

# BCured News

## Nursing Science

*Striving for excellence in the service of humanity*

6 March 2015 - Edition 9



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

Welcome to our first *BCured News* for 2015 and a warm welcome to all the students, especially to our first years. We truly hope you have an exciting academic year with much success.

The year 2015 had a dramatic opening with the celebration of the NMMU Department of Nursing Science's 40th Anniversary. After much hard work, and planning, going all the way back to 2013, the day finally arrived. What a fantastic event! Guests arrived from all over South Africa and even from overseas. We had the privilege of having Prof. Wilma Kotzé, former HoD, come all the way from Australia to attend the celebrations and to be our guest speaker. Other speakers were the Deputy Vice Chancellor (academic), Prof. Denise Zinn, our Executive Dean Prof. Victor Exner, and our Director of School, Prof Dalena van Rooyen. Thank you so much to all who helped to make the day a wonderful success.

The department hosted an international delegation from the Democratic Republic Congo recently. Their visit demonstrates clearly that the department has made its mark on the international stage with visitors from other countries coming to learn from our simulation teaching strategies.

Our third year students visited the USA in January 2015, and we are very proud of them and how they represented the department. We encourage all first and second years to work hard so that they might give themselves the opportunity to be chosen to go to the USA.

Finally, I would like to motivate all our students to join the Nursing Society (NURSO) and also the "Nursingers". It is a great opportunity to make life-long friends and for personal growth. Once again, I wish all our students much success in 2015!

## Department of Nursing Science's 40th Anniversary



The year began with great excitement, as the Department of Nursing Science celebrated its 40th Anniversary on 18 February 2015 at the Archive and Exhibition Centre, Nelson Mandela Metropolitan University (NMMU), Second Avenue Campus. The guests were welcomed with cocktails and directed to an impressive exhibition honouring undergraduate and postgraduate nurses who had studied at UPE/ NMMU in the

past. Photos of current and former staff members, and other artifacts were on display which expressed the history of the department.

The guest speaker for the evening was Prof. Wilma Kotzé, former HoD of the department. Prof. Kotzé especially flew in from Australia to be at the event. Her speech was inspirational and placed an emphasis on the interconnectedness of people and the importance of history and tradition in maintaining a link with the past, acknowledging that the successes of today are founded on the hard work and vision of those who went before us. Prof. Kotzé emphasized that visionary leaders not only look forward, but also backward in order to learn from the past. She argued that nursing schools need to "*rediscover and exploit the full potential of History as an asset in all nursing curricula.*"



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# Nursing Society New Members for 2015



**ABOVE** (from left to right): **Mr E Martins** (Chairperson), **Ms Y Madikizela** (Deputy Chairperson), **Mr C Nyezi** (Treasurer), **Ms S Potye** (North Campus site rep), **Ms Y Mbovu** (Secretary General), **Ms N Syfers** (Missionvale site rep), **Mr L Mmango** (Public Relations Officer) and **Mr V Skarfu** (Deputy Secretary General)

The Nursing Society (NURSO) was founded in 2014 and is now officially an NMMU society. The society was created with a certain vision, inspired by its founders. It shares the values that have been adopted by the Department of Nursing Science. These include: integrity, diversity, excellence, respect and altruism.

The society, despite the fact that it is still newly founded, had a great number of successes throughout 2014. The executive committee had the privilege of enjoying the fruits of their labour as they reached their goals during their term of office. Among many other achievements the society won the best new society of the year award for 2014. It also had a successful parcel handover to the Campus Health Clinic following a mass collection of tin canned food; it had a R1 fundraiser whereby our members collected money to determine the number of students at NMMU; NURSO also collaborated with other societies leading to much needed interdisciplinary interaction. NURSO also successfully hosted its own social gathering for all nursing

students irrespective of the year level and this created an opportunity for all the students to get to know one another. The society also hosted its very first Annual General Meeting where the new executive committee was nominated and elected (see photos above).

The founders started the society with the idealistic view that it would serve the nursing students, the nursing department, the NMMU and society itself. The executive team for 2015 sets out to do just that. For 2015 there will be a number of challenges that will have to be faced. Fortunately a plan of action has been put in place and hopefully all the goals will be reached by the end of the year. There will be fundraisers, community outreach projects, social gatherings (for nursing students), and also mass membership involvement. The executive committee is fully prepared to lead the society to greater heights with the hopes of having the full support of all its members.

# International Longboarding Championship for Clinical Mentor

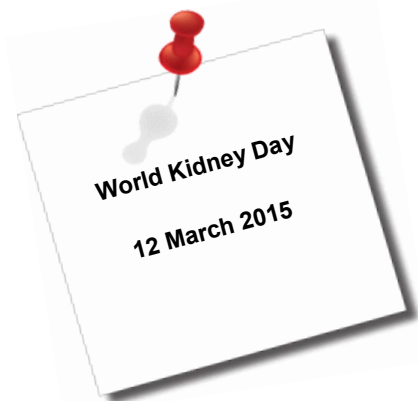


Clinical mentor and midwife, **Ms M Wibbelink**, competed in the International Longboarding Championships on the Chinese Island of Hainan, which took place from 5 to 12 December 2014.

Ms Wibbelink came second in the South African Longboarding Championships in 2014 qualifying her to represent South Africa on the ASP World Longboarding Tour. Ms Wibbelink is one of the top 36 longboarders in the world representing South Africa with Hannah Bing, Matthew Moir and Grant Beck, all three hailing from the Eastern Cape Province.

Ms Wibbelink fell out of the second round at the International Longboarding Championship which left her with an overall 25th place. Ms Wibbelink expressed her excitement at being able to take part in such a prestigious event:

*“ It was such a huge privilege to compete in the GoPro World Longboarding Championships in China with the top 36 of the world. We had perfect contestable conditions with outstanding performances. The wave at Riyu Bay is a left-hand point and it was working right through the contest. Being a surfer from Jeffrey's Bay where I only ever surf perfect right-hand point breaks, I had a big disadvantage competing on a left. Seeing that I am 25th in the world, I am super stoked anyway! “*





# Nurses' Pledge of Service Ceremony



The Pledge of Service Ceremony for the BCur graduates of 2014 took place on 22 January 2015 at the South Campus Auditorium, Nelson Mandela Metropolitan University. The evening was enjoyed by all the BCur graduates, their families, nurses from the practices and other guests. The guest speaker for the evening was **Prof B Bhengu** (Chairperson: South African Nursing Council) who addressed the graduates providing words of wisdom. **Prof DM Zinn** (Deputy Vice Chancellor: Teaching & Learning) also addressed the audience on the evening with a delightful and motivational speech. The entertainment for the evening was provided by the newly formed, nursing choral group, the *Nursingers*: **Mr E Martins, Ms K Jokozela, Mr Z Ngcanasa** and **Mr L Mmango**.

Well done to **Ms T Verheij** who walked away with four awards namely: the WJ Kotzé Floating Trophy for the best results in General Nursing Science, the OH Muller Floating Trophy for the best results in Community Nursing Science, the Nestle Midwifery Floating Trophy for the best results in Midwifery and the Mary Mellish– Johnson & Johnson Floating Trophy for the most outstanding overall results. **Ms A van Eeden** received the Roche Floating Trophy for the best results in Psychiatric Nursing Science and **Mr X Dlamini** received the Henrietta Stockdale Denosa Trophy for the highest degree of professional maturity. **Ms A Vala** received the Academic Growth Floating Trophy for consistent academic improvement.

## Thank you to our Nursing Students!

Thank you to **Ms M Klaas, Ms N Melane, Ms A Potgieter, Ms A Ketile, Ms K Silindokuhle, Ms A Nyamfu, Ms S Sezoe, Ms L Ross, Ms E Mostert, Ms B Puzi, Ms M Reid, Ms P Cuntu, Ms N Dlamini, Ms P Kiwiti** and **Ms S Lubelwana** for all your assistance at the Pledge of Service Ceremony. The Department of Nursing Science appreciates your enthusiasm and willingness to assist at this very special event in the Department of Nursing Science's calendar.

# Staff Developments

## Welcome to New Staff!



The Department of Nursing Science would like to welcome (from left to right) **Mr M Bailey** (IT Technician for the School of Clinical Care Sciences), **Ms T Boyers** (Community Nursing Lecturer), **Ms Mercia Kramer** (Community Nursing Lecturer), **Ms A Mlatsha** (Psychiatric Nursing Lecturer) and **Ms Allison du Plessis** (General Nursing Science Lecturer and the third Ms du Plessis in the department!).



## Professional Good News



**ABOVE** (from left to right): **Prof P Jordan**, **Dr S du Rand**, **Ms K Gerber**, **Mr I Sonti** and **Ms A du Plessis**

**A BIG CONGRATULATIONS** to **Dr P Jordan** who has been promoted to an Associate Professor, **Dr S du Rand** who has been promoted from lecturer to senior lecturer, **Ms K Gerber** who has been promoted from associate lecturer to lecturer, **Mr I Sonti** who obtained his Master of Nursing in Advanced Midwifery and Neonatal Nursing Science degree and **Ms Aneki du Plessis** for obtaining her Master of Nursing degree (Research).

**WELL DONE!**





## CEIA Career Exhibition

The School of Clinical Care Sciences took part in its first ever career exhibition for the CEIA (Careers Exhibitions & Information Association) a collaborative effort between the University of Fort Hare and NMMU. The exhibition for the School of Clinical Care Sciences consisted of the departments of Nursing, Radiography and Emergency Medical Care. The exhibition was held at the Nelson Mandela Bay Science & Technology Centre in Uitenhage on 16th and 17th February and continued at the Nongoza Jeba Hall on the 18th of February until 20th February. The exhibition was attended by various schools in Uitenhage and Port Elizabeth ranging from Grade 9 to Grade 12.



**LEFT:** Ms N Rall, Midwifery lecturer, promoted the Bachelor of Nursing degree in Uitenhage.



**ABOVE:** Students enjoying the CEIA Career Exhibition in Uitenhage.



**LEFT** (from left to right): Ms S Puffet, Emergency Medical Care lecturer and Ms M Willemse, Radiography lecturer represented their departments and promoted their programmes.



## New Slogan for Advanced Critical Care Students

Advanced critical care nursing student **Yoliswa Ndlebe** is wearing a T-shirt with the slogan: "Cute enough to stop your heart...skilled enough to restart it". The importance of identifying and managing arrhythmias, which is part of the critical care nursing curriculum, has inspired our 15 advanced critical care nursing students to adopt this slogan.

# 40th Anniversary Celebrations

*The following article is an abridged version of the background banner at the Archive and Exhibition Centre*

In 2015, the Department of Nursing Science celebrates its 40th anniversary and is very proud of all its many achievements. The number of undergraduate students in the BCur qualification increased from 6 in 1975 to 456 in 2014, while the post-graduates increased from 18 in 1975 to 279 in 2014. The department has also grown substantially with regard to the number of staff members, with our current staff quota being over 30 lecturers and administrative staff. In 1979, the first five students graduated with a BCur qualification with 38 graduating in 2015.

The department is also proud of its world class simulation laboratories with state of the art equipment for the various disciplines in nursing. In addition, our staff members have been invited to conduct simulation training workshops both inside and outside of our borders owing to the unique knowledge and skills possessed by our staff. The department is participating in the Nursing Education Partnership Initiative (NEPI) and our staff members have been involved in providing clinical laboratory simulation training in Zambia and the Democratic Republic of Congo.

The Department of Nursing Science has also become a highly engaged department over the last 40 years. The department has built international ties with the USA. Another exciting enterprise involves a collaborative project with Life Healthcare South African and Max Healthcare in India. Our department's role includes teaching nursing students in India at the Max Healthcare. Two staff members have already travelled there to teach and the visit was a great success.

Nationally our staff members are very active through the Nursing Education Association (NEA). In addition, our staff members are represented on the Forum of University Nursing Deans in South Africa (FUNDISA). Two staff members were also chosen to be trained as lead researchers through the Plume Project, a collaborative project involving FUNDISA and the National Research Foundation (NRF). Our department also has links to the Academy of Nursing in South Africa (ANSA) and also with Life Healthcare.

At a local level the staff members have been involved in various community engagement activities, such as the training of nursing educators from the Lilitha College of Nursing. Another example is that each year a number of our BCur nursing students are selected to assist with clinical assessment, diagnoses and treatment of patients seeking health care services on the Phelophepa train, which travels deep into the rural areas.

The department has made an impact globally, nationally and locally on health care education in general and nursing science in particular. It has touched the lives of hundreds of students over the 40 years producing top quality nurses, with a high work ethic and moral integrity. The department desires to continue to grow in excellence and build on its strengths, all the time seeking to be innovative and visionary in its teaching, engagement and research.



**Left:** Guests enjoying the lovely atmosphere and the welcoming speech by **Prof V Exner**, Executive Dean: Faculty of Health Sciences.



# 40th Anniversary Exhibition

*"We, the nurses of South Africa are blessed with roots and a history that we really can be proud of. Nature teaches us that roots serve as anchors; they provide the pathways to feed and secure the growth and the quality of the harvest! In the interest of the cause we serve, we have the moral duty to acknowledge our roots by introducing every new student we are blessed with, to the history of this great profession."*

- Prof Wilma Kotze



**ABOVE** (from left to right) **Prof D van Rooyen**, Director: School of Clinical Care Sciences and **Prof E Ricks**, Head of Department: Nursing Science.



**LEFT** School of Clinical Care Sciences staff (from left to right): **Ms Z Mpompa**, **Ms S Benade**, **Ms C Williams** and **Ms L Moore**.



**ABOVE** (from left to right) **Ms A Mlatsha**, **Ms M Randall** and **Ms L Phakathi** enjoyed the 40th Anniversary celebration.



**LEFT:** Recognising nurses who have excelled since the inception of the Department of Nursing Science at UPE/NMMU.

**RIGHT:** Nurses who received recognition at the exhibition (from left to right) **Dr S Jardien-Baboo**, **Ms K Gerber** and **Ms J Bell**. These three ladies completed their BCur degrees in 1991 and enjoyed a little 24 year reunion.



The exhibition will be open to the public until 27 March 2015. More photos and a report can be viewed on the departmental website. A virtual tour of the exhibition will also be made available shortly—see <http://nursing.nmmu.ac.za/Department-of-Nursing-Science-40th-Anniversary>



## Student and Staff Fun Event



**ABOVE:** First year nursing students playing Pictionary.  
**RIGHT:** Nursing Society students for 2015.



The excitement of our first years was tangible when they attended an event especially organised for them on the 6<sup>th</sup> of February in the Senate Hall on North Campus. A large number of first years were present and endless fun was had by all. After all the formalities were out of the way and all the lecturers had spoken encouraging words of wisdom, the How2buddies for 2015 engaged the first year group in some fun activities. One activity was a game called “riverbank”. Students were required to stand on a demarcated line and when they heard the words: “river”, “bank” and “riverbank” they were expected to move to different positions. This was great fun as the students became confused and were eliminated until only one remained. The students also played Pictionary, where they selected strips of paper depicting a word and which they had to draw on a flipchart. This led to much laughter as the first years’ artistic skills and creativity were seriously challenged. At the end of the event, and after the prescribed dose of fun was administered, the first years were ready to start the new academic year.

**About NURSES:** *Somebody asked: “You’re a nurse?!? That’s cool, I wanted to do that when I was a kid. How much do you make?” The nurse replied: “HOW MUCH DO I MAKE?” I can make holding your hand seem like the most important thing in the world when you’re scared. I can make your child breathe when they stop. ... I can help make your father survive a heart attack. I can make myself get up at 5 AM to make sure your mother has the medicine she needs to live. I work all day to save the lives of strangers. I make my family wait for dinner until I know your family member is taken care of. I make myself skip lunch so that I can make sure that everything I did for your wife today is charted. I make myself work weekends and holidays because people don’t just get sick Monday thru Friday. Today, I might save your life. How much do I make? All I know is, I make a difference. ~Unknown*

## USA Exchange Programme



**ABOVE:** Farewell dinner hosted by the College of St Benedict where our students were awarded with certificates for the successful completion of the South African Study Abroad Exchange Programme.

Four bachelor of nursing students namely **Ms K Leistra**, **Ms Y Madikizela**, **Ms H Mohammed** and **Ms Candice Gunn** went to Minnesota, United States as part of the USA Exchange Programme. The students were accompanied by their lecturer, **Ms C Bowers**. As part of the programme, the students were allocated for the first two weeks to the College of St. Benedict / St John's University and the second two weeks were spent at St Cloud State University. The students attended various lectures in the Nursing Department and visited the simulation laboratories of the respective institutions. The students also worked in the hospitals which enabled them to gain an insight into the health system and nursing curricula in the United States. The students conducted numerous presentations on the South African healthcare system to staff and students at the respective US institutions. The students had an invaluable experience and would like to thank the NMMU Department of Nursing Science for the amazing opportunity.



**LEFT** (from left to right):  
**Ms C Gunn**, **Ms C Bowers**, **Ms H Mohammed**, **Ms K Leistra** and **Ms Y Madikezela** enjoying the Ice Castle in St Paul, Minnesota

**RIGHT** (from left to right): **Ms Y Madikizela**, **Ms K Leistra**, **Ms H Mohammed** and **Ms C Gunn** at the Spoon-bridge and Cherry in the Minneapolis Sculpture Garden





## Simulation Programme for Africa



**ABOVE:** Delegates from the Democratic Republic of Congo with Prof Dalena van Rooyen and Prof Portia Jordan

Delegates from the Democratic Republic of Congo (DRC) attended a week-long simulation workshop in the simulation laboratories at NMMU Department of Nursing Science. The aim of the visit was for the delegates to learn more about simulation education and how to apply it as a teaching and learning strategy. The delegates were excited about the best practices implemented in the Department of Nursing Science and will take their newly acquired knowledge back to the DRC, thereby contributing positively to simulation-based education in Africa.

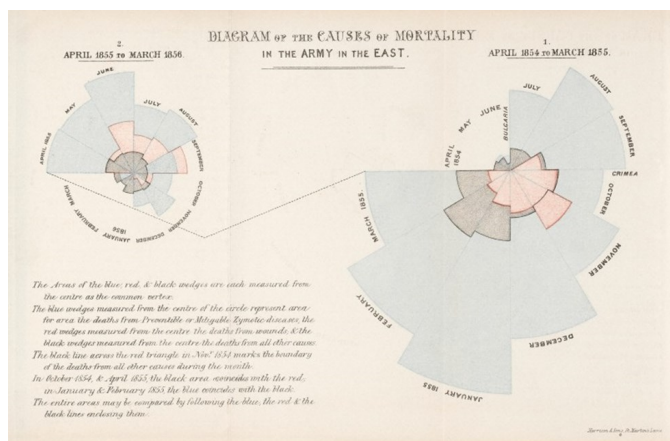


**LEFT:** A photo depicting one of the Department of Nursing Science's simulation laboratories with a manikin.

# Positivist visits Nightingale Museum

Reid T. Reynolds, Ph.D.

Visiting Research Mentor



LEFT: Florence Nightingale’s Cockscomb diagram

Returning to South Africa after my holiday in the States I had a three day layover in London. I took in the usual sights – Hyde Park, St. Paul’s and the National Gallery – but, inspired by my recently discovered favourite Florence Nightingale quote: “*Statistics ... is the most important science in the whole world, for upon it depends the practical application of every other (science) and of every art...*”, I decided to pay a visit to the Florence Nightingale Museum, just across the Thames from Westminster Abbey. It is a small museum that tells the compelling story of this Victorian era nurse who is sometimes described as the “first modern celebrity”.

The average visitor is probably drawn to the displays of 19<sup>th</sup> century medical instruments and the videos of contemporary nurses carrying on Florence’s legacy of dedicated service. They also learn that she started the first professional training school for nurses at St Thomas’ Hospital (where the museum is located) as well as establishing a school of midwifery. I, however, was in search of more information about this woman who is also described as the “first health informatician”. How could the first modern celebrity also be the first health informatician? Stay tuned.

Those with a passing acquaintance with Nightingale’s

initial success as a nurse in the Crimean War may be aware that she discovered that more soldiers were dying from preventable and infectious diseases than wounds sustained in battle. How did she discover this? (Here’s where the informatics part comes in.) She kept a monthly tally of in-hospital mortalities, categorizing each death as “preventable or mitigable zymotic [infectious or contagious] disease”, “wounds” or “other” and she conveyed her findings in the “cockscomb diagram” (see diagram). (She has even been cited as the inventor of the pie chart!)

With the finding that preventable diseases, which she attributed to the poor quality of care, were far more lethal than battle wounds, she was on her way as a campaigner for improved hospital care—a campaign that got the attention of the Queen as well as a growing number of doctors who realized that they had something to learn from this statistically inclined nurse.

As I walked out of the museum I thought about how the legacy of Florence Nightingale could inspire NMMU nurses to meet the challenges of transformation and social accountability that they face. I know that nurses learn much about the burden of disease in the Eastern Cape as they train and practice in local hospitals and clinics. While this experiential learning must be invaluable, Florence Nightingale would surely want contemporary professional nurses to use statistics to learn about how to improve care for their patients. In a recent issue of New Zealand’s *Nursing Review*, Michelle Honey opined that “If Florence Nightingale were nursing today, she’d probably be walking the wards with a smartphone rather than a lamp.”

References: Zymotic: relating to or being an infectious or contagious disease Museum web site: <http://www.florence-nightingale.co.uk/>; <http://www.nursingreview.co.nz/issue/april-2013-vol-13-4/nightingale-the-first-informatics-nurse/#.VMCjEeUdN0> “If Florence Nightingale were nursing today, she’d probably be walking the wards with a smartphone rather than a lamp.”



# *Nursingers*

Join the fun and become a part of the *Nursingers*!

The “Nursingers” is a choral group that was started by nursing students in 2014. The founders of this group dedicated much time and effort to ensure that it had a smooth start. Hence, their performance at the 2014 Pledge of Service Ceremony was a great success. The choral group is growing and the demands for their singing have increased in the Department of Nursing Science. It has been said that there is no greater food for the soul than music. This group will render songs at some of the events hosted by the Department of Nursing Science and will also be involved in activities that will be hosted by the NMMU Nursing Society, for example, community outreach and social gatherings.

So please join the “Nursingers” in making a difference to the lives of others through music and lyrics. We invite you to audition to become a member of the Nursingers. For you to be eligible you need not have an extensive musical background, just a general love for singing. Please submit your application forms to Euan Martins or Lundi Mmango if you wish to apply to audition. We encourage you to become a part of the “Nursingers” and make a contribution to the Department of Nursing Science. Details such as the time, date and venue of the auditions will be communicated to all applicants via e-mail. So, do check your emails!

**Looking forward to hearing all those beautiful voices!**

For more details contact:

Euan Martins

073 990 0153

s214048772@nmmu.ac.za



**Application form:**

*If you wish to become a part of the Nursingers, please fill in your details below:*

**Personal information:**

Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Student number: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Course: \_\_\_\_\_

Year of study: \_\_\_\_\_

**Musical background:**

.....  
.....  
.....  
.....

**Terms for joining the Nursingers:**

- You must be available for practice dates
- There is no payment involved
- You must be willing to dedicate time and energy into practices
- You must be a nursing student

.....

Student signature

.....

Date



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