

Future student leaders developed



Future Health Leaders create posters on their vision and future roles in SA's health system: From the left: Yolanda Gumede, Richard Burman, Anza Khubana, Asande Makhunga and Siwe Toto

The Future Health Leaders Programme (FHLP) is a pilot student leadership development initiative developed by senior student leaders in the Faculty of Health Sciences for junior students who had not as yet engaged in student leadership. These society leaders recognised a gap in the recruitment of junior students into leadership roles in their organizations and thus endeavoured to expose them to and develop their leadership capacities.

A total of 30 students were selected into the FHLP which over three sessions has provided interactive and engaging seminars on the SA health system, student and youth leadership including aspects of health leadership. These seminars were conducted by UCT staff members from with the Faculty of Health Sciences, the UCT Graduate School of Business, Student Wellness and the School of Management Studies.

The Deputy Vice-Chancellor Professor Crain Soudien met with this group of 30 future health leaders during the programme's third session where he facilitated their poster design activity on student and youth leadership. "The DVC engaged the participants on critical social issues that affect young people today, issues which we will invariably face ourselves as young leaders in today's increasingly globalized world. He reminded the FHLP participants of where we have come from as a people in this country and the importance of self awareness as they take up their places as future leaders in both the country and its health system" said FHLP Co-ordinator Itumeleng Ntamatama, a 5th year Medical Student.

The Dean of Faculty, Professor Marian Jacobs also joined the group in a subsequent session in discussing pertinent current issues affecting the health system which included the National Health Insurance. She further circulated the green paper on the NHI recently released by the Health Minister, Dr Aaron Motswaledi, to elicit the future health leader's comments on the proposed health plan. (by I. Ntamatama)

Please e-mail stories for the next edition to joan.tuff@uct.ac.za



Future Health Leaders Programme class of 2011 at their Awards and Presentation Ceremony:

SHAWCO NEWS

International Projects



This was the third year SHAWCO Health ran international projects. In January 2011 a group of Australian medical students, and in June/July 2011 Norwegian Students, visited South Africa and ran the SHAWCO clinics while the UCT students were on holiday, running around 40 additional clinics. These specific international projects aim to create continuity in communities by ensuring health care even when local students are on holiday. Whilst assisting in community development, this project has revealed international interest in SHAWCO Health operations. There are also a number of foreign students that are involved through the year, and the numbers are growing. This year over 150 international students have volunteered on SHAWCO clinics. SHAWCO has developed into an international brand. SHAWCO hosted medical (and pre-med) and allied health sciences students on electives and study-abroad programmes from all over the world: Australia (University of New South Wales, University of Queensland), Norway ("Mobile Meds"), Denmark and Sweden, USA (Harvard, Johns Hopkins, Northwestern University, Stanford University, Princeton University, University of California in Los Angeles, University of Massachusetts, University of Virginia, Williams College in Massachusetts, Yale, Georgetown University), United Kingdom (Glasgow University, Oxford), Canada (University of Victoria in British Columbia), and Iceland (University of Iceland). SHAWCO also hosted a group of researchers from Northwestern University, who performed a study on the clinics testing out a new medical diagnostic technology which they had developed – An automated Integrated Management of Child Illness (IMCI) diagnostic and management application on a Tablet PC.



SHAWCO goes rural

Sixteen health science students and Prof Steve Reid participated in "Vredenberg 2011", the semi-rural trip that changed the lives of about 100 patients and a beach, very much in need of attention. Over a long weekend in March, the team managed to see just under 100 patients in 5 consulting rooms, entertaining the patients with health promotion skits, followed by a consultation, which entailed screening for common medical conditions, HIV counseling and testing, and treatment of some minor primary health-care complaints. Students gained a greater understanding of the needs of



patients in rural communities, and the social barriers to the management of chronic medical conditions. Hopefully this trip will inspire students to take up more of an interest in rural medicine, and encourage students to work in rural areas once qualified.

Return to Zithulele

For SHAWCO Rural 2011 a group of 19 medical students (1st year – 6th year), 2 OT's (2nd year), 1 SHAWCO intern (future OT student) and 2 doctors returned to the Eastern Cape to run clinics in Zithulele and the surrounding areas. The medical students visited 8 clinics twice over 4 days, and provided PAP smears (70), HIV counselling and testing (105), paediatric screening and immunizations (64), and general adult screening (110 blood pressures, 96 glucose tests). Students came on the trip to experience rural health, to see if it could be a career or community service possibility for them, and to learn new skills. From feedback from the volunteers, highlights included experiencing the rural-ness of the Eastern Cape, the fun experiences with fellow students and contributing to the community in a meaningful way. Many commented on how they had learnt a lot about the challenges of rural medicine and rural life.



Mandatory Testing for HIV/AIDS - Treatment as Prevention" – Two sides of the same coin?

SHAWCO Health in collaboration with Médecins Sans Frontières held this debate on the 5th of May 2010, the first in a series on critical health issues in South Africa.

The talk was expertly facilitated by **Professor Bongani Mayosi**, Head of the UCT Department of Medicine. **Dr Gilles Van Cستم** (the medical coordinator for MSF in South Africa and Lesotho), introduced by exuberant singing from a TAC audience members, started the discussion by talking about why a medical approach to prevention is critical to bend the curve of increasing HIV prevalence. He was followed by **Pholokgolo Ramothwala**, who is a journalist by profession and has been living openly with HIV for the past 13 years. He is the founder of Positive Convention, which hosts forum discussions around issues of living with HIV. He approached the topic from a more personal perspective and advocated the early detection and treatment of HIV. **Professor Leslie London**, head of the UCT School of Public Health explained the health system implications of programmatic interventions such as ARV scale up, and the dangers of mandatory testing. He also provided a human rights perspective on mandatory testing. Finally, **Dr Janet Giddy**, a family physician with past experience in rural medicine, obstetrics, primary health care and extensive research in this field, discussed the need to stop "exceptionalising" HIV testing and mainstream "opt out" HIV testing.



Inaugural lecture



Steve Reid is a family physician with extensive experience in clinical practice, education and research in the field of rural health in South Africa. He holds a BSc(Med) and MBChB degrees from the University of Cape Town, a Masters in Family Medicine from Medunsa, and a PhD in Education from the University of KwaZulu-Natal.

As a conscientious objector to military service in the 1980's at Bethesda Hospital in north-eastern KwaZulu-Natal, he was involved in community initiatives in health in the Bethesda health ward, and completed his Masters thesis in Family Medicine on the topic "*The Community Involvement of Rural Clinic Nurses*". Moving back to Durban after 10 years, he established a Vocational Training

Programme for rural doctors at McCord Hospital. He then directed the Centre for Health and Social Studies (CHESS) at the University of Natal, and with his team pursued a number of training and operational research projects in rural districts in KwaZulu-Natal, Eastern Cape and Limpopo, focussing on the strengthening of the district health system. In 2001 the Centre was re-named the Centre for Rural Health, and Steve was involved in a number of projects in this field, including human resources for health, medical education, HIV and AIDS, anti-retroviral provision, PMTCT, management support, use of information, recruitment and retention of staff, and primary health care. He completed a PhD in Education at the University of KwaZulu-Natal on the topic of "*Education for Rural Medical Practice*". He has published extensively on community-oriented primary care (COPC), the issue of compulsory community service, and medical education, and is a member of a WHO expert group on human resources for health in rural and remote areas.

In January 2010 he took up the post of Glaxo-Wellcome Chair of Primary Health Care at UCT. He is developing this role to support UCT medical and health science graduates to become more relevant and appropriately skilled in Africa, by extending the teaching platform and reforming curricula. In the Western Cape Department of Health he is a consultant to the District Health Services Division on primary health care, community based services and human resources for health.

The Faculty was treated to a most unusual inaugural lecture on Wednesday 24 August. The preparations began a few weeks earlier with a request to Melvina Wakefield for a grand piano. We were all very intrigued in the dean's office at this request. Melvina managed to find a grand piano that met the specifications but then came the dilemma of how to get it into the Lecture Theatre in the New Learning Centre and where the platform party would sit in the absence of a platform.

With the resolution of all the problems through some creative manipulation, the scene was set when the VC, the Dean, Steve Reid and Vanessa Burch took their places in the front of the lecture theatre in front of an audience of more than 300 people, eager to hear the lecture "The Music of Health for all".

The Dean, Marian Jacobs, introduced Steve Reid with her usual flair and ability to dig up the most obscure facts that the family revealed about this son of an artist and a professor of physiology who studied medicine at UCT.

Steve started his lecture by taking up his place at the piano and playing "Gudeamus Igitur" (Let us rejoice) and Abdullah Ibrahim's "Mannenberg is where its at". The audience was caught and from then hung on to his every word, waiting eagerly for the next piece of music that interspersed his lecture.



Steve used analogies from music to explain his personal journey in understanding the health of individuals, communities and populations. "So there's some primary health care theory in a nutshell. The individual in the context of the collective, the melody with the harmony."

The next part of the lecture involved audience participation and the assistance of Steve's brother, Matthew. To the tune of Dave Brubeck's "Unsquare Dance" the audience tapped to demonstrate participation and collaboration. The next piece of music Abdullah Ibrahim's "The Wedding" illustrated the need to celebrate diversity in our patients.

For the last piece of music Steve was joined by his sister Susan on the piano, and Fiona Grayer from the KwaZulu-Natal Philharmonic orchestra on the cello. They played the Piano Trio by Max Bruch "Nocturne" which symbolized the creating of harmony in the "internal relationships between invisible objects" which was the Greek explanation of music.

Vanessa Burch did the thanks at the end of the lecture. She reflected on the clinician, clinician, educator, scholar and advocate that make up the inaugural lecturer. She also had a message from Steve: – "there will be a group of students playing music in the foyer after this meeting is concluded. They are 2nd year medical students who have just completed a special study module of music in medicine". The students (in the picture with Steve Reid) are Mathilda Mennen, Kristan Donson, Odette Schoeman, Jerry Kyaw, Bupe Mwangalawa and Farah Jawitz. The evening ended with the students and the other musicians jamming in the foyer. Certainly a night to remember.

Below: Marian Jacobs, Steve Reid and Vanessa Burch



The next inaugural lecture will be by Prof Wayne Derman from the Department of Human Biology on 5 October 2011 at 17h30 at the Sports Science Institute

Submitted by Lerato Mahotloane, 4th year BSc Physiotherapy student

Dear Student

I know right now you want nothing to with me because of so much you are going through or rather how much you believe I'm putting you through..... But all I ask is a chance to explain to you who I really am and hopefully you will understand the wonderful purpose I serve.

I'm at your service at all times

I welcome each and every one of you into my heart and into many of my beautiful homes, I provide you with a safe place to stay, a roof on top of your heads to protect you against the rains and winds of Cape Town. I make sure that you are well taken care of, I provide you with a meal everyday just to show how important you are to me. I make sure that you get to your classes every day, albeit you may not always be on time but I make certain that you get there at the end of the day. I give you endless opportunities to discover new things; I open the doors of my libraries to you so you can broaden your knowledge and understanding. I allow you internet excess so you can discover the wonderful world out there, so you can go onto face-book, twitter, my-space and many, many more that help you keep in touch with your loved ones. I make sure that all of my printers are working so that all your assignments can be submitted on time – I know they have hick ups sometimes but hey, no one is perfect.... Please understand that you mean so much to me that in every exam I make sure that you are all there by asking for an attendance slip because it breaks me to find that even one of you missed an exam.

I'm a mother

I welcome so many 17, 18 and 19 year olds' straight from high school not even sure what you want to do with your life. As a mother does for her child, I help you by giving you so many options and even provide advisers to help you make the right choice for you and for your future. I help you find yourself in more ways than one. Oh, how I wish you could see the smile on my face when you finally settle, find the perfect friends for you and finally discover that there is much more to the you thought you knew so well. During hard times when you dearly miss your family, when friendships are not going so well, when you start feeling the pressure on your varsity work and you endlessly cry yourself to sleep – I caress your face when you are in the deepest sleep, I hold your hand the very next day as you hold your head up, put a smile on your face and bravely walk into the dining hall and have the courage to say "I'm fine"..... You are my baby and I'm always there though you may not see me. I teach you that life is not as easy as you thought it would be without mom and dad, I teach you to stand up for yourself, I teach you responsibility, I teach you endurance and I let you experience victory... Yes, a mother's job is never easy..... As my heart breaks when I hear so many of you openly tell your friends how much you hate me, I still go back and pray that you gain strength during your difficult time.

I'm a teacher

I have so many soldiers in my army, yes I call them soldiers because they are here to serve and protect. The perfectionist in me lets me chose nothing but the best for the one's I hold dear to my heart. These soldiers are the people you call lecturers' and professors' – not only are they here to serve me but they are here to share the great knowledge that they have with you so that you become all that you can be. My soldiers are also counsellors that you find at student wellness – these soldiers counsel many of my children with all sorts of problems, be it boyfriend problems, be it alienation they are there.... You see, I try by all means to make sure that you are happy because it brings me joy to see you smile. These soldiers are also librarians – who help you in every way not forgetting the people who work at the cafes who make sure to provide you with all the sugar that you need to keep awake or just to feel special and satisfy your sweet tooth.

I'm an accountant

I understand that not all of you come to me with pockets full of money and yet I do not turn you away. I do all in my power to make sure that you have the opportunity to learn albeit the circumstances. To help you with some pocket money, I provide so many jobs for you either at the library, the computer labs and even at the residences so there is no need for you to engage in anything illegal

I have feelings

You have no idea how lonely I feel when you are not here during the June and December vacation, it gets so lonely without you that I sometimes find myself talking to the walls and sometimes it gets so bad that I even cry myself to sleep. I wish you could see how excited I get when you arrive from holiday, the smile on my face even gets my face muscles sore and most of my friends think that I am paranoid with you. I stay up all night just to hear what happened during the festive season because I don't want to miss anything... It's so funny because for the first two weeks my eyes would have bags underneath them – I know, I blame it on my curiosity and nosiness.

I'm proud

No words can ever express how proud I feel to finally see you walking up the stage on your graduation day, though it saddens me to see you leave and thinking that I might not see you again, I know that the world is getting nothing but the best. It gives me great pleasure in knowing that I helped you be who you are today, that I was there from the very beginning. You don't even need to thank me, going out there and doing the best is the most wonderful gift you can ever give to me.

I hope after reading this you understand my purpose and why sometimes I do the things I do. I'm glad though that now you know who I am and what I believe in.

My name is UCT.



Post Graduate Students' News

Congratulations to:

Aisha Pandor for receiving the award of the doctoral fellowship of the Department of Science and Technology, South African Women in Science 2011. This award recognises her academic achievements together with her social responsiveness.



Next PGSA Pub Quiz: 16 September 2011 in Mac Club

Congratulations to: Lisa Frigati who recently completed her paediatric training, successfully passing her College exams and obtaining her MMed. She simultaneously published the results of her MMed thesis as a publication in the prestigious international journal Thorax (Frigati LJ, Kranzer K, Cotton MF, Schaaf HS, Lombard C, Zar HJ. The impact of isoniazid prophylaxis and antiretroviral therapy on tuberculosis in children infected with HIV in a high TB incidence setting. Thorax 2011; Apr 2).

Successful Honours Open Day – 10th August (by Pete Meissner)

The recent 'Honours Open Day', hosted by the current BSc(Med)(Hons) convenors in Faculty, drew wide interest from prospective final year BSc students from all the local Western Cape institutions – predictably with a high attendance from UCT students.

Approximately 110 prospective students journeyed to the Wolfson Pavilion on the evening of the 10th August to listen to an introductory lecture, followed by snacks and soft drinks and much discussion around posters, displays and novel 'jelly' gels. Many of the current Honours and more senior postgraduate students were on hand to welcome, encourage and answer the countless questions arising from students, who in many respects find themselves at a crossroads in their training and academic careers – "Should I study further, or enter the job market?"; "If I continue with postgraduate studies – what will I be able to do one day?"

The Faculty of Health Sciences Postgraduate Student Association participated in a major way, and were on hand to tell prospective students of the 'postgraduate experience' in Faculty, and assisted with all the logistics on the day (for which this scribe is eternally grateful!)

BSc(Med)(Hons) degrees at UCT Medical School are offered by the various Divisions and groupings within the Departments of Clinical Laboratory Sciences (CLS) and Human Biology (HUB). Honours training and research also incorporates staff and projects in associated departments (such as Surgery and Medicine), and research groupings such as the Institute of Infectious Disease and Molecular Medicine (IIDMM), the International Centre for Genetic Engineering and Biotechnology (ICGEB), and various MRC Units.

The Honours programmes are aimed at introducing students to an academic or research career in a broad range of biomedical science disciplines. Within each programme, students focus on a particular speciality (e.g. Human Genetics, Medical Biochemistry, Infectious Disease and Immunology etc.) but are exposed to, and learn 'multidisciplinary' as well. The aim is to expand the undergraduate experience, and develop a deeper foundation relevant to research in the medical sciences.

Thus far 124 potential Honours students have applied to Faculty, and this number will undoubtedly grow following the Open Day and as the September 30th deadline for applications looms. Prospective students can get further information at www.health.uct.ac.za/departments/cls/study

Talking the Walk...

SlutWalk, the global movement that stands against the blaming of victims of sexual assault rather than the perpetrators, has finally reached South Africa. On the 20th of August 2011, over 2000 people showed up in solidarity at Cape Town's SlutWalk which caused quite a stir, even making the Washington Post and all Associated Press.

On the day preceding the march, we held a panel discussion at the HSF to debate this. On the panel was Stuart MacDonald (SlutWalk CT co-organiser); Linda Stupart (author of the critical article 'Slut' on www.mahala.co.za) ; Siphu Kundayi (representative from the African Gender Institute and part of the 'Women Crossing the Line' project); and Simon Troost (member of the general public that has expressed concerns about the effectiveness of SlutWalk in South Africa). All four of the panelists agreed that the Canadian socio-political context (where SlutWalk was started) differs extensively from that in South Africa but as Stupart put it, in South Africa, sexual violence against women is a daily reality. Victim-blaming is also a pertinent issue. Troost, who is also a fan of Arab countries where there are 'no female distractions', believed that such a protest will have little to no impact in South Africa, where issues of poverty and lack of education should take precedence.

The audience, however, were quick to respond to Simon's criticisms of the event. One woman, a rape survivor, spoke about how this movement has empowered her. She now knows that it was not her fault. Another NGO present said that through the dialogue that SlutWalk CT has initiated, over 20 teenagers that they work with have come forward about being raped.



Umeshree Govender, Organiser of the HSF debate and author of the article

As the organizers, this was our intention: to start that dialogue that will result in a shift from the culture of victim-blaming to that of rapist-blaming. We are under no illusions about what SlutWalk can achieve but as the feminist Sunsara Taylor so eloquently puts it, 'SlutWalk is about exposing the lie that we live in a world where women have achieved their liberation.'



Faculty News



Members of the Surgical Gastroenterology Unit in the Department of Surgery at UCT and Groote Schuur Hospital made a clean sweep of the awards at the combined Association of Surgeons of Southern Africa and South African Gastroenterology Congress, a gathering that attracted around 1 800 delegates. Dr Marc Bernon was awarded the first prize for his paper, *Prospective randomised trial comparing self-expanding metal wall stents with plastic stents in the palliation of malignant obstructive jaundice*; Dr Christopher Price came second for his paper, *Combined palliative stenting for malignant biliary and duodenal obstruction*; and Galya Chinnery received the third prize for her paper, *Civilian low velocity gunshot wounds of the pancreas: Analysis of 219 patients treated at a level 1 trauma centre*. In picture, Professor Jake Krige (far left), head of surgical gastroenterology, congratulates winners (from left) Chinnery, Bernon and

Delivery of a healthy baby at a primary care clinic by Dr Marie Botes, a rotating registrar in paediatrics

The rotating registrar in paediatrics does a combination of paediatric allergy, infectious diseases and community outreach. Dr Marie Botes, working in this rotating registrar position, was working on Mondays at the Du Noon clinic, which is a small clinic without emergency or MOU facilities. A woman arrived at the clinic in labour and despite efforts to temporise by the nursing staff, it became clear to Dr Botes that she was about to deliver. Dr Botes delivered the child, delivered the placenta, checked both baby and placenta for abnormalities and sent both off to the referral MOU safely!

From MPH to ambassador

Zogoe Herve-Brice Abie was appointed Cote d'Ivoire ambassador in 2010. He graduated from UCT with an MPH and then worked at UWC's School of Public Health. Let's hope his epidemiology training stands him in Good stead in diplomacy!

Super Mom

Sarah Crede graduated cum laude with an MPH in 2010. In her final year of study she developed her proposal, conducted her field research on FAS, wrote up her thesis, had a baby and published, all in 12 months!

Launch of new TB Vaccine Trial

A new vaccine developed by Oxford Emergent Tuberculosis Consortium (OETC) is being tested in Khayelitsha Site B by UCT researchers led by Prof Robert Wilkinson. The test will involve people living with HIV. This is a Phase IIb proof-of-concept efficacy of a tuberculosis vaccine known as MVA85A. The vaccine candidate is intended to boost the response of immune essential cells already stimulated by the BCG vaccine.

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Dean's Corner

The word university is derived from the Latin "*Universitas magistrorum et scholarium*" meaning "a community of teachers and scholars". This edition of the Faculty Newsletter celebrates the "scholars". The articles in this edition showcase the many activities and achievements of our students from the Future Leaders Programme and SHAWCO Health, both run by students for students to the letter by a 4th year physiotherapy student, the "Slut Walk Talk" and Marie Botes, the Paediatric registrar who delivered a baby at a De Noon clinic. While this edition focuses primarily on students, the stories reflect the "community of scholars" that we have in the Faculty of Health Sciences and the achievements of that community in the broader global network of scholars.

This year, at the University of Sydney in Australia, the Vice Chancellor, Dr Michael Spence introduced a unique project in an attempt to improve the first year experience for new students. The aim of the project was to promote discussion around "big issues" of the day. All students across disciplines were provided with the same book "The Secret River" by Kate Grenville along with a message from the Vice Chancellor, welcoming them into the "community of scholars—people who read and think critically and who debate issues".

At its last meeting the Faculty Undergraduate Education Committee (FUEC) heard about this project from Sue Kidson, who visited the University of Sydney as part of a delegation from UCT looking the strategies for the improvement of education in research intensive universities. The FUEC suggested that the Faculty look into this project as one that could be adopted by the Faculty as a means to encourage students from their first year to be a part of our community of scholars and encourage them to read critically, think critically and engage with issues that affect our society. Committee members were encouraged to send in suggestions for books that would excite students to become a part of such a project. If you have suggestions on how this faculty could develop our community of scholars, suggestions for a book that we could all read or any other suggestions on projects to improve the student experience in our faculty, please write to: gonda.perez@uct.ac.za. We welcome all contributions.