



Faculty News

Faculty of Health Sciences

University of Cape Town

April 2013



DEAN'S CORNER

Welcome to our first 2013 edition of Faculty News. It is only a few months into the year, and I'm delighted by the accolades already received by our staff and students for making their marks in highly competitive fields.

Among these are a new A-rated scientist, prestigious awards and prizes, sought-after international research grants and new innovative teaching programmes. Our alumni continue to contribute to sustaining the legacy of our Faculty, and we proudly report on two events where alumni have given back to their alma mater, one of which was at the final centenary event held in New York, hosted by the Vice-Chancellor, Dr Price. Our incoming Dean, Prof Wim de Villiers, who will be introduced to you in August when he arrives, also attended, and we hear he already feels part of the Faculty family!

Proving once again that we have skills and interests beyond the stethoscope, test-tubes and massaging hands, the performing talent of our team is once again being show-cased, this time on a smaller scale at monthly lunch-time 'Unplugged' sessions in the MAC Club and through a wonderful home-grown music video that won a national contest. Not to be outdone, our staff and students have also participated in two recent major sporting events keeping the Faculty flag flying.

SUE KIDSON

PROFESSOR CYRIL KARABUS FACULTY CONDEMNS ONGOING INJUSTICE

The Faculty leadership condemns the continuing injustice against respected colleague Professor Karabus, who has endured months of emotional trauma as a result of the UAE's lengthy court case against him for manslaughter. Although found innocent, and with the state's appeal against this being overturned, he is still not yet free to return to South Africa, as the state has yet to indicate whether it will appeal the latest judgement. The Faculty leadership, comprising the Deanery and heads of Department, have called on Faculty and UCT colleagues to withdraw participation in the Africa Health Exhibition, scheduled to be held between 7-9 May 2013 in Johannesburg, in protest against this travesty. The Africa Health Exhibition is run by a Dubai-based company, Informa Life Exhibition. We join South African Medical Association (SAMA), the Health Professions Council of SA (HPCSA) and our own Department of Paediatrics and Child Health and School of Child and Adolescent Health (SCAH) for all healthcare professionals to boycott the event and any businesses-linked to the UAE.

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Faculty has four of the first PhD Scholars on the National Health Scholars Programme

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Academic accolades for Faculty staff and students



Dr Nisaar Moosa (chairman of the board of the Rondebosch Medical Centre), Riaad Moosa, Professor Sue Kidson (Interim Dean of Faculty) and Dr M.I Shreef (director at RMC)

The best medicine keeps Health Sciences moving

A production of Moosa's show, *Keeping You in Stiches*, raised about R200 000 in late 2012 and was donated to the faculty for use as it saw fit.

It's not without a tinge of guilt that Riaad Moosa steps onto the stage to entertain with his unique brand of humour.

But the famous irreverence was barely visible when the comedian and actor visited his alma mater, UCT's Faculty of Health Sciences, to commemorate the donation of a car on 12 March. A production of Moosa's show, 'Keeping You in Stiches', raised about R200 000 in late 2012 and was donated to the faculty for use as it saw fit.

"I've been [feeling] very guilty about not practising medicine in a country that really requires medical skills," confessed Moosa, who graduated as a medical doctor in 2001. "So, a good middle ground is to do shows to raise funds for medical education."

Associate Professor Derek Hellenberg, head of the Division of Family Medicine, said that the faculty decided to purchase a new Toyota Avanza 1.5 for student transport, this to commemorate its centenary year in 2012.

"This fills a gap which will address a shortage of vehicles due to an increased number of students using the Vredenburg

training site," Hellenberg reported. "Now we have adequate transport to and from Cape Town and at the site."

Students from a range of departments within the faculty, including audiology and speech-language pathology participate in a rural health clinical rotation at UCT's clinical teaching site in Vredenburg. The site provides invaluable services to the community while developing the students' clinical skills.

Moosa adds: "There is a lot of need [for medical assistance] in Vredenburg, but also a lot of learning opportunities [for students], particularly in the rural setting."

Rondebosch Medical Centre, who sponsored the fundraising drive, plans to host 'Keeping You in Stiches' annually for the faculty's benefit. N1 City Toyota also donated a significant discount to the car's purchase price.

Acknowledgement: Monday Paper

Red Cross team wins NHLS national talent contest



Congratulations to the 'Red Cross Renegades', of Red Cross Children's Hospital for winning first prize in the National health Laboratory Services (NHLS's) national talent contest, after submitting a music video of them performing.

The diagnostic laboratory team from Red Cross Children's hospital decided on the spur of the moment to take part in a national talent competition by the NHLS.

Although they work in different laboratories (from the Divisions of Anatomical Pathology, Haematology and Chemical pathology), team members Ebrahim Dollie, George van der Watt, Jacques van Helden, Sandy Kear, Paulina Fielies, Leizel Newmann, Badroodien Bergstedt and Igshaan Kamaar managed to put the video together in a surprisingly short time.

Explaining how it all came together, Dr George van der Watt says, "Ebrahim Dollie, our electron microscopist, wrote the song and we all clubbed in and quickly put together a recording and music video to go with it."

Everything was done on-site in the lab in only 3 days with a laptop, a microphone, a handheld camera and a bit of software. "None of us are really singers or musicians but we had a great time doing this and decided to call ourselves the Red Cross Renegades," said van der Watt.

The unity created and friendships that were formed during this time will be remembered for a much longer time. The really nice thing about this project, says, van der Watt, was that it was all done in a really good spirit - and they had a lot of fun. Winning the talent competition was just an added bonus. The words of the song also reflect the attitude that they all share - "it's a great place to work because of the great people we work with," he shares. View the video on

https://www.youtube.com/watch?v=0eyme3g_KvQ



HEALTH SCIENCES UNPLUGGED

Students perform a duet at the first Faculty 'Unplugged' lunch-time series, to be held monthly in the MAC Club. The first event was held in April, and was very well-supported - and enjoyed by staff and students who packed the venue!

The next session will be held on 7 May.

Faculty has **FOUR** amongst first PhD Scholars of National Health Scholars Programme

This is the first time in the history of South Africa that an inclusive scheme to build the best talent from all professional groups has ever been undertaken.

...the first step in a long journey to produce 1000 PhDs in health sciences over the next 10 years.

Four UCT students are the recipients of the first 13 full-time PhD Scholarships awarded nationally, announced by the National Minister of Health, Dr Aaron Motsoaledi recently. This forms part of the National Health Scholars Programme to produce 1000 PhDs in all fields of Health Sciences over the next 10 years to address the critical shortage of academic health professionals in the country.

"This occasion represents those who will serve as the 'spear of the nation' in providing leadership to address the formidable health challenges that face South Africans," says Professor Bongani Mayosi, Chairperson of the National Health Research Committee, and Head of Department of Medicine at UCT.

Established by the National Health Research Committee and managed by the Medical Research Council of South Africa, the National Health Scholars Programme is aligned with the new Human Resources for Health Plan of the Department of Health

which seeks to grow a new cadre of academic health professionals in all fields of healthcare including nursing, dentistry, medicine, pharmacy and physiotherapy.

This scheme is unique, as it is the first time South Africa is building human resources for health research by creating a career path for health researchers within the Department of Health. It is envisaged that the career path for health researchers will include Post-doctoral Fellowships, Mid-Career Fellowships and Research Chairs when it is fully established over the next 5 or so years. The second unique feature is that the scholars are drawn from all professional categories in the Department of Health.

Notably, of the first 13 awards being made in the country, four come from UCT, namely Ms Elize Pietersen, a Nurse; Mr Giovanni Milandri, a Biomedical Engineer; Ms Maxine Spadding, a Psychologist ; and Dr Phumla Sinxadi, a Clinical

Pharmacologist. This is the first time in the history of South Africa that an inclusive scheme to build the best talent from all professional groups has ever been undertaken. Scholars will be funded for full-time study over four years under competent supervisors in South Africa or anywhere in the world.

It is intended that through the National Scholars Programme not only will full intellectual and strategic leadership in health sciences be driven by Africa, our research for health will be used to foster progress and prosperity in our country and on our continent.

Acknowledgement: Prof Bongani Mayosi

Centenary celebrations end on high note in New York

'What a joy to have our North American UCT alumni and friends together to celebrate not just 100 years of UCT's Faculty of Health Sciences' triumphs, but also the phenomenal achievements of you, our graduates, who have spread our reputation far and wide,' said Vice-Chancellor Dr Max Price to over 200 alumni attending the Faculty's centenary gala dinner in New York on 30 March 2013.

Hosted by Dr Price, the event was the last of a year-long programme of activities held to commemorate the birth of the first medical school in Sub-Saharan Africa in Cape Town on 6 June 1912. The gala dinner was held as an opportunity for alumni from Canada and the United States of America to reconnect with their alma mater and fellow students, to reflect on the proud legacy of the Faculty, as well as renew commitment to supporting projects for strengthening the Faculty's growth into the next century.

Held at the Rosenthal Pavilion at New York University's Kimmel Centre, the event must surely be a highlight on the centenary calendar as the lively and excited alumni from the classes of 1948 to 2011 greeted each other, some not having had contact since graduation. Many travelled several hours across the continent to attend.

Guest speakers included former Vice-Chancellor and Head of Medicine Emeritus Professor Stuart Saunders, who entertained with amusing anecdotes about outstanding academics of the past, and 2011 MBChB graduate, Dr Vuyane Mhlomi, who humbled and inspired for his exceptional achievements, despite his disadvantaged background. The incoming Dean, Professor Wim de Villiers, who is concluding his work in the USA prior to taking up his position in July, was introduced to guests as well.

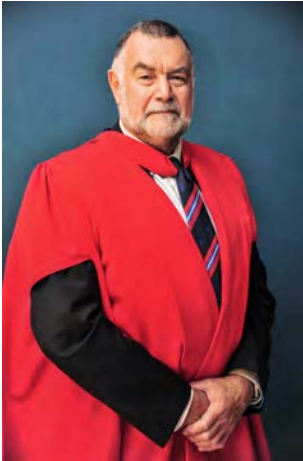
Dr Price appealed to alumni for their support in sustaining the Faculty's legacy of excellence in teaching, training and research by donating much-needed funds required for a number of Faculty projects, including undergraduate bursaries, postgraduate fellowships and the establishment of a Forensic Pathology Institute. Alumni have responded, with over R600 000 being pledged thus far, and many more promised donations anticipated.

The guest book signed by alumni shows their delight and appreciation for being able to share in the centenary celebration of their alma mater with fellow classmates, as expressed in the words of one guest: 'I have tremendous pride in belonging to such a superb group. May the Faculty of Health Sciences have a second century that eclipses the first.'

Speakers and guests at the gala dinner were all delighted to reconnect with their alma mater, and one another.



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highest honours president's awards excellence kudos doctor of
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congratulations awards



PROFESSOR LAURIE KELLAWAY

Neurons, Cells and Circuits - The
Roadmap to Understanding Brain
Function

[Inaugural lecture 10 April 2013.](#)



PROFESSOR JACQUIE GREENBERG

A Journey Along the Double Helix: Around
the Human Genome in 42 Years

[Inaugural lecture 17 April 2013.](#)

INAUGURALS

Inaugural lectures are a central part of university academic life. These events are held to commemorate the inaugural lecturer's appointment to full professorship. The inaugural lecture provides a platform for the academic to present the body of research that they have been focusing on during their career. The lecture also provides UCT with the opportunity to showcase its academics and share its research with members of the wider university community and the general public in an accessible way.

NEXT INAUGURAL ADDRESS

PROFESSOR

SANDIE THOMPSON

8 MAY 2013

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NRF RATINGS

New A-rated scientist in the Faculty

Prof Jack van Honk, Hon Professor in the Department of Psychiatry & Mental Health, is the Faculty's newest 'A' rated member of staff. This brings to 10 the total number of 'A' rated researchers in the Faculty. A-rated researchers are "unequivocally recognized by their peers as leading international scholars in their field for the high quality and impact of their recent research outputs".

Prof van Honk has made pioneering contributions to understanding the psychobiology of neuropeptide hormones, with several articles in journals such as PNAS and Nature. In the past few years he has also devoted a good deal of attention to South African-specific conditions, such as Urbach-Wiethe Disorder, and by so doing has not only advanced our understanding of emotion and of these conditions, but has helped build local capacity in neuroscience, and helped mentor students in UCT's Brain-Behaviour Initiative.

PRIZES

Christophe Mérieux Prize for 2013

Professor Valerie Mizrahi, Director of the IIDMM, has been awarded the prestigious Christophe Mérieux Prize for 2013.

Since 2007, the Fondation Christophe et Rodolphe Mérieux annually awards the Christophe Mérieux Prize, valued at R500 000 to a researcher or a research team studying infectious diseases in developing countries. This prize is intended to help research on infectious diseases in developing countries and reward research teams working permanently in the centre of infected areas in an exclusive way.

This distinction offers each recipient international recognition. The award money helps accelerate and sustain research.

GRANTS

NIH grants

Department of Psychiatry and Mental Health scores 4 in latest round

The Department of Psychiatry and Mental Health has reason to be proud following the announcement that it was awarded four NIH grants recently.

"NIH grants remain some of the most prestigious scientific grants internationally, and in the current economic climate also amongst the most difficult to gain. So I think this speaks highly of members of the Department (in this case ranging from fellows, to consultants, to Hon Profs), who really have put in enormous efforts, and who are now at the forefront of psychiatric and psychological research internationally," says head of department, Prof Dan Stein.

A substantive grant was awarded to study the genetics of schizophrenia as part of the Department's Psychosis Research Project. Henk Temmingh, Pete Milligan and Qhama Cossie have provided key help in establishing and moving forwards with this project, which will be done in partnership with Columbia University and Washington University, as well as the Faculty's Division of Human Genetics. Nastassja Koen, a Clinical Research Fellow in the Department, has been instrumental in winning a R21 grant in the area of post-traumatic stress disorder, in collaboration with clinicians at Emory University. Jack van Honk, an honorary Professor in the Department, has won a R21 grant in the area of social neuroscience, in collaborations with researchers at Northwestern University. Caroline Kuo, an Assistant Professor at Brown University, has won a K-award to focus on family interventions for adolescents with HIV. The K-award is a career development grant, focused on providing Caroline with advanced training and mentorship in the USA and locally.

Prof Stein is keen for such advances in research to dovetail with clinical lessons learned, as well as efforts in both teaching and advocacy.

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GRANTS

NEW EU GRANT to enhance community participation in health

The Learning Network for Health and Human Rights, which is located in the School of Public Health and Family Medicine, recently secured an EU grant to run a project focused on health care users' experience as a vehicle for unlocking opportunities to access quality health services. The project, worth Euro 1.1 million, and one of four funded by the EU in terms of its commitment to support the strengthening of PHC in South Africa, will run over the next two and a half years.

The overall thrust of the project is to enhance user demand for quality primary health care services, through the vehicle of community participation structures.

The SOPHFM team working on the project includes Leslie London (as project leader) and colleagues in the Health and Human Rights Division; Chris Colvin from the Division of Behavioural and Social Sciences, and Derek Hellenberg and colleagues in the Division of Family Medicine with collaborators from Kings College and Warwick University. More information is available at <http://salearningnetwork.weebly.com>

BILL & MELINDA GATES FOUNDATION GRANT to explore how our bodies fight TB

The South African Tuberculosis Vaccine Initiative (SATVI) of the University of Cape Town (UCT) has announced a R33.2 million research grant from the Bill & Melinda Gates Foundation. The research project, the third SATVI study to be funded by the Gates Foundation, aims to gain new knowledge about how humans protect themselves against tuberculosis (TB).

Dr Thomas Scriba who is Deputy Director of Immunology at SATVI will lead the project. The project will be a collaborative effort between SATVI at the University of Cape Town and researchers at five Institutions in the USA.

The project aims to discover which components of the TB bacterium are targeted by our body's T cells, which are responsible for orchestrating the many different cells of our immune system to effectively fight against infections. This information about the human immune response will inform how we design better vaccines against TB in the future.

FACULTY ACKNOWLEDGEMENT

For contribution to MBChB curriculum development



Prof Janet Seggie and Prof Vanessa Burch recently returned to the Faculty to be acknowledged by the Deanery and colleagues for their substantial contributions to the development of the MBChB curriculum. They shared amusing anecdotes about the project, at a small cocktail reception held at the MAC Club.

From Left, Prof Graham Fieggen, Prof Sue Kidson, Prof Burch, Prof Seggie, and Prof Graham Louw



WORLD TB DAY 24 MARCH 2013

Global TB Vaccine Forum strategises at UCT

In a first for Africa, UCT hosted the Third Global Forum on TB Vaccines from 25 to 27 March, 2013. Held at the Kramer Building, the Forum attracted 273 representatives from across South Africa as well as 17 countries from Africa, Asia, North America, Europe and Australia. It brought together stakeholders to review progress in TB vaccine research and development and strategise on how to address critical issues in the field over the next decade. An international conference of the World Health Organisation's Stop TB Partnership Working Group on New TB Vaccines, the Forum was coordinated locally by UCT's South African Tuberculosis Vaccine Initiative (SATVI).

The programme focussed on all aspects of TB vaccine research and development, from early stage research to clinical trials, as well as discussion on critical issues such as global access to new vaccines and sustainability of the TB vaccine pipeline. Presentations were done by the world's leading researchers in the field of TB vaccine R&D - from basic research to clinical trials - and experts in the areas of access, advocacy, regulatory issues and financing.

The opening session included addresses by the Director-General of the National Department of Health, Malebona Precious Matsoso, Lucica Ditiu, Executive Secretary, Stop TB Partnership, Switzerland, as well as Linda Sibeko of SATVI's Community Advisory Board.

How TB-proof are we? Preventing occupational TB in our students

Learning about tuberculosis is almost a 'staple ingredient' of every curriculum in Health Sciences nationally, and since South Africa has one of the highest TB incidence rates in the world, it is imperative that students are well prepared to combat this deadly disease.

Few people are aware that since the risk of developing TB is proportional to exposure, the incidence of TB in health care workers is almost three times more than that of the general population. At Tygerberg Hospital approximately 20 new TB cases amongst health care workers are diagnosed every year. Students in Health Sciences are also at risk; at UCT a student died in 2004 from MDR-TB and in the last two years alone, 8 undergraduate medical students in their clinical years have contracted TB or MDR-TB. UCT's FHS has responded to the challenge of preventing TB as an occupational threat to students on the clinical platform.

The UCT TB policy was drafted and adopted, introducing measures aimed at limiting the exposure of students to especially patients with MDR-TB. In an unprecedented move the Faculty undertook to ensure that every student has open access to personal protective equipment, rather than having to buy a mask when it is needed (the current practice elsewhere). A task team developed a sustainable model for fit-testing and distribution. To date, all Clinical Health and Rehabilitation students, and most medical students between 3rd and 6th year have been fit-tested for either a 3M V-flex mask (small or regular) or a cone mask. Distribution of masks is managed via the F56 Skills Laboratory for Health and Rehabilitation students and via E51 and G13 for medical students. Masks are also available from the three UCT site coordinators at Jooste, Victoria and Somerset hospitals, and in some off-site areas clinical educators have 'back-up packs' for emergencies.

While the Faculty is going to great lengths to limit exposure and to provide protection when exposure is unavoidable, it must be emphasised that the responsibility to access masks and adhere with the policy ultimately lies with every student. For this reason, creating awareness amongst both staff and students is critical. During orientation week, TB PROOF, a group of health care professionals who contracted TB 'on the job' came to share their stories and knowledge with students, as part of an international campaign to promote risk awareness amongst doctors, nurses and students, and especially to challenge the culture of silence and stigma that is so prevalent amongst health care professionals with TB. The UCT Health Sciences Student Council has also stepped forward to support students practically and to exercise a strong student voice in Health and Safety issues.

Huge strides have been made, such as fit-testing almost 1500 students in three months. UCT is proud to lead the way in making the clinical platform a safer place for all its members. If you have queries on fit-testing or masks, please contact the Clinical Skills Unit (lindsey.aubin@uct.ac.za for medical or arno.gelderbloem@uct.ac.za for Health and Rehabilitation courses) for further information.

Acknowledgement: Dr Rachel Weis



THE NUMBER OF POLIO CASES HAS FALLEN BY 99% since the Global Polio Eradication Initiative was launched in 1988.

More than 10 million people are today walking, who would otherwise have been paralysed.

Polio Scientific Declaration signed by FHS vaccine advocacy group

UCT vaccine and infectious disease experts joined more than 400 scientists from around the world to launch the Scientific Declaration on Polio Eradication on 11 April 2013.

“Overall, since the Global Polio Eradication Initiative was launched in 1988, the number of polio cases has fallen by 99%. More than 10 million people are today walking, who would otherwise have been paralysed” said the Programme Manager of UCT’s Vaccines for Africa Initiative, Dr Charles Wiysonge - one of the signatories to the declaration. “Today, the world is closer than ever to eradicating polio, with just 223 cases in five countries last year. To capitalise on this time-limited opportunity to finally end the disease, a wide range of experts have signed the declaration to emphasise the achievability of polio eradication and endorse the Eradication and Endgame Strategic Plan, a new strategy by the Global Polio Eradication Initiative to reach the end of polio by 2018.” He added.

Signatories of the declaration come from 80 countries and include Nobel laureates, vaccinologists, infectious disease experts, deans of medical and public health schools, paediatricians, and other health authorities. The declaration urges governments, international organisations and civil society to do their part to seize the historic opportunity to end polio and protect the world’s most vulnerable children and future generations from this debilitating but preventable disease.

For additional information about the Scientific Declaration or to view a full list of signatories, please visit the Emory Vaccine Center Website.

Dr Charles Wiysonge

DEAN’S OPEN FORUM

In order to enhance participation and debate in the Faculty, the Faculty leadership has agreed that there will be a monthly open forum, to which all staff are invited.

INVITATION

DEAN’S OPEN FORUM

The Funding and Management of Academic Health Complexes

UCT Discussants: Prof Bongani Mayosi, Prof Zephne van der Spuy and Dr Susan Cleary

DATE Tuesday, 30 April 2012 at 16h30

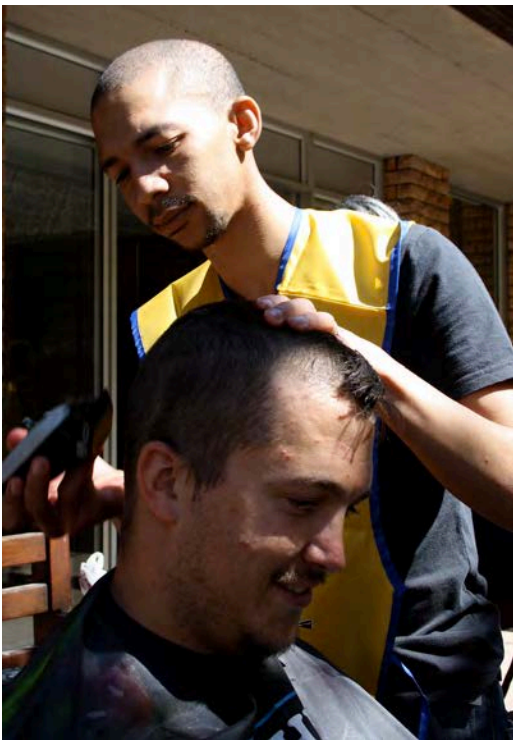
VENUE Postgraduate Seminar Room 1, Barnard Fuller, Faculty of Health Sciences

Please RSVP to: Tel: 021- 406 6346 · Fax: 021- 447 8955 Email: nazli.marais@uct.ac.za

Hair-razing support for cancer



Dr Jennifer Moodley, the new Director of Cancer Research in the Faculty.



Faculty colleagues and students recently participated in 2013 national CANSA Shavathon, an annual event to pay tribute to all those involved in the fight against cancer and increase awareness around the disease.

This year's Shavathon, organised for the second year by the Prince Laboratory which focuses on cancer research, was held on the 1 March 2013 in the Barnard Fuller plaza.

Since losing one's hair is a common side-effect of cancer treatment, shaving one's head has become a gesture of solidarity. The event was part of hundreds held around the country to mobilise awareness and much-needed funds for cancer support. Faculty staff, students and alumni rose again to the occasion.

For a monetary donation, participants were able shave or spray their hair. A number of people paid a "bail-out fee", where they donated money but did not take part in the shaving or spraying. For many, this was a very personal gesture - shaving their hair was in memory of someone they knew who had passed away from cancer. Quite a few women also donated their hair for wigs if it was long enough.

This year, R7230 was raised and donated to CANSA. The event has taken off in the Faculty, with increasing student and staff support each year.



congratulations excellence our students

honours prizes awards excellence kudos congratulations fellow
highest honours our students excellence fellow excellence kudos
congratulations awards highest honours our students



2012 Emerging Public Health Practitioner's Award for two Faculty students



Congratulations to Nadia Hussey, third year MBChB student and Oluwatoyin Adeleke MPH graduate from the School of Public Health and Family Medicine for being awarded the 2012 Health System's trust (HST) Emerging Public Health Practitioner's Award at an official launch of the South African Health Review (SAHR) attended by the Minister of Health, Deputy Minister of Health and Director-General of Health amongst other dignitaries and stakeholders.

Nadia's work on the effects of language barriers on the access patients and communities have to quality healthcare provides an insightful glimpse into the challenges language barriers pose to work efficiency and holistic treatment. Her work was conducted in Madwaleni Hospital in the Eastern Cape. Oluwatoyin Adeleke submitted a chapter on the barriers to implementation of tuberculosis infection control amongst South African healthcare workers where she provides a closer look at the barriers and enablers to implementing TB infection control and discusses how lessons learned from her original research can influence health policy reform and inform managers about ways in which health worker performance could be improved in high-risk settings.

The editors of the South African Health Review, René English on the far left and Ashnie Padarath on the far right, with the award recipients, Nadia Hussey and Oluwatoyin Adeleke, centre.

BOEHRINGER INGELHEIM AWARDS 2013

Recipients

- Mlekeleli Gambu, 6th Year MBChB
- Zikhona Matyesini, 2nd Year MBChB
- Bokang Mauba, 4th Year MBChB
- Lerato Melato, 6th Year MBChB
- Thembelihle Nxasana, 2nd Year MBChB

POST-DOCTORAL STUDENT represents young SA fellows at Japanese meeting with Nobel Laureates



Dr Ballim, back right (in red), with other fellows at the meeting.

Post-doctoral student, Dr Reyna Deeya Ballim, was selected by the NRF to represent South African postdoctoral fellows at the recent 5th HOPE Meeting with Nobel Laureates in Japan in March 2013.

Dr Reyna Ballim was one of two of the first South African fellows selected to attend the 5th HOPE Meeting in Tokyo, Japan with 6 Nobel Laureates. Based in Associate Professor Sharon Prince's cancer research laboratory, she was among the 100 doctoral and post-doctoral fellows who successfully navigated the highly competitive applications process resulting in their participation.

Organised by the Japan Society for the Promotion of Science (JSPS), HOPE signifies the promise inherent in young scientists and optimism for the scientific future, aiming to foster talented, open-minded young researchers of integrity by providing a platform for them to engage both with each other as well as Nobel laureates who have pioneered advances in knowledge in their fields.

The meeting was held from 26 February to 2 March 2013, with the theme "Life sciences". The six Nobel Laureates, all recipients of prizes in fields from Physics and Chemistry to Physiology and Medicine, lectured and hosted discussion sessions. Besides thought-provoking lectures on the creative scientific process in its different forms, there were also smaller group discussion sessions with individual laureates offering the rare opportunity to interact with these formidable figures at an informal level, says Ballim.

The doctoral and post-doctoral fellows hailed from Asia Pacific (Australia, Bangladesh, China, Egypt, Indonesia, Israel, India, Japan, South Korea, Malaysia, New Zealand, Philippines, Singapore, Thailand, Taiwan and Vietnam) and South Africa, who was invited for the first time. Each participant presented both a poster and a 1 minute oral summary of their work. Reyna received one of 5 prizes awarded for best poster presentation, with the judges praising the overall high quality of the work showcased at the meeting. In addition to their individual presentations, participants were also grouped into teams to deliver joint presentations on the theme of "Life sciences in the global future" – an exercise which proved to be a microcosm of the challenges and rewards involved in collaborations across cultures, languages and disciplines.



At the farewell banquet, we were all dressed in flowery Japanese robes, and the participants provided the entertainment - and South Africa led the way with an impromptu duet – a surprisingly good rendition of Shosholozza, with the audience even joining in!"

Dr Reyna Ballim

The aim of the HOPE meetings is to foster talented, open-minded young researchers of integrity by providing a platform for them to engage both with each other as well as Nobel laureates who have pioneered advances in knowledge in their fields.

Dr Joey Cupido



DR JOSEPH (JOEY) CUPIDO, Deputy Director-General (DDG) of District Health Services and Health Programmes in the Western Cape, has retired.

Dr Cupido was appointed to this position in 2006. He has played an important role in achieving key milestones for Primary Health Care Services and setting up successful partnerships with the higher education institutions (HEI) in the Western Cape in public health and family medicine.

Dr Cupido's tenure is marked by his relentless commitment to the principles of PHC, his integrity and his very deep passion for transformation of the health system to ensure social justice and secure the right to health for all.

Dr Lungi Linda



DR LUNGI LINDA, the CEO of Red Cross Children's Hospital recently retired.

She worked as the CEO of Red Cross War Memorial Children's Hospital for three years.

New-look notice boards for students



We hope you have noticed the new renovations of the notice-boards at the Barnard Fuller building. These changes have been made to firstly, help those who use the board to present their promotional material in an organised way; secondly, make it more aesthetically pleasing, in a youthful and fun way; and thirdly, have an inspirational corner which keeps all of us cognisant of the value of dreams and holding on to these despite the sheer volume of work we are all presented with.

In short, the HSSC 2013 team under Moratoa Joale's leadership believes in promoting success beyond the confines of our degree. The new notice-boards and the inspiration board are one way of recreating a fun platform which encourages this within us all.

Please note, the main notice board will have a rotational system where quotes can be sent in by staff and students. These could be from people who inspire us, stories about UCT experiences or funny stories that taught each one of us something we hold dear. We especially look forward to both staff and students using this tool to interact with one another in a different way.

ABOUT THIS PUBLICATION

Faculty News is published by the Marketing and Communications Department of the Faculty of Health Sciences. If you wish to submit an article for consideration, please email to linda.rhoda@uct.ac.za.

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GREEN MEANS
GO!



GREEN MEANS GO!



Vegilicious Market

Monday 15 April 12pm - 2pm Jammie Plaza
Thursday 1pm - 2pm Medical School

“Green Means Go”

This was the theme of UCT’s Green Campus Initiative’s (GCI’s) GREEN WEEK this year (15-20 April).

It featured events and displays on FHS campus to raise awareness about the links between our environment and human health, and to encourage action in a positive, fun and empowering way. You can join the GCI and help “green up” our act and build a healthy

How can the Faculty “green up” its act?

It is now generally accepted that global climate change is a reality, that humankind is responsible, and that the impacts on human health will increase in the decades to come. The African continent will be particularly vulnerable to these impacts and South Africa is no exception. The Western Cape is predicted to become hotter and drier, which will affect the epidemiology of disease and people’s livelihoods, placing additional burdens on our health system. The South African health sector is mobilising to counter these threats, and UCT’s African Climate Development Initiative (ACDI) is playing a key collaborative role in research and advocacy.

The World Health Organization (WHO) has called on health professionals to act at different levels to protect health from climate change. At the global level this may mean advocating for a “fair, scientifically sound and globally binding commitment to reduce net greenhouse gas emissions and stabilize the global climate”, which is explicit about the need to protect health and strengthen health systems. There is much that can be done at a national and local level: working with others to plan adaptation and mitigation strategies; assessing and strengthening adaptive capacity in communities and health systems (e.g. public education, disease surveillance, disaster preparedness, mosquito control, food hygiene and inspection, nutritional supplementation, vaccines, primary and mental health care, and training); and encouraging health institutions to lead by example.

We can all make a difference at the personal level, and health professionals are in a strong position to role model good practice for their patients and society at large. Personal actions include learning and teaching about climate-related health threats, and reducing one’s “carbon footprint”.

James Irlam

WHAT DOES THIS MEAN FOR OUR FACULTY?

A global “green agenda” for health institutions by *Health Care Without Harm*¹ could be adopted by our faculty and our health facilities. It describes ten goals and related actions on issues such as energy management, water consumption, waste disposal, transport, procurement, greener building design and operations, and safer pharmaceuticals. The Green Campus Initiative (GCI) has been promoting a green agenda at UCT for a number of years and GCI Health has recently been established to promote GCI’s work on our health sciences campus.

The Two Ocean's Marathon and Cape Argus Pick 'n Pay Cycle Tour attract thousands of athletes from all over the world.

The events are a great opportunity for UCT'S PHYSIOLOGY STUDENTS to volunteer and gain loads of experience.



Massaging Cows for Cancer

Around the time of the 'Argus' there is always excitement amongst the UCT physiotherapy students as we get the opportunity of hands on practical massage experience at one of the worlds' greatest cycle races. I have been involved in this amazing opportunity since my first year of studying physiotherapy and have thoroughly enjoyed the atmosphere and 'gees' of each event. This year, however, my experience was a little different as six of us (all fellow 4th year students) got to massage cows instead - the CHOC (Childhood Cancer Foundation) cows that is!

CHOC is a countrywide organisation that provides holistic support for children suffering from cancer and life-threatening blood disorders as well as their families. **These dedicated individuals cycled 109km in a variety of cow suits to raise money and awareness for children with cancer.**

Located in a somewhat conspicuous cow print gazebo, the team waited enthusiastically at the finish line for the cows. **After all, the only thing tougher than cycling the Argus is doing it in a full cow suit!**

The cyclists were a happy group with plenty of jokes and stories to tell. I found myself being assisted by pranksters asking where all the sore spots on their friend's legs were and on occasion being cheered on for making one of the bigger men grimace while releasing a trigger point or two.

It was an amazing experience being part of such a close community of people doing such great things for children with cancer. I personally feel we gained just as much as the cyclists did from this experience.

Acknowledgement: Kate Waterman

A 'sporting' Faculty

Staff and students share anecdotes about their participation at two major events on the Cape Town sporting calendar, with an underlying 'animal' theme



Physiotherapists do it with their hands!

The "team" of physiotherapists helping out for the Two Oceans marathon was built up from UCT, Maties, UWC, Medunsa and even a couple of international community service workers. The job entailed waking up at 4am, catching a bus from campus, and being dropped off along the route geared with a Medac t-shirt and lunch pack until 4pm.

Everyone worked hard, treating runners for every type of running injury imaginable; shin splints, ITB friction syndrome, strains, sprains, cramping, Runners Knee, Plantar Fasciitis and even Asthma. Many runners stopped just for a break from pounding tar to relax for a leg massage that added a couple of minutes to their time but possibly made their race all the more enjoyable. The physio's kept on working, strapping, massaging, advising, stretching, until their hands grew sore.

Towards the end of the day, the frequency of massages increased and the injuries and complaints also seemed to change. A couple of runners were even treated for "sense of humour failures" and "chronic" fatigue, it is not every day you find yourself running 56km around the mountain for fun. All in all, despite the hard work, a lot of experience was gained and much fun was had, all in the spirit of encouraging activity in the City of Cape Town. The Two Oceans experience, whether one is running it, volunteering, supporting or even working to help runners have a smoother race, is definitely one for the books.

Acknowledgement: Amy Burger

Colleagues cycle for animal welfare

A few months ago I got back on a bike after 20 plus years – a challenge! On 10 March I rode the 110km Cape Argus Pick 'n Pay Cycle Tour for the first time since 1992 – a bigger challenge! The latter I did to raise funds for the SPCA. Why did I do this?

We call ourselves human. Most animals (if we could understand their 'languages') would call people inhumane. Animals suffer horrendous treatment at the hands of our species. All too many animals experience people as cruel and merciless.

The SPCA is one of the organisations that works tirelessly to mitigate the impact of people's inhumanity towards animals: to foster compassion and to rescue animals from suffering and distress.

To do all this they rely almost entirely on donations from compassionate people who share their values and support their mission. I had an incredibly generous group of sponsors behind me – many from our Faculty – who helped me raise R7 100 for the SPCA. Collectively, the 90 riders who rode for Team SPCA – also including Professor Leslie London – raised over R300 000.

Being back on a bike and 'doing the Argus' has been an interesting journey. We all know that there's nothing to beat experiential learning. If I had any doubts about the natural fitness of youth and how it gets lost with age, such doubts have been definitively dissipated. I've discovered how cycling – even at my end of the cycling spectrum which is strictly the leisure end – has moved on over the past couple of decades. I have been encouraged to find motorists behaving towards cyclists in general a bit better than they used to – though taxi drivers tend to be an exception. Mainly it's just been great to be reminded what an extraordinary machine the bicycle is – surely there is no more energy-efficient form of transportation on earth?

The Argus itself went mainly fine. We were blessed with a virtually perfect day. The wind was a touch troublesome between Glencairn and Simonstown and again between Ocean View and Sun Valley but nothing serious. It was a lovely ride and I was reminded yet again what an exceptionally beautiful part of the world we are privileged to live in. And what a treat to have NO CARS on the road!

There was even a bit of local humour along the way. Going past Ocean View and again through Noordhoek, local residents were singing with great gusto *Suikerbossie wil jou hê!* [For those who don't know, 'Suikerbossie', coming out of Hout Bay, is the Argus' last tough climb.] And of course there are some humourists amongst the riders too. Like the chap resting on the stone parapet next to the road on Chappies who was loudly inviting everyone grinding past to join him "on this soft rock I'm sitting on" – we all knew exactly what he was alluding to!

All went well other than a really sore backside and a puncture – the latter fortunately just 100m before the end. It felt a bit undignified having to walk across the Finish Line but wasn't a problem! I just missed 5 hours by a minute or two but since my objective was simply to finish, I reckoned that this was a perfectly acceptable, age-appropriate time!

Acknowledgement: Mr Frank Molteno (Primary Health Care Directorate)



This was my 7th Argus cycle tour and my most enjoyable. Thanks to Frank Molteno, I got the idea to join the SPCA cycle group, which involved doing some fundraising in exchange for a custom-made SPCA team T-shirt and pre-race event at their premises.

In the space of a few weeks, I raised over R4 000 in pledges to sponsor me for the SPCA, thanks to a heart-rending picture of my dogs looking irresistibly cute on a pillow looking at the camera as if to say 'sponsor me.' By the time I had finished, I had raised over R5 500.

The ride itself was great fun. You can't describe the exhilaration of whizzing along the road, close to waves crashing on the rocks below you at Misty Cliffs. And getting to the top of Suikerbossie and feeling that I could still pedal my way home without having to stop again was just inspiring.

The worst was seeing injured cyclists along the way, being tended to by medics. I had that "been there, done that" feeling, which wasn't nice at all, having had a few falls myself in the past. And I must admit to having never been so happy to have a spare Mars Bar on me when I arrived at the Red Hills stop to discover that Bar One appeared to have abandoned sponsorship of the Argus and there were no free Bar Ones available to give you the sugar boost.

Despite a mild touch of Iliotibial band syndrome and a bit of cramp, I finished in 4 hours and 43 minutes, which was a record time for me. I am up for it again, definitely!

Acknowledgement: Prof Leslie London (Dept. of Public Health & Family Medicine)

We hope you enjoyed the read – please send us your feedback:

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