her fiancé Faheem tied the knot on 21 December 2013 at Victoria Park, Port Elizabeth.

Staff Developments

Welcome to new staff

We are happy to welcome two new staff members to the Department of Nursing Science: **Mr Israel Sonti**, Midwifery Clinical Lecturer; and **Ms Jaunita De Vega**, who will be fulfilling the function of laboratory technician in the department.



Staff Achievements

Doctorate for Nursing Science



CONGRATULATIONS to Dr Sihaam Jardien-Baboo for obtaining the degree Doctor of Philosophy in Nursing.

Right: Staff members of General Nursing Science celebrate the achievement of Dr Jardien-Baboo on attaining doctorate

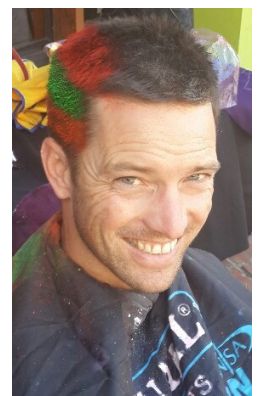
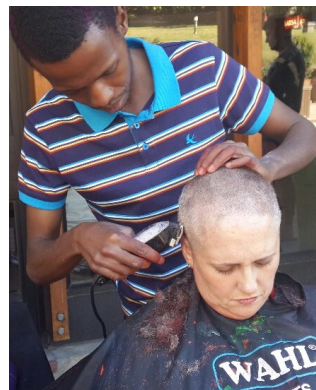


Welcome little Haylee

Congratulations to **Ms Nadine Rall** on the birth of her baby girl – Haylee, who was born on 21 December 2013, weighing in at 3.7kg. We wish both mommy and baby all of the best!



Staff support CANSA Shavathon



From left: Ms A Waters, Ms M Spagadoros, Ms K Gerber and Mr K Topper support Shavathon to raise awareness of Cancer.

Staff at the School of Clinical Care Sciences supported the Shavathon campaign at South Campus, NMMU, on Wednesday, 26 March 2014.

Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. The main categories of cancer include: **Carcinoma, Sarcoma, Leukemia, Lymphoma and myeloma** and **central nervous system cancer**. Prevent cancer by doing the following: 1) eat healthy, 2) be active, 3) don't smoke and 4) get screened.

(National Cancer Institute & Prevent Cancer Foundation)

NMMU Nursing students visit USA

NMMU in collaboration with the College of St Benedict, and St Cloud State University, Minnesota, USA, have created a joint partnership exchange programme for both students and faculty members. This exchange programme is an opportunity of a life time for the selected students, as they take on new life experiences and engage with different cultures.

The students selected for the January 2014 exchange programme were, **Ms Asanda Ketile**, **Ms Amy Nazer**, **Ms Jody Fourie** and **Ms Stephani Gibbons**. The department member joining the students was **Ms Mariana Spagadoros**.

The students departed for their adventure on the 17th January 2014, arriving to a very cold (- 25 degrees Celsius) Minnesota. They were immediately introduced to other students and made themselves at home, as they stayed on campus and were able to socialise with other students.

There was not a moment to spare as students and staff were kept very busy with many on campus and off campus activities. The students were involved in a variety of lectures and debates ranging from communications lectures to third year nursing science laboratory work. The students worked in various hospitals in and around Minnesota gaining excellent experience from lectures and nurses in each unit. The units ranged from telemetry, intensive care units as well as working with veterans in rehabilitation centres.

The students were able to draw comparisons between paperless, technology advanced hospitals where one-on-one patient care is the norm to our over crowded wards in South Africa. Students and staff engaged in many outdoor activities for the first time in their lives, which included, snow tubing, skiing, ice fishing and Asanda did a great job of ice skating.

The exchange programme not only allowed each student to grow as student nurses, but was a once in a life time experience and life lessons were learnt that will never be forgotten.

Thank you to the Department of Nursing Science and NMMU for this wonderful journey to Minnesota!



Above: Nursing students and Ms Spagadoros enjoyed some skiing during their visit to the USA.



Above: Nursing students and Ms Spagadoros visited St Cloud Hospital specialised surgery.

Nursing Overseas

Nursing overseas is always a possibility for graduate nurses and many of our staff members have taken the opportunity to travel and gain international experience. You might be surprised that **Dr du Rand** spent a number of years in Australia as a nurse and also studied and obtained nursing qualifications in the USA. Did you know that **Ms du Plessis** worked in the Democratic Republic of Congo for the South African Defense Force on a peace keeping mission, nursing UN soldiers and accompanying patients as a flight nurse when they were transferred to their respective countries? If you want to go to Saudi Arabia, why not speak to **Ms Bowers**? She spent a number of years in Saudi Arabia working in a hospital and also nursing a wealthy Sheikh. **Ms Bowers** also spent a year working in a pulmonology ward in Amsterdam. Life in the United Kingdom can lead to many travel opportunities and **Ms Spagadoros** worked there nursing at private hospitals, travelling and experiencing London life. **Dr ten Ham** did things the other way round and after qualifying in the Netherlands chose to come and experience life in South Africa – the Netherland's loss and our gain! Truly, nursing has become a global profession!

Taking the Pledge



Left: Nursing Science graduates taking their Pledge of Service

At NMMU the Department of Nursing Science honours the tradition of the pledge or oath of service taken by nurses worldwide at the completion of their training. It is also known as the Nightingale Pledge because it was named after the famous nursing pioneer Florence Nightingale. Nightingale laid the foundations of modern nursing with her nursing school at St. Thomas' Hospital in London (now part of King's College in London). Though named after this celebrated nurse, the Nightingale Pledge was not written by Florence Nightingale. The Nightingale Pledge was written by a committee chaired by Lystra Gretter, a nursing instructor at Detroit's Harper Hospital.

The pledge of service at NMMU is an annual highlight in the DNS calendar for the nursing graduates. It is a statement summing up the ethics and principles of the nursing profession, underpinning the values of faithfulness, accountability, accuracy, responsibility, confidentiality, devotion, quality and leading by example. For the nurse graduate it is his/her welcome into the profession as they make their oath or promise to those for whom they will care. It also signifies the end of a long journey of studying the theory and practice of nursing and being exposed to many experiences as student nurses.

This year's pledge of service ceremony took place on Saturday, 12 April, at 4.00pm, at the South Campus Auditorium. The guest speakers for this year's pledge were Dr M Williams, Dr S du Rand and Dr S Jardien-Baboo who shared their personal experience in nursing.

The graduates' sense of pride as they stood on stage, holding their lamps and reciting the pledge was palpable. The profound realization that they were 'there' that they had made it, and that they were now professional nurses was written on their faces. Adding to this solemnity was the rendering, in song, of Celine Dion's *Immortality* by the first year class, which was a surprise addition to the programme. The new professional nurses were unlikely to forget the experience as the first years sang their well-rehearsed song with great enthusiasm.

All staff participated in the preparation for the pledge of service to ensure that all proceedings ran smoothly, in true nursing tradition!



Above (from left) Nursing Science graduates, Ms J Goliath, Mr J Smith, Ms LG Mukwevho with Prof van Rooyen, Director of the School of Clinical Care Sciences at the Pledge of Service Ceremony

Thank you third years



The Department of Nursing Science would like to thank the following third year nursing students, **Mr M Mashaba, Ms E Mostert, Ms N Melane, Ms S Sezoe, Ms A Swem, Ms N Dlamini, Ms P Cuntu, Ms A Ketile and Ms S Kwani** for assisting at the Pledge of Service Ceremony on Saturday, 12 April 2014. Thank you for your time and effort.

Norwegian students working with Gardmed ambulance service



From left: Mr N Louw, EMC, together with Norwegian students spent some of their time working with Gardmed ambulance services.

During the last three months of 2013 we had the privilege of 13 Norwegian nursing students visiting NMMU. I discovered that one of the ladies had a Norwegian Emergency Medical Care qualification.

Tying in with their mission to South Africa our EMC Department explored the possibility for these young and eager ladies to gain some experience within the pre-hospital Emergency Medical Services setting. Six of the 13 students showed a very keen interest to be exposed to such an experience. After contacting Gardmed, one of the Private Ambulance Services in PE, their management was in favour of accommodating the Norwegian students for a weekend shift on the road. Below are some of the excerpts from these students as they described their South African experience. A huge word of appreciation is extended to Gardmed Ambulance Service, their management and crew, for making this experience meaningful. ~ Mr Nico Louw

I am a third year nursing student from Norway, doing my internship in PE. When I heard that we would get the opportunity of working one day at Gardmed I was quite excited. I always thought it would be interesting to follow the patients from the moment they call for an ambulance until they are actually at the hospital. It's useful for us as nurses to understand what they have been through before arriving at the hospital. And also I imagined that in a country like South Africa there would be lots of action going on. When I first arrived at Gardmed, me and my friend were put in different ambulances. The ambulance crew I worked with really made me feel welcome and they were interested to hear about my background. We had many interesting cases, mostly medical cases. It was nice to see how the staff met every patient with respect and with really caring for them. I had a very nice experience and learned a lot. It was inspiring for me to see people doing an effort for their community and I really appreciate having had the opportunity of being on an South African ambulance. The knowledge and the competence-level that I met seems very high and the quality of their service is outstanding. They can truly be proud of the job they are doing!

~ Heidi

My day at Gardmed, what can I say; I had a great time! I didn't experience the worst or the most serious cases, but I got a insight look of how they actually work in the ambulance. And for the first time in a long time I could actually see good patient contact. One of the hardest thing for me here in SA has actually been to see how the healthcare interact with the patients. It has been quite different from what I'm use to, where they are more busy with fixing the patient then actually taking care of him. So it was really good for me to see how they interact. One of the other things that I love is the great kick you get! My heart started to beat really fast when they said "car accident" and run to the car before we ran in a speed that I'm really not use to! I just wanted it to be a big case, and I loved not knowing what the case would actually be. And yeah, now after my shift at Gardmed I want to work for the ambulance!

~ Ingvild

Goodbye messages from staff to Dr Herman Willemse

This month we say goodbye to Dr Herman Willemse, or Dr Wil as he is fondly known to many of the staff. He moves on to a new post as vice principal at the Henrietta Stockdale Nursing College in Kimberley. He will be missed by his colleagues for his marketing skills and passion for preserving the history of nursing in the Eastern Cape, to which the historical nursing display in the foyer is testimony. A dedicated teacher and mentor he was particularly fond of his first year students, many of whom will remember his lessons ranging from compassionate nursing care to etiquette. A loss to the DNS is Kimberley's gain and we all wish him success in his new endeavour.



Hi Herman

We have been colleagues for exactly one year! Not a long time yet I must extend a great THANK YOU for all your inputs, support and interest as we battled to get the EMC programme off the ground. I am sure that your presence in the Northern Cape will also have a positive effect on the EMS family there! All the best! Nico

A bitter sweet farewell to the best Mentor, Friend and Colleague.

You have been a true inspiration and motivation to me, our department and every student who had the pleasure of having you as their educator and mentor. No one could ever fill your shoes or replace the void you are leaving behind in our hearts and in our classrooms.

We wish you all the best in your future endeavours and trust you will continue your remarkable work in your journey ahead.

We only part ways to meet again.

Forever yours in Nursing,

Zelda

Dear Herman

Thank you for the 6 great years that we have been colleagues. Your artistic and creative flair has been an asset to the Department. Success in your new endeavour!

Sihaam

An Old Irish Blessing

May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
and rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.

Dear Dr Willemse,

Be blessed in your new job. It is a new challenge but also an opportunity to continue making a significant difference in other people's lives. Your wisdom, humour, skills, dedication and enthusiasm which make you so exceptional will be missed!

Best regards, Wilma

Liewe Herman,

Wens jou alle voorspoed met jou nuwe betrekking en vertrou dat jy in Kimberley baie gelukkig sal wees! Ek laat die volgende gedagte - van Norman Vincent Peale - met jou:

"Whatever you are doing in the game of life, give it all you've got"

Mooi wense vergesel jou! Groete, Esmé

Leana Ria Uys *In Memoriam*

Leana Uys was first and foremost a psychiatric nurse but nursing in general was her passion. Being a nurse meant that she cared for people in all walks of life. However, Prof. Uys was also a great leader, researcher and academic, who had clarity of thought and the wonderful ability to crystalize ideas and concepts without being distracted by unnecessary detail. As a result, she got things done! She was known for her determination and hard work. Once she had decided to do something, she pushed through, no matter what obstacles she encountered. These qualities resulted in her acquiring the top positions in whatever organization she found herself.

The two positions that stand out, were Deputy Vice Chancellor, Head of College of Health Sciences at UKZN and Director: World Health Organization Collaborating Centre for Nursing and Midwifery. However, when it came to nursing in South Africa she initiated many innovative projects. As chairperson of the Forum for University Nursing Deans in South Africa (FUNDISA) she made her mark again by developing the clinical practice model for nursing. She made major contributions towards nursing research in South Africa. She was the principal investigator or coordinator of over 30 research projects over the years. She was also the supervisor of over 70 master's students and around 30 PhDs. As a result she had a significant research publication output with more than 100 publications in peer reviewed journals, around 30 books and book chapters, and over 30 articles in professional journals. She also served on 10 editorial boards of nursing or health care related journals. Prof. Uys also attended many national and international conferences presenting over 60 research papers. She was a sought after key note speaker and since 1983 was invited to speak at over 20 conferences in places as far away as Nanjing, Chang Mai and Asmara.



Since 1978 Prof. Uys was also the recipient of many awards with the most notable being the Women Super Achievers Award in Singapore. And indeed, the title of this award really sums up Prof. Uys – a super achiever. However, there was another side to Prof. Uys the super achiever. She had a great love for her family, traveling, reading, nature and wildlife. She was a keen bird watcher and ironically her nicknames have all been bird names. She also had a particular fondness for St. Francis of Assisi who was renowned for his love of animals and all of God's creation. This reflects the gentler, softer side to the professional Leana Uys. She had a kind heart and a great sense of humour, which was always there in her twinkling blue eyes.

Requiescat in pace





Saturday, 17 May 2014

Start @ 08:00

NMMU, South Campus

Outside the MADIBAZ Stadium

Early entry: R30.00 (until 9 May 2014)

Late entry: R40.00 (until 14 May 2014)

**For enquiries contact Charmaine Coetzee 041 392 6086/
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WHO CAN PARTICIPATE?

Student nurses | Professional nurses | Retired nurses

NO ENTRIES WILL BE ACCEPTED AFTER WEDNESDAY, 14 MAY 2014

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