SEFAKO MAKGATHO HEALTH SCIENCES UNIVERSITY

FOCUS on SMU

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SMU pays tribute to Dr B.E.E. Molewa

– *the first SMU Chancellor*

- By Ms Khathu Negota & Mr Maditsi Matlala

A sad cloud hung over the horizon of SMU, as stakeholders came to grips with the passing of Dr B.E.E. Molewa. Dr Molewa, the very first Chancellor of SMU, and the Minister of Environmental Affairs, succumbed to a short illness. SMU organised a memorial service at the Sports centre to give the university community opportunity to pay tribute to her.

"SMU concurs with the President of South Africa that the passing of Chancellor Molewa is a devastating loss to our nation and to the global community. SMU honours her for her contributions and pioneering leadership in numerous spheres", said Prof Chris de Beer, SMU's Vice-Chancellor.

Molewa was inaugurated on 17 March 2017 as the first Chancellor of the SMU, a newly established stand-alone comprehensive health sciences university.

"Dr Molewa fully and unconditionally embraced the vision and mission of the institution and contributed immensely during her short term of Office to the stabilisation and development of SMU. We owe a great debt of appreciation to our Chancellor for representing the institution with passion and distinction, and for introducing SMU as a fledgling institution to important national and international networks", added de Beer.

Speaking on behalf of the SMU Council, Dr Vejay Ramlakan, the deputy Chairperson said "On behalf of Council, I would like to convey

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heartfelt condolences. As the first Chancellor of SMU, she took her responsibilities seriously and performed her roles with distinction. Her appointment as Chancellor, was victory against patriarchy and all sorts of discrimination. She created strategic networks to advance the interest of SMU. Her passing is a loss to South Africa and the developing world. The university will be celebrating its fifth milestone next year and she will not be there to celebrate this milestone with the university. To the family, your loss is our loss. We vow to uphold the legacy she left for us."

Dr Gwen Ramokgopa, also a Chancellor of the Tshwane University of Technology (TUT) and Member of Executive Committee (MEC for Health, Gauteng), said Dr Molewa fought for the freedom we are all enjoying now. She worked very hard to ensure that the future generations should enjoy the legacy of environmental justice.

Prof Sebi Lekalakala, speaking on behalf of senate of SMU said that Dr Molewa was the first women chancellor of SMU and expressed the hope that she will not be the last women chancellor appointed at SMU.

Mr Phuthi Phukubye, the President of the SMU Student Representative Council (SRC) said, "May the soul of Mama Edna Molewa, rest in eternal power and peace."

"My sister would want us to celebrate her life and time. She was tough, intelligent and a remarkable women whose life I want us to celebrate," Dr Fana Mmethi, speaking on behalf of her siblings.

2018\19 Student Representative Council

Student Representative Council Office Bearers

Name	Surname	Portfolio	Organisation
Mr Innocent	Chauke	President	EFFSC
Mr Thabiso	Modishana	Deputy President	PASSO
Ms Talente	Biyela	Secretary	SASCO
Ms Vuyo	Vika	Deputy Secretary	ANCYL
Ms Azwi	Mutanuni	Treasurer	EFFSC
Ms Siyathaba	Nkonyane	Projects & Campaigns Officer	SASCO
Ms Precious	Nkoana	Sport & Recreation Officer	EFFSC
Mr Musawenkosi	Msibi	Postgraduate Students' Officer	ANCYL
Mr Keamogetswe	Madumo	Residence Officer	EFFSC
Mr Thabo	Gwebu	Culture & Religion Officer	ANCYL

School Council Chairpersons

Name	Surname	Name of School	Organisation
Ms Gomolemo	Mabokela	School of Medicine	EFFSC
Mr Sakile	Dila	School of Pharmacy	SASCO
Mr Marvel	Hlungwani	School of Health Care Sciences	ANCYL
Mr Amukelani	Ngobene	School of Oral Health Sciences	ANCYL
Mr Ntwanano	Hoshoko	School of Science & Technology	ANCYL

Oral Health Sciences students giving hope to communities served by Phelophepha Trains

- By Mr Maditsi Matlala

Phelophepa was established in 1994 as Transnet's flagship Corporate Social Investment (CSI) project. The second train was introduced in 2012 due to the growing demand. Phelophepha Trains 1 & 2 have been touching 23.5 million people by giving them access to primary health care in Limpopo, Northern Cape, North West, Western Cape, Eastern Cape, Free State, Mpumalanga and Northern Cape.

The trains are essentially hospitals on wheels. From August to the end of September, the trains travel for 35 weeks to different provinces and dock at the local railway station. Those in need of health care flock to the trains with all sorts of health complaints. They are welcomed, screened and with their complaints identified, they are then channelled to the clinic best suited to their complaints. Patients pay no more than R10 for a comprehensive treatment package inclusive of scaling & polishing, restorations as well as extraction of teeth. Eye clinic will only charge R30 for a one day service comprising consultation and prescribed spectacles. An additional charge of only R5 is incurred for all patients who received medicine prescription from the respective clinics.

The trains are equipped with cutting edge health care technology. 19 coaches long state of the art trains boasts 5 clinics in psychology, health, dental, eye and pharmacy.The project is essentially a primary healthcare facility with the greatest focus on health promotion and disease prevention.

An estimated number of 75000 people are touched through the clinics' outreach programmes on an annual basis. Screening for diabetes, high blood pressure,breast examination, HIV testing as well as prostate screening and analysis are conducted at no cost for patients in need.

The dental clinic has five dental chairs and X-ray units which are ideal platforms to treat each patient thoroughly delivering preventative, holistic dental advice. They are operated by well-trained senior health professionals supervising an estimated 350 final year students, in Bachelor of Dental Therapy (BDT), Bachelor Oral Hygiene (BOH) and Bachelor of Dental Surgery (BDS) from five dental schools, in South Africa.

Participating universities offer services in specific specialities from the comfort of twelve train coaches. The SMU School of Oral Health Sciences has been a proud participant since 1995. The treatment services they render include oral health, hygiene education, restorative procedures and extractions. This year, SMU deployed eighty final year students for a total of 8 weeks on board trains 1&2. They treated 10 000 patients annually.

The students are fulfilling their curricular obligations. In return, they acquire much needed in service learning experience, working for two weeks at a time, in two groups. According to Dr Mathapelo Mashaphu, the Dental Clinic Manager, the disease profile that the students got exposed to, varies, depending on the Social determinants like the community's economic status and literacy levels.

“We are dealing with primary health care scaling. We do extraction and restorations. This is quite an experience. Being at the Phelophepha Train 1, has helped me a lot, it prepared me for what to expect when I do community service next year [after graduation]. We see up to 90 patients a day,” enthused Ms Kwena Moloto, the fifth year BDS Student.

Other services on the train include health clinic. The clinic attends to health education to prevent onset of non-communicable diseases like diabetes, cancer screening and early detection. Dispensing up to 20 000 prescriptions, the clinic also educates on the virtues of taking medication correctly.

The train is involved in community based development programmes through the Edu clinics conducted by nurses on board. Edu Clinic is involved in raising awareness in terms of basic healthcare education. The Eye Clinic offers same-day service to its patients providing prescription spectacles within a few hours. The Psychology Clinic also addresses challenges such as poverty, illness, unemployment, HIV/AIDS and violence that cause acute depression and other mental disturbances.

Medical Students celebrate doeks & bandanas day

- By Ms Sihle Ngcobo

The Bachelor of Medicine and Bachelor of Surgery (MBChB) ECD first year students together with Ms Veldtman, English lecturer, hosted the doek day event recently. Held at the Library Square, the organisers hoped to use the event as a vehicle to usher in spring, to celebrate women and also to foster unity among the university community.

SMU young women spared no cent to look good in their colourful doeks. A vendor stall was set up on the side from which the doeks and bandanas were sold to accommodate those who came without doeks.

A doek parade was held in which seventeen contestants participated in the catwalk, showing off stylish and colourful doeks and bandanas. Twelve young women took part in the doek wrap contest, 2 older women and four young men also competed.

The judges, namely Mr Tshepo Lichaba Nehawu's Chairman, Mr Ofentse Radebe, the MBChB ECD 4th year student, Mr Donald Manzini an MBChB Student and Mr Mohau Phithi adjudged the event. Six contestants qualified for the final round out of which three winners were to emerge.

The R300 first prize was won by Ms Kutlwano Molapo. In the men's category, Mr Tshiamo won the R300 cash prize.

Diverse cultural celebration

- By Ms Tebogo Manye

The heritage month has ended but not for School of Oral Health Sciences, as they celebrated and showcased their different cultures recently. The lawn was filled with diverse cultures such as IsiZulu, Setswana, Sepedi, Venda, Sesotho and Tsonga. Tables were covered with different cultures cloths, food and cultural beer/drink.

The beautiful women from oral health sciences wore their traditional attires and competed with one another doing a presentation about their cultures, singing and dancing "As Africans we have to unite with one another /fellow Africans. The youth of today need to continue to respect, represent, know and be proud of their cultures as they are the future," said Ms Joyce Peteke, Dental Assistant.

The event was not solely a cultural celebration, but also sought to raise awareness about oral health as October is oral health month. Students and staff queued outside the dental mobile clinic for free screening and were referred to the dental hospital if they needed further treatment.

"If you notice a change such as bleeding gums or the change of teeth colour, you should consult with your dentists as it a sign that there is something wrong with your gums or teeth," said Ms Reneilwe Mokoma, from oral health department.

"Most of the common diseases that are mostly reported are Gingivitis, Periodontitis and Dental cavities hence, it is vital to go for a check-up every six months so that one would know their oral status, added Mokoma.

The following participants won awards:

- Batswana for best dancers
- Tsongas for best presenters' presenters
- Zulus as overall winners

The Zulus were happy and celebrating with their clan names.

"As unity is our mission more of such events are to follow," added Ms Peteke.

Shaking off the winter blues - embracing an active lifestyle

- By Ms Sihle Ngcobo & Ms Ncumisa Malahlana

Spring inspires all creatures to break out of the winter slumber and be ready for summer active life.

SMUs' departments of marketing & communication and physiotherapy recently organised fun run and aerobics marathon, to inspire the community to embrace an active lifestyle.

The fun walk and aerobics marathons attracted a generational mix of young and old participants who pitted their fitness levels against one another. While the events were held on different days, they promoted the virtues of prevention of lifestyle diseases like diabetes, heart diseases, obesity etc.

These events also provided newly established Sports Injury Rehabilitation Unit (SIRU), human nutrition and speech, language pathology and audiology opportunities to showcase and expose their service offerings to the participants.

The participants were divided into different age groups. Some participated in 5 kilometre fun walk from the main buildings, passed the residences, the sports centre and back where it kicked off outside the library. The other group remained in library square and participated in outdoor aerobics group exercise. A much bigger group sweated it out, in the parking lot of the sports centre, in the aerobics marathon, for five solid hours, with a number of water breaks.

The organizers of the health awareness campaigns, namely Miss Ntombenkosi Sobantu, Miss Karabo Raphokwane, Mr Muhammed Dawood from physiotherapy department and Ms Babalwa Luphundo, the new marketing and communication events coordinator supervised the second year students who relished the exposure to sports injuries.

“It was fun and you can recognize the excitement and the passion that was on the participant's faces. I do the aerobics with a passion and I love doing it as I chose Physiotherapy as my profession,” said Ms Tebogo Manasoe, the second year physiotherapy student, who acted as aerobics instructor.

The female winners in fun run were Ms Human, Ms Thando Mavuyo and Ms Mpho Mafedzan. The male winners were Mr Mahlatse, Mr Nyiko Mashowa for those in their 20s, and Mr Aubrey Mosopi, in the 50's category. The over 55 were Mr Frans Maluleke, Mr Ignatius and Mr Padi Matlala. The female masters were Ms Mina Masilela, Ms Sannie Manale and Ms B.L Viljoen. The winners received medals and towels.

“A healthy mind needs a healthy body. Aerobics Marathon must not be an annual event but a monthly event where people come together and do what we do best,”said Oupa one of SHAD-OU fitness Zone.

“A mind-blowing experience, exciting and fun, I recommend people to attend, especially youth,” said Ms Mashadi Modise, SMU FM Radio Presenter.

Having successfully organised these health promotion events, Ms Babalwa Luphondo and the team from the physiotherapy department vowed that the health campaigns are going to be a permanent feature in the calendar of SMU's events.