

## Final year students cocktail

### Renewed commitment to nursing research in Western Cape

Undergraduate nursing students overestimate their knowledge on contraception and nearly a quarter never use condoms; according to a systematic review. Another finding says that nurses in the emergency care ward at Red Cross War Memorial Children's Hospital work in a very complex environment with apparently constant interruptions which may impact on their ability to focus on the patients in their care.

These are some of the research findings presented to over 85 delegates attending the Western Cape Nursing Research Forum's annual meeting at the Sanlam headquarters in Bellville on 16 September 2011.

The director of the country's only provincial Nursing Services Directorate, keynote speaker Ms Florence Africa of the Western Cape Department of Health, reminded participants that as nurses, research was essential to effect change, and the ability to conduct evidence-based research was an ever-important skill.

"We as nurses at the bedside are the ones who know patients best and will be able to gather evidence-based information to advance in the area where we work. We need research to evaluate the effectiveness of nursing treatment, and by looking beyond our patients – casting our eyes left and right – we will develop an enquiring mind to undertake research on nursing practice which is undergoing tremendous changes and challenges to meet social needs," she said.

She challenged delegates to consider how their research findings could make a difference to health service delivery by considering several key questions: "What is the nature of our research? Is it relevant? Will it improve service delivery? Are we doing research for personal gain, or to make the difference? Are we using innovative approaches to teaching and learning?"

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**PARTY!**

The Dean's final year cocktail party, sponsored by the Development and Alumni Department, was held in the IIDMM foyer on Wednesday, 28 September. Some 150 medical students in MBChB and Allied Health Sciences attended the event and were warmly welcomed by the Dean who was introduced by the 6<sup>th</sup> year MBChB class representative, Jess John Thadathilankal. The purpose of the function is to instil in our students the need to keep in touch with their Alma Mater once they leave the faculty.



# Inaugural lectures

**Professor Wayne Derman**

**Topic: Broken Hearts, Spacement, Wattle Trees**

**and a Man with one Leg: My extraordinary journey in Medicine**

**Wednesday 5 October 2011, 17h30 at the Sports Science Institute Auditorium**



Wayne Derman matriculated from King David High School Linksfield in 1980. He graduated MBChB from the University of Pretoria in 1986, and obtained his BSc (Med)(Hons) in Sports Science and his PhD from UCT in 1988 and 1993 respectively. In 1993 and 1997, he underwent training as an advanced team physician in San Diego, California and Orlando, Florida, USA. He is presently Professor of Sports Science and Sports Medicine at the UCT Sport Science Institute of South Africa and is Co-Director of the Sports Medicine Services and Research Group, incorporating the FIFA Medical Centre of Excellence and IOC Research Centre for Injury Prevention and Protection of Health of the Athlete, at the Institute. He is also Co-director of the Sports & Exercise Medicine Practice and Chronic Disease of Lifestyle Rehabilitation Programme based at the Institute. He served as President of the South African Sports Medicine Association from 1998-2000 and was one of the pioneers responsible for establishing Sports and Exercise Medicine as a clinical discipline in South Africa.

Professor Derman has played an important role in clinical support for South Africa's athletes at International level. He fulfilled the positions of Chief Medical Officer for the South African Team to the Sydney 2000, Athens 2004 Olympic Games, and more recently, Medical Officer for the South African Paralympic Team to Beijing in 2008. In December to May 2002, he served as Flight Surgeon to Cosmonaut Mark Shuttleworth during the "First African in Space" mission in Russia. He recently served as the Medical Officer for Cape Town for the FIFA 2010 World Cup. Having diverse interests, he has received many awards in his career ranging from a Fellowship of the American College of Sports Medicine; the Val Schreire Award for the Outstanding Investigator in the Cardiovascular Field in Southern Africa; the Paul Harris award from Rotary International for community contribution; to a Mondri Award nomination for journalism. In December 2004, Professor Derman was named recipient of the Department of Health and Health Professionals Council award for Excellence in Health Care in South Africa.

He is married to Nadine and has four children, Raine, Shannon, David and Joshua.

**Professor Lorna Martin**

**Topic: "No woman No cry" - A journey into Forensic Pathology services**

**and violence against women in South Africa**

**Wednesday, 26 October 2011, 17h30 at Student Learning Centre, Anatomy Building**



Lorna Martin completed her Medical degree at the University of the Witwatersrand in 1989 and worked at Chris Hani Baragwanath Hospital as an Intern. She then joined the District Surgeon's office in Johannesburg where she developed her interest in violence against women. Lorna moved to Cape Town in 1996 and completed her MMed Path (Forensic) at UCT in 1999. She was appointed as a Specialist in the Division of Forensic Medicine in the Department of Clinical Laboratory Sciences at UCT after qualifying and went on to become a Chief Specialist and Head of Division in 2004, a joint appointment between the Provincial Administration and UCT. She was the first woman and the youngest person to be appointed as the Head of a Division of Forensic Pathology in the country. She was elected as the Head of the Department of Clinical Laboratory Sciences in 2009. Lorna was recently awarded the Fellowship by peer review, from the College of Forensic Pathologists.

Her research predominately focuses on *Combating violence against Women and Children* for which she has published several papers, chapters in books and presented at many conferences and outreach programmes both locally and internationally. These include, for instance, "Mortality of women from intimate partner violence in South Africa: a national epidemiological study" in *Violence and Victims*; and "The virgin cleansing myth: cases of child rape are not exotic" in the *Lancet*. She was the recipient of the White Ribbon Award in 2001 from 'Women Demand Dignity' for her research work.

Lorna has also participated in studies on femicide with the MRC and with various collaborators in a national study of injury mortality in South Africa. Her pioneering work on the medico-legal management of rape survivors, produced with colleague Prof Lynette Denny, was later adapted into the National policy and guidelines for the management of rape survivors and the WHO 'Guidelines for medico-legal care for victims of sexual violence'.

She has been invited by various organisations across the Globe (including WHO, Johns Hopkins University, Scotland Yard, the Department of Justice New Zealand) to participate in conferences, steering committees and provide expert opinions on high profile cases. Before she stopped counting, Lorna had performed in excess of 8 000 autopsies, examined approximately 2000 rape survivors, 500 drunken drivers and testified in hundreds of court cases. On the lighter side of a difficult science, she has also been asked to participate in the making of movies and documentaries for television, as well as provide scientific input for popular crime novels.

# Faculty News

**Prof Crick Lund** (below) has been awarded one of 3 NIH HUB grants. There will be HUB grants in South America, India and Africa, each focussed on developing locally appropriate mental health interventions. The three HUBs will also collaborate on cross country research projects. Crick's grant is entitled "Africa Focus on Intervention Research for Mental Health."

**Congratulations Crick!**



Articles for Newsletter to be sent to Joan Tuff



**Team Spirit**

The Post Graduate Administration office showed their support for the Springbok defence of their World Cup title by proudly wearing the colours of the team. They are joined in the picture by Llewellyn from the post room.

## Post Docs Retreat



Early in September the Postgraduate Funding Office and the Centre for Higher Education Development ran a pilot project and invited all postdoctoral fellows registered at UCT to attend a two day retreat at the Cape Manor Hotel in Sea Point. The retreat was designed to give researchers, administrators and postdocs the opportunity to discuss the nature of the postdoctoral experience and to share some of the experiences and challenges (both good and bad) facing postdoctoral fellows and workshop suggestions and possibilities to enhance the experience.

Sixty postdocs from across the university attended the retreat as did representatives from the Postgraduate Student Association. The first day focused on the postdoctoral experience, while the second day involved an informal conference in which postdocs shared their research areas across disciplinary boundaries. The evaluations received have all been very positive with postdocs appreciating the opportunity to network and set up potentially productive collaborative research initiatives across disciplines.

# Research News



For Noting...

## Intellectual Property Policy

Creators of Open Educational Resources (OER) are to take note of and act in accordance with the newly-updated Intellectual Property (IP) policy of the University of Cape Town. The updated version now specifically addresses issues relating to the creation of OER resources and the licensing processes to be followed. The policy also now expressly states the support for publication of materials under Creative Commons licenses.

In term of the updates, an Intellectual Property (IP) Advisory Committee is to be established to manage the processes relating to IP for UCT. Section 9 of the policy relates to creators of OER resources. It states that software development projects involving Open Source Licensing (OER) should, from the *outset*, submit the intended type of license agreement for review to the Research Contracts and Intellectual Property Services (RCIP) office for review in terms of compliance to South Africa's Intellectual Property Rights (IPR) Act and guidelines.

Notable aspects of the updated policy also include IP related to the creation and licensing of films as a teaching learning medium/tool. Others are (Section 8.2):

UCT automatically assigns to the author(s) the copyright, unless UCT has assigned ownership to a third party in terms of a research contract, in:

- Scholarly and literary publications
- Paintings, sculptures, drawings, graphics and photographs produced as an art form
- Recordings of musical performances and musical compositions
- Course materials, with the provision that UCT retains a perpetual, royalty-free, nonexclusive licence to use, copy and adapt such materials within UCT for the purposes of teaching and or research
- Film.

For more information, find the full policy document at:

[http://www.uct.ac.za/downloads/uct.ac.za/about/policies/intellect\\_property.pdf](http://www.uct.ac.za/downloads/uct.ac.za/about/policies/intellect_property.pdf) or visit <http://www.rcips.uct.ac.za/>

## Department of Psychiatry and Mental Health has bumper year

For the Dept of Psychiatry & Mental Health, 2011 has been a bumper year in terms of research grants. Dan Stein, Head of Dept, believes that it has been the best year ever in the history of the Dept, both in terms of the monetary value of research grants, and in terms of their clinical and scientific relevance. New research grants include funding obtained by the Divisions of Addiction Psychiatry (eg Sharon Kleintjes's training grant in recovery, Katherine Sorsdahl's Dept of Health and South African Violence Initiative funding for work on addiction in trauma units), Child and Adolescent Psychiatry (eg Cathy Matthew's European Union funding for HIV prevention), General Hospital Psychiatry (eg Pete Milligan's World Psychiatric Association funding for intervention in schizophrenia), Liaison Psychiatry (eg Jacqueline Hoare's National Research Foundation funding for work on paediatric HIV), Neuropsychiatry (eg John Joska's National Institutes of Health funding, Carla Freeman's Discovery grant), Psychopharmacology (eg the Brain and Behaviour Initiative's European Union and National Institute of Health Funding for training and for work on posttraumatic stress disorder, and Public Mental Health (eg Crick's Lund's Dept of International Development and National Institute of Health funding). These grants amount to over R100 million."



# Faculty News

## The Berg River Canoe Marathon 2011



### Physiotherapy students do their bit..

The Berg River Canoe Marathon took place from the 13<sup>th</sup> to the 16<sup>th</sup> of July and we were fortunate enough, as students, to be afforded the opportunity to work on this event. This year six students worked on the Berg River Marathon to try and raise money for the University of Cape Town Physiotherapy Student Council and for Red Cross Children's Hospital. The students ask for a R100 donation from the paddlers for a 30 minute massage and the students also provided free strapping, which is sponsored by BSN medical, for any paddlers that require it in the early mornings.

The event is a wonderful occasion for the students, paddlers and supporters. It is a great opportunity for the students to have a chance to interact with endurance athletes. The Berg is a tough endurance race as the paddlers are spending four or more hours out on the river. The students have the opportunity to practice and improve their massage skills as well as the opportunity to learn how to strap certain injuries that are common in paddlers. The students were also fortunate enough to have qualified physiotherapists and a chiropractor who also came to work on the Berg which allowed the students to see more experienced professionals working and afforded them the chance to learn from them.

This event is a lot of fun. The experience of travelling along with the race and camping alongside the river as the race goes on is very special. There are bonfires in the evenings that the paddlers, their supporters and families can all congregate around to enjoy some warmth and socialising, as well as wonderful meals that are prepared by the people who own the farms all the paddlers and supporters camp on. A special thanks also goes out to Romy Parker, a senior lecturer in the University of Cape Town Physiotherapy Department, as she organises everything for the students to work on the Berg as well as paddling in the race herself.

### Centenary News

Next year represents a historic occasion for the Faculty of Health Sciences – the centenary of the faculty's birth. On 6 June 1912 the Anatomical and Physiological Laboratories at the then South African College in Gardens were opened, and with them, the first medical faculty in the country.

Over the years, the faculty has grown significantly in size and scope, now educating around 3000 students each year across multiple disciplines. It has a strong reputation for research excellence, producing an average of more than one new research publication every day. The 100<sup>th</sup> anniversary presents an opportunity to recognise the impact of the faculty's past, celebrate the impressive station it has achieved today and, most importantly, start building its future.

A range of commemorative projects and events are being planned. The *South African Medical Journal* will be releasing a special centenary issue and a photographic exhibition will highlight images from the faculty's past. The Health Sciences Library will showcase some of the impressive outputs over the years and we hope to develop commemorative items to recognise this landmark year. Our departments will be highlighting the academic and artistic talents of past and present faculty members through various initiatives, while our student societies are plotting other original ways to acknowledge our faculty's place in the world today. And of course we will be holding a celebration on the 6<sup>th</sup> of June itself!

With all these plans in development, keeps your eyes peeled for ways to get involved!

### Computers for all..

Gregory Doyle of the FHS Education Development Unit with support from Faculty IT, recently took a step in the right direction by assisting the faculty in fulfilling its social responsive role when it sold 29 fully refurbished computer systems to Super Care workers for R100.00 per system.

During our interaction with the staff, it was clear that acquiring the computers would mean a lot to them in terms of their and their families development.



# Faculty News

## Brain and Behaviour Initiative

The Brain-Behaviour Initiative at UCT has received a boost with a grant from the European Union. The grant, called the Joint European and South African Research Network in Anxiety Disorders (EUSARNAD), will allow interchange of students between UCT and a range of outstanding European universities. Students will be able to gain skills in areas such as neurogenetics, neuroimaging, and other aspects of the psychobiology of anxiety disorders and related conditions. The aim of this research exchange, is to share knowledge and expertise among participating centres, in order to ensure a comprehensive translational research approach in anxiety disorders, relevant to the needs of developed and developing societies. Prof Dan Stein, Director of the BBI, said that he was really delighted by the opportunities this would provide brain-behaviour students.

For further information please email [Katherine Sorsdahl \(kattsorsdahl@gmail.com\)](mailto:Katherine.Sorsdahl@gmail.com) or Dan Stein ([dan.stein@uct.ac.za](mailto:dan.stein@uct.ac.za))

## Eye Tests in Imizamo Yethu

Postgraduate ophthalmic nursing students joined forces with SHAWCO (UCT's Students' Health and Welfare Centres Organisation) on 17 September to conduct eye-screening tests on infants and children in the Imizamo Yethu township near Hout Bay. About 21 infants and children were tested, two of whom were referred for further management. Research shows that, while the number of children who are blind has declined globally by 10% over the past 10 years, the numbers have increased by 31% in Sub-Saharan Africa due to population growth, the region's diseases burden and poverty. Una Kyriacos, senior lecturer in the Division of Nursing & Midwifery, said that if visual problems are not detected early in life, children will struggle at school.



## Building the Bridge for Humanity

Dr. Izzeldin Abuelaish, a Palestinian gynecologist was the first Palestinian doctor to be on staff at an Israeli Hospital, and practiced many years in Israel and the Gaza strip. In 2009, in the last days of the last war, an Israeli tank fired on his house, killing three of his daughters and his niece, leaving him unhurt in another part of the house. Despite this immense tragedy, Dr. Abuelaish has worked tirelessly to foster peace between Israelis and Palestinians. "Like Martin Luther King Jr., I too have a dream," he writes. "My dream is that my children - all Palestinians and their children and our cousins, the Israelis and their children - will be safe, secure, and well fed; they will have their own citizenship and identity." This extract from his book, "I shall not Hate" underscores his remarkable commitment to forgiveness and reconciliation. He shows us the difference between anger that relentlessly drives him to strive for peace, and hatred that could be all consuming.

Dr. Abuelaish is currently an Associate Professor of Medicine in the Dala Lana School of Public Health, University of Toronto. He is an inspiring speaker who has taken his message of hope, peace, and faith in the human spirit to all corners of the globe, and we are very pleased that he has agreed to present a talk here at UCT.

**Date:** Thursday, 20 October 2011

**Time:** 13h15

**Venue:** Wolfson Lecture Theatre, IIDMM,

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## UCT and Kigali Health Institute

### Collaboration

Des Scott and Julia McCulloch

Through the Vice-Chancellors Strategic Initiative, the Division of Physiotherapy was awarded funding to pursue a link with the Physiotherapy Department of the Kigali Health Institute (KHI). Two KHI lecturers were hosted in Cape Town in July and UCT two clinical educators visited Rwanda in September as part of the on-going collaboration.

The objectives of the visit were to continue to explore areas for collaborative research and to share the UCT experience with using the WHO International Classification of Functioning (ICF) as a framework for student learning.

There was a busy schedule which included tea with the High Commissioner of SA, Virish Vallabhbai, tours of different health institutions and discussions with lecturers and physiotherapists at Kigali Health Institute. On the Saturday we ran a workshop on the clinical application of the ICF framework which was attended by 29 participants.

The last part of call was the Gorilla Park in Muzanze for a walk through the forests and a sighting of the gorillas.



### Congratulations to:

**Prof Bongani Mayosi** who was awarded the NRF's Transformation of the Science Cohort Award and



**Prof Frank Brombacher** who was awarded an A-Rating by the NRF.