SEFAKO MAKGATHO
HEALTH SCIENCES UNIVERSITY

FOCUS on SMU

NEWSLETTER / Volume 1 / 5th Edition

SMU Lecturer Scoops International Award

By Tumelo Moila

Ms Anri Human, a lecturer at Sefako Makgatho Health Sciences University (SMU) made the University proud when she scooped an International Confederation of Cardiorespiratory Physical Therapists (ICCrPT) outstanding poster presentation award. She received the award during the bi-annual World Confederation of Physical Therapy (WCPT) held in Cape Town, under the guidance of the South Africa Society of Physiotherapy (SASP).

Ms Human poster titled: 'Inspiratory muscle training for children and adolescents with neuromuscular diseases: a systematic review' was announced by Dr Shane Patman (President of the ICCrPT). Her prize was one of only two prizes received by the South Africans at the WCPT. "I am grateful for a lot of interest, questions and networking during the poster presentation time. I would like to also thank my supervisors (Profs Morrow and Jelsma), research assistant (Lieselotte Corten), Ms Nicolette Jordaan, Dr. Pieter Ackermann and Mr. Frikkie Hanekom for their assistance in finalising the poster and presentation submission".

Human was accompanied by her colleagues Prof Douglas Maleka, Head of SMU Physiotherapy department, fellow lecturers, Ms Karabo Raphokwane, Ms Ntombenkosi Sobantu, Dr Bheki Mtshali (co-presenter with one of her PhD student, Sholena Narain) and Prof Carina Eksteen (co-presenter with her PhD student, Dr Maria Cochrane {who is also SMU staff member}).

SMU academics presented the following topics through posters:

- Effects of Physiotherapy Pulmonary Rehabilitation on Health Related Quality of Life in patients with HIV related lung diseases at Dr George Mukhari Academic Hospital (DGMAH) by Ms Raphokwane;
- Profile of Pelvic Fractures in three Tshwane Academic Hospitals, Gauteng, South Africa by Ms Sobantu;
- Anticipated Role of Physiotherapy in proposed National Health Insurance (NHI) of South Africa: the experts perspective by Ms Narain.
- Prof Maleka, was a speaker in a discussion session on the concept of "self-management as an effective public health strategy for management of long term conditions". He also chaired a platform session on neurological rehabilitation.

The short and long term benefits of the staff attendance at this congress will assist in teaching and learning, research and clinical practice within the department.

SMU Upcoming Events

September 2017

01	Spring Day
22	Heritage Day
27	SRC Elections
29	Sefako Makgatho Memorial Lecture

SMU honours late Deputy Minister of Health

By Lekgetho More

In honour of the late Deputy Minister of Health Dr Paul Molefi Sefularo, the Sefularo Family in collaboration with the Sefako Makgatho Health Sciences University (SMU) held an Inaugural Dr Molefi Sefularo Memorial Lecture. Among hundreds of attendees that came to bear witness to the first of many lectures in his honour was former South Africa first lady Mrs Zanele Mbeki and the current ruling party's Treasurer-General Dr Zweli Mkhize (keynote speaker for the event). Dr Mkhize recalls his early encounters with the late minister, "Molefi was an avid reader and prolific writer. He was committed to education and training of health professionals. He was an all-rounder, a patriot and a combatant" said Mkhize.

The late Dr Sefularo's involvement in political matters was noticeable from an early age as he was among others in the political sphere, a founding member of the Azanian Students Organisation (AZASO) in 1979 and later elected Secretary in 1981. In that same year, he became president of the Student Representative Council at the then MEDUNSA (now known as Sefako Makgatho

Continue on p2

IN THIS EDITION

SMU Lecturer Scoops International Award p1
SMU honours late Deputy Minister of Health p1
SMU host Science Career Expo p2
SMU Choir Conquers SATICA p3
Choral Festival
Medical Technologist Victorious at World Transplant Games p3
SMUSSA Football Team p4

Keynote Speaker:
Dr Zweli Mkhize giving keynote address

Health Sciences University) a position he held up to 1984. "Dr Sefularo showed uncompromising loyalty to his very end", said Dr Zweli Mkhize.

During what could have been his 60th birthday, different speakers alluded how the country suffered a great loss when he died on the 5th of April 2010 in a motor vehicle accident. The University's Chancellor and Minister of the Department of Environmental affairs, Dr Edna Molewa said "I was always impressed and touched by his dedication to the improvement of the quality of life of ordinary people in particular. It is therefore fitting to have the Inaugural Dr Molefi Sefularo Lecture here at Sefako Makgatho Health Sciences University (SMU), as his vision has always been tied to the very existence of this celebrated university".

Dr Sefularo was not only a gigantic political figure but also a dignified family man. He was survived by his wife, three daughters and a son. "My father was my friend, he loved our mother and remains an ever present force at our home" said Ms Masechaba Sefularo.

On behalf of the MEDUNSA (SMU) class of 1984 and SMU, Prof Pindile Mntla said "Sefularo's feet were rooted in this country but his eyes surveyed the world" and it is on that day that the very same country gathered with a common purpose of celebrating our fallen hero".

SMU host Science Career Expo

By Lekgetho More

The School of Science and Technology (SST) at Sefako Makgatho Health Sciences University (SMU) hosted its third annual career expo where industry partners were invited to speak on available funding, internship and career opportunities for BSc students. Addressing the audience, Prof Bassy Marvey, acting Dean of SST mentioned, "This platform was created partly to demystify misconceptions about SMU training only medical students, but a university that also offers programs in basic and applied sciences that provide critical skills for various sectors of the industry".

The TSRC Chairperson for the School of Science and Technology, Mr Emmanuel Kiyonga emphasised that the programme is undermined and yet extremely vital, not only to the University but to the world at large. "The whole objective of this initiative is to encourage prospective and current BSc students to keep believing in what they are studying because it holds gravity just like other programmes as it is a marketable field of study", says Kiyonga.

Amongst the companies that exhibited was the home grown *Multi-Success Solutions* founded by Ms Talent Biyela (an SMU multiple BSc graduate) & Mr Godfrey Pako (a BSc graduate and a current Medicine student) who both encouraged students to interact with different companies as that will help them grow career wise and entrepreneurially.

Multi-Success Solutions was joined by companies such as the South African Police Service (SAPS), National Research Foundation (NRF), South African National Biodiversity Institution (SANBI), Lulaway (an organisation aiming to connecting people, funders, government & businesses), National Youth Development Agency (NYDA) and the Department of Environmental Affairs, as this will encourage, motivate and nurture the future of SMU students by exposing them to industrial expertise.

There is a perception that most students enrol for the BSc programme as a result of frustrations from not being considered for the MBChB programme, however their perspectives about the programme changes as they get to understand the BSc programme in depth. When approached, Ms Nqobile Sibanyoni, second year student in Life Sciences said initially she wanted to study MBChB but opted for Life Sciences and she is no longer going to switch to MBChB as she fell in love with what she is currently studying and thanks to events like this that are eye opening and very informative.

Prof Bassy Marvey addressing students during the event

SMU students receiving information during the expo

SMU Choir Conquers SATICA Choral Festival

By Padi Matlala

The SMU Choir continued with its all-conquering spirit once again competing at the 34th edition of the South African Tertiary Institutions Choral Association (SATICA) Festival that was held recently at the Durban University of Technology (DUT). SMU Choir won the overall Best Choir Platinum Awards Category.

The choir outperformed the following choirs:

- North West University (NWU)
- Walter Sisulu University (WSU)
- Durban University of Technology (DUT)
- Tshwane University of Technology (TUT)
- University of Venda (Univen)
- University of Limpopo (UL)
- University of Zululand (UniZulu)
- Nelson Mandela University (NMU)
- Vaal University of Technology (VUT)
- Motheo TVET College

Medical Technologist Victorious at World Transplant Games

By Khathutshelo Negota

Mr Frans Maluleke, a Medical Technologist at National Health Laboratory Services (NHLS) based at SMU

Mr Frans Maluleke, a Medical Technologist at National Health Laboratory Services (NHLS) based at SMU, represented South Africa at the bi-annual World Transplant Games in Malaga, Spain. He left South Africa with 52 other transplant athletes from 25 June to 2 July 2017, where 68 countries participated. He managed to win a silver medal in the 5km power walk (60-69 age category), finishing at the time of 35:08:01.

The purpose of the games is to bring people that had transplant operations to meet and compete against each other. Badges and contacts are exchanged in the process.

"The games help me with my health, and motivate me to keep training. I also have to take my medication all the time so I can qualify for the games. In 2015 he was awarded with two bronze medals in the single and double events.

Although he is the first person in his family to get a transplant, his journey began when he had a kidney transplant at Dr George Mukhari Academic Hospital in 2010. While recovering, he was introduced to the South African Transplant Sports Association (SATSA), the organisation that assist Team South Africa in the games. There is a lot of work that goes into preparation of the games. Before leaving, he had to do a lot of tests to meet the qualifying standards of the games that include seeing a nephrologist[1].

"Mr Frans Maluleke is the light amongst patients waiting for donations. He is a positive person, very thankful and he has received a second chance in life. We need more organ donors and funds to help them when they have to travel." said Sr Sibongile Ndlovu, Chief professional Nurse and Transplant Coordinator at SMU.

"It wasn't easy in the beginning, because of the healing process. I enjoyed myself in Spain. Sponsorship is still a challenge, and we need help." said Maluleke.

1 *A nephrologist is a physician who studies and deals with nephrology. Nephrology is the adult and pediatric study of the kidneys and its diseases. The nephrologist deals with the diagnosis and management of kidney disease. The kidneys are vital for maintaining normal fluid and electrolyte balance in the body.*

SMUSSA Football Team

SMUSSA Football Team triumphs against all odds

By Refiloe Ndhlovu

Sefako Makgatho University Staff Sports Association (SMUSSA)'s male football team recently won the Mid-Year International Staff Sport Tournament held in Chinhoyi University of Technology, Zimbabwe. The tournament consist of five universities from Southern Africa Development Community (SADC) countries, namely Botswana, Malawi, South Africa, Zambia, and Zimbabwe respectively. Malawi and Zambia didn't partake in the 2017 mid-year edition.

All participating teams are required to play against each other in order to promote social cohesion between universities staff members through various sporting codes' activities. SMU was crowned champions after securing positive results in football matches:

- **SMU 2 - 1 Great Zimbabwe University (GZU);**
- **SMU 2 - 2 Chinhoyi University of Technology (CUT);**
- **SMU 2 - 1 Botswana International University of Science and Technology (BIUST);**
- **SMU 2 - 0 Zimbabwe Open University (ZOU).**

The football coach, Mrs Dorah Mashigo said, “I am glad I have good team players, I only went to Zimbabwe with twelve players, managed to play four games and won the tournament. During those four games, I had six injured players but because of dedication, commitment and cooperation they played until the end of it. A lot of football success is in the mind. You must believe that you are the best and then make sure that you are. As they say 'behind every fearless player is a fearless coach', this was our Zimbabwe motto from our first game until the last.”

The chairperson of SMUSSA, Mrs Lindi Rampa was very proud of the team, she made remarks that SMU will always conquer when it comes to team spirit.

World Physiotherapy Day

Date: 08 September 2017
@ 12h00 | Venue: Cafeteria Grounds

Deadline for registration is Wednesday, 06 September 2017

Registration: R20

Activities

FUN WALK

- Aerobics
- Biomechanics screening
- Massage
- Posture screening

Prizes
Gold Medal
Silver Medal
Bronze Medal

Prizes for Veterans +50 years

Register with Ms Sannie Manale (012) 521 5828/4050 or Sannie.Manale@smu.ac.za

Movement for Health
World Physical Therapy Day

2017/ SRC ELECTIONS 2018

27 September 2017

#SMUSRCELECTIONS

IEC SOUTH AFRICA

www.smu.ac.za | Sefako Makgatho Health Sciences University | @SMU_SA | Healthsciences_experts

KNOWLEDGE FOR QUALITY HEALTH SERVICES