



UNIVERSITEIT VAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA

# HEALTH SCIENCES MATTERS

FACULTY OF HEALTH SCIENCES NEWSLETTER

Issue 29. December 2018



## MBChB Declaration Ceremony

On the 1<sup>st</sup> of December 2018, our newly qualified doctors took part in the MBChB oath taking ceremony, pledging to uphold their professional responsibilities in their service to the community. This event allows the class to participate in the reading of the 'Oath' which commits newly qualified doctors to practicing their profession in a moral and dignified way.

The School of Medicine at University of Pretoria (UP) is one of the few in the country that holds a separate 'Oath Taking or Declaration Ceremony' for graduating students. Some Medical Schools combine the declaration and graduation ceremonies, usually held at the end of the year. However, UP holds a separate 'Declaration Ceremony' for several reasons.

According to Prof Robin Green, the declaration ceremony is an opportunity for final year medical students to celebrate their passing of the degree and achievement of distinctions, ahead of the formal graduation ceremony. During the ceremony, each student who has achieved the degree with distinction or merit is acknowledged, and students are awarded prizes in various subjects.

Robin J Green, Chairman: School of Medicine

# FROM THE DEAN'S DESK



Dear Colleagues,

As the 2018 academic year draws to a close, I would like to thank each and every one of you for the incredible work, dedication and commitment you have exhibited throughout the year. The past year had its challenges, calling for more of our time, our resources and for ingenious solutions in the face of the demand for consistently high and improved quality service and delivery.

Reflecting on the past year, we are proud of our outstanding achievements. The number of accredited publication units for 2017 amounted to 223.18. During this year we produced 28 Doctoral graduates and 205 Masters graduates; our Faculty has the best throughput rate of postgraduate students at UP. Our research-focussed academic offering and outputs are paying dividends as seen in the different ranking and measurement systems used throughout the research landscape – 2017 was the 1<sup>st</sup> time, we ranked in the Times Higher Education World University Rankings (THE) in the Clinical Medicine & Life Sciences domain; and we managed to retain a ranking of #401–500 in the THE Pre-clinical, Clinical & Health Subject Ranking for 2018. In the BRICS rankings the University dropped 7 places from #38 to #45 but the Faculty managed to rank #348 in the QS World University Rankings by Subject for 2018 in the domain of Life Sciences and Medicine.

Our clinical teaching and service offering keeps on improving through beneficial partnerships with industry and government. Your commitment and positive contributions have stimulated growth whilst ensuring that our students remain a top priority. Our teaching and learning platform has seen innovative improvements resulting in an enabling learning environment. We are very proud of the consistently high quality of training and education offered in our faculty, thank you colleagues!

In this edition of our newsletter, we highlight contributions from our students and academics and pay tribute to the life of Ronel Leyds, the Head of Marketing and Communication and former editor of this newsletter, who sadly passed away in November. Read about the awards and accolades given to individuals and teams throughout the Faculty, the declaration ceremony of the MBChB students and the appreciation expressed for staff members receiving special awards for long service at the Faculty of Health Sciences.

As we end this year on a high note, I would like to encourage you to take advantage of this momentum, letting it roll over into an inspiring start to 2019. The future of our Faculty rests in building on our strengths, ensuring growth and continued success, which is only possible with your continued commitment and contributions.

Finally, may everyone have a blessed festive period with good cheer and family-filled fun. Best wishes for a well-deserved holiday break!

Regards

*Tiaan*  
#MakeThingsHappen2018

### Popping painkillers before endurance events can cause severe long-term damage – UP study

For the average marathon runner, excruciating pain is often inevitable during endurance runs, and popping a few painkillers before or during a race to make the pain more bearable seems like a no-brainer and is quite common.

A recent collaborative study by UP Sport, Exercise, Medicine and Lifestyle Institute (SEMLI) has raised concerns that neither athletes nor race organisers realise the severity and health risks of taking painkillers at the starting line and during the race.

This first-of-its-kind study, conducted by UP sport and exercise medicine postgrad Adrian Rotunno under the supervision of Prof Schwellnus and Prof Christa Janse van Rensburg, focused on 76 654 runners who had entered the annual Old Mutual Two Oceans Marathon in Cape Town, which comprises a half-marathon (21 km) and an ultramarathon (56 km). The study sought to gain insight into participants' health, medical history and use of analgesic/anti-inflammatory medicine.



Dr Adrian Rotunno, Prof Martin Schwellnus and Prof Christa Janse van Rensburg

### Physiotherapist with a special interest in sport and youth

Michelle Bester (26) is a Physiotherapist with a special interest in sport and youth development. Michelle completed her masters research, titled 'Predisposing factors for injury: A study on South African elite male youth football players' in 2018, and is on her way to explore new pastures.

Michelle is one of only 35 students to be accepted into the 2018/2019 edition of the European Master's Degree in Health and Physical Activity at the Università degli Studi di Roma 'Foro Italico' in Rome, Italy.

She has been awarded a full Scholarship by the Italian Foreign Ministry to pursue her postgraduate studies. We wish her well on her new adventure!



Michelle Bester

## Research Excellence Award for Prof Mike Sathekge

In November 2018, Prof Sathekge was awarded a Research Excellence Award by the South African Clinician Society. He has published extensively, taught, mentored and supervised undergraduate and postgraduate students, inspiring our future researchers. We congratulate Prof Sathekge on his achievement!



Prof Mike Sathekge



Prof Bob Millar

## Prof Robert Millar awarded TWAS Prize in Medical Sciences 2019

In November 2018, the World Academy of Sciences awarded Prof Millar a TWAS Prize in Medical Sciences. The prize is valued at USD 7500, along with a medal. We congratulate Prof Millar from the Centre for Neuroendocrinology on this achievement!

## Prof Mulaudzi elected as Chair of FUNDISA for 2019 - 2020

Prof Mavis Mulaudzi, head of the School of Healthcare Sciences at UP, has been elected as Chair of FUNDISA for the 2019-2020 period. The Forum of University Nursing Deans of South Africa (FUNDISA) membership comprises all heads of Nursing Schools and Departments from around South Africa. Prof Mulaudzi was elected by her peers, based on her outstanding leadership skills in the nursing fraternity. Elections took place during the fourth FUNDISA business meeting for 2018, which was held at the Nelson Mandela University, North campus on the 25th and 26th of October 2018.



Prof Fumulani Mavis Mulaudzi



Dr Aaron Motsolaedi, South Africa's Health Minister; Prof Jannie Hugo and Professor Mergan Naidoo.

## Lifetime Achievement Award for Prof Jannie Hugo

Prof Jannie Hugo, head of the University of Pretoria's Department of Family Medicine, was honoured with the Lifetime Achievement Award from the South African Medical Association (SAMA) for outstanding, pioneering contributions to the primary healthcare system.

Prof Hugo is passionate about community based health care, and has played a fundamental role in establishing the Community Orientated Primary Care (COPC) Research Unit, the Community Orientated Substance Project (COSUP). Both programs rely on Ward Based Outreach Teams (WBOT) to realise tangible health outcomes in communities.

## 2018 Prize winners continue the UP legacy

Congratulations to Aliya Mukadam for winning several awards at this year's declaration ceremony. Aliya's parents, Prof Zarina Lockhat (Head of the Department of Radiology, UP) and her father, Dr. Ashraf Mukadam, are very proud of their daughter's achievements. Aliya won the School of Medicine prize for the best performance in the MBChB course, the Horrace Welss Medal (SA Society of Anaesthesiology) to the best final-year student in Anaesthesiology and the Department of Surgery prize for the best student in General Surgery.

Congratulations to all our prize winners on their excellent achievements!



Aliya Mukadam

## Special Awards for long service



The Faculty of Health Sciences held an event to convey a message of appreciation to employees for their long service. Prof Tiaan de Jager expressed appreciation for staff who achieved this milestone. He noted that loyal and dedicated employees are the foundation of success in the faculty and thanked them for their immense contribution. Employees will always remember the first day they walked through the doors of the Faculty of Health Sciences. Celebrating their long service denotes an important day in their lives and has a domino effect. Service ranging from 10 to 35 years:

10 years: 20 employees

20 years: 8 employees

30 years: 3 employees

15 years: 11 employees

25 years: 3 employees

35 years: 1 employee

## Faculty of Health Sciences bids farewell to Prof Cheryl de la Rey



Prof Cheryl de la Rey, UP Vice-Chancellor and Principal

The Faculty of Health Sciences bid farewell to departing Vice-Chancellor and Principal Prof Cheryl de la Rey on the 17<sup>th</sup> of October. Dean, Prof Tiaan de Jager wished Prof de la Rey well on behalf of the faculty, and while Prof Mavis Mulaudzi (School of Healthcare Sciences), Prof Robin Green (School of Medicine), Prof George White (School of Dentistry) and Dr. Flavia Senkubuge (School of Health Systems and Public Health) each delivered a personal message. A final-year MBChB student, Anleo Jansen, delivered a personal message from the students.

The moving tribute included entertainment by various performers, including faculty students Kiash Arjun and Stephen Sass, as well as the Tuks Bophelong Choir.



Prof Tiaan de Jager, Prof Cheryl de la Rey and Prof Eric Buch

## All smiles: UP's Facial Cleft Deformity Clinic celebrates 35 years of putting smiles on kids' faces



Front left to right: Sr D du Plessis (Community Health Nurse), Dr S Naidoo (MFOS Surgeon), Prof K Butow (MFOS Surgeon), Dr E Ghabrial (Orrrhodontist), Dr I Hanger (Peadodontist).  
Back left to right: Mr F du Plessis (Dental Technician), Sr H van den Berg (Community Health Nuresse), Mrs E Kruger (Communication Pathologist) Mr R Luus (Dental Technician)

In 2018, the University of Pretoria's Facial Cleft Deformity Clinic celebrates 35 years of helping babies and children with orofacial clefts to be more comfortable, and ultimately healthier and happier. The internationally highly rated clinic is part of UP's Department of Maxillofacial Surgery, and tends to about 80 patients a month, has more than 4500 patients on its books, and is made up of a dynamic multidisciplinary team of community nurses, maxillofacial surgeons, geneticists, orthodontists, speech and hearing therapists, and clinical psychologists. In fact, it's said to be one of the biggest multidisciplinary clinics in Africa.

The Facial Cleft Deformity Clinic is truly unique in that it stays in touch with its patients throughout their lives. "Once surgery and all other treatment plans are complete, the team follows up with patients on an annual basis," says Dr Naidoo. The clinic's oldest patient is 36 years old and has been in its treatment and care programme since the day its founder, Professor Kurt-W Bütow, opened the clinic doors in 1983.

# Ronel Leyds: A tribute to a dear friend and colleague

We are profoundly saddened by the passing of Ronel Leyds, Head of Marketing and Communication in the Faculty of Health Sciences. Ronel passed away in hospital on 16 November 2018 after a short illness.

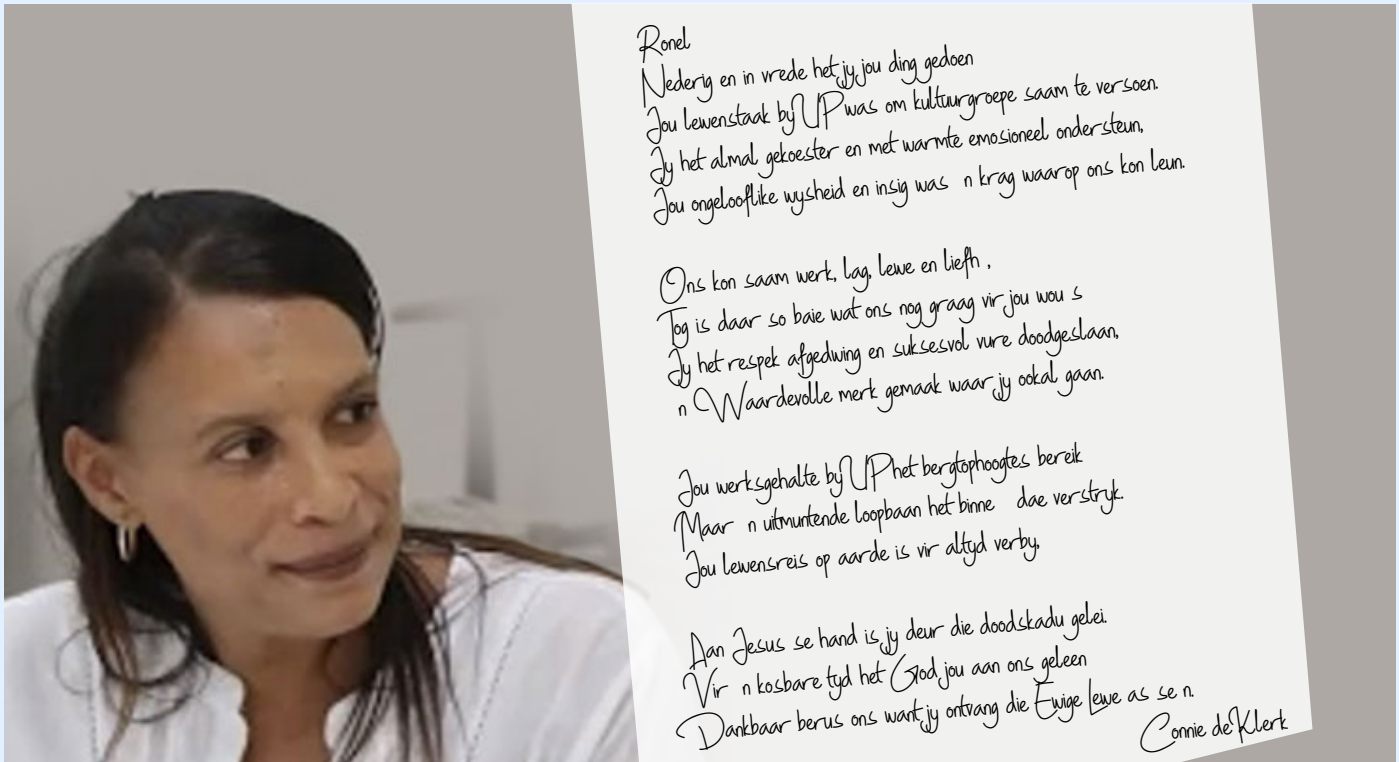
Ronel had an immediate positive impact when she joined our Faculty on the 1<sup>st</sup> of October 2013. She was a dear colleague and friend who always executed her duties with excellence. She was a sounding board and trusted ear to many, always ready to provide advice and perspective on any issue. She made particularly valuable contributions to marketing in the Faculty, which has gone from strength to strength under her guidance, responsible for communication of information, the development of brochures, production of newsletters, communication with the media, the refresh of the web and organising many events.

She was responsible for a number of successful internal and outside events. The annual Fun Day for children with Disabilities was one event that was very close to her heart. She cared about the disadvantaged, and worked hard towards equality and better quality of life for all. She was a role model to friends and colleagues. Ronel was also, in-between everything else, doing a Masters in Public Health in the School of Health Systems and Public Health. In addition Ronel was, first and foremost, a mother, a daughter and a sister.

The Dean, Professor de Jager, spoke at her funeral and shared with her family and friends the following words: "Ronel worked hard, she invested in the Faculty and in the University. But she also invested in her colleagues and friends. That is why people will love her, thank her and remember her."

Family, friends and colleagues, our faculty won't be the same without her. But let's take comfort in knowing that her legacy lives on through the many lives she touched and the lasting mark she leaves.

A dear colleague wrote a poem in tribute, in Afrikaans, which echoes sentiments shared by the wider faculty.



We would love to hear more from departments and staff.  
Please e-mail your ideas and contributions for the next edition to Marianna Kotzé  
Email: [marianna.kotze@up.ac.za](mailto:marianna.kotze@up.ac.za)