



### From the HOD's desk ...

In this term's issue, various social functions and achievements of students and staff are featured. We are proud of our students who were selected to represent the university at the University Sports South Africa in Bloemfontein this December and also equally proud of Mr Michael Mashaba for receiving the merit award certificate – "Rainbow House Comm of the Year.". We also received news of the death of our first head of department, Professor Mellish.

The Department of Nursing Science has agreements with many international partners through which we are able to offer exchange opportunities for students. New on the horizon is a possible forthcoming agreement with Vestfold University College in Norway. Students from four different universities in Norway spent some time in the Department of Nursing Science during the second semester. The exchange programmes of the department play an important role in its commitment to internationalise its student body, curriculum and campus environment. It is important to prepare our students for a more competitive world that they will face in the near future with globalisation.

In this world of globalisation, it is very important to have a detailed insight into the day to day happenings around the world. The exchange of students between countries creates unique learning opportunities. International education creates an environment of cultural understanding that exposes participants to new and different approaches to life, ways of thinking and governance. Only when we are able to develop an understanding of others can we fully appreciate our differences, engage in civil dialogue and work together on the world's problems of tomorrow. International education and exchange plays a significant role in bringing the world together.

**I WOULD LIKE TO TAKE THIS OPPORTUNITY TO  
WISH EVERYONE A VERY HAPPY FESTIVE  
SEASON!**

## Congratulations to Michael Mashaba



**MERIT AWARD:** (From left) Prof D Swartz and Mr M Mashaba

**A BIG CONGRATULATIONS to Mr Michael Mashaba, a 2nd-year BCur student, for receiving the merit award certificate – 'Rainbow House Comm of the Year.'**

What a true inspiration you are to many.

Well done!



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# 1st Years' Nursing Luncheon



**FIRST YEARS' LUNCH** (Above): First-year nursing students enjoying their lunch with their mentors and fellow classmates

A partnership has existed between the Nursing Department and Student Academic Development (CTLM) since 2009, focusing on addressing the academic developmental needs of the first-year nursing students. Again this year, the 2013 first-year nursing students were mentored by third-year Social Development students.

The mentoring programme culminated in a successfully organised afternoon luncheon at the CTLM (North Campus), with the first-year students, the mentors and guests from the Nursing Department. In attendance were Prof Esmeralda Ricks (HOD of Nursing), Dr Herman Willemse and Dr Rosemary Exner (Nursing) as well as Dr Sarie Snyders and Francisco de Vega (CTLM). The mentors were Athenkosi Ngxale, Mary-Ann Meyers, Thamsanqa Methula and Tracy Le Vack.

At the luncheon Mary-Ann spoke about her experiences as a mentor during this year. Dr Willemse and Prof Ricks shared their appreciation for the work done toward supporting the first-year students academically. Dr Snyders commented on the value of the programme and the vital contributions made by all the stakeholders including the first-year students. The luncheon, with its beautifully decorated venue, came as a pleasant surprise to several of the students at a time when they were gearing up for the final exams. It provided an opportunity to engage socially with their peers and most importantly their lecturers in a relaxing environment away from the lecture halls. The highlight of the function, in addition to the delightful lunch, was the presentation of certificates and special gifts to the mentors.

## Nurstoons





## 1st Year Social



**FIRST YEAR SOCIAL:** First-year nursing students enjoying their social gathering with their fellow classmates

*Education is power; with great power comes great responsibility: to work hard and play harder.*

Special thanks to Mrs Coetzee De Vos and Dr Williams for making this 1st year gathering possible.  
Thank you to all our Missionvale lecturers for giving us an opportunity for our academic and personal growth.



On 4th October, staff from the Department of Nursing Science and School of Clinical Care Sciences came together for 'Pink Friday' to show their support for international breast cancer awareness month.

## Pink Friday



**SUPPORTING BREAST CANCER:** Nursing staff along with some staff members from the School of Clinical Care Sciences



## International Student Social



**INTERNATIONAL SOCIAL:** (from left) Norwegian students together with Student Representatives from Nursing Science



On 11th October, the international student social took place in the Department of Nursing Science. The purpose of the event was to mingle with our Norwegian nursing colleagues and learn from each other's experiences. After everyone had taken advantage of the wide range of South African foods and desserts, Lyres Titus, a senior nursing representative, gave a speech focusing on her experiences as a stu-

## Norway finds a home away from home for their students



**INTERNATIONAL VISITORS:** (From left back row) D van Rooyen (School of Clinical Care Sciences, NMMU), IJ Kraver (Vestfold University College), KE Amsrud (Vestfold University College)

Four academic staff members, consisting of the Head of Department and three lecturers from Vestfold University College in Norway, visited the Department of

(From left front row) S James (Dept of Nursing Science, NMMU), D Korsæth (Vestfold University College), S Bjørnstad (Vestfold University College) and E Ricks (Dept of Nursing Science, NMMU)

Nursing Science in early November. The purpose of their visit was to establish a student exchange programme with the additional aim of internationalisation, networking and benchmarking for both universities.

## Mental Health Colloquium

The Mental Health Colloquium was hosted by the School of Clinical Care Sciences and held at the North Campus Conference Centre on 15th November. A total of 90 delegates attended the event, of which there were leaders, academics and health care practitioners from a variety of disciplines in mental health. Seven presentations were presented throughout the day. Topics included depression, post-traumatic stress disorder, alcohol and substance abuse, barriers to care, help-seeking behaviour and the right to health. The day ended with a dynamic and informative panel discussion by experts in mental health which focused on strategies to improve access to and availability of mental health services in the Eastern Cape. Bay TV captured this final session of the day and will broadcast the event next week at 7pm, 13th December.

## Critical Care Symposium



**SYMPOSIUM:** (Back row from left): Ms C Gcilitshana, Ms J Hamilton, Ms E Flippies, Ms D Gibbs, Ms T Mnyakana and Ms J Thorp  
(Front row from left): Mr D Mahashi, Ms B Palaza, and Mr S Mankayi

The Critical Care Student Symposium took place on the 17th October 2013 at the North Campus Conference Centre. This is a yearly event whereby the current critical care students present their proposed research projects and/or address pertinent issues relating to Critical Care Nursing. The symposium provides students with an excellent opportunity to foster personal and professional growth. The event was attended by critical care health care practitioners who are key role players in the critical care units within the Nelson Mandela Bay Municipality.



# International Spinal Cord Congress



**ISCOS Congress** (from left): **Ms F Stephenson** (co-ordinator of spinal cord care in the United Kingdom and Haiti); **Ms D Green** (Stoke Madeville Hospital in Aylesbury in the United Kingdom – the oldest specialised spinal cord unit in the world); **Dr H Willemse** (lecturer at the Department of Nursing Science); and **Ms F Monypenny** (Network Manager, State Spinal Cord Injury Service, NSW, Australia).

**Dr H Willemse** recently attended the International Spinal Cord Society (ISCOS) Congress in Turkey.

The congress rotates throughout the world and topics are selected by the ISCOS executive committee taking into account the needs of the affiliated international organisations such as SASCA (South African Spinal Cord Association).

The congress once again a variety of topics related to spinal cord re-generation, ventilator modalities and diaphragmatic stimulation, treatment modalities were addressed, and posters on a variety of topics applicable to the theme of the congress in the context of the multi-disciplinary team were presented.

## Staff Achievements



**YEARS OF SERVICE:** (From left) Ms Z Mpompa, Dr H Willemse, Prof E Ricks, Prof D van Rooyen and Prof J Strumpher

**CONGRATULATIONS** to **Ms Z Mpompa** and **Dr H Willemse** for achieving five years, **Prof Ricks** for achieving 10 years, **Prof D van Rooyen** for achieving 20 years and **Prof J Strumpher** for achieving 35 years of service at the Nelson Mandela Metropolitan University.

Thank you for your dedication and contribution throughout these years and may there be many more years for all of you.

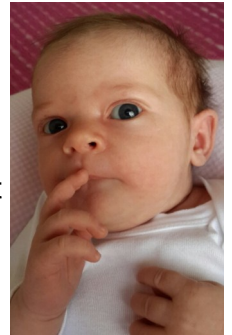
WELL DONE!



## OCEAN RACING SERIES

Clinical mentor, Ms Michelle Elfick, took part in the Season 9 2km swimming Ocean Racing Series running from October 2013. This Ocean Racing Series started in January 2006, and remains one of the largest family beach events in Africa and is unique to the Nelson Mandela Bay. The series offers a fantastic way to stay fit in an informal way.

The School of Clinical Care Sciences received wonderful news of the arrival of Alexa Beth Waters, Andrea Waters's baby girl. Alexa was born on 21st October 2013 and weighed a healthy 3.84 kilograms. Alexa and her Mommy are both doing very well! Congratulations!!



**Dr H Willemse** (First row, 2nd person left) was recently co-opted as a member of the board of directors for the Quad Para Association of South Africa.



## In Loving Memory of Prof Mellish

Well known and much loved professor of nursing science, Prof. Mary Mellish passed away recently at the age of 95. Prof. Mellish was born Joyce Mary Mellish on 30 August 1918 in Cape Town and lived a full and interesting life.

Prof Mellish became interested in nursing during World War II while doing voluntary work through the Red Cross and decided to make it her career. She excelled in all her nursing studies and earned a number degrees behind name. For a number of years she travelled around the country as an examiner for the South African Nursing Council.

She was the first person to obtain a Doctor Curationis degree in Nursing Science in South Africa in 1976 and was Professor of Nursing at the University of Port Elizabeth from 1975 until she retired in 1982. After she retired she continued writing her many highly valued nursing textbooks which are still being used for training nurses today.



## NMMU fencers making history - USSA



**FENCERS:** (from left) Mr A Mgijima ( Tourism), Mr C Nyezi (BCur Nursing), Mr M Xilinx (BCur Nursing), Mr XN Nyati (BCur Nursing).

**PHOTO: EUGENE COETZEE**

In a first for NMMU, four black students will represent the university at the University Sports South Africa (USSA) fencing tournament in Bloemfontein this December. Managing this team is NMMU alumnus, Jon-Paul Raper.

Head coach and vice-president of Eastern Cape Fencing, Jessica Raper, says: "Never in the history of UPE or NMMU has there been a black fencing team to represent the university in a championship or at USSA."

The students will compete in the individual competition on Tuesday, 3<sup>rd</sup> December, and in the team competition on Wednesday, 4<sup>th</sup> December.

"Some of the strongest fencers in South Africa are varsity fencers. As it will be our team's first entry in such a major competition, we only expect of them to do their best and learn all they can", says Ms Raper.

Jon-Paul Raper was coached by Ms Raper in Modern Pentathlon, of which fencing is one of the five sports making up this multi-disciplinary Olympic event. He was awarded Protea colours in Modern Pentathlon in 2011 and competed in many international competitions, including Africa Champs and the World Championships. He is currently 10<sup>th</sup> on the national Epee Fencing Ranking list in South Africa.



No matter how 2013 has turned out for you, take to heart what you have learnt this year, both the academic knowledge and skill gained as well as the variety of personal growth opportunities. You will find that they have made your life richer and fuller because of the challenges and difficulties that you have faced. As a result, you are indeed stronger young men and women. All the very best!

– Dr Rose Exner

To all staff and students:

Greeting you warmly with a wish that's sincere, for a healthy, happy and wonderful New Year!

- Prof Esmeralda Ricks

To all current 2013 second-year students:

The re – OSCE will be on Thursday 9<sup>th</sup> January 2014.

PLEASE remember to hand in ALL of your hour forms by NO later than 11<sup>th</sup> Feb 2014.

Please check your e-mails...

AND have a fabulous summer break!!!

- Ms Karin Gerber

To the First Year Class of 2014

We, the first year team would like to take this moment to thank you all for your hard work and dedication during the year. You all have made a significant contribution to our Profession and we are proud to say that this year “you were the change we want to see”.

We trust that all will continue to share their passion and compassion towards humanity in future.

All the best for your future studies, and remember to enjoy the journey



Thanda Bantu will now officially be our uniform provider for 2014. Please feel free to visit their store for all your uniform needs.

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