

## Nursing exchange students *head home*

By Ms Lesego Popela



**R**ecently the Nursing Department bid farewell to four exchange students namely Ms Jasmin Naqvi, Ms Rannveig Nitter, Mr Robin Westberg and Ms Asne Rosseland from Lovisenberg Diaconal University College, Norway, who were part of the SMU-Lovisenberg exchange programme. This programme was initiated in 2006 with the goal of giving students and staff an international experience in nursing and cultural exchange of host countries.

Before the start of the programme the students had to: register as a nursing student with the university, register for an elective clinical practice course with the South African Nursing Council (SANC) and the Democratic Nursing of South Africa for

indemnity purpose before they are exposed to the SANC and go through an orientation programme which is tailor-made for the exchange students. "We got an opportunity to interact with lectures and skills facilitators in all the four disciplines (General, Psychiatric Nursing, Community Health and Midwifery). We also participated in a weekly individualised reflection activity with the coordinator for debriefing and individualised learning through feedback from the coordinator" said Ms Jasmin Naqvi.

The students spent eight weeks in South Africa and as part of their practicals. They visited: Noma's Old Age Home, Korwe Day-Care Centre, Phedisong, Skinner Clinic,

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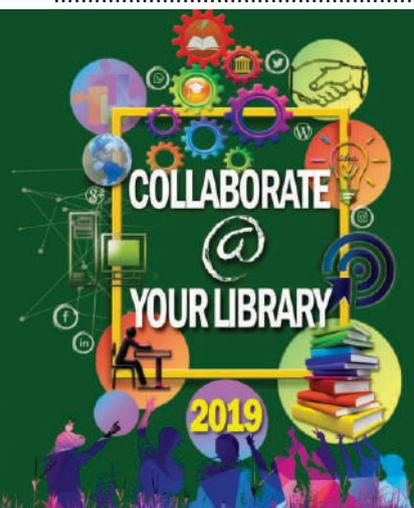
Bophelong and in Bronkhorstspuit. According to Ms. Florence Mkhonto, nursing lecturer, "So far students from Lovisenberg Diaconal University College have benefited from the project. No staff from both universities and students from the SMU have been in the exchange programme thus far but plans to make it a two-way exchange programme are underway."

Even with their busy schedules the students found time to explore the beauty of South Africa by visiting various places such as: KwaZulu-Natal (Durban, Richards bay, St. Lucia), Kruger National Park, Johannesburg (Soweto, North Cliff Hill, Sandton, Rosebank, Apartheid Museum, Soccer City), Drakensberg and Cape Town.

At the end of the training, they participated in a feedback

and evaluation session of clinical practice with nurses from all the clinical areas of interest, students and staff. The students presented their learning experiences in a PowerPoint which was followed by an open discussion between them and the nurses they worked with during their visit, the nursing department staff who contributed to their time here. This presentation was coupled with a certificate ceremony for the students.

As part of their recommendations for home based care learning, the students proposed that more clinic work should be included, school health should remain in the programme and more training in Pretoria City Centre should take place. Ms FM Mkhonto said: "This report bears testimony to the advantages of collaboration. We need to revive the vibrancy of the nursing department".



# South African Library Week celebration

By Ms Makgoshi Reetseng



*Prof Lionel Green-Thompson  
addressing the audience during  
the South Africa National Library Week*

It has become a custom for SMU community to celebrate South African Library Week annually. This year, the event had to be moved to the National Library of South Africa (NLSA) following the unrest on campus. The Library and Information Association of South Africa Gauteng North Branch (LIASA GNB) was on-board as the main partner in the event. This year's theme was 'Collaborate at your library'.

The purpose of the event as explained by Ms Suzy Nyakale, the Chairperson of the LIASA GNB was to further the appreciation of libraries, resources, reading in an attempt to improve lifelong learning.

Prof Lionel Green-Thompson, Dean: School of Medicine, delivered a keynote address. In his address, he said, "As professionals, we should make our organisations reliable learning centres". He also spoke about the 4Cs namely celebrate, collaboration, conversations and championship. "Celebration of who we are and what we have become, collaboration within and beyond our boundaries (work spaces), we should have conversations on how to build communities of practice and that we must be champions in

our profession; we have to have champions that champion in different ways” said Prof Green-Thompson.

According to him, the Library is the place where the 4Cs should resonate. He summed up his speech by quoting Ms Maya Angelo “The library helps you to see, not only that you are not alone, but that you're not really any different from everyone else. There may be details that are different, but a human being is a human being.” He urged all to stop lamenting, but embrace the 4Cs.

NLSA reaches out to the community. They have a 3 year Graduate Development Programme which aims at equipping graduate librarians with on-the-job training to prepare them for the workplace. Blessed Matsi spoke on-behalf of the interns, they receive training on operations in all library departments and also work with community libraries. NLSA partners with the Department of Arts and Culture (DAC) with regard to their Mzansi Libraries Online (MLO), a project which empowers South African communities through provision of free internet access and ICT equipments in public libraries.

Ina Smith (Co-Director: In the Cloud & Project Manager: Academy of Science of South Africa/African Open Science Platform) presented on how technology can be used to extend collaboration. Current and Fourth Industrial Revolution (4IR) technologies focus on bridging barriers in terms of space, time and opportunities, not only to increase collaboration among stakeholders and librarians but also to enhance productivity. All libraries are encouraged to build the 4IR into their strategic planning and librarians are further encouraged to equip themselves with the necessary digital skills. She concluded by saying, “for South Africa to be competitive, it is important that it keeps up with the global trends in the provision of modern LIS that exploit all the benefits of ICTs. The LIS sector's capacity to contribute to the nation's ability to convert knowledge into innovations and wealth will determine its value to the nation.”

**To access the presentation at:**

<https://inthecloud.org.za/2019/03/24/collaboration-in-the-cloud-at-the-national-library-of-sa/>



Ms Suzy Nyakele



Mr Patrick Motiang



Mr Rudolph Maseko



Mr Modisa Khosie



Audience listening attentively



# Salt Awareness - Advantages and Disadvantages of Salt in the Diet

## Advantages:

In addition to making our meals taste so much better, salt also has an important role in our everyday health. Our body tissues are made up of vast number of cells of different shapes, sizes and functions, and all of these cells require enough salt to function properly. Salt plays an important role in the body's fluid and electrolyte homeostasis, especially in the regulation of blood pressure and also plays a vital role in transmitting messages between the nervous system and other bodily systems.

## Disadvantages:

Too much salt in the diet may lead to water retention and other health issues, especially those associated with hypertension. These may include an increased risk of cardiovascular diseases, stroke and kidney damage.

## How much is too much salt?

Adults need less than 1g of salt per day, however, global salt

intakes range from 8 - 18g a day; hence we have a global epidemic of blood pressure-related diseases.

## Salt recommendations:

The Scientific Advisory Committee on Nutrition (SACN) recommends no more than 3g/day for children aged four to six years, and no more than 6g/day for healthy adults, however national food surveys show that many of us still exceed this recommendation by up to 33%.

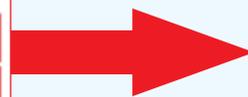
## Salt in our everyday diets:

The average South African diet, being very westernized (a lot of processed food and fast food) is too high in salt. The problem is also one of sensitivity – the more salt you eat, the more you want.

## How do I know which foods contain a lot of salt?

The following 'Traffic light' colours help you to see, at a glance, if a food has high, medium or low amounts of each

	Low	Medium	High
Salt	0g-0.3g	0.3g-1.5g	More than 1.5g
Sodium	0g-0.1g	0.1g-0.6g	More than 0.6g



Per 100g serving



of these nutrients **in 100g of the food**. For foods that don't yet display the 'traffic light' label, here is a handy guide:

# Tips Be salt aware:

- Use little or no salt in cooking – try using extra herbs and spices instead such as black pepper.
- Leave the salt shaker off the table.
- Cut down on salty processed foods and ready meals and try and make your own if you can.
- Check out food labels for salt and go for lower salt choices. There can be a really big difference between different types and brands.
- Use the traffic light labels **as a guide** to help you make smarter choices.
- Compare salt levels among similar products and try to choose those lower in salt.
- Ask in restaurants and take-aways for no added salt.
- Be wary of gourmet salts and salt substitutes claiming to be better for your health than table salt – these products range are still likely to add some form of salt to your diet.

## Foods worth checking for salt content:

- Salted meats and processed meat products, e.g. ham, bacon, sausages, pate, salami.
- Ready-made and powdered soups.
- Tomato sauce, soy sauce, mayonnaise, pickles.
- Stock cubes, gravy powder and salted flavourings.
- Tinned food containing salt.
- Smoked meat and fish, prawns and anchovies.
- Meat and yeast extracts.
- Cheese.
- Salted snacks like crisps, nuts, biscuits, popcorn.
- Ready meals, sauces and takeaway meals.
- Pasta sauce.
- Bread and breakfast cereals.

## Summary

Most of us are still eating too much salt. High salt intakes lead to high blood pressure that can pose significant health risks. Reducing your intake of salty foods can dramatically improve your health outcomes. Simple steps that can reduce salt intake include adding less salt during cooking and at the table, eating less processed foods and being aware of food labels and choosing lower salt options.

## References and further information:

Food Fact Sheets on other topics including Hypertension and Healthy Eating are available on [www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts).

The infographic illustrates the health risks of high salt intake. It shows that consuming too much salt can lead to strokes and heart attacks. A target of 5g of salt per day is shown as the maximum recommended amount. To the right, a section titled 'Change your salty ways in 3 simple steps:' provides practical advice:

1. Use a salt shaker (represented by a heart icon).
2. Choose fresh ingredients like vegetables and fruits (represented by icons of a tomato, onion, and leafy greens).
3. Cook at home (represented by an icon of a person cooking).

# Coming Events

EVENT	DATE
• Graduation Days	13 - 15 May 2019
• International Nurses Day	12 May 2019
• World Chronic Fatigue and Immune Day	
• Dysfunction Syndrome Day	
• Open Days	23 - 24 May 2019
• SMU Anniversary	16 May 2019
• World Hypertension Day	17 May 2019
• World Malaria Day	25 May 2019
• Africa Day	31 May 2019

# Athletes Grab Silver Medals

Congratulations to SMU students for winning individual silver medals in a half marathon held in Cape Town. The students that made SMU proud are Mr Morare Mabotja (MBChB), Ms Paballo Kobe (BSc Physio), Mr Solomon Matlou (BSc Physio), Mr Kgobise Mothogoane (BSc Physio) and Mr Nyiko Mashava (MBChB). Students who are interested to join SMU Athletics Club, can contact: **Athletics Chairperson:** Mr Morare – 071 138 5441 or Deputy **Chairperson:** Ms Paballo – 060 340 4029.



## Pad Drive Team Donates Sanitary Towels

The SMU Pad Drive team donated 136 packs of sanitary towels to female learners at \*Kgathoentle Secondary School in Ga-Rankuwa. "On behalf of our school, I am very happy about the donation and the fact that the SMU Pad Drive saw a need to assist us", said Ms Tlhalefang Molekwa, President: Representative Council of Learners at Kgathoentle Secondary School. \*Kgathoentle Secondary School was previously known as L G Holele High School. #GoSMU. #WeAreSMU.

# Medicine Students off to IGSS Conference

SMU Medicine students Mr Thato Masekoa and Mr Vhonani "General" Khorommbi will represent SMU and South Africa at the annual Incision Global Surgery Symposium (IGSS) in Kigali, Rwanda from 20 – 21 April 2019. The organisers identified both Thato and Vhonani not only as medical students but also as global leaders within the community, advocating for services that meet the emerging needs of our communities and hence, invited to participate in this conference. The IGSS is an international conference dedicated to global surgery, gathering of health professionals, medical students and young doctors from around the world to learn and discuss and more importantly take relevant actions towards solving current and emerging surgical health issues.



## SMU Online Application Now Open

Be on the lookout and #Stay Connected #WeAreSMU

## OPEN DAYS

### 23 - 24 May 2019

Time: 07:00 - 16:00 | Venue: SMU Sports Complex

For more information contact: [abalwa.luphondo@smu.ac.za](mailto:abalwa.luphondo@smu.ac.za) / [ntsheu.mangena@smu.ac.za](mailto:ntsheu.mangena@smu.ac.za) | Tel: 012 521 5976

GRADES: 10, 11 & 12 Learners in full school uniform (Studying Pure Mathematics, Physical Sciences, Life Sciences, English and any additional subjects) [www.smu.ac.za](http://www.smu.ac.za) | #WeAreSMU