

# Nursing News

17 August 2012- Edition 1



## A word from the HOD's desk ...

Living up to its reputation of being one of the most dynamic and progressive Departments of Nursing Science (DNS) in South Africa, we are excited to share with you a number of new developments.

The new 4 year Bachelor and the Extended Bachelor Degrees in Nursing are being finalized and will hopefully be introduced in 2014. The degrees will follow a totally different educational approach in which a much more integrated and inter-professional approach to nursing education will be utilised. In future, graduates will only qualify as General Nurses and Midwives, with Community Nursing and Mental Health Nursing as post graduate qualifications.

Furthermore, the Department of Nursing Science will soon be part of the new School of Clinical Care Sciences, which will also include the Departments of Radiography, Emergency Medical Care and the Department of District Health. The Department of District Health will prepare the mid-level medical worker, referred to as Clinical Associates. These changes are part of the larger initiative to develop a Medical School in the near future.

The DNS is also in the process of upgrading its existing clinical simulation laboratory facilities and will soon be presenting a short learning programme to train laboratory managers and simulation technologists for other nursing education institutions in South Africa.

In addition, we are also excited about strengthening our existing relationship with the Life Healthcare Group to include a partnership with the Max Healthcare Group, based in India.

However, the achievement that we are most proud of is having students like yourselves in our programmes that truly make 'excellence in the service of humanity', visible in your daily practice!

Welcome to the first edition of the Department of Nursing Science's Student Newsletter! Editions will be distributed roughly once a quarter. This newsletter is intended to be a platform through which news, relevant to NMMU Nursing Science students, can be shared.

## Representing Nursing



**YOU MADE US PROUD...** Second and third year class representatives (from left) **Gugulethu Mathumo-Githendu, Tamsin Verheij, Angelique van Eeden and Lyres Titus** were ambassadors for the Department at a FUNDISA student event held at The Space, University of the Free State. The event was aimed at inspiring the development of leadership amongst the next generation of nurses.

## Win a Blackberry

We need a name for the newsletter, and that is where YOU come in! We are holding a competition in which the student who comes up with the best name for our newsletter will win a Blackberry!



So get those creative minds working and send your best ideas to [nursing@nmmu.ac.za](mailto:nursing@nmmu.ac.za). All entries need to be submitted by the 07 September 2012.

The top 5 names will then be put to the vote, by you, the students. We will email you the options and then you can vote via email. Once the votes have been counted, the winner will be announced.

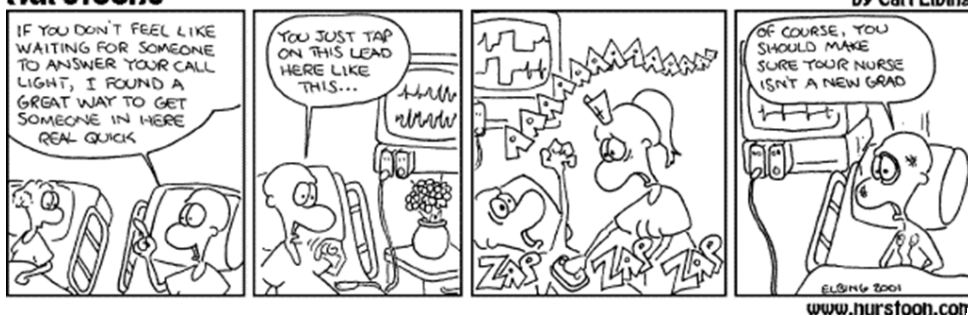
## Making a Difference

A big thank you goes out to all first year students. Upon receiving only 20 bursaries from the Department of Health for 2012, the students who received the funds decided to share the bursaries to enable 20 more of their fellow students, in first year, to receive bursaries.

As stated by **Dr. Crichton**, in a letter to the Department of Nursing Science: "The Department [of Health] wishes again to commend the spirit in which these students acted and the personal sacrifices they were prepared to make for each other".

Compassion and caring are clearly the motto by which these students live and we are proud and privileged to have them in our department. This is a true example of students living according to the NMMU value of Ubuntu.

### Nurstoons



## Visitors from afar

The year 2012 has been an exciting one thus far on the international front. Students and staff from all spheres of the world are joining our international exchange programs with the aim of enhancing internationalization and student/staff development with regard to various cultures and clinical skills.

During the month of May we had the privilege of hosting students and staff from St. John's University & St. Benedict's College in the USA. We currently have students from Bellarmine University, Kentucky also in the USA who will be with us until November 2012. They are here to gain valuable experience in the clinical field. We will also be joined during the year by students from Jacksonville University in Florida, USA, Agder and Stord Universities, Norway.

We would like to encourage all students to interact with these students when you see them in class and in practice to enhance your own internationalization and networking skills.



**INTERNATIONAL VISITORS...** St. John's University & St. Benedict's College students visiting NMMU Department of Nursing Science.



# Re-launch of the new and upgraded teaching and simulation facilities

On 2 May 2012, we launched our newly upgraded teaching and simulation facilities. Our laboratories house world-class technology used for the provision of top class training of our students, including new state of the art Simulation Models for the Midwifery discipline. Additional laboratories have also been created for the Critical Care and Primary Health Care disciplines. Furthermore, exciting new 3-D Audio-visual equipment as well as short-throw technology have been introduced to the department to enhance the capacity for teaching and learning.

Procedures can now be viewed via 3D screens, and technology is able to indicate whether a student is performing a procedure correctly or not. Such technology assists with preparing our students for the realities of health care out in the real world.

A big thank you to all the BCur students for assisting on the day and the staff for making the evening of the Re-launch such a great success.



Above (from left): **Candice Bowers** and **Vuyiseka Mtendeshe** assist with a demonstration in the high fidelity laboratory.



Above: **Dr James** hard at work in the labour ward with a new birthing mom and baby



Above: (from left) **Candice Baartzes** and **Carmen Heath** working with one of the new manikins.



Above: The guests included (from left) **Prof Swartz**, **Prof Exner**, **Dr Muthwa**, **Prof Mayekiso** and the host of the event, our Head of Department, **Prof van Rooyen**.

# Saying goodbye

The Department of Nursing Science recently said farewell to three of our dear staff members **Rinette Dickinson, Marieta Randall** and **Willie Bouwer**. They are starting a new journey with new challenges and we wish them well and “sterkte” in this new chapter of their lives. We thank them for their dedication all these years to nursing and nursing education in South Africa and we will miss them dearly.



From left: Willie Bouwer, Rinette Dickinson and Marieta Randall

## Nursing Joke!!!!

A new nurse listened while the doctor was yelling, "Typhoid! Tetanus! Measles!"  
The new nurse asked another nurse, "Why is he doing that?"  
The other nurse replied, "Oh, he just likes to call the shots around here."

## Post Exam Advice



**So exams are over and the results are out! Some of you may be happy with your results and others of you may be very disappointed. Whatever your situation, here are some tips on what to do next ...**

**Look ahead.** It is important to remember that the exams are over and there is nothing that you can do about these results but you can do something about your future exams. If you are really struggling to move beyond the disappointment of these exams remember that Lisa Currin (Counselling psychologist) is available if you want to speak to someone other than a lecturer.

**Make an appointment to speak to your lecturer.** Discuss both your stronger and weaker areas. Ask your lecturer for feedback and help you to identify the areas of which you need to focus your attention. For example, you may have completed the

question on mood disorders successfully yet the section on substance abuse was your downfall. Or maybe you just didn't understand the question. Even if you did well, there is always room for more improvement.

**Re-look at the way you study.** Did it work for you? If not, then consider a different approach. Not everyone learns through written repetition, some people prefer visual stimuli (e.g. pictures, diagrams, mind maps) while others learn better through listening (e.g. group discussions). If you are unsure on how you should be learning we suggest that you attend a Learning Styles workshop at Student Counselling. These workshops allow you to explore your own learning style and find what works best for you. Also don't discard the idea of study groups, as when these are taken seriously they can be very effective.

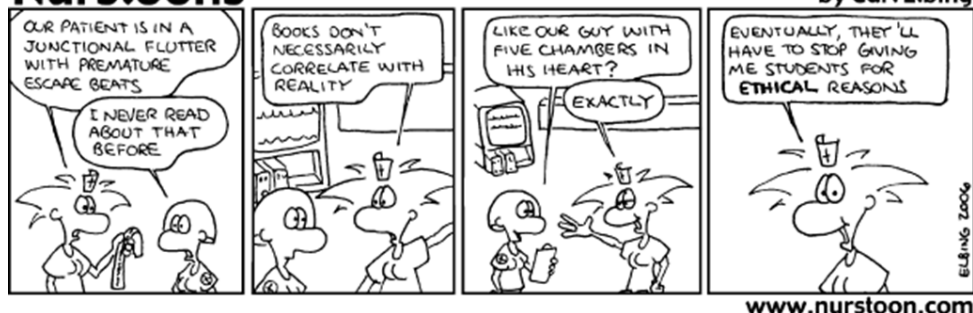


## Being there for each other

**Amanda Peter**, a third year student, has started a wonderful way of giving back...she has decided to lend her GNS textbook to a second year student who does not have one, for a period of six months and will do so annually until the book is no longer needed.

What a great way of being there for a fellow student. Yet another wonderful example of the value of Ubuntu being displayed by our students.

### Nurstoons



### You know you are a nurse if .....

- You believe that not all patients are annoying ... some are unconscious.
- Your sense of humour seems to get more "warped" each year.
- You check the caller ID when the phone rings on your day off to see if someone from the hospital is trying to call to ask you to work.

## Be part of *The Newsletter Team*

Do you see yourself as a reporter or a writer? Look no further!

We are looking for two student representatives to come on board *The Newsletter Team*. The lucky students will get to share their ideas for articles; submit photographs; and keep the rest of the committee up to date with student life. With your creative help, we can keep the newsletter relevant and student-friendly.

Do you have a wealth of creative ideas and a flair for writing? If you do, apply now by sending us a brief email to [nursing@nmmu.ac.za](mailto:nursing@nmmu.ac.za) about why you would be an asset to *The Newsletter Team*. The deadline is Friday 31 August. Looking forward to receiving your applications!



**Newsletter team...** (From left to right) David Morton, Nicole van der Westhuyzen, Samantha Andrews, Nadine Rall and Zelda Roets.