

*Striving for excellence in the service of humanity*

19 September 2014 - Edition 8



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

Welcome to our second *BCured News* for 2014 and a warm welcome back to all the students to complete the final term of the year of 2014. We hope that you will enjoy this edition.

The Department of Nursing Science was privileged to be visited by the Chief Nursing Officer of South Africa, Dr JN Makhanya, on 26 August 2014. It is wonderful that the nursing profession has a voice at the highest levels of government in the person of Dr Makhanya. As nurses we often feel that the challenges we encounter in practice are often not acknowledged or understood in the higher echelons of power. However, owing to the position of Chief Nursing Officer, this is no longer the case, because she is able to present these challenges to the policy and decision makers at the various government forums, including to the minister of health. The creation of such a position implies that the government is taking nurses and the nursing profession seriously and that nurses have a critical role to play in the health care of the nation. Let us offer our full support to our new Chief Nursing Officer and we wish her well in this challenging yet exciting position.

## Nursing Society Gives Back



**BACK** (from left to right) **Ms Z Roets, Ms N Pangwa, Ms N Mafanya, Ms R Valaydon, Sr A Goosen and Ms Y Madikizela**  
**FRONT** (from left to right) **Mr X Nyati, Mr V Skarfu and Mr C Nyezi**

It was a wonderful scene at the Campus Health Clinic as the NMMU Nursing Society (Nurso) donated over 100 canned foods to assist with the provision of food parcels to qualifying students. Nurso, at one of their meetings, highlighted the need to assist Campus Health with their programme as it aimed at improving the well-being of students. Even though so many tins were donated, Nurso believes that it can do more. The society thanks all the students who assisted in making this all possible. Thank you to all of you for your generous donations which shows your care for others. Nurso believes that, if everyone unites and donates to Campus Health, more students will benefit from the programme.



See page 3



See page 8



See page 9

## Chief Nursing Officer of SA visits the Department of Nursing Science



**ABOVE** (from left to right): **Mrs N Links** (Principal: Liliitha College of Nursing), **Prof E Ricks** (Head of Department of Nursing Science), **Dr JN Makhanya** (Chief Nursing Officer for SA )and **Prof D van Rooyen** (Director School of Clinical Care Sciences).

**Dr J.N. Makhanya**, the Chief Nursing Officer for South Africa, visited the Department of Nursing Science (DNS) on the 26 August 2014 and spent a productive day interacting with management and staff from both the DNS and the Department of Health. She confirmed that she enjoyed her visit and had achieved her set objectives during her discussions. It was an honour for the DNS to host our Chief Nursing Officer and it was heartening to hear just how importantly she views nursing in South Africa. She makes a point of highlighting the nursing profession in all the forums she attends during the course of her official duties.

## International Visitor

Prof Sandra Hillman from the College of Mount Saint Vincent, Riverdale, New York visited our Department in August 2014. She teaches nursing and related subjects. We are presently trying to establish an exchange programme for faculty members. She has been in South Africa many times, and is well known to the faculty members in the Department of Nursing Science.



**ABOVE** (from left to right): **Dr S du Rand**, **Prof S Hillman** and **Ms K du Toit**



# International Nurses' Day

The history of Nurses' Day can be traced back to 1953 when Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made, but the following year National Nurses' Week was observed from 11 to 16 October, marking the 100th anniversary of Florence Nightingale's mission to Crimea.



**LEFT:** Professional nurses from various hospitals and clinics taking their Pledge of Service at the International Nurses day event

The International Council of Nurses (ICN) has celebrated International Nurses' Day since 1965. In January 1974, 12 May was chosen to celebrate the day as it is the anniversary of the birth of Florence Nightingale, who is widely considered the founder of modern nursing. Nurses' Day is one of the largest health care events, recognizing the contributions and commitments nurses make and educating the public about the significant work they perform.

Each year, ICN prepares and distributes the International Nurses' Day Kit. The kit contains educational and public information materials, for use by nurses everywhere. In 2014 the International Nurses' Day Kit focused on "Nurses: A Force for Change a Vital Resource for Health" and due to the importance of this theme it was used to underpin the insightful presentations given by the selected nurse leaders from the Nelson Mandela Bay who graciously accepted the invitation to share their experiences at this auspicious occasion.

## First-ever Nurses Fun Run/Walk for NEA



**ABOVE:** Top 5 overall winners (from left to right) **Mr M Make- leni** (4th place), **Mr P Acker** (3rd place), **Mr D Lombard** (1st place), **Mr W Yazo** (2nd place) and **Ms T Nomdoe** (5th place).

The Nursing Education Association (NEA) Nurses' Fun Run/Walk took place at the beautiful nature reserve trail of the NMMU South Campus on 17 May 2014. Despite the rain, this first-ever Fun Run/Walk for nurses in Port Elizabeth, which coincided with International Nurses' Day on 12 May 2014, was well attended with over 100 participants present on the day.

The Fun Run/Walk provided the opportunity for nurses to relax, have some fun, do some exercise and enjoy the scenery while networking with other nurses in the healthcare profession.

A whopping R15 000 was raised! Because this event has received so much interest, the Nurses' Fun Run/Walk will hopefully become an annual event. We hope it will attract an increasing number, and diverse range, of healthcare professionals.

# Never Give Up

By X Nyati

***"It's about acceptance. It took me a long time to acknowledge the truth about my situation. Accept that facts are facts and give yourself a lot of room to maneuver around."*** knocked out in the first round, everything was going against me. I told myself that I will quit nursing and go find work because I cannot deal with the pressure.

I am the first ever fencer from NMMU to compete at the National Junior Championships. I have been in *The Herald, Die Burger, Bay FM* and *BCured News*. I am the most photographed fencer in the Eastern Cape for the 2013/14 season.

In 2014, *Bay FM* named me as one of the rising stars to look out for in 2014. I am the founder and chairperson of the first ever NMMU Nursing Society.

I told myself that I was on the right path to be selected as the first male student nurse to be sent on the exchange programme to the US.

**“Everything happens for a reason”**

In May 2014 I competed in the fencing world qualifiers that were held in George. I came 13th out of 65 fencers from all over SA. Nurso was running smoothly. Everything seemed to be going my way.

On the 27 May I was on my way to Bloemfontein to compete in the SA Senior Fencing Championships. My phone buzzed and it was an sms from the university with my exam results. I failed anatomy. This meant that I will have to repeat the module next year. What will people say? How will I tell my family? How will the lecturers look at me? I am supposed to be leading by example.

I started seeing myself as a failure. On the 28th of May I competed and I lost all my fights. I got

But then I remembered the words of my late grandfather. He always used to say "everything happens for a reason". I now know that I failed anatomy for a reason. The reason is that I must lead by example and show people that we are all human and that sometimes we do fail, but what is most important is what do we do after we have failed. I have decided that I will share my story with everyone so that people can see that failing is not the end of the world and that you can get back up and prove your worth.

On my mission to get back up, I involved myself in a photo shoot for the Department of Nursing

Science. I want people to look at me and say there is the guy who failed anatomy and went back to pass it. I might not be selected as the first male student nurse to go to America, but I will apply anyway. In life the true failure is failing to try.

My message to my peers is that "It's about acceptance. It took me a long time to acknowledge the truth about my situation. Accept that facts are facts and give yourself a lot of room to maneuver around."

Success is hard work and sacrifice. Let us be hard working.

## Staff Developments



### Welcome to Nursing Science

The **Department of Nursing Science** is happy to welcome a new staff member to the department. **Mr M Moeta** who hails from Limpopo will be part of the Nursing Education team and will be a full-time lecturer in the department.

### Goodbye to Staff

The Department of Nursing Science was sad to say goodbye to **Ms J Donian**, Research and Writing Assistant.

We wish you all the best with your future endeavors.



**ABOVE** (from left to right): **Dr S Jardien-Baboo**, **Ms C Bowers**, **Ms Z Roets**, **Mr JH Pienaar** and **Ms K Gerber**

### GNS Team Going Green

In support of our university's vision of going green, the General Nursing Science (GNS) team at the Department of Nursing Science joined the technology revolution of the twenty-first century by equipping themselves with Samsung Galaxy Tablets – going paperless and becoming techno savvy.

We would like to thank the department and especially the programme manager of the GNS team, **Dr P Jordan** for her motivation to make this possible. The GNS team is now always prepared with all their information at hand with just a click of a button.



A HUGE CONGRATULATIONS to **Dr P Jordan** for winning the award for the Faculty Emerging Researcher for 2014 at the NMMU annual Research and Teaching award ceremony on 4 September 2014.

# Quiz: How much do you know about Florence Nightingale?

## 1. Before training as a nurse, Florence Nightingale was:

- a) A surgeon's daughter
- b) A wealthy socialite
- c) A Catholic nun
- d) A governess
- e) A lady's maid

## 2. What was young Florence's favorite subject of study?

- a) Mathematics
- b) History
- c) Philosophy
- d) Languages
- e) Music

## 3. How old was Florence when she began training as a nurse?

- a) 16
- b) 18
- c) 21
- d) 25
- e) 31

## 4. Where did Florence take a team of 38 nurses in 1854?

- a) Turkey
- b) Germany
- c) Russia
- d) France
- e) India

## 5. What hospital innovation did Flo introduce (although many nurses might wish she hadn't)?

- a) The bedpan
- b) The pneumatic tube
- c) The nurses' lounge
- d) A nurse-call system
- e) The stretcher

**DID YOU KNOW** that the  
Department of Nursing Science will be turning

**40** in 2015?

In celebration of the **40th** anniversary, the Department of Nursing Science will honour **40** nurses who made a difference in the **40** years of the department's existence.

**YOUR** participation is needed to assist us in selecting the honorary nurses. Please complete the form provided if you (or someone you wish to nominate) graduated with an undergraduate degree (BCur) or Post-graduate qualification at NMMU (ex-UPE) Department of Nursing Science between 1975-2015.

Please find the form to be completed on the Nursing Science webpage:

<http://nursing.nmmu.ac.za/> and email the form to [nursing@nmmu.ac.za](mailto:nursing@nmmu.ac.za) by

**30 September 2014**



# FUNDISA Student Conference



FUNDISA is an acronym for Forum of University Nursing Deans of South Africa. The NMMU Department of Nursing Science sent four students, three third year extended programme students and one second year mainstream student: Yonwaba Madikizela, Xabiso Nyati, Chumani Nyezi, and Candice Gunn.

FUNDISA organizes annual student conferences and invites university nursing students to attend.

This year the conference was held at the University of Witwatersrand (WITS) at the Education Campus. The conference was from 10 to 11 July 2014. The students had a day to familiarize themselves with the WITS Education Campus. The big day came and excitement was building up. Prof Lize Maree who is the Head of Nursing Education at WITS and FUNDISA welcomed all the universities. The CEO of FUNDISA, Prof Hester Klopper delivered a speech about 'Quo Vadis' (where are you going?). In her presentation she emphasized the importance of educating ourselves from an early age and the fact that the possibilities for nursing students are endless. She further showed that it was disturbing to see the increasing incidences of communicable diseases in Africa. Prof Klopper's speech was motivational and she challenged the students' thinking. The students then had to stand up and say what made their university stand out from the rest. The students also had a

workshop on Professionalism for Quality Patient Care which was steered by Dr Sue Armstrong. The workshop included a presentation on the importance of values. Dr Armstrong instructed the students to perform an activity which required them to define professionalism, interpret the proliferation of professionalism, identify the interface between society, and professionalism and globalization.

All of the students were taken to the Alder Museum which is situated at the Faculty of Health Sciences. The museum acts as a historic monument to showcase the evolution of medicine and the health faculty as a whole. The Alder Museum consists of a mini pharmacy which has a collection of the medications which were used in the past. The museum also showcases equipment that was used to diagnose and treat patients.

**“ I have failed, but I am not a failure. Failing is something I did, it's not who I am. ”**

The second day began on a very high note with inspiring words from Mr Douglas Petersen motivational speaker from the University of the Western Cape (UWC), who is a

manager in the Enrolment Unit at UWC. Mr Petersen shared simple yet wise words which he thought were most relevant to us as students. He touched on the importance of personality and attitude in our profession.

Later the students had a great debate session on the topic: What will be the image of nursing in the next ten years? And based on the show of hands from the floor and the judges we "won" our division of the debate. We had an exciting time interacting with students from different universities.

Overall the FUNDISA trip was fun, inspiring, educational and eye opening. Hopefully the students will bring what they have learnt from their universities and inspire those who did not have the opportunity to attend the conference.

## Mandela Day 2014

This year the Nursing Education Association (NEA) of South Africa had a collaborative drive to render basic health education and screening to the public. All nursing schools in the Nelson Mandela Bay area were involved and staff (lecturers), students and clinical colleagues from the public and private institutions manned care stations at 13 different shopping centres, including one each in Uitenhage and Despatch. Staff assisting included professional nurses from clinics, school health, private hospitals and even matrons and service managers from larger hospitals. Basic services such as BP, HGT and TB screenings were offered free-of-charge as well as screening male patients for prostate cancer risks. The nurses provided health education, advice and referrals on what proved to be a very interesting morning.

To our 25 first and second years who assisted in the outreach, we want to not only say thank you, but that we were proud to have shared the public arena with you on this Mandela Day.



**RIGHT** (from left to right):  
**Dr H de Mendonca,**  
**Ms S Olivier,**  
**Ms M Mbambosi** and  
**Ms A du Plessis** at Sunridge Village Shopping Centre, Port Elizabeth



**ABOVE** (from left to right): **Ms M Steyn, Ms D De Bruyn, Ms K Gerber, Ms J Espach, Ms LZ Sommerfeld** and **Ms Z Mtebele** at Walmer Park, Shopping Centre Port Elizabeth



**ABOVE:** Student nurse assisting a patient at Pier 14 Shopping Centre, Port Elizabeth



## Slipper Day

Reach for a Dream Slipper Day was held on Friday, 1 August 2014 and some of the staff in the School of Clinical Care Sciences supported the campaign by wearing their slippers to work and purchasing their ticket in order to help make the dreams of children diagnosed with life threatening illnesses come true.

**RIGHT** (from left to right) back row: Mr K Topper, Ms P Mkumbuzi, Mr N Louw, Ms A du Plessis and Ms K Gerber front row Dr R Exner and Ms Z Roets



## National Breastfeeding Week



**ABOVE:** Dora Nginza staff members celebrating National Breastfeeding week.

A Winning Goal for Life was the theme of this year's National Breastfeeding Week at Dora Nginza Hospital (DNH) which ran from the 1 to 7 August 2014. Pregnant woman, their families and the community were provided with a series of talks from the hospital staff, dieticians, student nurses and a speech therapist. Topics were all related to promoting, protecting and supporting breastfeeding. On Wednesday, 7 August 2014, new mothers to be, and new fathers gathered at the maternity tearoom where they were addressed by Sr Daniels, the breastfeeding co-ordinator and DNH dieticians. Fourth year midwifery students Ms Liezel Labuschagne and Ms Athelean Phillips provided assistance on the day in helping to make it a successful



## Nursing Fencing Star

**Mr Xabiso Nicholas Nyati**, third year BCur Extended nursing student, competed in the KwaZulu-Natal Open Championships. Mr Nyati was the only NMMU student selected, based on his recent ranking performances in the Eastern Cape, to compete.

Mr Nyati is now ranked 26th on the national ranking list for Epee fencing in South Africa. This is quite a feat as he only started with fencing in 2013.

# Annual Cluster Weekend

By Y Jombile



**LEFT:** First year BCur student, **Ms Y Jombile**, represented Nursing Science at the annual cluster weekend at the Methodist Church in North End, Port Elizabeth

The Methodist Student Society of Nelson Mandela Metropolitan University branch was tasked with hosting the annual cluster weekend which took place from the 8-10 August 2014. Our cluster consists of university students from NMMU, Rhodes University and the University of Fort Hare.

The Methodist Church of Southern Africa has five pillars, one of them being education (especially considering the education crisis being faced by the youth of our country). Therefore we decided to organize a Career Expo and an Employability Workshop for teenagers who are about to enter university and for unemployed youth.

Different faculties were on display at the career expo and from the Health Sciences Faculty we had students

representing three departments i.e. Nursing Science, Pharmacy and Psychology. I being the only student who is a BCur student was there in my uniform. I also performed blood pressure skills on some of the youth.

The teens were very inquisitive about what I had to say to them about nursing and I am proud to say one of them told me that she had applied at a college, but through my guidance she would definitely come to NMMU next year!

On behalf of the Methodist Student Society, NMMU branch, I would like to extend my heartfelt gratitude to you and the Department of Nursing Science for the assistance in terms of the pamphlets and the pull-up banners. Without your support nursing wouldn't have been on the program. The event was indeed a great success.

## Nurstoons

by Carl Elbing



Answers: 1- (b) 2- (a) 3- (e) 4- (a) 5- (d)



## NMMU Nursing Society (Nurso)



**ABOVE** Top row (from left to right): **Mr X Nyati, Mr C Nyezi, Ms Y Madikizela, Mr E Martins, Ms Y Zengetwa, Mr V Skarfu** and **Ms N Syfers**. **Bottom row** (from left to right): **Ms N Heshu, Ms S Sezoe, Ms K Jokozela, Mr L Mmango, Ms R Valaydon** and **Mr M Mashaba**.

The NMMU Nursing Society (Nurso) was founded and has been officially recognised as one of NMMU's approved societies in 2014. It is the first society to internally represent nursing science at NMMU. The society was founded by Mr M Mashaba and Mr X Nyati, who is the current chairperson.

The purpose of the society is to create a vibrant nursing environment which will be a platform for students to raise their concerns. It aims to create a holistic environment for both lecturers and students, and to create a link between nursing students and other health faculty students.

The society aims to groom leaders, encourage all members to actively participate in outreach programs, and first aid and health awareness campaigns on campus. It aims to work together with various organizations in NMMU to promote health and wellness. It also aims to highlight major financial obstacles bringing them to the attention of high profile personnel who can assist to minimize the cost of studying for a BCur degree at NMMU. It hopes to expose all nursing students to the various bursary opportunities available at NMMU. Nurso will serve

as a socializing platform for nursing students to get to know one another and relax after long shifts, hectic exam timetables and nerve wracking OSCEs via social gathering and formal functions. It will strive to acknowledge and celebrate hard work and achievements by nursing students.

The society consists of 12 executive members, an advisory committee and members. Each executive member has a distinctive yet interdependent role to ensure the growth of the society. The society has already started making a difference by assisting students where possible. One such initiative was the collection of food cans at off-campus residences which was a great success. The items of food will be donated to the less fortunate students at NMMU.

Second semester is a crucial growth period for the "new kid on the block" as so many events need to be planned and executed with the utmost detail, integrity and excellence. Look out for our social functions, formal functions, fundraising events and health talks. All are welcome!



## Contact details of the Newsletter Team

**David Morton**

David.Morton2@nmmu.ac.za

**Nadine Rall**

Nadine.Rall@nmmu.ac.za

**Zelda Roets**

Zelda.Roets@nmmu.ac.za

**Kegan Topper**

Kegan.Topper@nmmu.ac.za

**Shavaughn Wilken**

Shavaughn.Wilken2@nmmu.ac.za



**NMMU School of Clinical Care Sciences**

[www.nmmu.ac.za/nursing](http://www.nmmu.ac.za/nursing)

Email your stories to [Shavaughn.wilken2@nmmu.ac.za](mailto:Shavaughn.wilken2@nmmu.ac.za)