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Vision 2020 Eye Clinic received a much needed donation from Japanese Embassy

The month of March saw the Department of Ophthalmology hosting a hand-over ceremony at the Vision 2020 Eye Clinic at the Pretoria West Hospital to thank and showcase the Ophthalmic Investigation Machine, called Slitlamp, that the unit has acquired through the help of a R424 000.00 donation that was made by the Japanese Embassy.

The machine was unveiled officially by the Principal of the University of Pretoria, Prof Cheryl de la Rey and His Excellence Mr Toshiro Ozawa on 17 March 2011. The machine is hailed to be one of the most efficient and cost-effective pieces of equipment in the country. Staff members at the eye clinic said that the machine has greatly improved service delivery in the clinic which caters from patients from the surrounding areas as well as the greater Gauteng region.

The clinic's project manager, Mr Herman Kluver, said: " *The Slitlamp is a very important tool in the eye clinic. It has a photographic module which sets it apart from other investigative tools. It enables the doctors to capture the problem from inside the eye, save it on to a connected computer and use it for comparison during and after treatment*".

Mr Ozawa was pleased to hear all the great work that has been achieved through the use of the machine. He emphasized the fact that Japan was committed to achieving sight for all by year 2020 through providing funding for grass roots projects like the one run by the eye clinic that focuses on disadvantaged communities.

The purpose of the clinic was firstly to assist the Academic Hospital with the two year waiting list for cataract surgery, and secondly to provide an entry point for patients with cataracts that do not have a medical aid. Pretoria West Hospital made a huge contribution, not only in making the facility available and the outpatient medications but also with the nursing staff for the second cataract theatre and an optometrist.

The Vision 2020 Eye Clinic has expanded and grew in leaps and bounds since it was started in 2006. A second theatre was commissioned just a year after the eye clinic started so that 2 theatres run mostly 5 days a week. Last year alone a total of 2100 surgeries/operations have been undertaken by the unit, including 185 laser treatments, 80 glaucoma procedures, 890 refractions and 750 spectacles were dispensed in the past year.

The donation made by the Japanese Embassy has made such a huge difference to the way that this eye clinic operates and the great impact that the unit has on the lives of the communities it serves. Prof Polla Roux, Head of the Department of Ophthalmology would like to say a special 'thank you' to the Ambassador, His Excellency Mr Toshiro Ozawa, for the donation that was made available to Vision 20/20 Unit, to the Gauteng Department of Health for making the facilities and the resources available to the unit and the Department of Institution Advancement for the assistance the department gave in sourcing of the donation. See page 3 for pictures taken at the event.



Van die Dekaaans' kantoor

Ons sê vir u welkom by hierdie stampvol uitgawe van ons Fakulteitsnuusbrief **Gesondheidswetenskappe-sake**. Ons volgende uitgawes mag dalk korter wees, maar ons sal verseker dat dit meer gereeld verskyn. Dit sal van groot waarde vir ons wees as u vir ons nuus kan instuur na ons Bemakings- en Kommunikasiebestuurder by jane.moshoeshoe@up.ac.za. Ons sal dit publiseer in die taal waarin ons dit ontvang, met uitsondering van die meer amptelike mededelings, wat ons sal vertaal.

Ek is die afgelope ses maande Dekaan en het heelwat oor ons Fakulteit geleer en in die proses 'n sterk voorstander geword van wat ons hier doen – dit is nie genoeg vir ons om slegs positiewe dinge te doen nie – ons het ook nodig om sigbaar te wees en te verkondig wat ons hier doen, want dit voed op verskillende maniere 'n positiewe kringloop wat ons ondersteun om steeds beter te doen.

Ek is werklik beïndruk deur die sterk **waardebasis** en harde **werk-etos** in die Fakulteit. Ons onderwys- en leerkultuur is baie sterk en ons akademiese kwaliteit en innovasie word deur die Universiteit en ook buite sy grense erken. Ons Fakulteit geniet toeneemend en in elke opsig die steun van die Universiteitsbestuur.

Ons nuwe Fakulteitstruktuur word tans geïmplementeer, met prof Gerhard Lindeque wat bevorder is tot Adjunkdekaan: Geneeskunde. Die onderhoude vir ons Adjunkdekane: Onderwys en Leer, en Navorsing vind gedurende Julie plaas.

Die stabiliseringsproses van ons akademiese pyplyn werp steeds vrugte af en die kliniese opleidingstoelae wat ontvang is (CTG) het gehelp om die akademiese lading teen te werk. Dit is ook met genoë dat ek u kan meedeel dat die UP Uitvoerende Bestuur ons voorstel goedgekeur het om driejaar-hernubare kontrakte aan CTG-personeel aan te bied. Ons vertrou om hierdeur uitnemende persone vir hierdie poste te trek en te behou. Die CTG het verder ook befondsing voorsien vir verbeterings van fasiliteite en ons hoop dat u die tydelike ongerief sal verskoon en uiteindelik die voordeel van die verbeterde parking, ablusie, sportfasiliteite, ensomeer sal geniet.

Ons ervaar ook 'n hernude energie in navorsing en is trots op die instelling van die Instituut vir Sellulêre en Molekulêre Geneeskunde en die Sentrum vir Volgehoue Malaria-beheer aan die Fakulteit. Ons is ook betrokke by 'n aantal UP-Institusionele Navorsingstemas – soönose, voedsel en voeding en genetika.

Ons het 'n meer verteenwoordigende transformasiekomitee tot stand gebring en die



komitee se rol vernuwe. Die insluiting van studente en 'n wyer spektrum van personeel verleen 'n wyer perspektief en groter diepte aan die komitee. Die kern hiervan is die doel om 'n universiteit tot stand te bring waar alle Suid-Afrikanners tuis sal voel – as student of as personeel. Ons het ook aan ons gemeenskapsbetrokkenheidsstrategie gewerk en 'n suksesvolle werkwinkel gehou om die pad vorentoe aan te dui.

As Dekaan het ek die Minister van Gesondheid en die Gauteng en Mpumalanga Hoofde van departemente, die Hoof-Uitvoerende Bestuurder van die NHLS en die Geneesheer-Generaal ontmoet. Hierdie ontmoetings was belangrik in die lig van ons noue vennootskap met die nasionale en provinsiale regering en die NHLS. Hulle bou ons samewerking, voorsien konteks en laat ons toe om ons wederzijdse behoeftes te ondersoek.

Dit is van groot belang om te verseker dat die operasionele bestuur in enige groot organisasie doeltreffend funksioneer en ons het aan 'n hele aantal kwessies aandag gegee, insluitend studenteadministrasie, die aanstellingsproses vir nuwe personeel asook onderhoud en herstelwerk. Ons kan u ook die goeie nuus meedeel dat die HW Snymangebou nou sy eie, direkte watervoorsiening het.

Oor die volgende paar maande sal ons voortgaan om aan 'n medium-termyn B-plan vir die Fakulteit te werk in ooreenstemming met my voorlegging

aan die Fakulteitsraad. Die twee strategiese besluite is om voorgraadse en nagraadse studentegetalle en ons navorsing te vermeerder. Ons erken dat hierdie elkeen implikasies het wat daaruit sal voortspuit. Vermeerdering van studentegetalle beteken uitbreiding van die diensplatform en gesamentlike poste, vermeerdering van personeel in basiese wetenskappe-departemente en uitbreiding van ons fasiliteite. Met die swaar onderwys- en dienslading van die Fakulteit inaggeneem, is ons navorsingsuitset stewig. Ons besef deeglik as ons ons volume en impak wil vermeerder, sal ons ons navorsingsondersteuningskapasiteit moet vermeerder en die dienslading vir navorsingsgefokusde personeel moet verminder. Ons werk aan verskeie strategieë om dit te verwesenlik.

Ten einde ons Fakulteit te posisioneer, is dit van kritiese belang dat ons nie net goeie dinge doen nie, maar dat ons ook moet uitstal wat ons doen. Ons moet minder beskeie wees ten einde verder te kan kom. Hierdie Nuusbrief bied slegs 'n steekproef van verhale wat toon hoe dinamies ons Fakulteit is – in onderwys en leer, in navorsing en in die versorging van ons gemeenskap. Stuur asseblief u verhale in enige van die UP-tale: Afrikaans, Engels of Sotho. Geniet die lees.

**Prof Eric Buch,
Dekaan:
Fakulteit Gesondheidswetenskappe**

From the Dean's Office



Welcome to this bumper edition of our Faculty Newsletter, **Health Science Matters**. In the future, they may be shorter, but we'll be sure they are more frequent. Please help us by sending in your news to our Marketing & Communications Manager at jane.moshoeshoe@up.ac.za. We will publish in the language in which we receive submissions, except for more formal communications, which we will translate.

I have now been Dean for six months and have learnt a lot about our Faculty and become a strong proponent for what we do – It is not enough for us to positive things – we need to be visible and advocate what we do, as this feeds in different ways in a virtuous cycle to support us doing better.

I have been really impressed at the strong **values** base and **hard work ethos** in the Faculty. Our culture of teaching and learning is very strong and our academic quality and innovation recognised through the University and beyond. Indeed our Faculty is getting more and more support from the University Executive all round.

Our new Faculty structure is being implemented, with Prof Gerhard Lindeque promoted to the position of Deputy Dean: Medicine. The interviews for our Deputy Deans: Edu-

cation and Research take place in July.

The process of stabilising our academic pipeline continues to bear fruit and the clinical training grant (CTG) has helped to offset the academic load. I am pleased to inform you that the UP Executive has approved our proposal to offer 3 year renewable contracts to CTG staff. We trust this will help us attract and retain excellent people for these posts. The CTG has also provided funds for improvements in facilities so bear with us through the rest of the construction. We trust you will appreciate the improved parking, ablution and sports facilities, amongst others.

We are also seeing a renewed energy in research and are proud to welcome the establishment of the Institute for Cellular and Molecular Medicine and the Centre for Sustainable Malaria Control to the Faculty. We are also involved in a number of UP Institutional Research Themes – zoonoses, food and nutrition and genetics.

We have established a more representative transformation committee and revamped its role. Having students and a wider range of staff on the committee has given it a wider perspective and greater depth. At the heart of this is the goal of achieving a University in which all South Africans feel at home – as students or as staff. We have also been working on our community engagement strategy and held a successful workshop to guide the way forward.

As Dean I have met with the Minister of Health and the Gauteng and Mpumalanga Heads of Department, the CEO of NHLS and the Surgeon General. These are important meetings because of our close partnership with national and provincial government and the NHLS. They build our collaboration, provide context and allow us to ex-

plore our mutual needs.

It is imperative to ensure that operations management in any organisation is efficient and we have been working on a number of issues in the Faculty, including student administration, the appointment process for new staff and maintenance and repairs. You will be pleased to know that we now have our own direct water supply to the HW Snyman Building.

Over the next couple of months we will continue working on a medium term plan for the Faculty in line with my presentation to the Faculty Board. The two key strategic decisions are to grow undergraduate and postgraduate student numbers and our research. We recognise that each has consequential implications. Increasing student numbers means expanding the service platform and joint posts, an increase in staff of basic science departments and expansion of our facilities. Considering the heavy teaching and service loads, our research output is solid. We have recognised that if we want to increase our volume and impact we will need to grow our research support capacity and reduce the service load for research focussed staff. We are working on various strategies to achieve this.

For positioning our Faculty it is critical that we don't simply do good things, but that we showcase what we are doing. We have to be less humble so that we can go further. This Newsletter offers just a sample of stories that show vibrant our Faculty is – in teaching and learning, in research and in caring for our community. Please submit your stories in any of the UP languages: Afrikaans, English or Sotho. Enjoy the read.

**Prof Eric Buch,
Dean:
Faculty of Health Sciences**

Vision 2020 Machine Hand-over Ceremony Eye Clinic



Prof Eric Buch (Dean), Mrs Thandi Chaana (Chief Director: Tshwane Health Programmes), Prof Cheryl de la Rey (Principal: University of Pretoria), His Excellence Mr Toshio Ozawa (Japanese Ambassador to SA) and Mrs Beauty Pitso (CEO: Pretoria West Hospital)



Left: Prof de la Rey unveils the plaque while His Excellence Mr Ozawa looks on. Right: The plaque that has been fixed on the door to the consulting room that houses the Ophthalmic Investigation Machine that has been bought through the grant given by the Japanese Embassy



Prof de la Rey tests the Ophthalmic Investigation Machine while His Excellence Mr Ozawa and Mrs Chaana look on.

Prof Sam Mokgokong Appointed President of the HPCSA

On the 4th of February 2011, the Health Professions Council of South Africa (HPCSA) welcomed its new President, Professor Mochichi Samuel (Sam) Mokgokong.

The Health Professions Council of South Africa (HPCSA) is a statutory body established in terms of the Health Professions Act no.56 of 1974 with a mandate to protect the public, all consumers of healthcare, and to provide guidance on educational, professional and ethical issues to its practitioners.

The President's focus for his term of office will be to ensure the realisation of Council's strategic objectives and to ensure Council's processes are aligned, and also working towards the deliverables of the Department of Health.

The main function of the President is to preside over meetings of the Council and fulfill a leadership and guiding role. The President also liaises with the Minister of Health regularly on pertinent issues while the day to day operation of Council to resides

with the CEO and Registrar.

Prof Mokgokong said after the announcement that he feels deeply honoured that he is entrusted with this position. "This is indeed an honour for me, and it is a task that I do not take lightly. I have been entrusted with the task of ensuring the HPCSA's mandate to protect the public is upheld. I have been in public service in the medical profession all my life and I understand the business as well as the challenges the healthcare profession faces," he said.

Prof Mokgokong has been a medical practitioner for over 32 years, of which he has been working as a Specialist Neurosurgeon for 24 years. He has also worked for Department of Health for 15 years as Chief Specialist/ Professor. He has served on various Boards and Councils and has made corporate governance his second hobby. Prof Mokgokong is currently the Chief Specialist/Head for the Department of Neurosurgery at the Faculty of Health Sciences, University of Pretoria.

He obtained first a BSc degree, majoring in Maths and Physics at the then

University of the North in 1975. Thereafter, MBChB at the University of Natal in 1980 and completed his Master of Medicine Degree (M Med) in Neurosurgery at Medunsa in 1987.

He also completed FCS (Neurosurgery) with the College of Medicine of South Africa in 1988. He was further honoured with DSc (honoris causa) by the University of Venda for Science and Technology.

Prof Mokgokong will hold office for period of five years. The Faculty of Health Sciences would like to wish Prof Mokgokong well during his term in office. He himself acknowledges that it will not be a walk in the park, but he puts his trust in the Almighty's support.



Prof Mokgokong , sited in the middle, with the HPCSA Council

Dentistry unveils new wing of the Oral & Dental Hospital

Excellence and quality are two of the cornerstones of the Faculty of Health Sciences and University of Pretoria. Consistent with the Faculty's striving to preserve these values and to offer training and service of the highest standards, the University embarked on a venture to improve the facilities at the Oral and Dental Hospital.

In order to finance these improvements, the University obtained a grant from the Department of Higher Education and Training, funded from the programme for the upgrading of infrastructure at tertiary institutions. This joint initiative resulted in a superb extension to the Hospital, which yielded outstanding improvement in patient flow, high quality of dental surgeries and equipment, excellent waiting room facilities for patients, optimal provision of facilities for persons with disabilities, as well as much-needed improvements to the academic facilities.

The project included the expansion of 1400m² which houses 11 dental consulting rooms, an administrative section, waiting areas for patients and a number of offices, on the first level. The second level makes provision for a lecture hall, conference and seminar rooms, a number of offices, a multimedia facility and a postgraduate clinical unit. With the transfer of a number of services to the new wing, it was possible to upgrade and reorganise spaces in the existing building of the School of Dentistry.

The opening took place on the 17th of February 2011 and will be officiated by Prof Cheryl de la Rey, Vice-Chancellor and Principal of the University of Pretoria. Gauteng MEC for Health & Social Development Mrs Ntombi Mekgwe was a guest of honour.



Prof White taking all the guest through the hospital to showcase the new wing.



Ms Mekgwe (MEC for Health & Social Development), Prof de la Rey (Vice-Chancellor & Principal) and Prof Ligthelm (Deputy Dean: School of Dentistry) unveil the plaque.



Prof de la Rey marvels at the state of the art equipment at that has been fitted at the School of Dentistry



The new waiting area for patients

Double International Accolades for Faculty lecturer!

The University of Pretoria's flag was flown high in Amsterdam in June 2011, when Dr Joyce Mothabeng, a Lecturer and Deputy Head of the Department of Physiotherapy received an international award and was also elected onto the International Executive Committee of the World Confederation for Physical Therapy (WCPT) at the 17th WCPT General Meeting in Amsterdam held in June 2011.

The WCPT Awards recognize outstanding contributions and leadership made by individual physical therapists and groups to the profession and/or global health at an international level. The 2011 awards were announced at the General Meeting held from 18th to 20th June and presented at the WCPT 60th

Anniversary Gala Dinner on the evening of Sunday 19th June.

Sixteen awards were presented in three categories: the Mildred Elson Award for contribution to the profession on a global scale, the International Service Award for contribution to the profession on a regional level and the Humanitarian Award.

Dr Mothabeng received the International Service Award in the area of administration and policy development. She was nominated by the Africa region of WCPT, a region she has served for more than ten years. She is currently the administrator of the regional

secretariat (since 2008) and was previously regional treasurer (2004 – 2008) and regional chairman (2001 – 2004).

At the end of the General Meeting, elections were held for the Executive Committee for the term 2011 – 2015. Dr Mothabeng was nominated by the Africa region to be the regional representative on the executive.

She is not new to executive positions. She is currently in her second term as Vice President of the International Society of Educators in Physical Therapy. She is also the Chairman of the local educators forum of the South African Society of Physiotherapy (SASP), and has served on the SASP executive committee in various positions since 1998.



Dr Joyce Mothabeng



WCPT Executive Committee Members (2011 – 2015):

Marilyn Moffat (front left – President, form USA), Emma Stokes (front right - Vice President from Ireland). Regional representatives standing left to right: Mabel Yvonne Espinel Gonzalez (South America Region), Johnny Kuhr (European Region), Sandra Thornhill (North America Caribbean Region), Dr Joyce Mothabeng (Africa Region) and Margot Skinner (Asia Western Pacific Region)

FARC played a crucial role in finding and identifying the mortal remains of Queen Thomozile Zulu

After years of not knowing where his mother was buried, King Goodwill Zwelithini was finally able to rebury her remains at Cato Manor, near her home in Chesterville on the 8th of May 2011. After a long process of finding out where the body of Queen Thomozile Zulu was buried in 1959, a technical and sensitive process followed to ensure that the remains were in fact those of the queen.

Identification of the exhumed remains were done through a process of physical anthropological analysis conducted on site by Prof M Steyn of the Forensic Anthropology Research Centre at the University of Pretoria and was confirmed by DNA Test, based in Umhlanga, with the process led by PGS Heritage and Grave Relocation Consultants (PGS). This is just one project in a series of collaborations between PGS and The Forensic Anthropology Research Centre.

The SA Heritage Resources Agency, on behalf of the Zulu royal family, approached PGS for help. PGS – which was responsible for locating, identifying, exhuming and confirming the identity of the remains – secured the collaboration of the Forensic Anthropology Research Centre at the University of Pretoria and of DNA Test to do the analysis.

The remains were identified as those of the queen through municipal burial records, physical anthropological analysis – which confirmed that the remains conformed to her physical profile – and DNA analysis, which delivered a 98 percent maternal match of the remains. After discussions with Trimega Laboratories in the UK, it was decided to test the femur and teeth samples, as they were preserved best.

American company Sorenson Forensics also collaborated on the DNA analysis.

“The process itself is technical, but once we had obtained a sample of DNA from the queen, a maternity comparison was done with the sample from the king and the result was concluded.”

Royal household spokes-man Prince Mbonisi Zulu said yesterday the king and his family were “very excited” that they were now able to rebury his moth-



King Goodwill Zwelithini laying a wreath during the unveiling ceremony of the tombstone

er. The king was also relieved at finally knowing where his mother's body was and his children would now also know where their grandmother was buried.

Zulu said it was also good for the nation to know where the woman who had carried the king lay buried.

Queen Thomozile Zulu was reburied at a site in Umkhumbane Freedom Park, Cato Manor, where the Zulu people would be able to see

her resting place and celebrate her life.

Among other elements at the site, there will be a cultural museum and heritage centre which aims to acknowledge and celebrate the role that was played by the Zulu kingdom and other national groups in the country's liberation and in achieving peace in the province and the country.

Dr Omolemo Kitchin graduated as a Fellow of the American College of Chest Physicians



**Dr. Kitchin with Prof Robin Green
(HOD: Paediatrics)**

Dr Kitchin from Division of Paediatric Pulmonology graduated as a Fellow of the American College of Chest Physicians. This great honour is bestowed by peer-review.

He is based at the Steve Biko

Academic Hospital where he is employed as a Senior Paediatrician. Following training as a Paediatrician he graduated with a Diploma in Allergology from the College of Medicine of SA. He then went on to complete a 2 year Fellowship in Paediatric Pulmonology at this University.

In 2009, he was awarded the Certificate in Paediatric Pulmonology from the College of Medicine. During all this he completed his MMed at the University of Pretoria with work on Allergy in children. He has had a number of publications and is about to publish pioneering work on severe pneumonia in children with HIV infection.

In this study he has documented that the Paediatric ICU at Steve Biko Academic Hospital is able to successfully manage most of

the children admitted with very severe pneumonia. This ICU is one of the few in South Africa to offer HIV-infected children with very severe pneumonia an opportunity for ventilation.

He has also concluded research work on '*Cost of pneumonia in children*' and this has been submitted for publication.

Dr Kitchin is actively involved in student teaching and has convened a programme of Allergology lectures within Block 7 – Pulmonology. This programme is the first of its kind in South Africa. The Faculty of Health Sciences students are amongst the few medical students who get dedicated clinical allergology lectures in this country.

Prof Stephen Hendricks lead a WHO Study Project

Prof Stephen Hendricks, from the School of Health Systems & Public Health, was appointed as the Principal Investigator (PI) for the South African component of a multi-country study involving ten African countries last year. The title of the study is: "*The Delivery of Essential Health Services in Africa – Realities, People's Perceptions, Perspectives*".

The study, explains Prof Hendricks, who is an extra-ordinary professor at the School of Health Sciences and Public Health, as well as a Public Health Policy and Management specialist, aims to determine the views of the community on primary healthcare services. "We interviewed people, held focus groups and did surveys at their homes to find out whether they are appreciative of the country's healthcare, whether it works for them, what they like and don't amongst other things" explains Prof Hendricks.

He has since spearheaded the data collection and –capturing for the report and the findings will shortly be analyzed, with the results expected to be made available in

June 2011. One of Prof Hendricks objectives in conducting this study was to involve youth volunteers in the community to do the data collection and, later, the data capturing. That way the project could create temporary jobs, train young people in skills they would otherwise not have had and have more efficient data collection, since the community would rather trust one of their 'own' to talk to than an outsider.

He recruited 72 youth volunteers and trained them at the University. After a test pilot to determine the feasibility of the plan, they were deployed in rural, urban and peri-urban field work. After the collection, thirteen community health centres in Gauteng and the Eastern Cape were involved and the data capturing began.

The message he would like to bring across after completing his work on the study, is that universities should more often aim to use the human resource potential of people in the community. Faculties should ask

themselves how they can involve the community in their work. It not only capitalises on outside people's abilities, but creates skills and jobs – a most rewarding spin-off.

This study is an example of how the University of Pretoria engage the local community in a participatory manner, empowering them with basic research skills in realizing the tremendous human resource for health potential we have in the country.

"*We tested and checked the team's work as they went along and they were very accurate. The great thing is that we didn't have to remove doctors and nurses from their clinical posts for the study, since the country already has a shortage of their skills. And now these volunteers, many of whom don't even have matric, have acquired valuable computer, household and focus group interviewing skills and I can recommend them for further health research field work.*" he said.

"This was a challenging project, but I enjoyed every minute of it. I really appreciate the support I got from my Dean, Prof Eric Buch, my colleagues and the Department of Health,"

Prof Stephen Hendricks

Occupational Therapy Lecturer exchange to Sweden

A teacher-exchange program funded by the Linnaeus-Palme program has been established between the Occupational Therapy Departments at the University of Gothenburg, Sweden & the Department of Occupational Therapy at the University of Pretoria.

During the formation phase of the exchange program, two representatives each from both tertiary institutions travelled to the respective occupational therapy departments in 2009, to investigate the feasibility of the teacher-exchange. It was decided that the exchange program would commence in 2011 with future planning eventually translating into a student-exchange program.

Rulaine Smith was tasked to be the first South African Occupa-

tional Therapy lecturer to go to Sweden to give class on Work Rehabilitation from the 22 January to the 13th of February and Lisbeth Claesson was the first Swedish occupational therapy lecturer to come to South Africa to give class on Evidence-based Practice.

The University of Gothenburg forms part of the European Higher Education Area (EHEA) where the Bologna process is followed. The ground level bachelor's degree in Occupational Therapy is run over six semesters and is generally completed in three years. Students may then proceed to advanced (one year master or two year master of science) and research (four year PhD) levels. Evidence-based practice is the main focus of their teaching practices, where reviewing of journal articles is preferred over skill-based sessions.

Rulaine's time in Sweden flew by and she was left in awe that despite the thousands of kilometres between the two countries, the core beliefs of occupational therapy remained the same and she had a feeling of belonging upon this surmise. She was pleased to note that both institutions make use of the same literature and that the professional communication was very much alike, which cements UP vision of being an internationally relevant institution.

Rulaine Smith: "I feel privileged to have been part of initiation of the teacher-exchange program. The trip has enriched my thinking and teaching practices"



Rulaine Smith & Greta Häggblom Kronlöf (Lecturer: University of Gothenburg)



Dr. M. de Beer & Prof. L. Claesson (Lecturer: University of Gothenburg)



Rulaine Smith in knee-high 'hard' snow

Playful children are healthy children

Almost everyone can think back to their childhood years with fondness, a journey filled with innocent laughter and hours of play. Everyone has a basket full of stories of how they kept themselves busy as children. Come to think of it, most of the time was spent playing.

This is exactly why it is so important for the children of today to also engage in play. Play forms an integral part of a child's life. Through play, a child explores and orientates himself to the actual world of time and space, animals, structures, people and things. Play is how a child learns.

It is therefore important to take into consideration how a lack of play opportunities affects a child. Children with disabilities are one group of children who are often deprived of play experiences. When they experience problems with movement or they lack the mental ability to interact and engage efficiently in play, they will ultimately lack the exploration which occurs during play. Thus, minimal skills are acquired and they fall fur-

ther behind with regard to their development.

Occupational Therapy uses a variety of techniques to enable children with disabilities to experience quality of life. Play is only one aspect which is addressed during therapy. Occupational therapists also look at their overall functioning especially in terms of aspects like mobility, feeding, communication and positioning, etc.

The Department of Occupational Therapy recently opened the Mamelodi Occupational Therapy Clinic at the UP Mamelodi Campus. The clinic was officially opened on Friday 18 February 2011 to coincide with the National Healthy Lifestyle Awareness Day. The focus on the day was the health of children and theme was: "*Playful children are happy children*". The clinic will provide services to paediatric clients of all ages. It will

also be a site for learning opportunities for Occupational Therapy students through Academic Service Learning.

The day was filled with a tangible excitement because of the improvement the clinic can bring about in the lives of hundreds of children in Mamelodi. On the Monday following the launch, the first group of clients arrived for Occupational Therapy intervention.

The Department of Occupational Therapy is very excited to see what lies ahead.

If you would like to become involved in the clinic in any way, feel free to contact :

Lené Wessels

Tel: 012 354 1324

lene.wessels@up.ac.za.

You can also follow the department's blog at

www.community-oties.blogspot.com



OT staff members and students take time out to pose for pictures with the little ones.

UP is part of the Global Bridges Healthcare Alliance for Tobacco Dependence Treatment

As the world celebrated the World No Tobacco Day (WNTD) on the 31st of May, the Faculty of Health Sciences was announcing that Prof Lekan Ayo-Yusuf, a member of the World Health Organization scientific advisory group (WHO TobReg) and recognized expert in tobacco dependence research, has received US\$125,000 from Mayo Clinic to develop a network of health care professional who provide tobacco cessation services in Africa.

The grant is created through an unrestricted fund from Pfizer Medical Education Group to train health care providers in nicotine dependence treatment. Mayo Clinic is a prestigious and private institution well known for health research. This initiative is supported by two other international partners, the American Cancer Society and the University of Arizona.

Prof Ayo-Yusuf is the AFRO (the WHO's African region) Regional Director for Global Bridges and the University of Pretoria will be the operational base for this region.

The objectives of the initiative are:

- To build a network of health care

providers in the African region who are interested in promoting tobacco cessation and create opportunities to share tobacco dependence treatment expertise among network members within the region.

- To develop collaborative relationships with organizations that focus on tobacco dependence treatment and tobacco control policy.
- To provide training through state-of-the-art, evidence-based web and on-site training sessions in tobacco dependence treatment and advocacy.

Network membership is open to health care providers who are interested in receiving training in the treatment of tobacco dependence/smoking cessation or are currently treating patients. Also welcomed are those providing health counseling, running a clinic, or any other form of continuous interactions with tobacco users. The first training is planned for July 2011 in Zambia and South Africa.

The theme for this year's WNTD is the 'WHO Framework Convention on Tobacco Control (FCTC)', which is the first global public health treaty signed by 173 countries, including South Africa. Parties to this convention are obliged to implement at minimum the set of evidence-based interventions agreed to by all parties to the convention (see <http://whqlibdoc.who.int/publications/2003/9241591013.pdf>).

These include ensuring that efforts are made to promote tobacco cessation and provide treatment for tobacco dependence (i.e. Article 14 of the FCTC).

This project will therefore help countries meet their obligations with regards the implementation of Article 14 guidelines and therefore avoid large number of preventable deaths that may result from non-communicable diseases and tuberculosis among continued smokers.

For more information please contact: **Prof Lekan Ayo-Yusuf** at lekan.ayo-yusuf@up.ac.za or **Joyce Jakavula** at joyce.jakavula@up.ac.za.

Capacity-building and Research Programme in Tobacco Control

Prof Lekan Ayo-Yusuf, an associate professor at the Department of Community Dentistry, has also received a grant of S\$245,000 from the American Cancer Society (ACS) for a capacity-building and research in tobacco control policies project. The ACS is an organization dedicated to reducing and preventing an increase in tobacco use around the world and collaborating with organizations worldwide to share knowledge and end suffering from tobacco-related disease and death for all people. The goal of the project is to establish a collaborative trans-disciplinary and translational regional research programme to support human and institutional capacity building for tobacco control, while bridging the gap between research and policy making in SSA.

The objectives of the project are:

1. To build the technical and research capacity in tobacco control in sub-Saharan Africa.
2. To provide avenues for graduates to continue working in the tobacco control field through existing structures like universities, government and NGOs.
3. To link student research activities to policy-relevant tobacco control issues and priorities in their home countries.
4. To build a stock of tobacco control research by supporting existing research leaders.

The grant is awarded for the period 2011-2012 and will provide fellowship opportunities to three students from countries in sub-Saharan Africa (SSA) for an 18-month Master of Public Health degree programme in Health Promotion with special interest in tobacco control. The masters training programme in tobacco control is a first in Africa and the curriculum is developed in collaboration with Dr Kirstie Rendall-Mkosi of the university's School of Health Systems and Public Health. Other institutional support and expert advice is from the leaders at the National Council Against Smoking, Harvard School of Public Health and Johns Hopkins Bloomberg School of Public Health. The grant will also provide a one-year internship for at least one promising health researcher who is interested in development and implementation of tobacco control policies within SSA. The fellows and intern will be recruited in 2011 and will training will commence in 2012.

For more information please contact Prof Lekan Ayo-Yusuf (Principal Investigator) at lekan.ayo-yusuf@up.ac.za.

Dr Ericka L'Abbé receives the Exceptional Young Researcher Award



Dr Ericka L'Abbé

Dr L'Abbé is a Senior Lecturer in the Physical Anthropology section of the Department of Anatomy, Faculty of Health Sciences, at the University of Pretoria. Her research focuses on

modern human skeletal variation, with specific application in forensic science. She has obtained diplomat status with the American Board of Forensic Anthropologists (DABFA, 84), one of the highest achievements in the field.

Since 2003, Dr L'Abbé has written forensic case reports on unidentified persons for both the SAPS and forensic pathologists and is a member of the American Academy of Forensic Sciences and the Anatomical Society of Southern Africa.

Her most prominent publications include an assessment of commingled skeletal remains, craniometry of the Venda, as well as evaluations of life expectancy and health status. This paper received a faculty prize for best non-clinical publication by a young researcher.

Current research, in collaboration with Professor Stephen Ousley and Michael Kenyhercz, Mercyhurst College, USA, investigates alternative

approaches to the determination of ancestry of unidentified individuals. This project is funded by the NRF. She is also evaluating the prevalence of hyoid bone fractures in cases of blunt force injury to the neck and upper body. The aim of which is to provide a better interpretation of fracture patterns in hyoids found in association with skeletal remains.

She is the curator of the Pretoria Skeletal Collection of the Anatomy Department and is active in research with postgraduate students. She is also an avid runner of ultra-marathons.

Dr L'Abbé received an NRF Y2 rating in 2010, and the exceptional young researcher award in 2011.

The RESCOM Corner: The 1,2,3 of Research

Did you know?

1. Suna Redelinghuys joined the Faculty and is the Research Coordinator for Health Sciences. She is assisted by Sonto Mogale. You can contact them at the Faculty Research Office:
E-mail: Research.HS@up.ac.za
Tel: 012 354 1985
2. All research funding applications/progress reports/documentation must be submitted to the Faculty Research Office for quality control purposes. The Faculty will submit to Research Support & Innovation at Hatfield Campus. They will continue to submit to the Funding Body or appropriate Organization.
Address: Research Office 4-14, HW Snyman North Building, Faculty of Health Sciences
3. The next Faculty RESCOM Information Session will be the launch of the NEW Faculty Research Web and a demonstration. More details will be available soon. Information on future topics and funding opportunities are currently available on: <http://web.up.ac.za/default.asp?ipkCategoryID=9823&subid=9823&ipklookid=8>

You will find the **1, 2, 3 of Research** in the **RESCOM corner** of future issues of **Health Sciences Matters**.

From: **Prof Tiaan de Jager**

Chair: Faculty RESCOM

Public Health Celebrates Africa Day in Style

The School of Health Systems & Public Health hosted the annual Africa Day Celebration on 27 May 2011. The day was marked with a fusion of colours, traditional clothes and food from various countries around the African continent. Prof Tiaan de Jager, Chairperson of School of Health Systems & Public Health, had this to say: *“The school’s vision is to inspire public health excellence in Africa and therefore its only natural for the school to embrace all things Africa.”*

The day’s celebration was crowned by a beautiful poem that was narrated by Dr Flavia Senkubuge, see next page for the poem. Everyone present could not help but appreciate the uniqueness and diversity that is represented by the African continent and its people.



Africa Day Celebration

A Praise Song to Africa Poem by Dr Flavia Senkubuge



*Because you are the cradle of great warrior Kings and Queens
Because you are the soul , the pulse that is: Rholihlahla Mandela, Jomo Kenyata,
Kwame Nkrumah Julius Nyere, Samoarh Sachel, Shaka Zulu, Kamuzu Banda, Kabaka Mutesa, Seletse Kama
Because you carry us your daughters close to your heart
Because in us your spirit is*

*Because of our freedom
we celebrate your freedom.*

*Because of your wisdom
we celebrate our wisdom.*

*We gather to speak african speak
We gather to praise your name
We gather to beat your drum to praise, sing, call your name
We gather*

*Because of the path that you have walked, we follow
Because of the song you sang, we praise
Because of the tears you shed, we rejoice
Africa*

*We are your children, in us your hope is
Africa
Africa*

*We speak of your beautiful rivers the Nile, Orange
We speak of your majestic mountains of Drakensberg and Kilimajaro,,
We speak as the Baganda of Uganda, the Xhosa , Zulu, Afrikaners of South Africa, the Kikuyu, Masai, Luwo of Kenya
We speak as the proud Ashanti of Ghana*

*We speak as the daughters of the great warrior queen, Nzinga M'Bandi of N'Dongo Angola
The fearless Nana Yaa Asantewaa of the Ashanti Empire
The great Queen Ahmose-Nefertari of Egypt
Ndlovukati Nukwase Nxumalo Ndwandwe of Swaziland
Queen Nadi mother of the great Shaka
The great rain Queen Modjadji*

*We speak as sons of the warrior men
We speak as the, Rharhabe, Hintsa, Basotho, Baganda, Ashanti, Boule, Banyarwanda, Batyoli
We speak in one voice, the voice of mother Africa*

Africa, Africa, Africa

Fun Day for Children with Disabilities a huge success!!

The Fun Day for Children with Disabilities is an annual event hosted by the Faculty of Health Sciences, where nearly 400 school learners from various schools in Gauteng province converge at the Prinshof Campus to have fun.

The event, which took place on 13 May 2011, has been running for the past 16 years and is one of the biggest social responsibility initiatives undertaken by the Faculty of Health Sciences. The Fun Day does make a real difference in the lives of disabled learners as well as UP staff in general.

The main objective of the day is to give the disabled learners a day where they can have fun and enjoy themselves with other disabled learners from other schools. The learners get to take part in different activities according to their choice and ability. The activities varied from arts and crafts, ball games, balloon pops, face painting, to music.

This day also gave the health sciences students and staff the opportunity to give back to the community of Gauteng, and also for the students an opportunity to learn how to work with disabled students in a fun environment.

During the planning phase, the Marketing Department was struggling to make the funds needed for the day. They made a call to the entire Faculty to pledge funds

and their time to make this day a reality. The staff members and departments did not disappoint as they started to dig in deep in their pockets and a total of R17 050.00 was raised within the Faculty. A further R6 000 was donated by Sanlam and FNB. GSK came on board and gave toothpastes and toothbrushes for the goodie bags. Desmond's Caterers based at BMS Building gave the breakfast sandwich for the learners and refreshments for the teachers.

Each child walked away with a goodie bag that contained a character mini-blanket, a t-shirt, a tooth brush, a toothpaste and snacks.

This year things were done a little bit differently than last year. The event was not only about the children having fun, but also valuable to the teachers, who receive consultative session organised by the Centre for Augmentative & Alternative Communication (Faculty of Humanities). The session focused on how to deal with the challenges they face in their day to day interaction and teaching children with disabilities and how to use the AAC strategies to help them deal with them.

Augmentative and Alternative Communication (AAC) is a combination of communication strategies and techniques (which together are called AAC sys-

tem). This AAC system assists children with communication barriers to communicate more effectively. AAC uses less well-known ways of communication (like gestures or pictures) to improve the communication skills of learners and help them to participate within the classroom. Apart from working individually with children, AAC can be used by the teacher in the classroom to adapt, modify and adjust the teaching and assessment.

Tuks Theatre in the meantime kept the learners entertained with a educational play that was designed specifically for the target audience. There were lots of smiles and giggles as the learners were taking in and engaging with the play.

A special **'thank you'** to all the sponsors, staff members, departments/schools from the Faculty of Health Sciences, Centre for Augmentative & Alternative Communication (Faculty of Humanities), Pulse Student Organisation as well as Tuks Theatre. You made this day a reality and a success.

Your contribution is greatly appreciated!

List of Sponsors:



Faculty Schools/Departments that made pledges:

- School of Health Systems & Public Health
- School of Health Care Sciences
- Department of Nursing Science
- Department of Pathology
- Department of Urology

2011 Fun Day Gallery:



Having fun and making friends!

There was definitely no shortage of talent on the day!



Learners chilling on the grass with students from the faculty.



Teachers attending the AAC Session

2011 Fun Day Gallery:



The Nursing station was dishing up loads of fun and there were no needles and injections in sight!



OT students with all the balloons they had to blow up for the learners



Dietetics team added colour to the day



Team from School of Health Systems & Public Health took care of all the catering needs



Prof Eric Buch with Dr Michal Harty (on the far right) and her AAC team.

Faculty Shavathon raised up R4 500 CANSA

On Tuesday the 12th of April, Prinshof campus was abuzz with some 'unusual' activity. Faculty of Health Sciences students from all over the campus came to drop their books and don a pair of clippers. Armed with spray paint and a smile, the spectacle began.

From 12:00 until 14:00 the lawns in front of the BMW building played host to the first ever Prinshof Campus Shavathon. The event was organised by Mia Badenhorst (Student Development Division), Anneke Bothma (Peak Performance Consulting) and Pulse Student Society with the generous help of CANSA Pretoria. For a number of years the University of Pretoria has supported CANSA through its own Shavathon, this was the first time that the this campus

hosted its own Shavathon.

It did not take long for the heads to arrive – not just those of students, but also those of staff members. Slightly nervous queues started forming under the inviting shade. Most elected to have a flower sprayed on their hair, whilst others chose a more extreme route of cutting their hair. Among those who cut their hair was the Dean, Prof. Eric Buch. The clippers came out and the hair went down as all those involved did their bit for those suffering from cancer.

After two hours a number of things were achieved: the lawn was covered in neon fur which had seriously upset

the usual delicate balance on campus, and the team had managed to shave and spray 90 heads.

A total of R 4 500 was raised for CANSA Pretoria, this was a very good outcome considering this was a first attempt by the Faculty to host its own Shavathon. With a smile and some very colourful heads, everyone retreated back to their afternoon lecturers and to their offices, knowing that next year, everyone will be back for more.

Pulse would like to say 'thank you' to all who helped make this day a success.



Prof De Wet (School of Dentistry) checking out his new look



Roland sporting lime-green beard (MBChB IV student)



1,2,3...let's go! Dr E Kok (Guardian) with Lourens Terblanche getting ready to do some magic



Hanri Rust (Chairperson of the Nursing House) cuts Prof Eric Buch's hair while Thinus Dicks (Chairperson of Pulse) looks on

UP Doctors Tackling Rugby Injuries Head-on



Dr Phathokuhle Cele, a Lecturer in Sports Medicine, has been the team doctor for the junior Blue Bulls since July 2010. Passionate about sports medicine, she finds her work at the Blue Bulls both exciting & fulfilling, and was thrilled that in her first season with the Blue Bulls both the u19 and u21 teams made it to the Currie Cup Final (2010).

At the beginning of this year, Dr Phatho was appointed as Blue Bulls team doctor in the Vodacom Cup and u19 and u21 team doctor for the Currie Cup which starts in July. Described by her colleagues as vibrant & hard working, Dr Phatho heads a medical team consisting of 2 physiotherapists, 2 biokineticists, a masseus & a nutritionist.

This year the medical team have taken a stance of being proactive rather than reactive concerning injury management & prevention. Having completed a full statistical profile on all players & injuries sustained by the junior Blue Bulls in the 2010 Currie Cup Season, the medical team plans to use this data to implement strategies to reduce injuries & improve player performance. An exciting year ahead for the junior Blue Bulls!



Dr Org Strauss, an Extra-ordinary Lecturer - Section Sports Medicine, has been involved in sports medicine since 2005. He was the team doctor of the Vodacom Free State Cheetahs and Vodacom Cheetahs from 2005 to 2008. He then moved to the Vodacom Bulls since 2008 as their senior team doctor and was part of the recent Super rugby success.

He is head of the Bulls medical set up and is closely involved with injury management, rehabilitation and management of players. He has established new treatment modalities and rehab protocols.



Dr Rob Collins, an Extra-ordinary lecturer in Sports Medicine and a sports physician, was appointed as the Lion's team doctor for the 2010 Super 14 season. At the end of the season, he was asked to continue his involvement until the end of 2012, and was appointed as senior team physician for Currie Cup and Super Rugby at the Golden Lions Rugby Union.

He finds his work at the union thoroughly enjoyable and stimulating, as he works very closely with an excellent team of conditioning coaches, physiotherapists, biokineticists and sports orthopaedic surgeons. Together, the team has made great strides towards improved sports performance through better training methods and measurement, nutritional advice, injury prevention and management.

Dr Collins is particularly involved with management and prevention of injuries. The team has been able to significantly reduce many injury times by the use of new technologies such as platelet rich plasma therapy, extracorporeal shock wave therapy, and hyperbaric oxygen therapy.

IMPORTANT DATE TO NOTE

- **15 - 19 August 2011:** Sasolburg Techno X (Career Exhibition)
- **26 August 2011:** Grade 11 Visit to Faculty of Health Sciences (HW Snyman)
- **30 - 31 August 2011:** Faculty Research Day (HW Snyman)
- **31 August 2011:** 11th Gauteng Radiographic Seminar (Musiaon, Hatfield Campus)

Staff Achievements & Highlights



Dr Corné Postma from the Department of Dental Management Sciences has recently been accepted as a new fellow to the SAFRI 2011. SAFRI is a Regional Institute for the Foundation for Advancement of International Medical Education and Research. He attended a residential session from 1 to 9 March 2011 at the Newlands Southern Sun Hotel in Cape Town. During this session Dr Postma worked on designing and refining his PhD research project ("*Does Integrated Case-based Dental Training Ensure Improved Exit Level Clinical Reasoning Outcomes Compared to Discipline-based Training?*").

He will furthermore learn about leadership, change management and conflict management. This program will in the subsequent year result in the presentation and the publication of his research project.



Prof Annie Joubert has been promoted to full professor. Together with her postgraduate students and colleagues, Annie Joubert explores the in vitro influence of novel in silico-designed estradiol analogues with potential anticancer activity.



Dr Jon Patricios, an Extra-ordinary Lecturer- Section Sports Medicine He was elected as president of the South African Sports Medicine Association. Part of his responsibility is to organize a congress which is to take place 18 - 20 October 2011.

He is also the Director of Morningside Sports Medicine and a sports physician at The Centre for Sports Medicine and Orthopaedics in Rosebank.

LONG SERVICE AWARDS

The following staff members were awarded with the long service awards, at the HOD Meeting held on the 6th of May 2011.

- **Prof JHR Becker** (Surgery) - 35 years
- **Prof TW de Witt-Jordaan** (Paediatrics) - 30 years
- **Dr CA Eksteen** (Physiotherapy) - 25 years
- **Dr M Kirstin** (Paediatric Surgery) - 20 years
- **Mrs N Briers** (Anatomy) - 20 years
- **Prof G Dreyer** (Obstetrics & Gynaecology) - 15 years

STORY SUBMISSIONS

If you would like to see your department and the staff members featured in the next issue of Health Science Matters, please send your story and pictures to Jane Moshoeshoe at jane.moshoeshoe@up.ac.za or Marianna Kotze at Marianna.kotze@up.ac.za. The next issue will come out in September 2011 and the closing date for submissions is 26 August 2011. For more information, you can contact us on **012 354 1669 /1386**