

Nursing Science: Celebratory Edition

Striving for excellence in the service of humanity

17 July 2017



From the HOD's desk ...

The first semester has flown by and we are in the second part of the year. A lot of hard work and dedication has been invested in ensuring that successful academic outcomes were attained. Students and staff members are therefore commended for all your efforts and hard work over the course of the first semester.

I wish to welcome some new staff members to our department. The first to arrive was our resident pharmacist, Ms E Slabbert who is also a specialist critical care nurse. Following Ms E Slabbert was Mr A Page and Ms S Koyo who are providing much needed relief for the administration staff. Prof. J Naidoo then arrived from UKZN and she brings with her a wealth of knowledge of all things concerning research. And finally, we have a whole new team of cleaning staff, Ms N Ndongeni, Ms P Ntsulungwana and Ms N Sithebe who are working hard at making the department a pleasant place to work.

Due to fees must fall we had to do things a little differently for final year students who graduated in 2016. Usually there would be a special pledge ceremony with family and friends to celebrate and honor our newly qualified professional nurses and send them off into the world of nursing. We unfortunately could not have such a celebration last year. However, we did have a small ceremony in the department for those students who could make it—just to show our students how proud we are of them. Thank you to all the staff and students who made this a special occasion for all those present.

The Department wishes to proudly congratulate our 2017 graduates and announce that three of our nursing students were selected to represent our Department in Japan in August 2017. We are the only university from Africa, amongst eight other globally representative universities that is part of this project.

Best wishes to you all and a very productive start to this new semester.

Professor Portia Jordan

Meet: Staff 2017



Back row: Ms Jaunita de Veg; Ms Zoleka Mpompa; Mr Israel Sonti; Ms Candice du Plessis; Ms Ayanda Mlatsha; Ms Rehanna Felix; Ms Mercia Kramer; Ms Nadine Rall; Dr David Morton; Ms Candice Williams; Mr Mabitja Moeta

Front row: Ms Zelda Roets; Ms Elize Slabbert; Dr Sihaam Jardien-Baboo; Ms Karin Gerber; Ms Candice Campbell; Prof. Portia Jordan; Ms Allison du Plessis; Dr Lourett Smith; Ms Esme Smith; Ms Mariana Spagadoros; Ms Terry Boyers; Ms Bernie Adams; Ms Candice Bowers; Prof. Maggie Williams; Prof. Essie Ricks [absent: Prof. Sindiwe James]



See page 4



See page 5



See page 6



See page 14

Welcome New Staff Members

The Department of Nursing Sciences heartily welcomes our new staff members:

Prof J Naidoo is the newest addition to the lecturing personnel in our department.

Mrs E Slabbert was a lecturer in our Department for the first semester and has since endeavored to pursue another opportunity within the institution.

Mr A Page also joined us for the first half of the year as an assistant to front/reception office.

Ms S Koyo is our newly appointed Administrative Assistant working with the administration of registered nursing students respectively.



ABOVE (from left to right): **Prof Joanne Naidoo, Mrs Elize Slabbert, Mr Andre Page**

"YOUR WORK is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is GREAT WORK and the only way to do GREAT WORK is to love what you do"

-Steve Jobs



ABOVE We warmly welcome and thank the new cleaning staff who tirelessly assist in making the DNS a clean work environment (from left to right): **Ms N Ndongeni, Ms P Ntsulungwana and Ms N Sithebe**

We are pleased to introduce...



LEFT: Ms E Slabbert

“I arrived at the department on the 1st of February this year. And I say arrive, because it has been a journey. I have been a student here, then took a turn to qualify as a Pharmacist, and here I am, back as if I have never left. Nursing is part of me, on a level far deeper than even I originally understood.

During my interview with Prof Jordan, I saw the “personality” of the Nursing Department in the way she so passionately discussed its highlights and challenges, the future, opportunities, contributions and involvements in the changing health care environment. Without a doubt, I knew I want to be a part of this and I am grateful for the opportunity to learn and work in this environment.

I have been welcomed with open arms (and lots of food) and I now understand why Prof Jordan is so passionate about the Department. Its personality is a representation of the care, talent and commitment of the staff and their desire to motivate nursing students to achieve their goals. Staff meetings are dynamic and I am way passed being surprised by the brilliance of the discussions. And these same brilliant minds never fail to say “good morning” at the start of the day, “how are you?” as I walk passed the open office doors, and “let me help you with that” as I try and make sense of a new concept. I see this same character of the department reflected in our students, in their determination to succeed and make a difference, and for me this is a humbling experience.

I am inspired to be a life-long learner, to absorb knowledge, attitudes and ideas from every person I encounter in this department and I stand amazed by the Grace bestowed on me. I thank you all for allowing me to contribute.”

- Elize Slabbert

Staff Successes



Proud moment:

Dr L Smith and **Mrs E Smith** at the April 2017 graduation.

Congratulations to Dr Lourett Smith on graduating with her PhD this year! Congratulations must also be conveyed to DNS staff member Mrs Esme Smith on her daughter's success. All the hard work and perseverance has paid off. Dr L Smith's thesis was entitled: "Strategies to prepare and support the role transition of significant others in becoming caregivers of persons with dementia". She explored and described

how significant others experience providing care to persons with dementia. She developed strategies for advanced psychiatric nurses, psychiatric nurses and other healthcare professionals to prepare and support significant others who become caregivers of persons with dementia. Dr Smith used visual narrative inquiry using collages and semi-structured individual interviews to collect the data from participants. The strategies will assist advanced psychiatric nurses, psychiatric nurses and other healthcare professionals to prepare and support caregivers of persons with dementia in the NMBM.



A BIG CONGRATULATIONS to staff members **Mr M Moeta** (left) who obtained his Masters (Health & Welfare Management) Degree and **Ms A Mlatsha** (right) who obtained her Nursing Education Diploma at Nelson Mandela University.

WELL DONE!

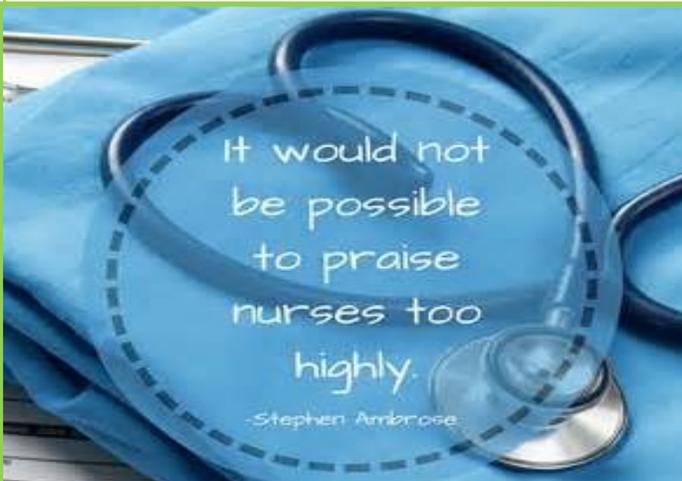
Staff Involvement



The Department of Nursing Science hosted a celebratory tea for our staff graduates and the new staff members. This was a lovely occasion to acknowledge the academic achievements of our staff members and to welcome those who have been newly appointed.



ABOVE: Prof P Jordan (left) congratulates Dr L Smith (right) on her graduation.



ABOVE: Prof P Jordan (left) warmly congratulating Ms A Mlatsha (right) on her graduation.



LEFT: Head of Department, Prof P Jordan (left), presents a graduation gift to valued staff member Mr M Moeta (right).

Nursing Students' Awards Ceremony 2017



ABOVE the prestigious awards on display and some of our 2017 graduates with the Head of Department Prof P Jordan.

The Nursing Students' Awards Ceremony for the BCur graduates of 2017 took place in the Department on North Campus, Nelson Mandela University. The afternoon was enjoyed by the BCur graduates present, DNS staff members, and honored guest **Prof Nanette Smith** who is the Director of the School of Clinical Care Sciences

Well done to our award winners:

Ms H Mohammed - WJ Kotzé Floating Trophy for the best results in General Nursing Science

- OH Muller Floating Trophy for the best results in Community Nursing Science

- Mary Mellish–Johnson & Johnson Floating Trophy for the most outstanding overall results

Ms Z Mtebele - Roche Floating Trophy for the best results in Psychiatric Nursing Science.

Ms L Sommerfeld - Nestle Midwifery Floating Trophy for the best results in Midwifery

Ms M Coetzee - Academic Growth Floating Trophy for consistent academic improvement.

Mr T Blignaut - ICI Leadership Award for the highest degree of leadership

Ms T van Greunen - Henrietta Stockdale Denosa Trophy for the highest degree of professional maturity.

Thank you to our Nursing Staff & Students!

Thank you to all the nursing students and staff members for all your assistance with the organising and/or proceedings of the Nursing Students' Awards Ceremony.

Your efforts, enthusiasm and willingness to assist at this prestigious occasion is immensely valued.

Award Winners 2017

The DNS Awards Ceremony was a filled with proud moments for all those present. It was a great opportunity to honor the student academic achievers and a lovely occasion to send them off into the world of work!



ABOVE: Ms H Mohammed and Prof P Jordan



LEFT: Ms M Spagadoros, Ms M Coetzee and Prof P Jordan



ABOVE: Ms M Spagadoros, Ms T van Greunen and Prof P Jordan



ABOVE (from left to right): Prof P Jordan, Ms L Sommerfeld and Ms M Spagadoros

RIGHT (from left): Prof P Jordan and Mr T Blignaut



Nursing Students' Award Celebration



LEFT (as numbered):

- 1) Ms K Leistra
- 2) Mr T Blignaut
- 3) Ms T van Greunen
- 4) Ms N Rooi and Ms F Lengs
- 5) Ms M Coetzee
- 6) Ms L Sommerfeld and Ms R Valaydon
- 7) Ms Y Mbovu
- 8) Ms E Tsopo
- 9) Ms H Mohammed

RIGHT:

- 10) Cheery DNS Staff with Prof N Smith
- 11) Ms M Spagadoros and Ms A Mlatsha
- 12) Nursing students with Prof P Jordan
- 13) Prof N Smith
- 14) Ms A Mlatsha and her dedicated team of DNS students



Meet: The Executive Committee of the Nursing Society 2017



ABOVE (from left to right): **Mr V Skarfu** (Chairperson), **Ms N Syfers** (Deputy Chairperson), **Mr A Magweba** (Treasurer), **Ms Z Mapuma** (Secretary General), **Ms C Mwadiwa** (Deputy Secretary), **Mr T Mankebe** (Community Development Officer), **Ms C Oyewo** (Public Relations Officer), **Ms P Mathe** (Academics Officer), **Ms A Xaba** (North Campus site rep) and **Ms Y Mhlobothi** (Missionvale Campus site rep).

A word from the Executive:

It is with great pleasure and honour to be sharing the Nursing society's (Nurso) plan of action for 2017. The theme of the year 2017 is "Leaving a legacy". The executive has invested in collaborating with the Nursing Department to ensure that there is continuity of the society and so that the society should be recognised as advocates for our students. This collaboration aids in assisting to find solutions to challenges faced and the promotion of our profession. We also have a strong focus of partnering with the provincial department of health so that we can drive nursing students inputs forward and help shape an efficient health-care system for our communities. If nurses are the voice to lead, that voice should be amplified, it should have meaning and reach its intended recipients.

On the 28th of July, an initiative driven by the society and is aimed at informing nursing stu-

dents about career and study opportunities post – graduation will be hosted. This Career Development Day will be informative and valuable for all nursing student.

As part of its branding, the society is pursuing on buying a banner and T-shirt designs will be out soon. We also have a YouTube Channel: <https://www.youtube.com/channel/UCJBoemCsJiw-UPivTaTingq>; Facebook: NMMU Nursing Sciences Society. Please like, share and subscribe on these platforms.

Many more programmes will take place throughout the year and we hope that you will continue supporting us. Remember that as a student nurse you have a voice to lead, use that voice.

From the Nursing Society Executive 2017.

Our students are involved in...

Inter-professional Education



LEFT (from left to right) :

Ms H Batyo, Ms A Scholtz and Ms V Yona gave the Department feedback on the personal impact and their experiences working on the IPE Project.

Students' reflect on the IPE experience...

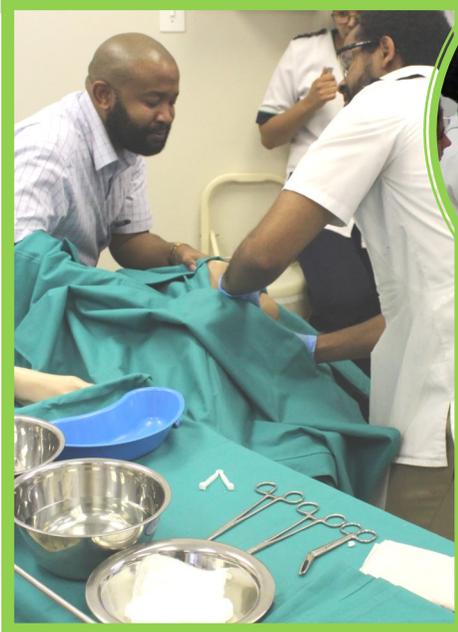
"IPE is an educational programme that enables health care practitioners and students to have the ability to adapt to an unfamiliar environment, working as a team, being able to integrate theory and practical knowledge and the ability to think on your feet and out of the box. You get a chance to actually be in the community, to see the clients in their own environment, helping us to understand the background before the client becomes a patient in the hospital.

With the IPE initiative the client is in control as we are invited to their homes and they are encouraged to make use of their own resources to better and improve their health and take control of their health and promotion independent healthcare. It's less about what we as health care practitioners can do and teach the community but more about what they can teach us. How the community can take what they already know and what they've learnt from us health practitioners and use that to take responsibility of their own health and therefore enrich the health of the rest of the community. Health education being the forefront.

Being part of IPE contributes a great deal to enhancing the knowledge and understanding ones purpose as a future health practitioner. It changes ones perspective of community health and promotes client-centered care, not just on the basis of their health but as a holistic being. It is an experience of a life time that every health student should have the opportunity of experiencing. We had a great time and what the whole experience taught us was that we need to be the change we want to see."

- Ms H Batyo, Ms A Scholtz and Ms V Yona

Skills Block: Midwifery



The 4th years having fun in the simulation clinical laboratory in order to complete their midwifery skills.

*“A walk
on the wild side”*



Sitting from left to right: Dr L Smith; Ms M Fourie; Ms L Rossouw; Ms B Mtotywa; Ms P Vos; and Ms J Wilson

In April this year, Dr L Smith told her advanced psychiatry students to take a hike, and the outcome was – happy, relaxed, oxytocin induced euphoria. Dr Smith led her class on a walk around the campus getting them out of the usual classroom setting and into the fresh air. The purpose of such an activity was two-fold: first it was to ensure the students are exposed to a variety teaching and learning techniques for their own studies and second because the students will themselves be expected to run group therapy sessions after qualification and the techniques they learn here at the DNS will equip them to run effective counselling sessions. In addition, it was a great opportunity for staff and students to engage and get to know one another better.

International Nurses Day



2017 THEME

*Nursing:
A voice to lead-
achieving the sustainable
development goals*

International Nurses day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.

This year as part of the International Nurses Day celebrations nursing students from the NMMU nursing department were invited to attend the first ever nurse's pledge at the state of the art Nelson Mandela's Children's Hospital.

Students were taken on a tour of the hospital and participated as observers during the pledge of service. Amongst the students who were given the opportunity to address the

gathering was our own Mr Euan Martins who presented an emotional speech, thanking the NMCH for being the glamour of hope for all the nursing students countrywide.

This was a very memorable day for all the students.

ABOVE : some of our fourth year nursing students (NMCH bursary holders) who joined the International Nurses Day celebrations at the Nelson Mandela Children's Hospital in Johannesburg.



ABOVE: The Hospital management, nursing personnel, academics and students who participated in the pledge of service.

INU Nursing Workshop in Hiroshima, Japan

THEME: Global Perspectives on Quality and Safety: Improving Patient Outcomes

Three of our students have been selected to represent our Department and the University in Hiroshima, Japan from 4 – 12 August 2017 for the INU Nursing Workshop which will focus on the following learning objectives:

- ◇ Apply the Quality and Safety Education for Nurses (QSEN) competencies to provide quality safe care.
- ◇ Examine national perspectives driving quality and safety to develop a global mindset for delivering quality safe care.
- ◇ Identify safety risks at a healthcare facility to propose solutions that improve quality care.
- ◇ Develop skills for clear effective communication with patients, the care team, and diverse groups.
- ◇ Demonstrate cultural sensitivity in all interactions with patients, the care team, and diverse groups.
- ◇ Identify the inter-professional roles and responsibilities in delivering safe quality care.
- ◇ Demonstrate a variety of educational strategies for developing global safety ambassadors.
- ◇ Apply reflective practices to develop mindful self-awareness.

These students will be accompanied by Prof P Jordan and Ms A Mlatsha for this exciting opportunity.



ABOVE (from left to right): Ms A Mlungwana, Mr M Tracey and Ms T Mejanie

**We wish you all an enjoyable, informative and stimulating journey/
experience —
make us proud!**

Staff Involvement

World TB Day

On 24 March was World TB Day and the "Unmask Stigma" campaign was launched by TB Proof. People were asked to wear a mask with the "Zero stigma" sticker, in solidarity with patients with TB to encourage patients. There was a large lucky draw prize up for grabs too. The dietetics students led by Ms Ingrid Oxley made cupcakes with the slogans "unmask stigma" and "zero stigma" inscribed on them. Ms Oxley shared her own personal experience of contracting TB as a dietician, and she is part of TB Proof organisation. One of the organisation's goals is to break down the stigma attached to having TB. At the invite of Ms Oxley, Ms Kramer gave TB infection control training based on the WHO 2015 Checklist. Ms Oxley thanked Ms Kramer for her enthusiasm, was looking forward to working together more with her.



ABOVE : "Unmask Stigma" campaigners with impactful promotional posters.



Sit-

ting

from left to right: Ms M Kramer (Nursing Science) and Ms I Oxley (Dietetics) Promoting the

Open Day 2017

Every year, the university opens up its doors to prospective students and aims to expose them to the different courses on offer. This year the annual Open Day Exhibitions took place on the 5th and 6th of May at the Indoor Sport Centre on South Campus.

It was a great opportunity for the Department of Nursing Sciences to showcase our programs by providing students, parents and educators with the essential and relevant information that they need in a fun and interactive way.

Thank you to all those who were responsible and involved in ensuring that our department was well-presented at Open Day.



ABOVE : Prospective high school learners enjoying the hand-on experience at the DNS exhibition booths.

Journal Club



The first NEA Journal Club meeting was held on 10 May 2017 in the NMMU Department of Nursing Science. Fifteen people attended the meeting with excellent representation from Netcare. Five NMMU DNS staff members also attended, namely Prof. Joanne Naidoo, Ms Elize Slabbert, Ms Candice Williams and Dr David Morton. The first article to be discussed concerned the topic of hand hygiene of staff and patients in a veterans' hospital. A lively discussion arose from the participants with everyone taking part and providing constructive and stimulating feedback on the chosen article. At the end of the session participants were asked to think of discussion topics for future journal club meetings and email them through to the coordinator of the journal club. It is hoped that in future meetings there will also be representation from other institutions too.

Teachers visit the department



A group of 37 primary school educators from various schools across the NMBM area, visited the Department of Nursing Sciences. This information session which was facilitated by Ms Z Roets served to expose these teachers to the field of nursing and to also highlight the admission requirements of our academic programmes. Further it is hoped that this exposure will so too benefit the students that they teach. The feedback provided from the educators was extremely positive and they reported being blown away with the quality of education that the nursing students are equipped with. It was noted that the DNS presentation was the best for the day and more than half of the attendees said that they wish that they could have studied in this field. Many thanks and appreciation was expressed to the DNS for all our efforts and Ms Z Roets for a very comprehensively informative session.

International Exchanges:

Visit by St. Clouds University



LEFT :

Students (seen wearing red scrubs) and one staff member (backrow on the right) Ms J De Bryder from the University of St. Clouds (In red scrubs) posing with DNS Prof M Williams and DNS Head of Department Prof P Jordan

The students of St Clouds State visited our university. The Nursing Science Department hosted these international exchange students who came to experience health care in South Africa and to learn about our health care system. The students went on site visits at health care facilities in the Nelson Mandela Bay District, where they got to experience community-based care.

Contact Details

**Please submit your photographs and stories
for inclusion in our second semester newsletter**

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NMMU School of Clinical Care Sciences

www.nmmu.ac.za/nursing

Email your stories to andre.page@nmmu.ac.za