SEFAKO MAKGATHO
HEALTH SCIENCES UNIVERSITY

FOCUS on SMU

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Library houses synthetic bones

- By Ms Khathutshelo Negota

Mrs Sara Kibirige (Director of Library) and Ms Anna Oettle (An Associate Professor of Anatomy)

Mr Modisa Khosie *(Senior Librarian)*, Mrs Mmakgoshi Reetseng *(Senior Librarian)* and Mrs Bongi Mlisana *(Librarian)*

Mr Ruddy Maseko *(Senior Librarian Assistant) with a student*

The SMU Library is a preservation space for 840 pieces of cloned bones from 21 male disarticulated skeletons. The library bone clone project was initiated by Prof Anna Oettle, Associate Professor of Anatomy Department. With this project, she was trying to ensure that Anatomy students have access to bones beyond the limited hours in the Department. The Library became the preferred option for access to the bone clones, as it is open after hours and on Saturday. "Housing the bone clones in the Library gives students the opportunity to practically utilise the bones in a relaxed setting with less pressure for time. Students should take advantage of this unique opportunity," said Prof. Oettle.

"The bones were catalogued following the Resource Description and Access (RDA) Standards. They were then sensitized, barcoded, labelled and are now available at the Circulation Desk as part of the Reserve Collection", said Mrs Mmakgoshi Reetseng, Senior Librarian, Technical Services and Project Coordinator.

Among the bones found in the library, the students can find the Human Male Asian Left Femur, the Human Male Asian Coccyx, the Human Male European Left Rib 1, the Human Asian Left Leg Fibula, the Human Asian Sternum Plate, Human Male Asian Left Clavicle, the Human Male European Skull with Calvarium Cut and many more.

The bones are accessible via the library WebOPAC (Online public access catalogue), URL: http://innopac.smu.ac.za/ the link is accessible via the library webpage and Blackboard. Searches can be done using the bone code or label/name as given in the bone clones catalogue. The bones are mostly borrowed by study groups and individual students.

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Data Carpentry Workshop

- By Ms Khathutshelo Negota

The Library and the department of ICT recently embarked on a three day workshop, held at E-Learning centre for academic, support staff and postgraduate students. The workshop entailed educating the SMU community on data to enhance analysis and sharing, OpenRefine for data cleaning and augmenting, data analysis and visualisation. "The tools will make the students more employable and equip them with the skills like Software competency, Data competency, publication competency and library competence," said Ms Anelda van de Walt, the coordinator from Data Carpentry Company.

Students in attendance

During the opening event of the workshop, Prof Lekan Ayo-Yusuf the DVC Research, Postgraduate Studies & Innovation said that The South African Data Archieves on the NRF Website has data available that everyone can use. "There is a lot of data that is open and the skills that you will get today will assist you with data analysis in the coming future", Prof Ayo-Yusuf said.

The workshop did not require any programming skills and was novice friendly. What the students had to bring was their own laptops and get started. If they got confused, there were four other members of the Data Carpentry to go through the programmes with the students.

"This workshop is a sequel to Carpentry Connect Workshop held earlier in 2018, which was sponsored by the Department of Science and Technology (DST) and Department of Higher Education and Training (DHET). The office of the DVC Research, Postgraduate Studies & Innovation nominated participants from ICT and the Library to participate. The team learnt a lot from the workshop and made it their goal to pass on these skills, without any delay, to the rest of SMU especially postgraduate students working with research data", said Ms S.N. Kibirige, Director of Library & Information Services.

"The programmes the students used during the entire workshop was excel, Open refine, R-R Studio and Etherpad. These are the best tools to use as scientists for your work, and when you want to publish. And having technological advances will be beneficial to everyone involved", said Ms Mamsi Khantsi, a PhD Candidate in Microbilogy, a member of the Data Carpentry.

For more information on the data carpentry visit:
https//tenet-rccpii.github.io/2018-10-31-SMU

Ms Anelda van de Walt, the Coordinator from Data Carpentry Company

Students attending

Vaccination Catch-Up 2018

- By Ms Khathutshelo Negota & Ms Mokgadi Khutso Maloba

The term 'vaccination' is defined as when a healthy person is given a vaccine to prevent him/her from getting a specific disease. In the past 60 years, vaccines prevented more than 2.5 million deaths each year, caused by various diseases like smallpox and polio.

The World Health Organisation (WHO) endorsed the Global Vaccine Action Plan 2011-2020 in May 2012 for counties to reach above 90% vaccination coverage, a target not reached by most countries in the sub-Saharan Africa region. The Public Health Pharmacy and Management Department in the School of Pharmacy, the Virology Department and the South African Vaccination and Immunisation Centre (SAVIC) based at SMU in 2017 embarked on an annual Vaccination Catch-up Campaign in Tshwane, in response to sub-optimal coverage rates. Prof Hannelie Meyer, Acting Head of the Department of Public Health Pharmacy and Management emphasised that such an initiative would give children the opportunity to catch-up on any scheduled vaccinations they might have missed or receive the ones that are due.

In 2018, the Vaccination Catch-up Campaign took place on three Saturdays at a BigSave store in Mabopane, Sekampaneng Primary School in Hammanskraal and at Calvary Church in Lusaka, Mamelodi, respectively. These locations were strategically chosen by the Department of Health and Tshwane District Expanded Programme on Immunisation (EPI) in accordance with their statistics.

"A small survey conducted during the campaign revealed that often children miss their vaccinations due to parents not having time during the week to go to the clinic. Furthermore, most parents reported that Saturdays are more convenient for them", said Mr Kesentseng Jackson Mahlaba, a PhD candidate in Pharmacy.

According to Mr Mahlaba, healthcare professionals should infiltrate areas of need and serve people by providing platforms that will improve access to healthcare services. Due to public-private partnerships, various partners and sponsors, namely Department of Health, SANOFI, SAVIC, BIOVAC, Big Save, the Pharmaceutical Society of South Africa and SMUAPS contributed to the success of the campaign.

The campaign reached 675 children over the three Saturdays with over 50% of them receiving the Tetanus-Diphtheria (Td) Vaccine, given at 5 – 6 years and 12 years.

Protect yourself-Protect your Family-Protect your Community.
'An ounce of prevention is worth a pound of cure' ~ Benjamin Franklin

Nurses from the DoH EPI (Department of Health Tshwane District Expanded Programme on Immunisation), SMU Pharmacy students and SMU staff

Prof Patrick Demana – new Dean of the School of Pharmacy

- By Ms Tebogo Manye

Prof Patrick Demana, who recently assumed, the huge responsibility of the Dean of the School of Pharmacy has great plans for the school. Prof Demana brings PhD in Pharmaceutics and Post-doctoral Fellowship in Drug Discovery and Development experience as he previously served as the Head of Pharmacy at the University of Limpopo.

"My experience so far at SMU has been very good, as I know a number of post-graduate students, staff members and some of them whom I've lectured have prospered in their careers and some of them are senior lecturers here at SMU, so the overall experiences has made me feel at home and has also enabled me to settle in easily so far," said Prof Demana.

Born in Thohoyandou, Limpopo, Demana also pointed out that joining SMU was one of the good decisions he ever made because he joins the school that is excelling clinical pharmacy, public health pharmacy, and management and nationally people are talking about SMU as far as those areas are concerned and the best school of pharmacy in the country.

"As industrial pharmacy is my expertise and we do not have laboratories in SMU for industrial work, therefore, my aim is to make the school of pharmacy the premier pharmacy by making the industrial pharmacy the best in SMU and importantly in the whole country", added Demana.

Prof Gloria Selabe – The new Head of the Department of Virological Pathology

- By Mr Thabang Motswabangwe

Prof Gloria Selabe, the new Head of the Department of Virological Pathology (VP) has plans to take the unit to greater heights. Armed with a Master's degree in Microbiology and a PhD in Medical Virology, with a special focus on viruses, Selabe is in a better place to contribute to the vision of the making SMU a benchmark institution.

Born and raised in Indermark, a village situated in the Limpopo Province, Selabe sharpened her skills initially as a Junior Lecturer, and was later appointed a Senior lecturer under the National Health Laboratory Services (NHLS). In time, she was also promoted to Associate Professor in the HIV and Hepatitis Research Unit.

"All the women pursuing academic career, it is not always easy to achieve your goals. The greatest lesson I would like to share with you is that one needs to look beyond the personal sacrifices and immediate difficulties and make responsible use of every opportunity that comes your way", pointed out Prof Selabe.

"I have learnt many lessons and a lot about the challenges of our university and I believe I have got a revolutionary spirit and I like taking risks in the spirit of leading and shaking the existing ways of doing and knowing. My main objective is to give back to the society and use my knowledge and position to help young students to aspire to a PhD and be prolific researchers that our country needs" added Selabe.

Judging by her unrestrained smile, calmness of spirit and goal driven character, it seems the VP department is destined for a great future.

Prof Lionel Green-Thompson: the first Dean of the School of Medicine

- By Mr Maditsi Matlala

Barely taking the helm, newly appointed Dean of the School of Medicine, Prof Lionel Green-Thompson has found the SMU environment welcoming and exciting. The positive attitudes exhibited are opening doors for more robust engagements and conversations.

"This indicates for me that staff and students are open to do things differently. These are two big positives we can build on", enthused Prof Green-Thompson. Though still early days, he is pondering on how to deepen and expand the ethos of teaching and research, with emphasis on capacity building.

"We need to usher in the celebratory moments - pay tribute to those who have achieved excellent results" he said. This will be done by ensuring that on the agenda of the school of medicine meetings there will be a standing item of celebratory moments, in which the staff will communicate about their achievements and share them within the school and with the entire university community and its stakeholders.

Featuring prominently on his priority to do list, he pointed to the need for building a community of trust among staff and the students.

"Trust cannot be built overnight, it must be nurtured constantly, taking one step at a time to bring about a collaborative community of practice in which students and staff are partners in the academic project and this means striking a delicate balance between harnessing synergies and managing competing student and staff interests," he added.

Prof Green-Thompson, the first dean in the new academic dispensation, brings to the school of medicine a great deal of experience in university management. He was the Assistant Dean: Teaching, Learning and Undergraduate Affairs of the Faculty of Health Sciences, at the University of the Witwatersrand since 2014.

He brings an impressive array of qualifications to the job - MBBCh (Wits), DA (SA), FCA (SA) and a PhD (Health Prof-essions Education, Wits). He has served as an educator in courses in Malawi, Zimbabwe, Malaysia, India and Cape Town. His research is published in local and international journals in both education and anaesthesiology. These have achieved 879 reads and 39 citations. His most recent contribution has been as a panellist on the Academy of Science of South Africa (ASSAf) consensus report (published in June 2018) entitled: Reconceptualisation of Health Professions Education in South Africa. Prof Green-Thompson is currently a member of the Council of Anaesthesiologists (2017 – 2020) of the College of Medicine of South Africa.

Appointments and New Reporting Lines

Name	Designation	Services	Email	Phone	Office
Mr Collen Makhubela	Project Manager	Technical services, Estate Management, Renewal/replacement of Existing Infrastructure,	Collen.makhubela@smu.ac.za	012 521 3324	Animal Hospital
Mr Ronny Mampana	Director, Supply Chain Management	Transport Management	Ronny.mampana@smu.ac.za	012 521 4554	CP N517
Mr Themba Khumalo	Director, Student Affairs	Cleaning & Gardening Services	Themba.khumalo@smu.ac.za	012 521 3730/3742	CP S530
Dr Jeffrey Mabelebele	Registrar	Safety and Security	Jeffrey.mabelebele@smu.ac.za	012 521 3358	CP S517
Dr Eric Pule	Director, marketing & Communication	Reprography	Eric.pule@smu.ac.za	012 521 6464	CP S523

EXAM Time

Test and Exam anxiety and stress can be a normal part of every student's life. While some stress and anxiety are normal and important to perform better, sometimes it becomes too much and anxiety or stress can hamper performance. Therefore it is important to take responsibility and manage stress and anxiety throughout stressful periods such as exams times.

The following are ways that you can manage your stress and anxiety:

- Prepare well for exams. This can boost your confidence and reduce fear of failure.

- **Practice mindfulness techniques.**
  - Make sure you are sitting in a comfortable position in a quiet environment
  - Think of a place where you would normally feel safe, comfortable and relaxed
  - Take a deep breath in
  - Hold in your breath
  - Breathe out slowly
  - Repeat the process as often as needed

- Make sure you eat well and balanced throughout this period of time. Avoid excess sugar as this may affect your concentration negatively.
- Remember to stay hydrated by drinking lots of water.
- Reduce your caffeine intake if your experience overwhelming symptoms of stress and anxiety. Excess amounts of caffeine can make these symptoms feel worse.
- Get enough sleep. This is important as research shows that lack of sleep can impair memory and reasoning abilities.
- Take power naps during study breaks.
- Exercise regularly. This is a well proven way of lowering stress. The Heart Foundation recommends 30min a day.
- Organise yourself. Make sure you know the scope of your exams, where your books and notes are and how much time you need to study, well ahead of time.
- Plan your study routine.
- Think positive. Research has shown that positive thinking can lower feelings of stress, depression and improve physical well-being.
- Find something you can use as a stress outlet. Practice a sport, hobby or engage in a positive conversation with a friend. You could schedule this throughout your day for 10, 15 or 20 minutes as a break after a long study session.

Know that help is available through the Student Support Referral Unit at Clinpath 3L003.
The list of Services available is: Clinical Psychologist, Life Coach, Social Worker, Student Counselling and Development Unit, Campus Health, CUTL and Financial Aid.
We wish you all the best for the exam period ahead.

SEFAKO MAKGATHO HEALTH SCIENCES UNIVERSITY
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SMU-MEDUNSA
Alumni Association invites you to the Annual General Meeting &

Class of 1988 Reconcile to Restore Roots
REUNION
17 November 2018
17H00 - 23H00 | Protea Hotel Fire & Ice, Menlyn