

BCured News

Nursing Science

Striving for excellence in the service of humanity

29 July 2015 - Edition 10



From the HOD's desk ...

Welcome to *BCured News* for July 2015. Recess is over and we trust all our students are ready and excited for the new term.

On 12 May we celebrated International Nurses' Day, which is an opportunity to promote our profession and to help the public to understand the importance of the work we do. One of the concerns in our profession is the problem of supply and demand. There is a very high demand of quality professional nurses who can provide care of a very high standard with compassion and empathy. However, the supply has always been a challenge. Nursing departments at higher education institutions are under increasing pressure to produce high numbers of nurses for the growing number of hospitals and clinics. However, our department insists and has always insisted that the quality of our nurses takes precedence over the numbers of nurses who complete our programmes.

Hence, it is with great delight when we see our young nursing students displaying a real passion for the profession. This was especially evident in the words of the current chairperson of NURSO on International Nurses' Day. I am very confident that the students whom we are educating for tomorrow are of a very high quality and who are empathetic and caring and who are "a force for change".

And it is on this note that I would like to sincerely thank my colleagues in the department who are always going the extra mile to provide top quality education to our students. I am very proud to be associated with them and as Teilhard de Chardin said: "The future belongs to those who give the next generation reason for hope." And this is what I believe we are doing in the Department of Nursing Science.

Prof. E.J. Ricks

Giving back on Mandela Day



ABOVE: Celebrating Mandela Day (Back: left to right): Nursing student, Ms Nadine Rall (Nursing lecturer), Mr Euan Martins (2nd year Nursing student), Ms Ayanda Mltasha (Nursing lecturer) Front: Prof Derrick Swart (Vice-Chancellor, NMMU)

On 17 July 2015 NMMU's Department of Nursing Science staff and students celebrated Mandela Day as part of an initiative of the Nursing Education Association (NEA, Port Elizabeth) by providing free-of-charge health services to the general public. They set up stalls in various shopping centres across Port Elizabeth, providing services such as taking blood pressure, screening of blood glucose and providing of health education in honour of Nelson Mandela.



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Visitors from the USA



ABOVE: Welcoming our visitors from James Madison University. (From left to right): Prof. Jordan, Prof. Sternberger, Prof. Lovell, Prof. Ricks and Ms E. Smith.

On the 14th and 15th of May we were visited by representatives of James Madison University in Washington, USA. Prof. Lee Sternberger, the Associate Provost and Prof. Sharon Lovell, the Dean of the College of Health and Behavioral Sciences visited the department with a view to plan for a faculty led semester programme in the area of Health Sciences. Dr. Nico Jooste of the NMMU international office requested a meeting with various departments including the Department of Nursing Science, and also departments from the

School of Behavioral Sciences to discuss various possibilities regarding the courses that could be undertaken by the international students. The meeting also enabled the visitors to obtain an insight into how our programmes work.



LEFT: On tour of the community clinics in Port Elizabeth (left to right): Ms L. Smith, Prof. Jane Begley and Dr Williams.

In March, Prof Jane Begley of St Cloud State University visited the Department of Nursing Science. Dr. Maggie Williams and Ms Lourett Smith took Prof Begley to visit Qgebera Community Health Clinic as well as Walmer 14th Ave Community Health Clinic. The purpose of her visit was to inspect the facilities where the St Cloud State nursing students may be placed for their practical rotations when they visit the Department of Nursing Science in 2016.

International Ties



One of the privileges of studying and working in the NMMU Department of Nursing Science is the opportunity to interact with people from all parts of the world. The department has European links with a number of colleges and universities in Norway and Sweden, such as Agder, Stord, Gothenburg. It also has ties with colleges and universities in the United States of America, such as St Johns and St Benedicts, and St Cloud State. In addition, we are slowly forging ties with African countries including the Democratic Republic of Congo and Zambia. We also have links with India via LifeHealth with some of our staff conducting training in New Delhi. In addition, we have made contacts with our Turkish colleagues with the possibility of future ties there. The department has also had visits by delegates from the UK, Germany and the Netherlands amongst others. And we have had students graduating from our department from a range of countries, such as the USA, Nigeria, Namibia, Botswana, Lesotho, Ethiopia and even the middle east. We are truly part of the global community!

Greetings from Norway!



The above photo shows a group of exchange students from Norway who visited the Department of Nursing Science at the end of last year, between September - December 2014. They hail from Stord / Haugesund University College. As part of the student exchange programme and their clinical outcomes they worked in the hospitals throughout the Nelson Mandela Bay Municipality in both the public and private sectors. This photo, with the students in their traditional dress, was taken on their graduation day in May this year. Congratulations and all the best with your careers!

Nursing Science Post-Graduates



ABOVE: (Back Row, left to right): **Ms Senti, Mr Moeta, Dr du Rand, Prof James, and Dr Williams** (Second Row, left to right): **Ms Pattinson, Ms Rall, Mr Sonti, Prof Ricks, Prof Strumper, Ms Fernandez, Ms Klopper, and Ms Ndikwetepo** (Third Row, left to right): **Mr Nyangeni, Prof van Rooyen, Prof Jordan, and Ms Martin** (Fourth Row, left to right): **Ms Yon, Dr Caka, Dr Bell, Ms Pheiffer, and Ms Sam**

The Department of Nursing Science was proud to have a high number of nurses (both staff and students) graduating with post-graduate qualifications this year. Among the staff, Ms Anneki du Plessis, Mr Thando Nyangeni and Mr Israel Sonti made the staff proud by completing their Masters degrees in Nursing Science and Prof Jordan who completed her MBA. Altogether we had 47 students graduating with their Honours degrees. We also had six students graduating with Masters Coursework: **Ms Liana Else** (Prof. Jordan & Ms Spagadoros); **Ms Evette Pheiffer** (Prof. Jordan and Dr Williams); **Ms Samantha Martin** (Prof. James & Ms Rall); **Ms Nomphiwe Senti** (Prof. James); **Mr Israel Sonti** (Prof James) and **Ms Noluthando Sam** (Prof. Strumper) and eight students graduating with Masters Research: **Ms Annamie de Wet** (Prof. Strumper & Dr du Rand); **Ms Anneki du Plessis** (Prof. Strumper & Dr Morton); **Ms Dina Fernandes** (Prof. Strumper); **Ms Ntombiyakhe Matshotyana** (Prof. van Rooyen & Dr du Rand); **Ms Nonkululeko Mshweshwe** (Prof. Strumper); **Ms Monika Ndikwetepo** (Prof. Strumper); **Mr Thandolwakhe Nyangeni** (Prof. van Rooyen & Dr du Rand) and **Ms Gadieja Yon** (Prof. Strumper). The department also saw three students graduating with PhDs: **Dr Janet Bell, Dr Ernestina Caka** and **Dr Nontembeko Shasha**. Congratulations to all the new graduates! Also well done to all the staff who accompanied all the students on their research journeys.



International Nurses' Day

On 12 May 2015, the Department of Nursing Science joined with nurses throughout the world to celebrate International Nurses' Day. The theme for the day was: **Nurses: A Force for Change: Care Effective, Cost Effective**. Staff and students took time out to celebrate the day that honours the role of nurses in society by gathering at West Campus, at the School of Clinical Care Science's CSIR building for a lunch time seminar especially arranged for the day. A number of staff members presented inspirational talks to the group. The seminar began with a welcome and introduction by our HoD, Prof Ricks. Thereafter Ms Gerber presented on "Care efficiency - What can nurses do?", followed by Dr ten Ham whose talk was on "Striking a balance". The chairperson of NURSO, Mr Martins, representing our students, then presented a moving talk entitled: "Caring: a chain reaction" (see p. 2 of *BCured News*). Finally, Dr Jardien-Baboo spoke about "Bridging the gap with care". Mr Moeta gave the vote of thanks with his usual charm and humour leading to much laughter among everyone present. The seminar ended with celebratory eats and drinks. A big thank you to the coordinator, Ms Gerber, and everyone who made the celebration a great success.



LEFT: Celebrating Nurses' Day... (Front, left to right): **Luyanda Duma** and **Yonela Nduku** (Behind, left to right): **Lucerencia Windvogel, Jenna Henning, Nobonke Sibinda** and **Celeste Roberson**



RIGHT: Dr Jardien-Baboo having a laugh at the Nurses' Day celebrations.



ABOVE: Department of Nursing staff, Mr Nyangeni and Ms Bowers enjoying the Nursing Day festivities.



LEFT: Nurse buddies celebrating International Nurses Day (From left to right): **Yonela Nduku** and **Lindiwe Mtsi**

FAST FACTS...

- International Nurses' Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.
- The first International Nurses' Day was celebrated by The International Council of Nurses (ICN) 60 years ago in 1965.
- International Nurses' Day was first celebrated on 12 May in 1974
- In 1953, US President Dwight Eisenhower rejected a proposal for the proclamation of a Nurses' Day
- The ICN commemorates IND each year with the production and distribution of the IND Kit. The IND Kit 2015 contains educational and public information materials, for use by nurses everywhere.

NURSO: Message from the chairperson on Nurses' Day



On 12 May 2015, on International Nurses' Day, NURSO chairperson, Euan Martins, presented an inspirational talk to our nursing students at the lunch time seminar on West Campus.

Happy Nurses Day!

Indeed what a tremendous privilege it is for all of us on such a momentous day. We have the privilege of calling ourselves nursing students. Students aspiring to embark on a journey that will lead them to a most honourable profession. Ladies and gents allow me briefly to share the nature of our profession and perhaps rekindle the fire of your passion.

Nursing is not merely a job that has to be done on a day to day basis. It is not a task that can be performed by just anyone. Instead it is a profession. A profession based on the highest of moral values and the most noble of our kind engage with and within this profession. The core principles of our profession are to care, to love and to give back. That is why we are willing to endure any hardship, any inequality, any unpleasant task and any difficult person. It is our pride; our profession.

We have thus far endured a lot of things regardless of whether you're in your first year or whether you are in your fourth year you have all endured a lot and because of that you should be proud of yourself. If on this day we get the opportunity to celebrate and commemorate all that we are as nurses, then let's make the most of it. Reflect on where you were, where you are now and where it is that you'd like to be.

Take a moment to think about the fact that you might have had other plans before you entered this profession and that you aspired for many other things in life but allow me to reinforce a belief, and that belief is that you have been **called** to do what you do! You are a unique individual with a lot to offer to our patients, to our society, to our country and to this very world.

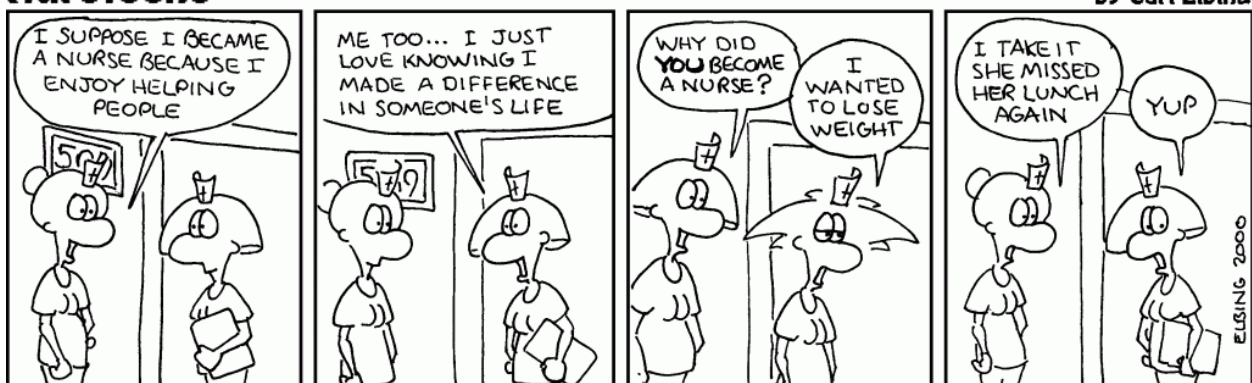
May you all be blessed today and take pride in the fact that you're a nursing student. Take pride in the fact that you form part of a profession of this nature.

As the Chairperson of the Nursing society I want to thank you for all your efforts and support and wish you the best of luck with your future endeavours.

~Euan Martins (chairperson)

Nurstoons

by Carl Elbing



www.nurstoons.com

Male Nurses on the Increase!



LEFT: Student nurses.. (Back row, left to right): **S. Gqibisa; T. Lekgetho; M. Tracey; P. Masienyane** (Middle row, left to right): **K. Mbudwana; S. Pikashe; P. Mwan-ge; M. Ntushelo; M. Dyonta** (Front row, left to right): **A. Majola; M. Nyikila; W. Ntsilani; S. Meji**

In the past, nursing science has been largely the domain of women and indeed, women were the founders of modern nursing science. However, things are beginning to change and more and more men are now looking to join the profession. This year, the Department of Nursing Science had a record intake of male nursing students with over 13 young men putting their names down for first year nursing science. The presence of men is also reflected in the make up of the Nurso executive committee with the founders being men and the current chair, Euan Martin, being a man. Furthermore, we currently have three male nurse lecturers in the department: Mr Israel Sonti, Mr Thando Nyangeni and Mr Mabitja Moeta, following in the footsteps of Dr Herman Willemse who preceded them.



Mr Thando Nyangeni—lecturing
in Nursing Education



Mr Israel Sonti—lecturing
in Midwifery



Mr Mabitja Moeta—lecturing
in Nursing Education

Nursing Students take part in the Color Run

The Department of Nursing Science was well represented by our first year nursing students at this year's NMMU Color Run on Sunday, 17 May 2015. The students had lots of fun taking part and we hope next year's event will see even more students taking part and maybe even some staff!



LEFT: (BEFORE) First year students looking smashing in a highly select range of *haute couture* before things got a little colourful.

(Left to right: **Pumeza Ngcaku, Mwayi Mphalalo, Tania Mejanie, Hlumelo Batyo, and Amy Scholtz**)

RIGHT: (AFTER) When I'm feeling blue, or is it purple? Not quite Caitlyn Jenner, but first years getting transformed after a dose of colour.

(Left to right: **Hlumelo Batyo, Tania Mejanie, Pumeza Ngcaku, Amy Scholtz, and Mwayi Mphalalo**)



What is the Color Run?

According to the Color Run website: *"The Color Run, also known as the Happiest 5k on the Planet, is a unique paint race that celebrates healthiness, happiness and individuality. Now the single largest event series in the United States, The Color Run has exploded since our debut event. We have more than tripled our growth, hosting more than 170 events in 30+ countries in 2013."*



Farewell to our American Visitors

The Department of Nursing Science was privileged to have a Fulbright Scholar visiting the department for period of almost a year. Prof. Pam Hanes from Colorado came at the invitation of the Dean of Health Sciences, Prof. Exner in July 2014. Her expertise and extensive knowledge of research and grant proposal writing was a valuable asset to the faculty for the period of her stay.

Prof Hanes's insightful questioning regarding student proposals challenged the staff to engage in reflective thinking regarding the manner in which research was conducted in the department. This sometimes led to long discussions regarding research and such rigorous debate is essential for the development of a strong research culture. Prof. Hanes has hinted at a possible future visit and we look forward to her coming to share her expertise with the faculty.

In addition, Prof. Hanes was accompanied by her husband, Dr Reid Reynolds, a sociologist by profession, who very willingly rolled up his sleeves to assist with guiding our postgraduate students, especially with proposal writing and issues around methodology and sampling. Like Prof. Hanes, Dr Reynolds challenged staff and students alike regarding how we do research for which we were very grateful. Our students often mentioned how they appreciated the insights shared by our two international visitors and we are confident that our students will build on the knowledge and skills acquired.

We wish Prof. Hanes and Dr Reynolds all the best with their future endeavours, and we hope that we will see them again soon.

“Service is a smile. It is an acknowledging wave, a reaching handshake, a friendly wink, and a warm hug.

It's these simple acts that matter most, because the greatest service to a human soul has always been the kindness of recognition.”

- Richell E. Goodrich



Staff news!



Double congratulations!

On 27 March, in usual Department of Nursing style, a joint surprise party was arranged for Dr Wilma ten Ham and Mr Thando Nyangeni. Dr ten Ham was due to be married to Hope Baloyi and it was her kitchen tea and Mr Nyangeni had just had twins and so it was his baby shower. So it was a “kitchen shower” for the two staff members. A wonderful spread was arranged in the Boardroom. The two were totally unaware

of the all the preparations and they had a very happy surprise when they entered the Boardroom. All the best to Dr ten Ham on her new life with Hope and to Mr Nyangeni and his wife Pinky with his baby girl and boy.

New Arrival!

Exciting news! Our Newsletter editor, Mrs Benade delivered a healthy baby boy, Sion, on the evening of the 30th April with a birth weight of 3,3kg. Congratulations to the proud new parents!



NURSO: 2015 Opening Function



In April, NURSO's executive team of 2015 hosted their opening function at the XM clubhouse. The event proved to be a great success. The programme consisted of speeches by guest speakers which included lecturers from the Department of Nursing Science, and speeches from the former chairperson, Xabiso Nyati and also the current chairperson, Euan Martins, as well as poetry recitations. Thereafter, a wonderful spread of food was provided to everyone present.

ABOVE (left to right): Guest speaker, **Ms Mlatsha**, provided some words of wisdom at the NURSO gathering.

Once all the formalities were out of the way the members gathered in

the centre of the room to play games. Lots of fun was had by all, however, the entertainment did not stop there. After all the activities were completed, the DJ started playing music and everyone gathered in the centre of the room to dance. Some members claim that new dance moves were even invented on that day. At the end of the event the chairperson thanked the members for attending and encouraged them to attend future functions.

NURSO is planning to host more events in 2015 and it is hoping to gain the full support of its members. This was the opening function and the start of many more fun times and good laughs. As the NURSO motto declares: "*Facta Nostra Vivent*" - "Our deeds shall live". And so we are looking forward to the future deeds of the nursing society.



LEFT: NURSO members, together with the NURSO executive committee, enjoying themselves at the opening NURSO function of 2015, at the XM Clubhouse.

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