SEFAKO MAKGATHO HEALTH SCIENCES UNIVERSITY

FOCUS on SMU

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SMU Celebrates 100 Nelson Mandela Centenary 2018

By Thabang Motswabangwe

Ever conscious of their responsibility towards the less fortunate members of the community around them, the staff and students of SMU elected to spend their 67 minutes living the legacy of Nelson Mandela. This year, South Africa and the entire world celebrates 100 years since the birth of Tata Madiba.

We are challenged every year on the 18th of July 2018, to strengthen the fabric of our communities. Just as good soldiers regimented, to move in unison and march for a great cause, an arsenal of highly spirited and responsive students, as well as staff members descended at the homes of Koko Molewane and Sir Madikwe at 2499 and 2498 Thekiso Street, Zone 2 Ga-Rankuwa, north of Pretoria, to assist in good housekeeping, garden maintenance and refurbishment of worn out walls with fresh paint.

The centenary of Madiba's legacy gave the University an opportunity to not only render excellent medical education and training but to lend a helping hand to the needy in the community in which it operates.

The students of SMU nominated Koko Molewa and Sir Madikwe to be the recipients of the 100 years Centenary of Madiba's legacy based on the urgency of their needs.

One of the students participating in the activities of the day, Mr. Tshepo Netshikhudini, an SRC member in the Sports portfolio mentioned that, "The time we spend working here was worthwhile and of paramount importance. It is also essential that we often do community service and ensure that Mandela Day becomes a culture".

It is also imperative that the University adopts a culture that leaves a legacy that is custom designed to the continuity of care and support to the community of Ga-Rankuwa, post Mandela day and to identify and resolve those factors which could improve the lives of the community.

Ms. Linda Lefosa from SMU Technical Services who was part of the team rendering services of goodwill stated that "we are getting there as a nation in making everyday a Mandela day, and hopefully use it to address social and economic challenges".

SMU stakeholders and members of Ga-Rankuwa community who wish to make donations on this cause can contact Ms. Nthabiseng Kgobane (Caretaker) 073 415 7820.

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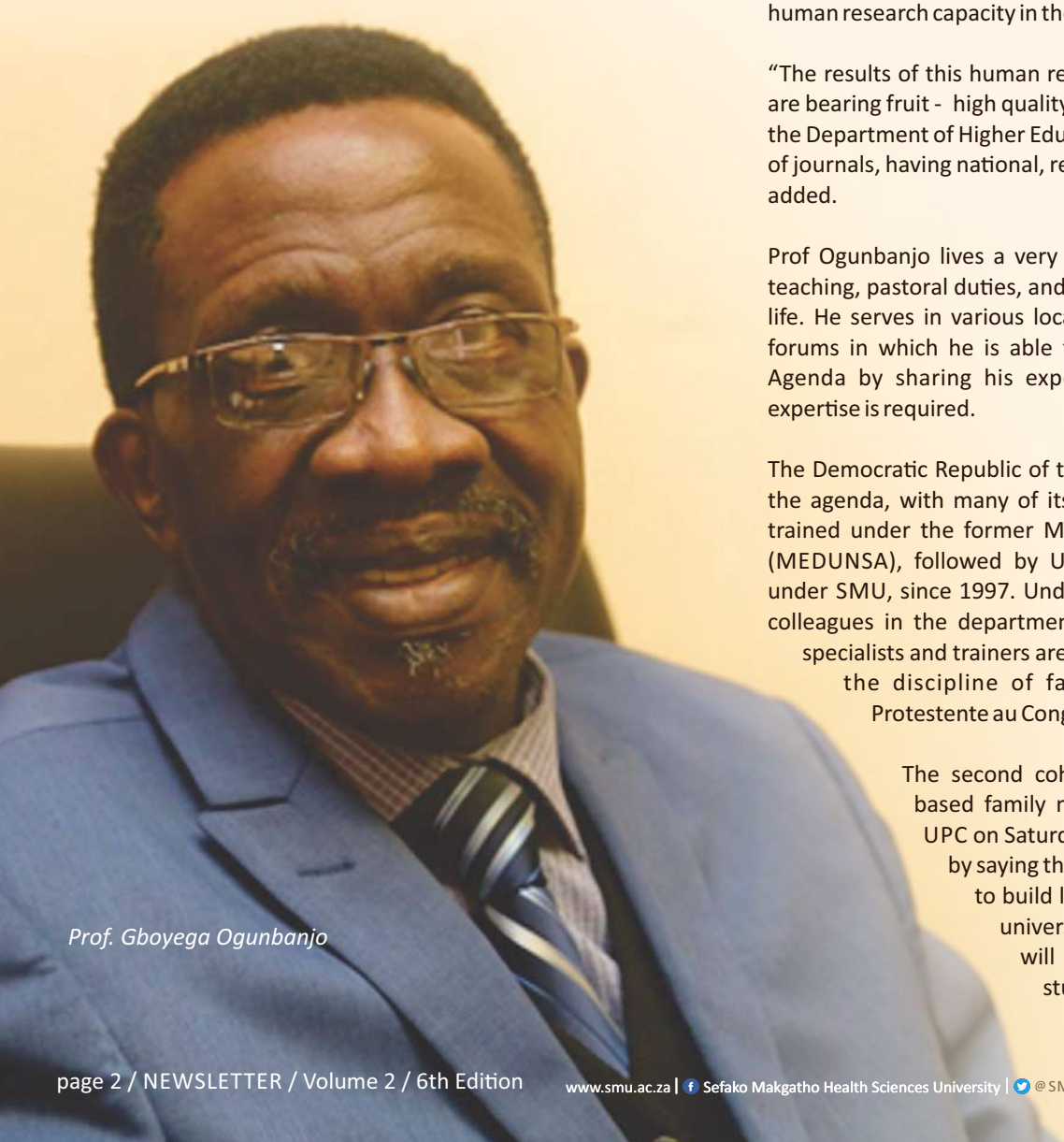
SMU's Family Medicine Department

spreading its wings beyond our borders

The South African Family Practice Journal (SAFPJ), after years of applying, has been finally approved and listed with MEDLINE, said Prof Gboyega Ogunbanjo, popularly referred to as Prof 'O', the head of the department of family medicine & primary health care, and the editor in chief of the SAFJP.

MEDLINE, which is based in the United States of America (USA), is the biggest database containing journal citations and abstracts for biomedical literature from all over the world. Having the SAFJP listed with MEDLINE for Prof Ogunbanjo, is a dream come true, after years of attempts to list with MEDLINE were turned down because of the strict criteria for admission.



Prof. Gboyega Ogunbanjo

The benefits of enlisting with this database for Ogunbanjo as editor in chief and for SMU are immense.

"MEDLINE is the equivalent of a top soccer team playing in the proverbial football premier league. It offers huge exposure and international credibility for researchers", quipped Prof Ogunbanjo. The department of family medicine & primary health care is one of the leading departments in as far as research throughput is concerned, at SMU. The secret behind this success, Prof 'O' says, is "team work", as no one, in the department of family medicine & primary health care, is allowed to publish any research work as a lone ranger. Twice a year, we go out to places like Swartruggens in the North West province for a whole weekend for scientific writing workshops facilitated by the head of department, thereby building human research capacity in the department", he said.

"The results of this human research capacity building programme are bearing fruit - high quality and relevant papers are published in the Department of Higher Education and Training peer reviewed list of journals, having national, regional and international impact,'' he added.

Prof Ogunbanjo lives a very busy life juggling academic, clinical, teaching, pastoral duties, and still manage to have a normal family life. He serves in various local and international medical science forums in which he is able to advance the African Renaissance Agenda by sharing his experience and expertise where such expertise is required.

The Democratic Republic of the Congo (DRC) has benefitted from the agenda, with many of its family medicine physicians initially trained under the former Medical University of Southern Africa (MEDUNSA), followed by University of Limpopo and currently under SMU, since 1997. Under his tutelage and support from his colleagues in the department, a new breed of family medicine specialists and trainers are training fellow Congolese doctors, in the discipline of family medicine at the Université Protestente au Congo (UPC), Kinshasa, DRC.

The second cohort of locally trained and context-based family medicine specialists will graduate at UPC on Saturday 3 August 2018. Prof 'O' concluded by saying that "SMU should have a strategic focus to build long lasting collaborations with other universities on the African continent, as this will be beneficial for our academics and students".

SMU Choir delivers silver performance

at the 10th edition of the World Choir Games – Tshwane 2018

By Maditsi Matlala

The melodies of the choirs in colourful attires came together in one rhythm at the 10th edition of the World Choir Games-Tshwane 2018, recently. SMU Choir, along with over 300 choirs from all corners of the world, united the world with the universal language of music and the power of dance, at the Sun Time Square Arena, Tshwane.

SMU Choir not only told its story, but it also competed in the Open Section's University and College Category 06 against formidable world choirs. The choir held its own and emerged with a Silver VI Diploma Award. The champions, in this category were the Aeolians of Oakwood University, from USA.

Choirs presented impressive repertoires. The champion section had 28 categories and the open section had 27 categories. Choirs were limited to 15 minutes on stage, to sing, ascending and descending the stage.

Mr Tshepo Matlala, SMU Choir's conductor identified short, entertaining and user-friendly songs for competing in the Open Competition's University and College Category. The SMU Choir presented these songs:

	Song	Composer	Duration
1	Qeu Qeu Majoana	Mr Joshua Mohapeloa	3 minutes
2	Molelekeng	Mr Joshua Mohapeloa	4 minutes
3	Diphala	Mr Joshua Mohapeloa	2 minutes
4	Perte dimenso giubilo	Mr Gaetano Donizetti	3 min

"The song presentation was musically and technically great. Competing in this magnificent competition, all I was hoping for was to gain world experience, and expose the choir to that level. Being awarded a silver for our performance was a cherry on top which is much appreciated", enthused Mr Tshepo Matlala, the choir conductor.

The medals tally at the WCG:

Position	Country	Total Medals
1	South Africa	76
2	China	25
3	Russia	17
4	United States of America	15
5	Germany	9

This was a brilliant performance by SA's 157 choirs, across different genres. The SMU Choir contributed to the success of team SA, in no small measure.

The choir was also assigned a critical role in the WCG promotional campaign. It embarked on road shows building up to the WCG. In SMU branded tracksuits and carrying the flag of SMU, sang at the Menlyn Mall on Sunday, 1 July 2018. The choir also featured in the flash mob advert, which was recorded by City of Tshwane Metro (CTM), and it was used as a promotional video, on social media and video screens in the Sun Time Square Arena.

On 4 July, the choir sang welcome songs at the OR Tambo International Airport, welcoming the choirs arriving from China, Philippines, Denmark, Austria and the United States of America (USA).

On Sunday, 8 July 2018, it participated in the 700 member strong mass choir during the Legacy Concert of the WCG and performed Qeu! Qeu! Majoana, Noma Kunje and Diphala, accompanied by the orchestra. The concert was essentially a dress rehearsal before the WCG main event commenced. SMU choir along with those from Namibia, Mozambique, Zimbabwe, Ghana, Gabon, Nigeria and Kenya shared the stage.

The dress rehearsal was in in keeping with the WCG theme of social cohesion and building bridges through music - "Various voices: one harmony". The WCG were part of the celebration of Nelson Mandela Day Centenary. As song, entitled "Madiba" was sung by the mass choir, in honour of Mandela, a champion of social cohesion, I his own right. Mr Mohau Mogale, a local composer and an adjudicator of the WCG, composed it.

SMU Finds a Voice in SAUS Elective Conference

Ms Lerato Mphahlele

By Thabang Motswabangwe

Lerato Mphahlele, SMU Bachelor of Science (Mathematical Science) student and Student Representative Council (SRC) - Treasurer General, was recently elected to serve as a member of the National Executive Committee (NEC) of the South African Union of Students (SAUS). Collectively with the newly elected NEC, she will serve a two-year term from 2018 until 2020.

Ms. Mphahlele indicated that her election and support is a victory for SMU, and she is inspired to educate students to be financially literate and make wise choices when it comes to money. “I am prepared to serve the students of SMU in the demanding tasks of the executive committee and hopefully my hard work and efforts will anchor me to excel in difficult circumstances. Juggling academic work and student leadership programmes requires a healthy balance”.

SAUS is a student union that is elected by SRC members from all 26 universities across South Africa and therefore represents all SRC's in the country. The union was established at Stellenbosch University in 2006, its main purpose is to ensure that students have a single representative body in the higher education sector. The union is said to be a national and non-partisan umbrella body of student representation in the country.

Students engaged in organisation election debates with various academic institutions under the theme: 'Building a credible union through strong and united student voice'. The issues that were under discussion included dissatisfaction of NSFAS payment systems which is a concern shared by students who desperately need financial aid to fund and complete their studies.

The Purple Drive Campaign

By Khathutshelo Negota

According to the Cancer Association of South Africa (CANSA), over 7 million people die from cancer on an annual basis, and more than 11 million new cases are diagnosed worldwide. In 2020, if current trends continue, new cases of cancer will increase to 16 million per year and more than 10 million people will die. Cancer is a complex, life-threatening disease that affects millions of South Africans.

In 2014, Ms. Siphelele Lunga, a BSc (Hons) Haematological Pathology graduate and a current second year MBChB student at SMU saw the need to educate and inform the students and staff at SMU about cancer. Subsequently, the annual SMU Purple Drive campaign was born to detect early and facilitate care and support to those who are diagnosed with cancer. “Our campus created little awareness campaigns on cancer and I found it quite shocking because we are a health institution. Breast cancer is an awareness that spoke to me since it is the one type of cancer that is over-looked,” said Ms. Lunga.

“Chemotherapy is painful and draining I lost all my hair and my nails were forever in pain. My cancer had spread from my breast to the liver. I was always tired and never ate anything for days”, said Ms. Lindiwe Ratlou, a cancer survivor and a patient at Dr. George Mukhari Academic Hospital. She also emphasized that people should start taking cancer more seriously as people who are in denial never make it. In addition, she is very grateful for her family and friends who supported her throughout the entire journey and her struggle with cancer. As a result of her exposure and knowledge about cancer, she was able to show how staff and students can self-examine their breasts and to detect cancer when it is still early.

Mr. Vincent Magagula, a drum majorette at SMU was very happy to get educated about cancer since he thought it was only a disease targeting women. “I didn't know anything about cancer until today. She showed me how to check my breast and she says I do not have any. I will be telling other men to regularly get checked,” said Mr Magagula.

Mr. Innocent Zikhali

Msc student wins Karate Championship

By Khathutshelo Negota

The Karate National Championships that happens every year is the highlight of the Karate sporting code. This year was no different, the Championships happened in Tongaat, a small town in Kwa-Zulu Natal. One of our very own, ***Mr Innocent Zikhali, an MSc Chemistry student at SMU***, came victorious, and managed to come home with a win and trophy under the Karate 70kg Category. ***Focus on SMU*** reporter, ***Ms. Khathutshelo Negota*** had an exclusive one on one in-depth interview with him.

How prepared were you going into the Championships?
"I was worried before going into these games, because I had been injured in Japan. I only had two days to prepare, and I knew going into the fight, that I had to win the game. It was not easy, but I had support.

Speaking about support, who are the people who supported you towards the championships?
Hlope Solly Sensei, who I idolised, assisted me in warming up before the tournament. Angel Goodness Njolo, a fellow SMU student coached and encouraged me. Isaac 'The African' Tiger Mashinini, a great instructor and mentor made winning a pleasure. SMU Sports department, SMU SRC, and the VC's financial support was very helpful.

Could you kindly explain how the final fight went?
The opponent gave me a bit of a challenge. Although he was the favourite going into the final game, it only took me six minutes to be the final champion.

Why did only six students go to the Kwazulu Natal Games to represent SMU?
Because only six qualified to participate and we would like to invite other students who are interested in martial arts and general self-defence, to come and join SMU Karate team. Training occurs at the Sports Complex, Monday to Thursday, at 17:30 to 19:30.

Do you have any advice for students who want to win in Karate?
I hope all students who take Karate, or any other sporting code, that they partake in it seriously. They should be focused, work hard and stay away from drugs.

So when is the next Karate Competition that you going to participate in and what do you think will be the outcome?
World Karate Organisational - Matlosana tournament in March 2019, the venue is still to be mentioned. The trophy I will be contesting for is mine, because I am going to win.

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SMU & National Upcoming Events

September 2018

07	World Physiotherapy Day & 5km Fun walk
22	SMU Connect Aerobics Marathon
28	Mr and Mrs SMU

SMU Connect Aerobics Marathon

Saturday,
22 SEP 2018
@ 07:00 - 12:00
for 3 hours
Sport Complex Parking

All students, staff and community members are invited

Registration

opens @ 06:30 to 07:00

First 100 to collect their tickets at Corporate Store/ Marketing Department will get free goodie bags

You ca register online:
https://goo.gl/CWhqNe

For more information contact:
Babalwa Luphondo @ 012 521 5976 /
babalwa.luphondo@smu.ac.za

Mr & Miss SMU

28 SEP 2018

Entries now open

Entries close
5th September 2018

Entry forms available at
the SRC office and in residences
by the security desk

Submit forms at the SRC office

www.smu.ac.za
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HEALTH WORKERS UPDATE (REFRESHER COURSE)

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07 - 09 SEPT 2018

The theme for 2018 will be "Relevant and fit-for-purpose Health Worker in South Africa?"

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- What is new in COPD management
- HIV update
- Common Paediatric Infections management
- When to dialyse and when to choose conservative management
- TIPS on headache management
- When is Epistaxis and emergency
- How to avoid blindness
- The stigma of "impotency"
- The stigma of a "barren uterus"
- Pre-and Post-HIV exposure prophylaxis
- What is good ethical practice
- When is it "termination of life" or "assisted death"
- Laparoscopic surgical interventions: "The pearls of wisdom"
- How to avoid HPCSA misdemeanors
- Clinical trials in private practice

Please direct all enquiries or information requests to:
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