

Vukosi Msimeki

has a mission to redefine
the field of dietetics...

*Dr Londiwe
Sibisi-Maboye:*

Founder and Director of Kids
Dental Home Foundation

Dr. Pertunia Mathibe

Changing the Face
of Aesthetics in AFRICA

Face to Face with Dr Carl Tabane -

SMU Alumnus & Mamelodi Sundowns
Team Physician



Dr Carl Tabane

Tell us about yourself, early years, where you were born, schooling until matric and how where you as a child?

I was born and bred in Mamelodi, under very difficult circumstances. My parents had me at very tender ages and I was literally raised by my Grandmother, who had just lost her husband 4 months after I was born. I did all my schooling in Mamelodi, starting with Kindergarten at Mxolisi Creche, then my primary school at Agnes Chidi Primary School from Sub-A(Grade 1) until Standard 2(Grade 4) and Refentse Primary School from Standard 3(Grade 5) until Standard 5(Grade 7). I then moved to Vlakkfontein Technical High from Standard 6 until Matric.

I have always been a reserved, shy and quiet child, personality that evolved into my adult life. I was very much aware of the difficult family

continues to page 3...

Editorial Team

Dr Lusani Rabelani
Netshitomboni
Editor in Chief

Phaladi Seakgwe
Editor

Dineo Motshegare
Graphic Designer

Tumelo Moila
Writer

Relebogile Mabusela
Intern

Tsireledzo Mandane
Intern

Edinah Ndlovu
Additional photos

Jaco Jansen Van Rensburg
Additional photos

*Other photos
supplied by interviewees*

CONTACT US

E-mail: phaladi.seakgwe@smu.ac.za
Sefako Makgatho Health Sciences University
Molotlegi Road | Ga-Rankuwa | Pretoria 0204

circumstances which motivated me to work harder from a very young age. "There's nothing difficult but hard work", said my late Grandmother.

At what stage did you realize that you will study medicine?

Besides it being a calling, I had great influence from a TV drama in the 80's, about a Medical Dr called Motsie; and had great admiration and mentorship from our Family Doctor at the time (Dr TP Tlailane, alumni of Medunsa as well).

How did you end up at Medunsa, now SMU?

I vividly remember how adamant I was during my Matric year, that I'm only going to submit my application at only one institution, Medunsa at the time. I obviously had a lot of influence from my Mentor, Dr Tlailane, I appreciated his quality of work and in my mind, only one institution could do that. So I applied, and I was accepted. I remember when I got the post mail in February 1995. I was over the moon!

Take us through your days at Medunsa, how was it like and what in your view made the institution great at the time.

I arrived in Medunsa in 1995 and resided at the Nurses home, W5 block, the main residence was full, and had no space at all. We were 5 in the room and I must say, it was the best year by far. We had to do a lot for ourselves including cooking as the main cafeteria was far and had to walk for a while to get meals. It was the best introduction ever to independent life.

I only moved to the main residence a year after during my second year.



So when I was accepted at Medunsa, I was afforded my second choice, Dentistry(BDS), as I was short of a few points to get into the MBChB program.

Luckily, the 1st year curricular of the 2 programs was exactly the same. Admin office advised that I should work hard and at least get 2 distinctions year end to be accepted into MBChB. Pleased to say, I didn't get 2 but 5 distinctions and saw my dream of becoming a Dr slowly fall into place.

Finance was also a huge challenge and constant thorn to my dream. My Parents could only afford my registration fees, and I didn't even qualify for Tefsa(NSFAS) at that time, therefore my only option was to apply for a student loan. Luckily Standard bank and Absa came to my rescue and only needed suretyship, with no requirements for monthly interest or instalment service from my Parents. This obviously came at a huge cost, imagine how much I owed at the end of my studies!!

The training at Medunsa was more hands on, the teaching very intense and one was thrown into the deep end much earlier and that's what made it so great. I wonder if anything has changed though? The graduates that I have interacted with recently have shared the same sentiments.

The environment was exceptional. Different races, cultural backgrounds, religious beliefs and social interaction. I always say to my kids those were the best years of my life were at Varsity!

When did you complete your studies at Medunsa and where did you go immediately after that?

I completed my studies in 2000 and December 15 of the very year, I commenced with my internship at Kalafong Hospital. I remember my 1st call like it were yesterday. I started in the Surgical department and was the 1st point of contact at Casualty, an elderly woman with a perforated peptic ulcer! I'm glad I went to Medunsa! Those were our daily cases and so the transition from being a student was smooth. My best rotation though was Obs and Gynae under the leadership of Prof Pattinson. The teaching and exposure was superb to say the least. I left the department having being offered a registrar post after completion of my community service. Least did I know I would end up a Sports and Exercise Medicine Physician.

After Kalafong I had brief stint at Helen Joseph Hospital, but truly speaking wasn't happy. So I asked to be moved to Limpopo, preferably a very rural hospital. It was very easy to find a swop because most colleagues were not comfortable with such areas. So in March 2001, I started work at Tsimanyane Hospital close to Marble Hall. I still feel till date that that's where I bloomed as a your Dr. We were 5 Drs including the Superintendent, Dr Kabwa. We were each allocated a department to run, and I ran the Obs and Gynae department. Most of my colleagues are surprised till today that I never pursued it further. I simply loved it.

I stopped working full-time at Tsimanyane Hospital in Feb 2003 and continued with sessional work. That's when I commenced with my GP practice, which is currently 20 years old. During that time, I also did sessional work at Philadelphia and Mamelodi Hospital until 2007.

continues to page 4...

When you started working, did you feel that the University equipped you with the necessary skills at the time to be able to serve communities?

Medunsa provided me with everything I needed. As alluded to above, the teaching and exposure was spot on. I worked in a very rural area where you supposed to be the “best” for the community and I felt comfortable and confident. I would recommend Medunsa/SMU to any aspiring Dr.

You are known to be very active in the sporting fraternity, take us through your journey in sports, where did you start

I have always been a “sporty” person from childhood. I always had a passion for Soccer, played during my primary and high school years. In Medunsa, I played as a goalkeeper for Santos.

I'm currently an Endurance Runner with 6 Comrades medals. Running has become my passion and addiction. And it provides me with more perspective when dealing with sports injuries. Professional athletes are always faced with the fear of long-term/career ending injuries; and although I'm a “social” runner, it helps me better understand the mind of an athlete and this helps me in encouraging them through an injury rehabilitation process.

In 2007, I decided to enrol for a Master Program in Sports Medicine at the University of Pretoria. And yes not Obs and Gynae. It took a lot out of me to take that decision. I looked at myself and where I would like to be later in life, my character, passion and activity in Sports made it much easier. And added to that, was the fact that the country didn't have a lot of Sports and Exercise Medicine Physicians. A lot of young aspiring talent is lost through poor management of sporting injuries, and I wanted to make a difference.

In 2008, during my training, I was invited to work as a Match Dr for the then AmaTuks football Club; and soon after that, I was introduced to Supersport United by Dr Ntlopi Mogoru. He needed someone to fill in his shoes as He was pursuing other avenues. I remain forever grateful him. This was though not easy, the transition to move to such a big Club which was winning so many trophies with big name players. My “Medunsa persona” came to the fore and the transition was seamless. I worked for Supersport United as their Team Physician from 2008 to 2012 with Coach Gavin Hunt and my late dear friend Thomas Madigage.

In 2009 and 2010, I was invited to work as a Medical Officer for the FIFA Confederation Cup and World cup respectively. Now this was huge, the responsibility and exposure was tremendous. It lifted my Sports career to another level. Thus it came as no surprise that in 2011, I was appointed the National Team Dr, Bafana Bafana.

How was it like to be part of the National team and what contribution did you make?

I think for any South African to represent the country in any area of work, is a great honour and privilege. And I therefore accepted the opportunity with the greatest humility. I never imagined my Sports Career to reach those heights. And I remembered what my Grandmother always said to me “there's nothing difficult but hard work”. This was the fruits of hard work and this motivated me even more and more. I had the opportunity to work with Great coaches; Coach Pitso Mosimane and Gordon Igesund.

I worked under a lot of pressure, having to follow players from so many leagues including our own PSL. The biggest challenge however was overseas teams, to earn their trust in looking after their most valued assets “ the players”; whilst under our care at National Team level. And I think that's where the greatest amount of contribution set in, establishing rapport, constant communication and reporting. Players ply their trade for their teams, be it locally or internationally. And the greatest caveat is when they come back injured back to their team from National team participation. It is therefore critical to maintain a level of trust between the medical teams. One specific incident was when an international player suffered a career ending injury which required immediate surgical intervention in South Africa. If it wasn't for the established trust, the outcome would have been disastrous.

Tell us more about your time with Mamelodi Sundowns. How does it feel to work with a team of champions?

Dec 2012, I get a message that Sundowns is offering me a position to be their Team Physician and Head their Medical Department. It felt like a dream! Born and bred in Mamelodi and now offered the responsibility to look after my home team? What could be better? But how do I let go of Supersport United? What are they going to say? I was met with mixed feelings, not an easy decision at all. I had a very good working relationship with Coach Gavin, we still talk till this day, I spoke to him and he gave me his blessings, made me realise it is a progression in my career and only “the fruits of hard work”. I gladly accepted the position.

The Motsepe Family has been supportive throughout. President Motsepe always says, only the best work for Sundowns. We are a family, He always uses this expression when he greets you “Carl wa ko gae, wa madi le nama”, please translate that. But from that, you can feel the welcome and the trust bestowed. “Blood is thicker” and when you are referred to as such, you embrace the welcome and feel at home.

continues to page 5...

There is no bottom line at Mamelodi Sundowns, we have to win at all times! No one remembers second best! So this comes with a lot of pressure to perform, and one is met with challenges on a daily basis. We participate in all the tournaments and have only one mentality as a family, Win!

We have won so many trophies I have honestly lost count. So many local PSL titles, over 10, every other trophy on offer locally, more than once. But the most significant are the CAF Champions league, Super Cup and recently the African Football league. The former gave us a ticket to participate in the FIFA Club World Cup in 2016.

It is a high pressure and professional environment, you have to deliver at all times, there's absolutely no place for complacency. It's been over 10 years now, and I wouldn't trade it for anything.



My work at the Club has also given me so much exposure that was recognised by FIFA. And last year I was one of the only 2 Africans that were appointed as FIFA Medical Officers at the Qatar World Cup.

What continues to drive you to continue practicing medicine?

- My passion to assist and help a fellow human being,
- It is a calling that is forever driven by my favourite ethical principles Beneficence and Non-maleficence
- I practice medicine primarily for that and I strive to improve my skills at all time, to offer the best I can to my trusted patients and athletes.
-

What are the current projects you are working on?

I recently completed a Post graduate Diploma in Occupational Health and Medicine and plan on marrying it with Sports Medicine through a PhD. Watch the space!

Alumni play a significant role in the life of their Alma mater, what do you think can be done to bring more Alumni to serve their universities.

Charity begins at home, and I feel as an Alumni of Medunsa, it would always remain my home. Who wouldn't want to see their home progress? Aren't we all patriotic? I feel through continuous engagements alumni would be afforded an opportunity to be made aware of what happens at the University. There is so much that we can give back to the University that made us be. Create forums or platforms that are easily accessible by Alumni. The University has gone through a name change, but I believe it doesn't change its culture, Medunsa / University of Limpopo / SMU, it's all the same and we should all remain proud. I still carry me "Medunsa persona" and it still drives me till today.

What else would you like to tell our readers?

- Black child nothing is impossible!!!
- If you truly want it, believe in yourself and go get it!
- There's nothing difficult but hard work, I am what I am through nothing but hard work!
- I work for a team, its motto is "The Sky is the limit" and it has no bottom line, but winning! And we do win because we believe at all times!
- So go out there, and the world is definitely your oyster!





Dr Portia Mashaba - a Passionate Game Changer

SMU Bachelor of Medicine and Bachelor of Surgery graduate Dr Bridget Portia Mashaba is renowned for being a game changer wherever she goes. The Mpumalanga-born aspiring physician has always been passionate about helping and reaching out to the community at large. She has a special interest in internal medicine and continuously shares her knowledge and skills for the benefit of the public through a Daily Theta programme on SABC 1, resident doctor for Ligwalagwala FM, and guest writer for City Press newspaper.

“The call for my life is to help people and I answered it early. It is more than just choosing the profession but I answered the call. Currently in training and mentored by passionate physicians who believe in me and continue to guide me since my internship until today. I believe Internal Medicine is the backbone of the medical profession. A physician can investigate and make

continues to page 7...

diagnostics that will change a patient's life holistically," enlightens Dr Mashaba.

The passionate, humble and patient Mashaba stays up-to-date on current events in the medical and healthcare fraternities through continued learning. She works in a department that allows her to go for training and still engage in teaching students and interns. "My continuous professional development (CPD) points increase with the presentations and engagements I enrol with. Obtaining a postgraduate Diploma in Internal Medicine and advanced training to better my skills. My interest is in coming back to SMU and furthering my studies and serving at Dr George

Mukhari Academic Hospital," said Mashaba who envisions being a passionate female physician with her medical clinic.

There are some aspects of practising medicine that she finds most challenging and she pours her heart out as she outlines them. She said not all days are the same and not all conditions she treats the patients will have the best outcomes. Some things do get in her heart as she practices passionately because sometimes her best is not good enough.

On a positive note, she is proud of the journey and preparations she had for her Diploma in Internal Medicine. It allowed her to expand her skills and knowledge, crediting her mentors for grooming her. Her philosophy about medicine and treating patients requires her to treat every person, as she would want to be treated as well, as every life matters. She shares advice on her approach to discussing unpleasant topics with patients and their families. "I have to be compassionate but always tell the truth no matter how unpleasant it is.

Everyone deserves facts rather than lies. Every condition is approached differently but the best is to always stick to basics and you will never get to a diagnosis until you fully investigate,"

She further highlights that all stems down to proper history taking and touching patients. Technology is evolving but medical professionals should never assess any patient without proper examination. If unsure, it is always best to ask and consult.

“

“My days in Lemonaid SA got me more passionate about community outreach and my love for others grew from there. Lastly being in leadership opened my eyes to the life outside of medical school as a doctor. I still use those leadership skills attained in my training days at SMU to my advantage. Last but not least, I am being recognised and nominated in two categories in Health Excellence Awards 2023,” concludes Mashaba.





Vukosi Msimeki

has a mission to redefine the field of dietetics & has passion for serving people

Who is Vukosi Msimeki, tell us about your early years, place of birth and schooling until matric:

I am an African child and the son of the late Kulinji Sharline (Milanzi) Msimeki and Paulos Nkhesani Msimeki who I must say was a very strict father. I was born in 1988 at Messina, now known as Musina, in the Vhembe district, Limpopo province and was raised between Musina and Waterval where my parents stayed, and as a result had to switch between crèches and primary schools. I matriculated at Waterval High School. Having been raised in big multicultural/ mixed religion families (on both maternal and paternal side), one was moulded into understanding and accepting the vast different personalities and belief systems of people I interacted with. I am also fluent in several languages such as Chichewa, Xitsonga, Tshivenda, Sepedi, Setswana, English and others.

How were you like at school, were there any signs that you may end up being a dietician?

Being one of the youngest and always associated with the older crew, I was classified as one of the trouble makers. This may be due to not having had older siblings who were close to me, and parents who often travelled for work and I

was left alone at times. Even though classified as a naughty boy, my grades were never disappointing.

What motivated you to follow this field?

I was never exposed to the field. I'd say my motivation came during my studies when I was exposed to treating and/or preventing disease using food. It was something new and exciting to learn, even though our African background and families always sang the song of "you are what you eat", though not in those exact words.

How did you find studying at SMU to be and what where your favourite moments?

It was a total change from the high school type of learning. One had to quickly grow and learn to be independent. No parents to limit street time and push for one to study. Our new parents only met with us in class, and once school was over, we were on our own. Pairing with dedicated students yielded many benefits.

Those trips to different clinics and hospitals for different blocks were really exciting. I started feeling the realness of what I was studying, and also saw its impact. Wearing a clinical coat, going into the hospitals to see patients,

continues to page 9...

receiving positive feedback from our supervisors and lecturers, those moments made me want to expand my knowledge even more. Also enjoyed gym, which transformed me being a skinnier boy to a well standing someone.

What do you think should be improved to make SMU better?

Emphasizing on the mentorship programme. Some of the mentors during my time were mentors for the status but never available to assist nor guide. That almost got some of us out of the trail as we didn't understand what we were doing, and the new freedom did not help at all. A programme designed to cater for the transition from being cared for by parents to the reality of life on your own should be there and implemented.

How many qualifications did you obtain from SMU and what can you say about the quality of education offered at SMU?

Two qualifications. BSc Dietetics and Post graduate diploma in Public Health. The quality of the education offered at SMU far exceeded my expectations. The university prides itself in academic excellence with some of the best research programs and innovative ways of teaching. The teaching at the university prepares one for the real world situation by means of internship. Many of the products of this fine institution are world renowned professors and high ranking leaders in different fields.

What motivates you in your field?

I have worked in different hospitals since I qualified as a dietician and the different settings exposed me to a number of challenges that our people are faced with. One of those is the issue of pre-mature births and this got me to be more interested on the causes. I then realized that breastfeeding is very necessary for children to develop and grow because of its nutritional value. So, I have always been advocating for breastfeeding including during my time in Limpopo.

There was a lot of malnutrition and it's something preventable. When we looked deeper into it, we discovered that most babies that came to hospital malnourished were fed formula milk instead of breast milk.

Most people did not even know that you could also breastfeed even when HIV positive. We started campaigns to prevent malnutrition and encouraged people to breastfeed because if you start there, you would have covered a lot of things. Breastmilk has a lot of nutrients that a child requires to grow.

When I came to North West to work at Job Shimankana Tabane Hospital, I found that there was a breast milk bank even though it was not fully functional and I took it upon myself to push harder to link it with other institutions as I

knew that there were a lot of babies who could benefit from this.

Tell us more about the breast milk bank.

Because some babies are born prematurely and the mothers may not be in a position to breastfeed, when you have breastmilk stored and available for use, we can immediately initiate the babies on it. We started here at the JST hospital to ensure that the bank is running well and we have the best coordinator. We also extended it to Brits hospital. What happens is that we collect milk and send it for pasteurization. The pasteurization of the milk ensures that we deal with all the bad elements that may be found in it and also to extend the shelf life. We first test the mothers before they can donate milk. I have always loved working with mothers and babies that is why I am now still pursuing my studies at SMU on public health matters looking at the prevalence and factors associated with premature births. So, we encourage mothers to donate breastmilk to ensure that we have healthy and well nourished babies.

Are you doing any community related work beyond serving as a dietician?

Our backgrounds have always motivated us to do good or to improve ourselves and the lives of those around us. I am part of different organizations such as Elim Waterval Foundation, Elimites brotherhood club which has about 43 men from my area. We use the organizations to assist learners who require assistance working with social workers. The brotherhood club started as a social club where we continuously met and it developed into something totally different. For instance, the last project of this club, we had to rebuilt a house that was identified in Elim where a grandmother and children were staying in a dilapidated home. We also ensured that we contributed furniture to the home after rebuilding it. We also assist each other as members to contribute something to a brother when they are celebrating milestones such as weddings etc.

We currently had two houses that burnt down and we sent the brothers to assess the situation and help the families including getting them food and clothing. I am also part of the Black Management Forum in the North West and I am in its executive. We are working with a number of students as well to assist them to access financial support in the form of bursaries. The sad part is that most of those who have access are not really from poor backgrounds and we want to change this to ensure that those in deep rural and remote areas are assisted.

Living healthy lifestyles through eating, what are the benefits and what does it mean to eat healthily?

You live a long healthier life by eating healthily. Good health does not really mean the absence of diseases but also

continues to page 10...

includes having peace of mind. When you lead a healthy life, you become productive, you can work and get income and have a way of providing for your loved ones. The quality of life is great unlike those who lead unhealthy lifestyles as they run the risk of constantly having to seek medical attention. Long life. Nutrition can assist us to prevent some diseases. You need different nutrients from different food products. What is important is that we look at how often you take certain foods and how you prepare the food. Cut off visible fat on meat before cooking as saturated fat can harm the body and cause a number of illnesses such as heart diseases, strokes, hypertension and can increase cholesterol and general heart conditions. People require more information on dietetics so that they can understand better.

Are you also in private practice?

I am currently working for the JST as a Chief Dietician and also a board member of the hospital, I also have rooms at the Netcare Hospital and works at Medicare hospital, while I also manage a contract with Impala mine where I am servicing two of their clinics with the help of another dietician.

Despite all these, I see myself as a public servant to a point where I do not think I will ever leave the public service. I feel good to work at Job Shimankana Tabane hospital despite some of the challenges. I believe public servants have to advocate for their professions and their patients. A huge number of people rely on public health services and the resources are not adequate. You just need to find strategies to work around that and continue to motivate others including your team members. My advice to others in the same space is that, you just need to love the people you serve and this becomes the greatest motivation to continue serving.

What does your job entail?

My day to day includes being part of several committees, representing employees but the key responsibility is to supervise the whole team of dieticians at the hospital and to allocate different personnel in different spaces to ensure that patients get the necessary services in the hospital and manage their performance. One also advocate for resources, financially and in terms of personnel and other enablers. I also do a lot of motivation to personnel and continuously do rounds to see patients and deal with quality issues and submission of reports.

Do you think SMU trained you sufficiently to perform your responsibilities?

I think SMU has overdone it, perhaps it's because of the other colleagues who assisted and the resilience that was built in me through training. As I look back, I remember that

as part of training we were also sent to institutions that were doing well and we learned a lot. We would be in George Mukhari Hospital, Tembisa and Jubilee and we could see what we were taught in class. Working with different specialists made us better definitions of ourselves. SMU made me to be this type of dietician that I am and I get encouraged by the positive feedback from my clients both in public and private.

Any future plans?

I am currently pursuing a Masters Degree at SMU and hope to also do a PHD after that. I am also motivated by fellow dieticians who continue to further their studies such as Moloko Mehlaphe who is a lecturer at SMU. I also hope to further polish my leadership skills as I find myself serving in different leadership roles. I also plan to have a mini mother and child health centre because my wife is specializing to become a paediatrician and we are planning to collaborate in future.

One also wish to grow my business, Msimeki Group PTY LTD which currently has a number of subsidiaries in the areas of health, properties, logistics, travelling and leisure.

What is your message to aspiring dieticians?

Be the best professional in your chosen field and the rest will follow. Once you become the best, everyone would want to work with you. I encourage those who are currently studying in this field to take advantage of this time as a student, study and master the profession as it still has a lot of gaps and to link with other dieticians in public and private. They must volunteer to assist in hospitals as well when the time permits to get the necessary exposure.



Mr Tumelo Modau –

Professional Affairs Manager
at SAPC believes the Pharmacy field
is about life-long learning



SMU Pharmacy graduate Mr Tumelo Modau is the Professional Affairs Manager for Education at the South African Pharmacy Council (SAPC). His educational qualification includes a Bachelor of Pharmacy from Sefako Makgatho Health Sciences University (SMU), a Master's degree in Clinical Pharmacy (SMU) and a Master's degree in Pharmacy Regulation and Administration (University of the Western Cape). SMU Alumni Newsletter Reporter interviewed Mr Modau to get insight on his profession of pharmacy.

Who is Tumelo Modau?

I was born and raised in a small family of four, in the township of Mamelodi (20 km East of Pretoria).

Being the firstborn in the family and having a mother who was working at a close by hospital (Mamelodi Hospital), I would often spend time at the hospital after school waiting for my mother to knock off. In my primary school days, I was in the school's relay and sprint team, until my epistaxis forced me to stop. I then started to read one of my mother's books called "The Auxiliary Nurse" which opened my eyes to the healthcare sector, I read this book twice, back-to-back and that is when I knew that I wanted a career in the healthcare field. I could not immediately go to university due to financial constraints and to gather funds, I did a learnership at Momentum Life Insurance where I would work with specialist doctors on dread disease claims. Post the learnership, I worked with Medical Aids and that is where I learnt about the different medicine formularies and generic versus innovator brands. That then sparked an apparent career choice for me to study pharmacy.

continues to page 12...

Why did you choose a career as a pharmacist?

I always had an interest in the healthcare field; pharmacy was never an obvious choice while growing up, because I did not know of any pharmacists personally in my family or acquaintances. My interest in pharmacy flared when I was working with medical aids and communicating with pharmacists. They would often use fancy terms over the phone, I was amazed by the knowledge they had and the great lengths they would go through to ensure that their patients' claims were paid. I was already familiar with the names of medicines, although I did not know what they are used for or how they work. This was coupled with my upbringing where I spent so much time at the hospital but never set foot in the pharmacy, I was curious to find out what the pharmacists do in the pharmacy (apart from dispensing) and where they are getting all the medication from.

What are your responsibilities as Professional Affairs Manager of Education at SAPC?

As a professional affairs manager, my responsibilities are to assist Pharmacy Council fulfil its mandate to safeguard, promote and maintain the health and safety of patients and the public to ensure accessible quality pharmaceutical services by executing the following tasks: Manage all activities related to the accreditation and monitoring of all South African university pharmacy schools, skills providers and courses including pharmacy inspections.

- Responsible for the management of the registration of pharmacy support personnel, pharmacy students, pharmacist interns, specialists' pharmacists and persons with foreign qualifications.
- Responsible for the management of registrations of providers and recording of pharmacy licenses.
- Develop and review professional standards, accreditation criteria and tools, monitoring tools and guidelines.
- Responsible for the amendments and maintenance of the registers of persons and organisations as well as the verification thereof.
- Consult and communicate with the profession and other stakeholders regarding all pharmacy practice, education and registration matters.
- Drafting agendas, and minutes and facilitating the activities of the committees/ task groups relating to the Education Department.

What do you consider your greatest professional achievement?

There are a couple of career wins that have contributed to what I see as my professional achievement. Firstly, as an intern at SMU, I was part of a duo that presented a typhoid case at Dr George Mukhari Academic Hospital to the Ohio State University lecturers. Subsequently, we were selected to visit the Ohio State University in the United States. I did my community service as a pharmacist at Mamelodi Hospital.

This felt like a great achievement for me to work at the hospital where I was born and where my mother worked. During my time there, I conducted three research studies of which one won the best presentation at the annual Gauteng Pharmaceutical Services Research Day. I also started an antimicrobial stewardship committee at the hospital with the support of the Pharmacy Manager. Following my community service, I worked as a regulatory affairs pharmacist where I was awarded the best newcomer of the year, which was followed by the pharmacist of the year award for two consecutive years.

What are some of the challenges facing pharmacists today?

There are pharmacies, which have introduced sales targets as a form of measuring the pharmacy's success/performance. This has changed how some pharmacists make decisions when dispensing medicine. The pharmacist is often faced with the dilemma of meeting their sales target, pharmacy is a business at the end of the day and it needs to generate profit to remain in operation or do what is right for the patient – not every patient who visits the pharmacy has to leave with a medicinal item, sometimes advise and referral is more beneficial to the patient. Some pharmacists are understaffed, being the only pharmacist present in the pharmacy, and having to perform multiple tasks simultaneously, and this can compromise patient care. Furthermore, there has been some reluctance to incorporate pharmacists as part of the multidisciplinary healthcare teams. Therefore, the pharmacist has to work hard to prove their value to such a team. Pharmacists also have to be alert of fake prescribers, prescriptions and the influence of social media on the misuse and abuse of medication.

What qualities does a pharmacist need to succeed in the role?

Most pharmacy students are aware that being a pharmacist means you have to be a lifelong learner. This is very important for the pharmacist and as soon as there is a new product on the market, an unfamiliar medical condition, a new myth or a radio/TV advert, patients will expect the pharmacist to know about it too. It is important to always keep up with what is happening in and around the community. Attention to detail is key as they must be able to interpret prescriptions, which may not be as legible as they should be, pay attention to the dose and instructions, be able to identify illegitimate prescriptions, as well as pick the right medicine from the shelf as some packaging is identical. Being people-orientated and an effective communicator will assist in patient history taking, as well as patients understanding your instructions on how to take their medicine. Pharmacists have to be agile and adaptive to be able to perform different tasks other than those related to medications and patient care; this may include intensive use of technology and

continues to page 13...

software, financial management, human resource management, marketing, laboratory work, logistics, laws, regulations etc.

What do you like the most about working as a pharmacist?

The role of a pharmacist has been expanded from not only primary health care providers, however, expands into advanced roles such as medicine use evaluation, therapy management and review. I like that pharmacy is a fast-paced career, a pharmacist is required to keep up with the trends on social media and be able to make a distinction between myths made by misinformed patients and evidence-based claims, they have to know about traditional medicine which forms a small part of their undergraduate training, as well as being up-to-date with the latest medicine in the market. I was taught that pharmacy is a dynamic profession and I am experiencing that with how a pharmacist's role is evolving to best utilise the knowledge and skills they possess, examples of such can be seen with pharmacists who have permits to initiate the management of antiretroviral medicine, manage primary healthcare conditions and prescribe medicine as per the latest essential medicine lists, do immunisations and provide family planning services.

How do you ensure your knowledge is up to date with current pharmacy practices and new drugs?

By being part of pharmacy associations related to my sector of pharmacy. Visit the SAPC website to go through the latest publications (board notices, proposed legislation and the pharmaciae), the South African Health Products Regulatory Authority (SAHPRA) website for their updates and E-library, talk to pharmaceutical company representatives and their promotional items, attend conferences, follow various pages

on social media and when I used to work at a pharmacy, I would go through the professional information/ patient information leaflets of the medicine regularly.

Do you feel that pharmacy work is repetitive? What keeps you motivated to do the job well?

Not at all – a new generation pharmacist knows that no two patients are identical, although they may be on the same treatment, various patient factors will always be distinct for each patient and this becomes apparent while interacting and taking the patient history, prompting the pharmacist to act beyond what is on the prescription or what the patient requested. It is also rewarding to be able to assist patients and some patients will pass by the pharmacy just to greet or give you feedback on the medication they are taking, which is something that is rarely seen with other professions. Pharmacy is a generalist qualification, which makes it easy for the pharmacist to be able to move from one sector to the other, there are various categories of pharmacy from community pharmacy to hospital, manufacturing, research, regulatory; academia, consulting etc. should one wish to do so. There are also specialities in which pharmacists can venture such as Radiopharmacy, Clinical Pharmacy etc.

How do you educate patients to manage their medication? What factors must you consider?

When counselling and educating patients, it is important to ensure that they understand your advice by using nonprofessional language (irrespective of their educational background), and make practical examples to deepen understanding and reading their facial expressions. Then you need to ask them to repeat what you have told them and give them an opportunity to ask if they have any questions.

continues to page 14...



How do you recognize drug-seeking behaviour?

Have you experienced it in the past?

Pharmacists are located in convenient areas such as shopping malls, residential areas and medical centres, making them the most accessible healthcare professionals by being able to see patients without any appointment and not charging any consultation fee. This then makes it easy for the public who illicitly use medicine to take chances with the pharmacist to feed their habit. This includes drug-seeking behaviour where patients consistently purchase codeine-containing products such as cough syrups and painkillers. This can be picked up in the mannerisms of the patient, some patients will look familiar, and however they would claim that they do not have a profile at the pharmacy so that they can hide their medicine history. Pharmacists should not be enablers. They should check if the patient has multiple profiles to ensure that they are abusing these medicines, assist the patients by educating them on the dangers of substance abuse, and provide them with the details of substance abuse helplines such as South African Depression and Anxiety Group (SADAG). There is also a trend of fake prescriptions, which a pharmacist is expected to identify during the evaluation and interpretation of the prescription phase.

What good memories do you have about your alma mater (SMU)?

Being a student at SMU was a great experience, which I still reminisce about today. Pharmacy students were like a family, guiding each other, with every student having a mentor who was one year senior to them. We were grouped into different colour groups for the semester, which made us close and bond with each other. The pharmacy programme was different from that of other universities, which made us unique. We were able to apply the knowledge gained and this fascinated graduates from other universities.

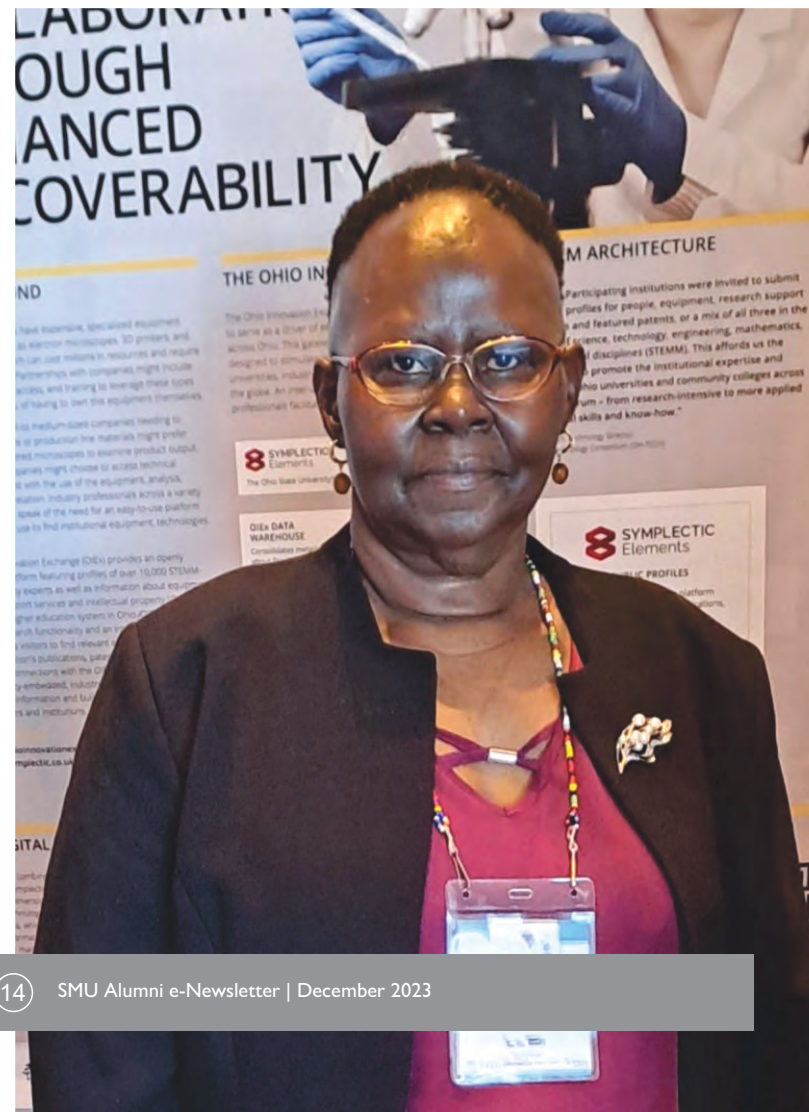
In conclusion, kindly share the milestones of your professions with our readers.

My career is in its intermediate phase and I am still on my journey to explore and put the pharmacy profession at the forefront. I completed my internship with a master's degree in clinical pharmacy; this then equipped me to be able to conduct research in public hospitals so that we can improve patient care. I then started working as a Regulatory Affairs Pharmacist and completed a second master's degree in pharmacy regulation and administration. Which propelled my move into the regulation of the profession at Pharmacy Council where I work in the Education department, where I interact with various universities, skills development providers, lecturers, students and other authorities such as the South African Qualifications Authority (SAQA) etc.

Professor Tendani Ramukumba – An Advocate for Nursing Profession

Professor Tendani Ramukumba is a Professional Nurse registered as a Midwife, Psychiatric Nurse, Nurse Educator, Nurse Manager Community Health Nurse and Primary Health Care Nurse. She has experience working in paediatric, maternity, medical ward and paediatric oncology wards. Her areas of expertise entail being a Community Health Nurse in Public Child Health and obesity research studies. She has been working as a lecturer in community health nursing for fourteen years. She is also skilled in the use

continues to page 15...



of Mixed Methods in research, which includes Quantitative research, Qualitative Research and Participatory Action Research. Currently, she is lecturing the undergraduate NQF level 8 research and research projects at Tshwane University of Technology. SMU Alumni Newsletter Reporter discussed with Professor Ramukumba to hear more about her role in the nursing science profession.

Tell us about yourself?

I am the daughter of Mr and Mrs Ramovha and grew up in Limpopo Province in a village called Tshisahulu next to Tshilidzini Hospital. I matriculated at Dimani High School and thereafter registered with MEDUNSA (now SMU) for B Cur Nursing where I graduated in B Cur and B Cur I et A in 1985 and 1991 respectively. I started my career at Tshilidzini Hospital working in maternity, surgical, medical, and paediatric wards including clinical teaching. I later joined the then Ga-Rankuwa Hospital (now Dr George Mukhari Academic Hospital). I am qualified as a primary health care nurse with the then Technikon Pretoria (now TUT) where I was also appointed as a Lecturer. I completed my MSc in Nursing at the University of Witwatersrand (Wits). My topic of the study was knowledge and utilisation of the Road to Health Card by mothers of Children transferred to Dr George Mukhari Academic Hospital. The study led to successful participation in vaccination campaigns by the tertiary hospital. I completed my D Tech Nursing with the Tshwane University of Technology (TUT) where my research was on noncommunicable diseases focussing on intervention on obesity related lifestyle modifications and the impact on the quality of life. After D Tech, I worked at UNISA for a short while and was reappointed by TUT where my role was to develop research in the department. The department grew from having seven postgraduate students to currently hosting 38 active postgraduate students.

What drove you to follow a career in Nursing?

During my formative years, I observed Tshilidzini nurses and nurses in my family wearing their uniforms and being able to help at home and the hospital. I found nursing intriguing as my aunt was a clinic nurse in Sibasa and is rumoured to have

conducted countless home deliveries. I wanted to emulate her “vho-Nese”. When my parents were urging me to get a university education, my cousin's sister also a nurse took her time to introduce the idea of fulfilling both University education and my aspiration to be a nurse as the B cur programme was starting at MEDUNSA. She happened to have heard about it. I then successfully registered for B Cur as part of the thirteen initial students of Nursing. Only six of us completed the programme as some changed to Medicine and some left for various other reasons. Of the six who completed some are in academics as nurse educators and others stayed and contributed in clinical areas.

continues to page 16...



Tell us about a time you had to handle a difficult patient.

At the time I had just completed my B Cur and was working in the Maternity ward in Tshilidzini Hospital, I was on night duty. My difficult patient was a 12-year-old who I had to assist in delivering a baby. She had no prior preparation and did not know what to expect, in addition was not very cooperative due to the pain of labour. My challenge was to secure a safe delivery while recognising I was dealing with a teenager in distress. Both mother and child were safe eventually.

What do you find most rewarding about being a nurse?

Earlier in my career, I realised that patients are to be well-informed and prepared to deal with the challenges they are going through. My interest in health promotion and patient advocacy was formed from my earlier patient–nurse experiences. When the patient appreciates my service with a smile and or by a simple 'thank you'. I have recently experienced the thrill of seeing some of my protegees I taught in their early years of careers getting their Ph. D.s, for me it is mission accomplished. As a nurse educator, I realised that dealing with the student as a person fulfils me. I use coaching, mentoring and advocacy to help the student achieve the goal.

How do you deal with stress associated with work?

I depend on my belief system, which forms the basis of who my inner person is. The core values of being authentic and truthful to myself and others. My family support has always been my backbone and my source of strength in life. I read and listen to music in between my work.

What would you say is the hardest thing about being a nurse?

I find it hard when my effort as a nurse is berated and or ascribed to negative narratives only. Although a nurse is needed when people are born and are in an emergency including when they die, nurses are at times not ascribed to some level of intelligence. Once one introduces himself or herself as a nurse the unwritten code is that you have nothing to contribute while there is no specialisation in medicine where a nurse is excluded. Long hours and workload are but part of the job that requires a nurse to work smarter.

How do you continue to develop your skills and empower yourself?

I am a reader and a researcher that is how I empower myself. I attend publish and currently, I am fascinated by research integrity and in addition am looking at clinical interventions to enhance the quality of professional and clinical skills.

Please share a personal or professional achievement.
My achievement was to complete my PhD, which opened the

door for research interests. I was enriched by interacting with postgraduate students as a mentor and a coach. I have achieved 25 publications and five others are under review in various publications. I have initiated community engagement at Ga-Rankuwa encouraging elderly people to exercise. In M17, wards 13 and 14 Soshanguve I initiated the mobile service with community nursing students. Later on, it was funded to address primary health care services in the area.

As part of the execution of Occupational health aspects of community health nursing. I facilitated the B Tech Nursing students to engage with the taxi driver community resulting in profound findings leading to a master's in nursing and now a Ph.D. is underway to address the health needs of the taxi industry. TUT, in partnership with the District transport department, has participated in promoting the health of commercial taxi drivers, a first in South Africa. I have actively participated in the Tshwane District Health Research Committee promoting research within the district.

Currently, I serve on the Provincial Research Committee. I have served the TUT research in various portfolios such as the Faculty committee research ethics as a member, the Human Research Ethics Committee first as a member, then as Deputy Chairperson and lastly as a Research ethics chairperson. In 2004, I joined the Sigma Theta Tau International (STTI) the organization for excellence in Nursing nominated by the Wits Nursing Department. I served in various portfolios including being the Treasurer until I was recently voted the president of the Chi Xi et Large (STTI). My vision is before the end of my tenure SMU will be inaugurated as part of the organization. The STTI aim to encourage nurses to engage in scholarly activities. I have been invited as a speaker on ethics matters by the Province Dental department, and rehabilitation department. Including conducting workshops at Durban University of Technology (DUT) in March 2023. Recently to ensure collaboration in Research ethics between Universities, I initiated a Vis.

What memories do you have about being an SMU student?

Student fellowships and tea breaks in the Clinical Pathology passage next to the gate that connected DGMAH and SMU. That helped to create long professional relationships of should I say comradeships. I also remember the classy spring ball parties that were aimed at creating student interactions.

How and what can you give back to SMU?

I am willing to participate in meaningful alumni activities that recognize that SMU has a history that dates to its MEDUNSA days. My observation of Alumni in other universities is that the sense of being part of the bigger development of the institution should make you want to contribute to its well-being.

continues to page 17...

In conclusion, is there any information that you deem necessary for our readers to know?

I believe so much in partnership in Africa that I have over the period initiated the recruitment of international postgraduates in Ghana and Botswana where three doctoral qualifications were graduated and many more want to register. Currently, I am supervising and co-supervising two students from Ghana. My vision is to be able to collaborate with national and international universities to promote the

quality of Nursing in Africa through postgraduate qualifications that have meaning at the local level. In addition, I believe in growing our timber and in my supervision ensured that nurses qualify while young to be able to influence their growth path. I have so far mentored seven Ph.D.s. Two of my former doctoral students are lecturers at SMU, three appointed at TUT as lecturers, while the other is serving as a Hospital Manager at a Private Hospital and others working at various Universities in Ghana.

*Up Close &
Personal with*

Dr Enos Ramano – An Occupational Therapist turned Entrepreneur

SMU Alumnus Dr Enos Ramano is one of the editors of the newly prescribed book for Occupational Therapy in Mental Health called Crouch and Alers Occupational Therapy in Mental Health" 6th edition. He wrote two chapters in the book: Depressive Disorders and bipolar related disorders and Groups in Occupational Therapy. SMU Alumni Newsletter Reporter caught up with Dr Ramano to get insight into his journey as an Occupational Therapist turned Entrepreneur.

Take us through your early years and family life I was born and bred in Mamelodi (Pretoria) and grew up in a family house where my mother raised me as a single parent. I started schooling at Moretele Primary School, where I was promoted from grade two to grade 4. My grandmother was a

continues to page 18...



breadwinner with her pension money since my mother was unemployed. My mother became employed at Steve Biko Academic Hospital (then HF Verwoerd Hospital) as a general worker. I commenced my Higher Primary education at Dr Monare Higher Primary School where I developed an interest in Mathematics. I later went to Vlakfontein Technical High School, where I studied technical subjects including Mathematics and Physical Science, which I enjoyed the most. My younger sister (Tryphosa "Marona" Ramano) is a Chartered Accountant. I am married to Mpho Ramano (Monyatsi), who is also one of the brilliant Occupational Therapists in private practice. She is a very supportive wife and a good mother to our children. We are blessed with five children (three boys and two girls). My mother is still alive and she is a pensioner.

What inspired you to pursue a career in Occupational Therapy?

After matric, I wanted to study BSc computer science. Unfortunately, I did not have the finances to pursue my tertiary studies. As I have mentioned my mother was employed at HF Verwoerd Hospital (Steve Biko Academic Hospital) as a general worker in the radiology department. She took my matric results and showed them to Mara (I forgot her surname) her boss who was a senior lecturer in the Radiography department at the University of Pretoria. She advised that I should register for Occupational Therapy Assistant and she forwarded my matric results to Prof Shipham who was the Head of Department at Medunsa Occupational Therapy Department. Prof Shipham after seeing my matric results advised that I should come to the Occupational Therapy Department and register for the degree the following day. That is how I registered for the degree in Occupational Therapy. I was the first person in my family to register for a degree.

Studying Occupational Therapy was not an easy journey as I did not have Biology as a subject and I had to study anatomy and physiology, which were challenging to me. Occupational Therapy modules such as Therapeutic Media and Intervention Theories were easy and interesting to me due to my previous technical studies. Despite the challenges that I went through in my years of study as an Occupational Therapy student, I was very lucky in my final year of study as I completed my degree which was awarded cum laude and I even received several prizes including the chancellor's award as the best final year student.

When my friends changed from Occupational Therapy and moved to Medicine, Dentistry or Physiotherapy, I told myself that I would make a living as an Occupational Therapist. I have been practising as an Occupational Therapist ever since I graduated from Medunsa (now SMU) and I have found fulfilment in it.

You are involved in Entrepreneurship/Business, and Leadership/Governance, kindly outline your roles in these categories.

I started the EM Ramano practice in the year 1996. My younger sister who is a Chartered Accountant (Tryphosa "Marona" Ramano) assisted me with the establishment of my practice and purchasing of some of the tests and stationery that I use in my practice. My practice is based at Clinix Tshepo-Themba Private Hospital, Soweto Life Path Hospital and Life Glynnview Psychiatric Hospital. The main focus of the practice is on mental health/psychiatry and vocational rehabilitation. I have employed brilliant Occupational Therapists who assist me in these practices.

I am also a member of the Crouch Bursary Fund, where I am responsible for bursaries and awards. The Crouch Bursary Fund offers bursaries to Occupational Therapists who are undertaking research in Occupational Therapy mental health and psychiatry. It also offers awards for the best-presented paper in psychiatry and mental health at the Occupational Therapy Association of South Africa Congress. The Crouch Bursary Fund is also responsible for writing the prescribed book that is used for student training at universities. We are currently busy with the writing of the sixth edition of the prescribed book on psychiatry and mental health. Fortunately, I am one of the authors of two chapters and editors of the book which might be published in 2024.

I previously served as the Chairperson of the Psychiatric Occupational Therapy Support Group (POTS) and Vice President of the Occupational Therapy Association of South Africa (OTASA).

How do you stay current on developments and technologies in Occupational Therapy?

I previously worked as a Senior Lecturer in the Department of Occupational Therapy at the University of Pretoria where I was responsible for teaching mental health and group therapy to undergraduate students. I was a Coordinator for research and group therapy for undergraduate and postgraduate students. I also supervised masters and doctoral students who were undertaking occupational therapy research. I am still busy with some of the students who are undertaking their doctoral studies.

I have published nine articles locally and internationally on mental wellness. The articles focused on major depressive disorders, functional capacity evaluations, formulating return to work, occupational therapy groups, bereavement, stress and burnout amongst Occupational Therapists in mental health.

I have reviewed two manuscripts in the year 2023 for the British Journal of Occupational Therapy. I am still practising as an Occupational Therapist at three private clinics that I

continues to page 19...

have mentioned and still doing research, which helps me to stay current on development in Occupational Therapy.

What are the elements of effective occupational therapy? What are their advantages and challenges?

The Occupational Therapist focuses on the treatment of humans holistically through their engagement in purposeful activities. The Occupational Therapist assists their clients to be able to function independently in their daily occupations and roles.

The Occupational Therapy assessment of the client's limitations and strengths, body functions, roles, habits, spirituality and occupations assist the Occupational Therapist to be able to plan a holistic intervention treatment for their clients. The Occupational Therapist uses a variety of frames of references, models, approaches and techniques to be able to provide an effective Occupational Therapy intervention, which is scientific, measurable and justifiable. During each intervention and at the end of the intervention, the Occupational therapist needs to evaluate each intervention that is offered to the client, to enable the Occupational Therapist to grade the sessions, make adaptations and changes where necessary and provide proper guidance and recommendations to the clients. The main goal of the occupational therapy intervention is to reintegrate the clients back into their home, work and community.

The challenges are when the Occupational Therapist is faced with clients who are not responding to the Occupational Therapy intervention and they may require care from their family members or caregivers. Others may need to be declared as incapacitated to work while they are breadwinners and they still need to work. Other challenges in private practice are exhaustion of medical aid benefits while the client still needs further Occupational Therapy intervention.

What method have you successfully used to identify realistic goals for a patient's rehabilitation?

The Occupational Therapist should be skilled with assessments (baseline assessments, functional capacity evaluations) and triangulation of their assessment findings to be able to measure the outcomes of interventions offered to the clients.

Occupational Therapy groups are also found to be effective methods of intervention for individuals diagnosed with various diagnoses during rehabilitation. The healing power of cohesiveness, altruism, existential factors and catharsis are found to be effective in helping clients during group therapy.

If you could choose three skills imperative to be successful in this field, what would you choose?

- **Assertiveness** - You need to be assertive and

knowledgeable in occupational therapy. If you are not assertive, you may be bullied by other professionals and end up carrying duties that are not in the scope of Occupational Therapy. You should know what you are doing and stand your ground with an open mind. By open mind I mean you should be a good listener and be able to engage with clients and the team so that you can offer the best care to the clients.

- **Negotiation skills** - You need good negotiation skills so that you can be able to advocate for the clients to the team, their families and employers.
- **Time management skills** - In private practice, you may have a high workload. You need to be disciplined with time and be able to manage your time properly. If you have poor time management, you will struggle to reach the daily targets and meet deadlines.

What good memories do you have about your alma mater?

When I studied at Medunsa, I lived at 5B residence and later moved to 1D residence. The support that we offered to each other as students kept us going and increased our resilience. We knew everyone who was a student at Medunsa in those years. Medunsa was like a home to me as we treated each other with love and respect. There was a spirit of belonging and unity. The university instilled the spirit of hard work, resilience and discipline in us.

During my years as a student, I did not have a bursary. Allied students who studied at Medunsa in those years, received a salary from the Department of Health, which was helpful to me as it helped me to pay my university fees.

The intense training that was offered by the skilled and knowledgeable lecturers in the Department of Occupational Therapy has been invaluable for me. Sometimes the training broke us and triggered a variety of emotions, but it helped us to be competent Occupational Therapists. The lecturer's love for the profession helped us to believe in the therapeutic benefit of Occupational Therapy as a profession. Their encouragement and ensuring that we become responsible, competent and ethical Occupational Therapists was an inspiration to some of us. The training that was offered helped us to conduct ourselves with pride as Medunsa graduates. The lecturers who always believed in me and continuously offered words of encouragement and support were Miss Holy Holstein, Prof Alfred Ramukumba and Dr Marianne de Beer. I always value their contribution to my life and who I am today.

As an Entrepreneur/Business person, how and what can you give back to your alma mater?

I am currently offering two prizes to Occupational Therapy students with the highest marks in therapeutic media and

continues to page 20...

psychiatry at SMU Occupational Therapy Department. Kindly share the milestones of your professions with our readers.

I completed my undergraduate degree with cum Laude at Medunsa. I then completed my postgraduate diploma in vocational rehabilitation at the University of Pretoria as I was interested in knowing more about work assessments and vocational rehabilitation. I obtained a distinction in the module of groups in vocational rehabilitation. Two years later after I completed the diploma in vocational rehabilitation, I was asked to come and teach the module of groups in vocational rehabilitation which I taught for ten years.

I realised that my clinical knowledge of work assessments was still limited especially regarding clients with major depressive disorder as there were limited Occupational Therapy publications on that topic. I registered for a master's degree in Occupational Therapy and had a distinction in a module of Theories in Occupational Therapy. I published two articles from my master's research study on functional capacity evaluation for employees with major depressive disorders and formulating return to work for employees with major depressive disorders. This helped me to develop more interest in research and I decided to register for a Doctor of Philosophy (PhD) in Occupational Therapy in the year 2015, which I completed in 2017 from the University of Pretoria. The focus of my study was on the comparison of two group therapy intervention programmes on hospitalised patients who were diagnosed with moderate to severe major depressive disorders. I published four articles locally and internationally from my PhD research.

I produced three master's students during my two years as a Senior Lecturer at the University of Pretoria and two of them obtained their master's degree with cum-laude. I have examined several master's research from different universities. I am currently supervising two PhD students and co-supervising two other PhD students. I have published one article on bereavement with my undergraduate students and one article on stress and burnout amongst occupational therapists in mental health with one of my master's students. I have previously assisted with undergraduate training as a Sessional Lecturer at Medunsa where I taught ergonomics and group therapy. I was appointed several times to assist with external examination of final year students in paediatrics, mental health and masters' research. I have been appointed several times as an external examiner for undergraduate and master's students at the University of Witwatersrand. The University of KwaZulu-Natal has asked me to be an external examiner for one of their master's students.

I have presented several papers locally and internationally on vocational rehabilitation, occupational therapy and major depressive disorders and occupational therapy groups for inpatients with major depressive disorders.

I have been in private practice as the owner of the practice since the year 1996. When I established my private practice, it focused on physical rehabilitation and hand therapy which were my areas of interest. Fortunately, most of my referrals were from psychiatrists and clinical psychologists who were excited to have an occupational therapist in the hospital. I immediately had to change the focus of my private practice to mental health, functional capacity evaluations and occupational therapy groups. During my years as an occupational therapist, I have seen the benefit of occupational therapy including group therapy to clients who are diagnosed with mental illness. The valuable contribution of occupational therapists in mental health (adult and child psychiatry) especially assisting with assessments (child scholastic assessments and functional capacity evaluations) and interventions. Advocating for clients who are diagnosed with major depressive disorders due to their work environment or work stressors. Honest appreciation is always received from the clients and the treating team for the contribution of occupational therapists to clients who are diagnosed with challenging mental health problems.

I have mentored several occupational therapists who are successfully running their private practices. I always feel happy when I see people succeeding and achieving their best in what they do. As a lecturer, I would be happier than my students when they excel during exams and as clinicians. As a clinician, my satisfaction was from my clients when they recovered and were able to start their lives again or face their life challenges. I learned a lot from my clients and I enjoy working as an occupational therapist.

In conclusion, feel free to share any information with our readers that you deem necessary for them to know. Practising as an Occupational Therapist showed me, that God always know our destination and journey. God always know where we are supposed to be and he places us well where we will fit and be of purpose to ourselves and others. I enjoy working as an Occupational Therapist in mental health. Treating individuals with mental illness has taught me to understand people and life. To be appreciative of the gift that God has entrusted in us to help his people and to be appreciative of our lives. The incredible benefit of working as a team in mental health. The valuable impact of Occupational Therapy on all individuals with acute mental illness.

Occupational Therapy has helped me to live a purpose-driven life.



Thembekile Dhlamini

switched from
Journalism
to Dietetics

Thembekile Dhlamini is a Lecturer in the Social and Behavioural Sciences Unit at Sefako Makgatho Health Sciences University's (SMU) Department of Public Health and was appointed by the university in November 2022. She contributes to the university's strategic plan by producing globally competitive graduates through her involvement in research supervision for public health master's students.

Ms Dhlamini directs the module Introduction to Health Promotion and Health Education for Post Graduate Diploma in Public Health (PPH01) and Master of Public Health (MPH) Programme students. She indicated that she guides and supports them throughout their research journey and ensures that they graduate within the minimum prescribed period. As a result, she

continues to page 22...

was able to successfully teach her module in the first semester with a 95% pass rate for the MPH programme.

She obtained her National Diploma in Journalism at Tshwane University Technology (TUT) and, Bachelor of Science in Dietetics at Medunsa as the best student overall in 2009 (with her name engraved in the rotating trophy for best students in the department of Human Nutrition and Dietetics). She later obtained an MPH at SMU in 2015 where her research received an award in the Free State and was also presented at an international conference in Prague, Czech Republic in 2019.

Ms Dhlamini's efficiency in leadership led to her being one of the delegates from South Africa who recently went to China for a seminar on Public Health Systems for South Africa which was hosted by the Southern Medical University (SMU) from the 11-31 of October 2023. She indicated that this initiative was part of China's Belt and Road initiative, and the signed agreement between China and South Africa which took place in August 2023 at the BRICS summit. During her stay in Southern Medical University, she established a relationship with the Dean of School of Public Health with other delegates for future collaboration and any exchange programs possible. She is now regarded as one of the South African branches of International Alumni for Southern Medical University to strengthen communication between us and the Southern Medical University.

She further explained that this agreement included promoting information exchange and capacity building, knowledge sharing, expertise exchange, and information dissemination to further drive industrial advancements. "Being in China was an eye opener as I was exposed to their health system which is something that our university needs. What was outstanding was the integration of Western and traditional medicine in their public health setting. It is time to draw lessons on how AI can be integrated in our teaching, research, and service delivery. I am grateful for the support provided by my leadership Prof Paul Chelule and Prof Mathilda Mokgatle because without them it would not have been possible," informed Dhlamini.

Amongst other strides, she recently received an appreciation for having contributed to the skills development of teachers on the West Coast by the Western Cape government's Department of Basic Education and Stellenbosch University. She is also part of the team that developed a nutrition curriculum for the foundation phase which is currently piloted in the West Coast. She is the champion for risk management in her department and serves on the School of health care sciences committee.

Ms Dhlamini received a Gold award for Innovation in the Public Service: Reduced the Cost-of-Service Delivery in Limpopo Department of Health. She obtained an award for Best Poster Presentation of her master's research in 2016 at the 4th Annual Free State Provincial Health Research Day and a Diva Nutrition Products Award for Best Academic Performance in Community Nutrition. She also received the Association for Dietetics in South Africa (ADSA) Award for Best Overall Performance in the Practice of Dietetics for the year 2009 and some trophies that accompanied the distinctions obtained during her final year of study.

In an era where climate change is a worldwide challenge, she is pursuing her PhD at Stellenbosch University within her interest to respond to how framework for integrating adaptation and mitigation strategies for sustainable food production, food, and nutrition security in response to climate change impacts be developed using shared learning involving stakeholders and communities of interest. She understands the importance of 'one health approach' on understanding the relationship between health and

environment. She strongly feels that as health institutions, there should be more research focusing on climate change impacts on the health of our population whilst preparing our next generation of students to work in a more collaborative and practical manner in their work settings. It is my wish that we get to have more projects, supervise students, and emphasize the importance of climate change adaptation to improve health outcomes. I am grateful for the support I receive from my HoD and SMU through funding my studies.

“I wished to return to work with the community I am familiar with and that is what is currently happening. I would not ask for any other journey at this point than with SMU and would describe it as a return of the child who went away to explore and come back home to plough back to her community. I am happy to be home,” expressed Dhlamini.

SMU Alumnus

Dr Joseph Sekgololo

is a Cardiothoracic surgeon at SMU

Dr Joseph Sekgololo was appointed by Sefako Makgatho Health Sciences University (SMU) as a consultant in the Cardiothoracic Surgery department in 2020 and his responsibilities included executing clinical operations, provision of academic teaching to registrars, and medical students, researching, and supervising research projects.

Dr Sekgololo was born and raised in Ga-Mphahlele, Limpopo, and matriculated at Ngwana-Mohube High School. He obtained the Bachelor of Medicine and Bachelor of Surgery (MBChB) from the University of Limpopo-Medunsa campus in 2009. He continued with his studies and obtained a Master of Medicine (MMed) from SMU in 2020. From the year 2020, he also acquired a Fellowship from the College of Cardiothoracic Surgeons of South Africa: FC Cardio (SA).

Apart from teaching ward and clinic rounds, Dr Sekgololo is also a Cardiothoracic Specialist at several private hospitals such as Medforum Mediclinic, Heart Mediclinic, and Louis Pasteur Private Hospital. He conducted many thoracic and cardiac surgeries such as valvular, coronary, aortic, congenital, and lung resection. A lung resection is surgery to remove part or the whole lung and doctors use this surgery to treat severe lung diseases, including lung cancer. Cardiothoracic surgery is the field of medicine involved in the surgical treatment of organs inside the thoracic cavity which treats conditions of the heart (heart disease) and lungs (lung disease) amongst others.

Dr Sekgololo obtained an award for Best Community Service Doctor from Lebowakgomo Hospital in 2012. He was awarded as the Best Medical Doctor of the Year by Dr George Mukhari Academic Hospital in 2014. He was also awarded Best cardiothoracic registrar in 2016 and Best Thoracic Surgery Published Article 2019. Dr Sekgololo previously travelled to

continues to page 24...



Shanghai, China on a scholarship where he obtained an International uniportal vats training programme certificate in 2017. He recently traveled to Malham, Germany for a Chest wall surgery training in 2023.

Dr Sekgololo said that he still has more goals to achieve such as pursuing research and studying further in the cardiothoracic field. This reveals Dr Sekgololo's passion and determination to save more lives in the country.

AMONGST HIS MANY ACHIEVEMENTS, DR SEKGOLOLO PRODUCED THE FOLLOWING PUBLICATIONS AND USED HIS MOTHER-TONGUE LANGUAGE (SEPEDI) FOR A FEW OF THEM:

- **CASE REPORT:** “Intrathoracic Lipoblastoma presenting with Severe Respiratory Distress” *Journal of Pediatric Surgery Case Reports 2017 (2017) 7-11.*
- **CASE REPORT:** “Management Dilemma Of Mediastinal Desmoid Tumour in a three-year-old Boy” *Journal of Pediatrics and Infants 2018 Vol. 1:1 (28-33).*
- **CASE REPORT:** “A Rare Giant, Anterior Chest Wall Sebaceous Carcinoma” *International Journal of Surgery Case Report 66 (2020) 110-114.*
- **CASE REPORT:** “Tuberculous Aortitis as a Rare Cause of Aotobronchial Fistula with Massive Hemoptysis” *International Journal of Surgery Case Reports 70 (2020) 283-242.*
- **ORIGINAL ARTICLE:** "comparison of Outcomes between Primary and Secondary Decortication” *Journal of Thoracic Disease 2020; 12 (3): 568-572.*
- **CASE REPORT:** “Bailed out by Tevar in a Horrendous Bleeding Aortic Arch Cannulation Site”.





Dr Vuledzani Ndanganeni

thanks SMU for giving her a good start in her career as an academic

SMU Alumna Dr Vuledzani Ndanganeni used to hate the Speech-Language Pathology and Audiology (SLP & A) profession until she realised that it was a calling rather than an experiment for her to pursue. A profession, which her sister managed to secure a placement for her at the then Medunsa (now Sefako Makgatho Health Sciences University) after she planned to take a gap year to figure out what she wanted to do though her mom did not support her plan. “After high school, I wanted to take a gap year to figure out what I wanted to do, but my mom said, 'Hell will freeze over before that happens'. I hated SLP & A at first, but I guess it chose me and I eventually realised it was more of a calling than an experiment. The driving force behind my continuing in the programme was my curiosity about the claims of what a Speech-Language Therapist and Audiologist can do. I took it as an experiment and wanted to see if it was the truth. I also wanted to be part of the miracle workers,” reminisces Dr Ndanganeni.

After completing her studies, she worked in Phuthaditjhaba and then moved to Mangaung (Bloemfontein). Later she relocated to Johannesburg where she spent eleven years working in the basic education, rehabilitation, private, and higher education sectors. She then relocated to KwaZulu-Natal in 2019 where she is currently a lecturer at the

University of KwaZulu-Natal. “SMU gave rise to my debut job in academia. I started my academic career at my alma mater in 2013 as a part-time lecturer. Through this, I was offered a part-time clinical supervision post at the University of the Witwatersrand. I later joined the University of Pretoria (CAAC) for eleven months in 2016 before returning to SMU on a full-time post. I am currently employed at the University of KwaZulu Natal as a lecturer since 2019,” shares Ndanganeni.

She thinks that advocating for her profession to other professionals and the public sets them apart, as their profession is not well known. “Apart from the constant advocacy, the complexity of the various disorders we manage sets us apart because many of the disorders affect the quality of life such as communication, feeding and swallowing disorders as well as the intense work we do with persons living with developmental disorders,” she said. When looking at SLP & A in the South African context and globally, there has been lots of research advancing the field to where it is today. These include and not limited to assistive devices for communication and hearing, accessibility to SLP & A services at various levels of healthcare, the various team approaches and management models, considerations for diverse populations (multilingual &

continues to page 26...

multicultural), employing various approaches to teaching and learning in the field post-Covid-19, amongst others. The profession like any other profession is full of challenges that derail progress. She said, “Many people still do not know what a Speech Language Therapy (SLT) does, thus, it affects the referrals for services. The mismatch (language) between the service provider and the consumer. The field is white dominated and the majority of individuals requiring services do not speak English or Afrikaans as their first language. Lack or limited funding for resources and research to develop tools. Limited access to assistive devices for the population that requires them. Limited human resources and lack of employment of graduates' post community service in the public healthcare system”.

The most important research advances in SLP & A in recent years have the potential to improve clinical practice including the introduction of Information Communication Technology (ICT) in therapy and telerehabilitation, as well as the use of other service delivery models such as family-centred intervention, caregiver training, and community-based rehabilitation. With telerehabilitation, it cuts out distance,

saves families money to a certain extent and the frequency of the sessions (seeing clients weekly or as often as possible).

She has fond memories of her alma mater and said SMU felt like a home away from home. “We were a community on our own; we knew each other, though not on a first-name basis, but I do not think I would be mugged on anyone's watch. I remember our daily lunch walks to the cafeteria, queueing for pap and chicken. I used to have my favourite spot in the library basement- the newspaper table was my study area (most would find it weird). The communication and laughter were shared with the library staff. No one partied like SMU students – how do I forget the bashes and parties,” she remembers.

Her education credentials encompass a Bachelor of Speech-Language Pathology and Audiology from SMU, as well as postgraduate qualifications in Alternative and Augmentative Communication (AAC) deriving from honours to PhD level at the University of Pretoria.

Mrs Tebogo Baloyi -

A Versatile Diagnostic Radiographer

Born and bred in Hammanskraal, Mrs Portia Tebogo Baloyi is a Professional Diagnostic Radiographer, currently working as a Clinical Coordinator and part-time lecturer at SMU. Mrs Baloyi holds a Bachelor's degree in Diagnostic Radiography, obtained through MEDUNSA now SMU in 2002. She also obtained a sub-speciality certificate in Mammography (2008), a Certificate in Bookkeeping and Trial Balance (Accounting)(2014), Certificate in Healthcare Sciences Research(2023). Currently, she is completing a Post Graduate Diploma in Public Health and will pursue a Master's Degree in Medical Imaging and Radiography from next year.

continues to page 27...



Her love for the Diagnostic Radiography was influenced by her elder cousin who used to tag her along to her workplace. “She studied Radiography in MEDUNSA and qualified around 1990. I admired their work set-up and was fascinated by the equipment and technology used. That is when I decided to further my studies in the health sciences. Medicine was my first preference but my family's financial circumstances made me take the Radiography route because I would then be able to fund my tuition whilst studying,” she recalls.

Mrs Baloyi is a wife and mother of three kids who endorse a motto of 'Be the change you want to see'. She continuously strives for change and becoming a better version of herself. She is a founder of a Non-Profit Organization, Rona Man, based in her hometown (Hammanskraal). In 2016 and 2017, she successively opened two Diagnostic Radiography Practices in Ekurhuleni. “I value and honour my profession”. It has been an eventful and wonderful journey, with 21 years in the field of different experiences. A journey with challenges but I managed to navigate through them. I made it a point that I master every aspect of the profession”, she said.

Radiographers work with state-of-the-art and sophisticated equipment, which requires one to continuously improve and grow their knowledge and skills. Operating and understanding the equipment is crucial for the best diagnosis. Her area of interest is Mammography and Interventional Radiography.

Baloyi said, she enjoyed her stay at her alma mater during her studies. Besides her academic work, she also participated in numerous extramural activities such as Netball, Women's Soccer, Aerobics and Volleyball, and received a few accolades in some of the sporting activities. She met people from different provinces, with diverse cultural and language heritages.

“In the two years that I have been at SMU, I have achieved and brought several improvements to the department. The improvements include acquiring sponsorship of 198 clinical scrubs for all Diagnostic Radiography students (each student received two sets of scrubs). Re-introducing the merit awards for best-performing students in clinical practice and academics, organising and participating in all departmental activities and programmes to set the best level of standards for the students during their clinical training and for when they become qualified Radiographers. I also initiated an outreach programme for the Radiography students, who receive consumables, such as tea, coffee, bread, and butter during their tea breaks. With my experience as a community builder, the Diagnostic Radiography departmental community engagement activities were enhanced and we hosted the first Breast Cancer Awareness campaign in 2022”.

When the opportunity to be a Clinical Tutor opened, it was a completely new dimension for Mrs Baloyi. She was enthusiastic and motivated to improve the clinical training for the students. She worked twenty years in private hospitals and believes the knowledge, experience and expertise gained there are worth sharing with SMU students.



Dr. Pertunia Mathibe

Changing the Face of Aesthetics in AFRICA



Dr. Pertunia Mathibe was born in Hammanskraal, Gauteng Province. She grew up in Giyani, Limpopo province where she was raised by her father and grandmother. She completed the entire duration of both her primary and secondary education in Giyani.

Dr Mathibe is a general practitioner with a special interest in aesthetics. She is the founder of Dr Pert Medical Aesthetic Clinic, which is based in Pretoria East, Garsfontein. Her practice provides a range of services which includes IV drips, Anti-aging facial treatments, Body sculpting, Gynaecological aesthetics, Post cosmetic surgery procedures care including the post-surgery procedure recovery house, lymphatic Massages and machines to fast track healing.

She holds various qualifications at both undergraduate and postgraduate levels, and qualifications include a Bachelor of Surgery and Bachelor of Medicine (MBChB) from Sefako Makgatho Health Sciences University (SMU), a Diploma in Aesthetics, a Mini Fellowship in liposuction from the American Academy of Aesthetic Medicine (AAAM), and master's degree in Ultimate body sculpting from European College of Aesthetic Medicine and Surgery (ECAMS). Her professional journey started after acquiring her MBChB Degree where she completed her two-year internship programme and one -year of community service with

continues to page 29...

Polokwane Provincial Hospital from 2010 until 2012. She then continued with her post-community service as a medical officer in Groblersdal Hospital, working in both the emergency unit and obstetrics unit performing caesarean sections.

Dr Mathibe developed a passion for surgical speciality, but she was not sure as to which one, to specialise in, fortunately, in 2012, she discovered an aesthetic Institution called the American Academy of Aesthetic Medicine (AAAM) and registered for a certification and passed the exam. She further acquired a diploma in aesthetics from the same institution in the same year. "I had to work hard to raise funds by doing locums on weekends at a private practice locally and do calls for sessions with Doctors in my hospital to raise funds," Mathibe explained.

From 2014 to 2016 her diploma gathered dust because she did not have enough funds to finance the aesthetic practice. She then decided to write primaries with the College of Medicine in surgery and passed on 1st attempt with the intention to go back to school to specialise. At that time, she moved to Pretoria Hammanskraal to open a private practice while doing locums in private and government hospitals to raise funds as her practice was started from scratch. From 2016 to 2017 while she was working at Lonmin Mine as a locum she opened an aesthetic practice in Pretoria. "The

above decision was based on the frustrations I had in raising capital for a "proper aesthetic practice " failing to do so I decided to start with what I had, which was my hands and brain," Dr Mathibe remarked.

After a lot of facial treatments that Dr Mathibe provided as one of the services, she developed a passion for body sculpting. With so much interest in body sculpting, she ended up doing a thorough research and decided to invest in liposuction. "I visited my mentor who was doing the same, obviously him being a plastic surgeon (based in Kenya) exposed me to the real world of liposuction. I also discovered an institution in Dubai providing liposuction and Brazilian butt lift, raised funds and attended the training there which was both theory and practical," said Dr Mathibe.

Immediately after completing the training, her journey in body sculpting started and she booked her first case which was a success, the results shocked her and inspired her to change people's lives. As difficult as it was with so many challenges she soldiered on until now where she is fighting battles of being ridiculed because of stepping on the toes of the market that no one expected a black aesthetic physician to be excelling in recovery house, which offers overnight admission with a nurse available 24hrs and a standby doctor, either her or the anaesthetist who is fulltime at her practice.

Dr Mathibe ensures patients' safety by doing thorough consultation, and blood tests before the procedures and has the anaesthetist who has done a great job for the past years to thoroughly examine patients before putting them on sedation.

Her hard work made her brand prominent not only in South Africa but in other African countries proven by several clients who travel all the way to come and do the procedures with her." I can safely say that I have made cosmetic medicine fashionable and something easy to discuss with peers regarding body sculpting in Africa. I believe most women have opened up to the idea of fixing what they can on their bodies to regain their confidence and no longer finds that to be taboo", Dr Mathibe expressed.

Dr. Mathibe's dreams and aspirations have always been changing the face of aesthetics in AFRICA for Africans and believes she has achieved that. She indicated that she is looking at opening a branch in West Africa and also working on something great that will be revealed in 6 months. She inspired a lot of black doctors to venture into the business of aesthetics. "It is never easy, but I am paving the way for other black practitioners who aspire to embark on this journey. My dream is to form consortiums and associations to support black doctors in this lucrative business", she concluded.



Dr Londiwe Sibisi-Maboye - Founder and Director of Kids Dental Home Foundation

As a proud alumna of Sefako Makgatho Health Sciences University (SMU), Dr Londiwe Sibisi-Maboye is delighted to offer paediatric dentistry services to needy children (2-8 years) through her foundation, Kids Dental Home. The impact she makes through the foundation initiatives is a testament to the values instilled in her during her time as a student at SMU. For the past two years, her foundation has been conducting

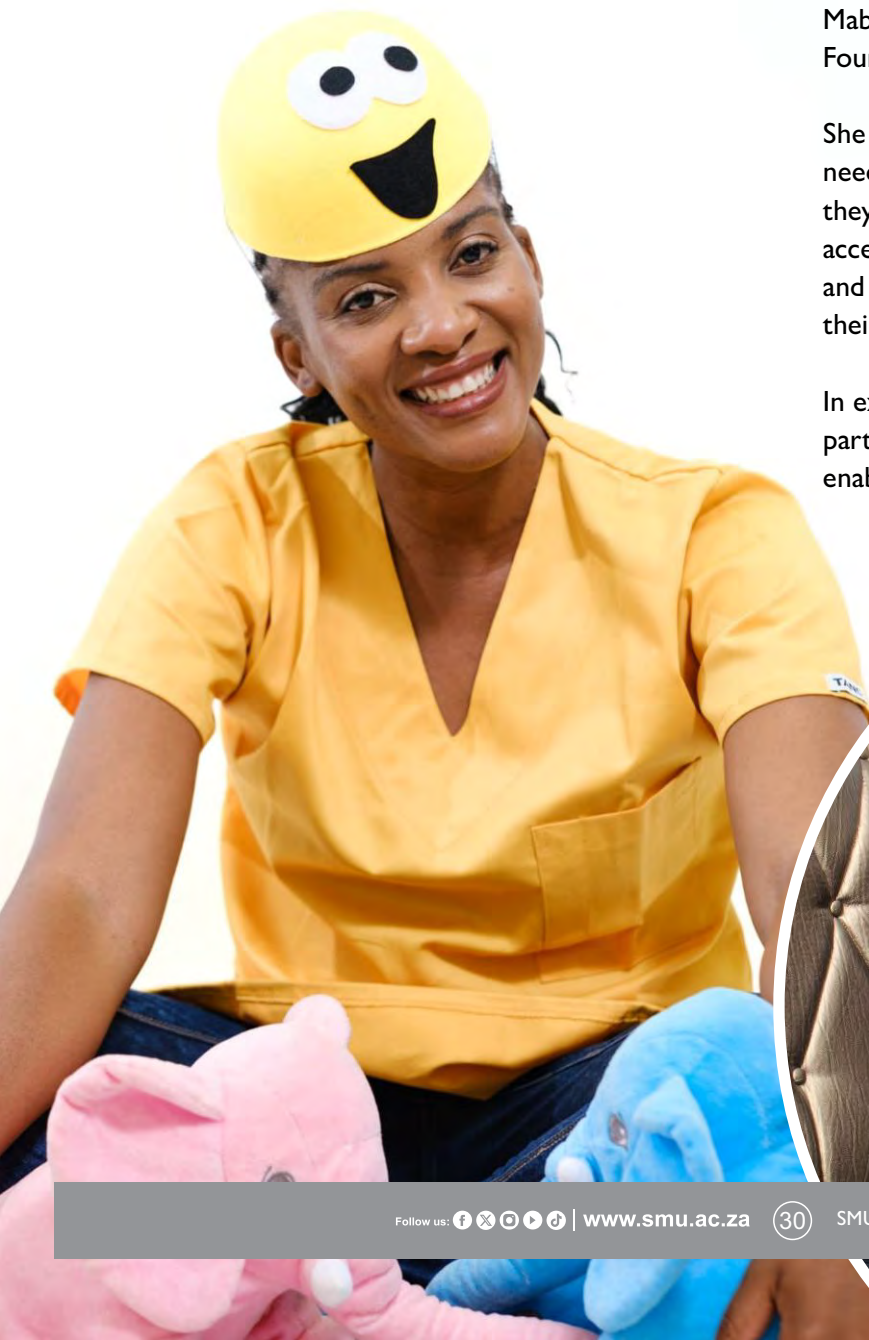
annual Pro Bono Surgeries for children who cannot afford the theatre costs.

"These surgeries have brought smiles to the faces of numerous needy children, improving their oral health and overall quality of life. The initiative has gained momentum, and we have performed 28 surgeries to date, with 10 surgeries in 2022 and 18 surgeries in 2023. We are committed to continuing this noble cause," explains Dr Maboye, Founder and Director of Kids Dental Home Foundation.

She said that they use different methods to screen the needy children through the waiting lists at the hospitals they collaborate with, which is a low-hanging fruit readily accessible, dental screening in the schools and community, and assess the needs of the children and affordability of their parents.

In extending their reach and impact they have established partnerships with local hospitals. These collaborations enable them to perform Pro Bono Surgeries in well-

continues to page 31...



equipped facilities, ensuring the highest standard of care for the children they serve. By leveraging these partnerships, they can provide comprehensive dental care to those who need it most but most importantly, tackle the ongoing surgery backlog faced by the government. "As part of our dedication to service and in commemoration of Nelson Mandela Day, we collaborated with the SMU Oral Health Hospital to perform fifteen Pro Bono Surgeries. This partnership allows us to give back to the community while engaging with our alma mater, promoting the values of compassion and community engagement, which is one of the three strategic pillars of Sefako Makgatho Health Sciences University," she highlights.

The foundation raises awareness and funds for the Pro Bono Surgeries. They organise a charity ride to engage the community and encourage their participation in supporting the cause. They promote oral health and the importance of accessible dental care; they make a tangible impact on the lives of underprivileged children. Their goal is for the charity ride to become one of the biggest in the country, attracting more than 1,000 cyclists.

The foundation understands the significance of preventive care, and as part of its community outreach efforts, it conducts oral health screenings in schools through its Mobile Dental Clinic. This initiative allows them to identify potential oral health issues early on and provide necessary treatment or referrals. "We bring dental care directly to schools to ensure that the children have access to vital dental services, even if they cannot visit a traditional dental office. To date, we have visited over 30 pre-schools around Gauteng and provided oral health screenings to over 600 children. Some of these children have also benefited from our Pro Bono Surgeries Programme, receiving life-changing dental treatments," she said.

In recognising the need for specialised dental care for children, the foundation, in collaboration with the Nelson Mandela Children's Hospital (NMCH), established the first dedicated dental unit at the second-largest children's hospital in South Africa in April 2022. This initiative has continued to serve as a hub for paediatric dental treatment, fostering the well-being of countless children and advancing the field of paediatric dentistry at NMCH.

The preventive measures that the Foundation teach the children to avoid and reduce the burden of seeking more surgeries include good oral health practices like the foods they need to eat and ones to avoid, proper use of a toothbrush, brushing teeth twice daily, and visiting a dentist every six months.

In honour of the foundation's commitment to education and academic excellence, they have instituted an Annual Excellence Award for the Best Student in Paedodontics. This award does not only recognise outstanding achievements, but it also serves as an inspiration for future dental professionals to excel in their chosen fields. Since its inception, four final-year students have been awarded this prestigious honour, with two males and two females receiving recognition for their exceptional achievements. One of the awardees was further granted immediate employment at Dr Maboye's practice, Kids Dental Home, upon completion of her studies and has been with the practice for two years now. It is a strategic move in response to reducing the skyrocketing unemployment rate of 61% among the youth in South Africa.

"We believe in empowering young women in oral health and preparing them for excellence in employment. Our Women Graduate Programme provides the necessary skills and resources to equip these women for successful careers in oral health. By supporting and mentoring them, we aim to create a more diverse and inclusive workforce in the field of dentistry. We are excited about the progress we have made thus far, but we recognise the importance of collaboration and support from our esteemed institution. Therefore, we wish to extend a special invite to the SMU's Department of Communications and Marketing to participate in the Foundation community projects," said an excited Dr Maboye, a Sessional Dentist at the Department of Operative Dentistry at SMU.

As a Sessional Dentist, Dr Maboye's responsibilities entail creating a friendly, fun, social atmosphere for young patients presented to the paediatric department; diagnosing dental conditions using tools such as radiographs; educating paediatric patients and caregivers on oral hygiene practices; managing and treating dental conditions for paediatric patients on the chair and under GA in theatre, including special needs patients. In addition, she facilitates fourth-year Bachelor of Dental Surgery (BDS) paediatric lectures; Clinical chair-side training of BDS third and fourth dental students; Pre-clinical training and lectures to BDS & BDT second-year students.

Dr Maboye believes that their community projects resonate with the strategic plan of Sefako Makgatho Health Sciences University and that they can collaborate with her alma mater to make a lasting impact on the lives of underprivileged children. "We can foster a stronger community and create opportunities for a brighter future by combining our expertise and shared values," concludes Maboye.



Q & A with Sharon Mphahlele - Private Practising Dietitian and Entrepreneur



Private Practising Dietitian and Entrepreneur Sharon Mphahlele is passionate about nutritionally treating weight loss/gain and chronic conditions. She is venturing into Sea Moss products as they fit in her market regarding clients who have high appetite, uncontrollable cravings and sweet tooth. Sharon Mphahlele is also an Award Winning Dietitian, a mother and an entrepreneur.

What motivated you to become Dietitian?

I have always wanted to be in the health sector just so I can be of great service to people. However, I did not like touching blood hence I did not want to be a Medical Doctor. I realised that I can become a Dietitian so that I can help people through food (weight loss, weight gain and nutritionally manage their chronic conditions like high blood pressure, high cholesterol, sugar diabetes, arthritis, etc.). Many people do not know about dietitians so I saw a great opportunity for me to become one so that I can become light in that regard.

How do you stay up-to-date on the latest developments in nutrition science?

I read the latest research in the dietetics market. I connect with other dietitians. I follow relevant social media pages that speaks about latest scientific nutrition findings.

What do you think are the most important qualities of a successful Clinical Dietitian?

- **Passion:** A good dietitian should be passionate about dietetics because it is not always easy especially in the private sector, but the passion carries you through.
- **Patience:** Simply because clients come with certain mind-sets and cultural beliefs regarding eating behaviours, you should be passionate enough to listen, respond and advice accordingly.
- **Creativity:** As seeing is believing and they should feel like you make efforts for them in terms of prescribing personalized diet plans and designing pamphlets.
- **Empathy:** A good Dietitian should be able to put themselves in the client's shoes to understand where they are nutritionally coming from.
- **Referral system:** This plays a huge role as certain eating behaviours arise from certain diagnosis, which can be

continues to page 33...

either medical or psychological. A good Dietitian should always know when to refer for better client outcome.

What strategies do you use to ensure that clients are compliant with their nutrition plan?

Consultations, to explain the logic behind the personalised diet plan that I would prescribe for the client. I do follow ups just to make sure that the clients become consistent on their journey, track progress and to hold them accountable. I allow open communication just so the clients get clarity on the things they do not understand. I send monthly emails just to add extra information regarding their diagnoses. I also track and record the progress to see if there are new interventions needed.

How do you assess a patient's nutritional needs and develop an appropriate meal plan?

I assess patient's nutritional needs by using the ABCDE method:

- **A: Anthropometric assessment** (weights, heights, BMI, Ideal body weight, water percentage, fat content, muscle mass, and their basal metabolism rate).
- **B: Biochemical assessment** where you get to see clients results from the lab and also just check their blood pressure, blood glucose and cholesterol level.
- **C: Clinical assessment** where you get to access any signs and symptoms that they might have regarding any diagnose.
- **D: stands for dietary assessment.**
- **E: Economic status assessment** to know which financial bracket to classify the client as that will lead to a financially friendly diet plan.

What is your approach about counselling clients on weight management?

- My approach to counselling clients on weight management is through consultations where I get to emphasis the pathophysiology of malnutrition (being overweight, underweight or obese).
- Pointing out the impact of malnutrition when it comes to health, diseases, potential chronic, and life style diseases it can cause.
- I get to point out the complications that can arise from being malnourished.
- I also get to press on the importance of exercise, be physical active and participating in sport or going to gym.

How did you decide the location of your practice, Sharon's Medical Centre?

I did my research when it comes the location and on how many Dietitians are around Pretoria CBD. I wanted a central place where I will be easily accessible to all sorts of people whether they young, students, adults and older people. In the process of conducting my research, I discovered a high

prevalence of malnutrition (overweight, underweight and obesity) in the CBD. In addition, I wanted a medical centre where the Medical Doctor has lot of patients that has lifestyle diseases like high cholesterol, high blood pressure, sugar diabetes, etc. I then realised that people in the CBD do not have the right knowledge when it comes to nutrition.

What challenges did you have to overcome at the beginning of your entrepreneurship journey?

- Lack of capital.
- Low of infrastructure.
- Lack of affordable Dietitian equipment.
- I did not have enough hands to assist me; then I had to be the Dietitian, Bookkeeper, Receptionist and Accountant.
- People had lack of knowledge when it comes to the importance of consulting Dietitians so I had to convince them.
- People asking free consultation or not believing that they must pay to see Dietitian.

continues to page 34...



What advice would you give to someone who is trying to become an entrepreneur?

My advices are as follows:

- They should have passion for business.
- Have some start-up capital (even if it is not enough).
- Passion to work with people.
- Good communication skills.
- Ability to think out of the box.
- Study the market you want to serve.

Please share your personal/professional achievement.

- Personal achievement is creating a life of balance (physically, professionally, mentally, spiritually, etc.).
- Professional achievement is winning the award for the best fitness coach 2023 from Emerge Africa awards.

What good memories do you have about your alma mater, SMU?

We were one big family that almost knew each other within campus. We had good teaching-learning relationships with our lecturers. We never went to bed hungry because we took care of each other.

How and what can you give back to SMU?

By being one of the sponsors for the year-end prize giving during the annual oath taking ceremony.

In conclusion, what is your message to our readers?

Free yourself from the fear to start, as fear is crippling. You feel the fear but you do it anyway.

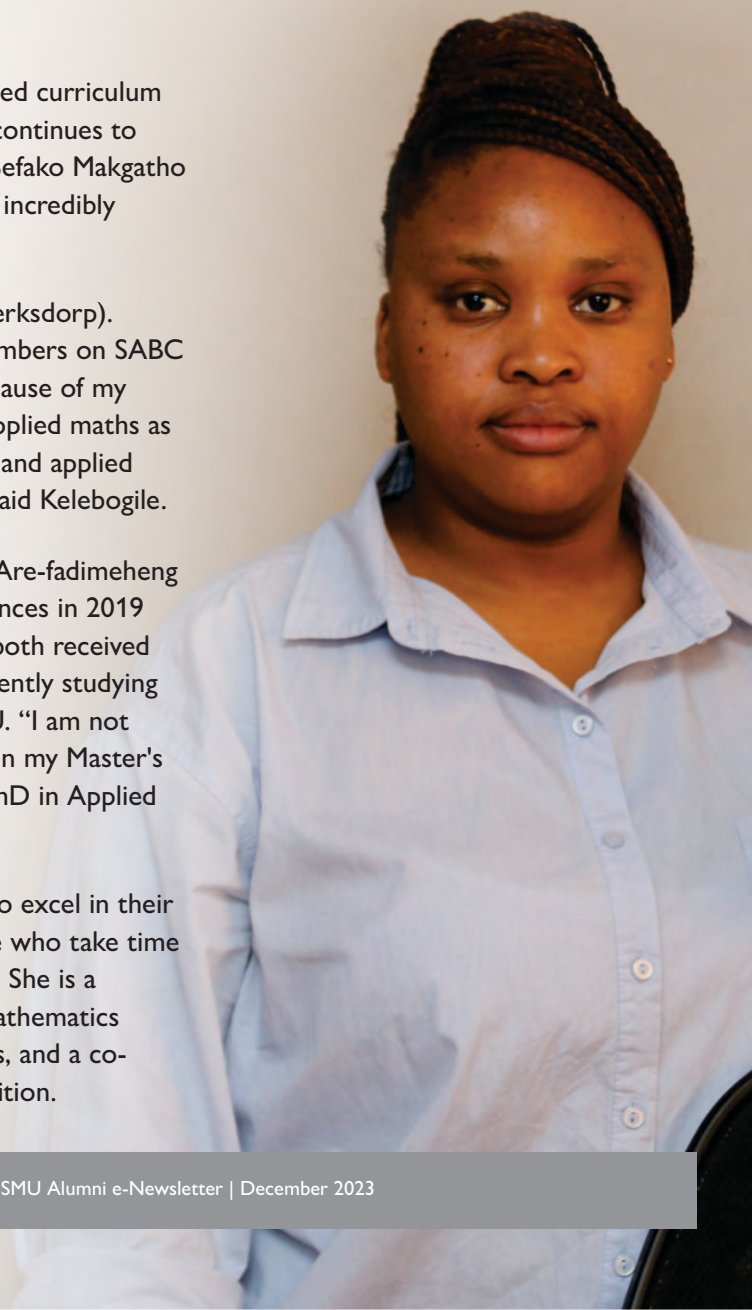
Kelebogile Medupe just loves numbers

As young as she is, Ms Kelebogile Medupe is a proud extended curriculum program (ECP) Applied Mathematics junior lecturer who continues to thrive in the field. She started her academic journey with Sefako Makgatho Health Sciences University (SMU) in 2018 and thus far has been an incredibly rewarding one.

Kelebogile was born and raised in the community of Jouberton (Klerksdorp). While growing up, she used to watch a show called Words and Numbers on SABC 2, where she got her inspiration to join the mathematics field. "Because of my great interest in numbers, I quickly decided to choose maths and applied maths as my major. The wide range of career paths a degree in mathematics and applied mathematics offer was something I later viewed as an advantage," said Kelebogile.

Kelebogile completed her National Senior Certificate (NSC) from Are-fadimeheng Secondary School. She obtained her Bachelor of Mathematical Sciences in 2019 and Bachelor of Science Honours in Applied Mathematics in 2020 both received from SMU. Her love for numbers does not end there as she is currently studying towards a Master of Science in Applied Mathematics also with SMU. "I am not where I want to be and have other goals to achieve. I want to obtain my Master's in Applied Mathematics and by the grace of God start pursuing a PhD in Applied Mathematics," she added.

She believes in creating an environment that allows every student to excel in their studies and does this by pairing more achieving students with those who take time to understand so that they can help each other through teamwork. She is a member of the community engagement committee which offers mathematics lessons to schools such as PHL Moraka high school amongst others, and a co-ordinator of the Simon Marais undergraduate mathematics competition.





SMU Alumna Tshepiso Malatsi

is a Forensic Analyst
in the South African
Police Service

Tshepiso Malatsi was appointed by the South African Police Service (SAPS), Pretoria in December 2017.

Her responsibilities include biological evidence recovery from exhibits, presumptive testing of forensic biological evidence, evaluating and monitoring the standard operating procedures within the process, delivery of expert testimony in court, and providing effective service delivery and report writing.

Ms Malatsi was born and raised in Soshanguve Block GG, a township in Pretoria. She went to Baxoxele primary school also based in Soshanguve, then went to Echibini secondary school where she only did her grade 7. She indicated that she was part of the learner representative council (LRC) as a public relations officer in Echibini secondary school which triggered her interest in student leadership roles. She matriculated at Kgomotso Comprehensive High School and was again allowed to explore student leadership and served as deputy president of the school.

Ms Malatsi obtained her Bachelor of Science at the then Medunsa now Sefako Makgatho Health Sciences University (SMU) in 2015. She furthered her studies with SMU by obtaining a Bachelor of Science (Honors) in 2016, then later obtained her master's in science (Biochemistry) in 2021.

Her relationship with SMU goes beyond just being a student as she was also a tutor/Biochemistry practical demonstrator from January 2015 to September 2016. Her contributions to the university included making reagents preparations, presentations, research report writing, and evaluations.

“When I applied to study at SMU, I initially wanted to study medicine and my second choice was dentistry. However, I did not succeed and was accepted to study BSc. I was sceptical at first, but I must say while studying BSc I was drawn to Biochemistry. It reminded me of the hidden dream I had of working in a laboratory and eventually owning one. The course itself motivated me to study at the postgraduate level. While growing up, I dreamt of owning my lab and working in it, and had no idea what I needed to study to do such. My parents wanted me to be a doctor and I had my hidden dream. I must say this profession found me.

continues to page 36...

Someone may ask, how does forensic science align with biochemistry? Forensic science works on a principle that says, 'Every contact leaves a trace' which means whatever you touch you leave your DNA behind. This is where the science comes in. All the principles and techniques that are used in Biochemistry apply in DNA isolation," explained Ms Malatsi.

She is very passionate about her profession as it provides an opportunity to see the role science has in the justice system and partake in it. She expressed that to be able to assist families and individuals in receiving closure for themselves and their loved ones is what keeps them going as the forensic team. "I remember when I was doing my master's dissertation, especially the final year when I had to submit my work, I encountered a lot of challenges. I was working full-time and expecting my first child. There was a day I will never forget; I had just given birth and moved my six-week appointment so that I would come to campus and finish my dissertation. Prof Mogale sacrificed his time for me and Ms Mathe my then-supervisor looked after my baby in her office so that we could finish my work. I am forever grateful to them", said Malatsi.

During her postgraduate studies, Ms. Malatsi conducted research that was centered on exploring the anticancer activity exerted by medicinal plants. She emphasized that the current methods to treat cancer are known to cause several side effects and there is a need for alternative therapy. She mentioned that this was her motivation to do the study and was grateful to have been part of the team of students that took part when the Biochemistry department started the Cell culture lab.

Ms Malatsi is currently studying short courses with the National School of Government (NSG) as a supplement to her career which will enable her to explore senior management roles. Previously, she was an evidence recovery assistant trainer (coach) at the Institutional Development (Biology) based at the Council for Scientific and Industrial Research (CSIR) for the new intake of evidence recovery forensic analysts from August to September 2023. She completed the Nyukela Public Service SMS Pre-entry Programme at the NSG in February 2022 and the Evidence Recovery (TAS NO 3431) and Practical Forensic Light Source (TAS NO 3773) with the SAPS in March 2018. She obtained the Introduction to Biology section (TAS 3562) certificate from SAPS in October 2016 and completed Sample submissions training (TAS 3429) with SAPS in December 2016.



MBCHB Second Year I Lead Session

The School of Medicine successfully hosted the I LEAD session for Practice of Medicine (POME) MBCHB 2 students at Sefako Makgatho Health Sciences University (SMU). The I LEAD event was aimed at introducing Alumni of SMU to undergraduate students. SMU Alumni were the medical doctors who are already functioning within the leadership space. They were sharing their leadership journeys, including challenges and what it means to be an EFFECTIVE leader in healthcare.

continues to page 37...

The healthcare profession has a growing need for EFFECTIVE leaders in management that will continuously ensure that quality healthcare is not compromised in any way. Teaching and exposing medical students at an early stage of their careers to issues of leadership and collaboration, not only does it challenge them to start thinking outside the box but also teaches them the importance of what their leadership role is as managers and health advocates in a healthcare setting.

The POME 2 MBCHB curriculum has changed in 2023 because of the HPCSA 2020 accreditation visits recommendations. In the new POME 2, three Practitioner lecture series were introduced namely, Practitioner as a Person, Practitioner as a leader and Practitioner as a collaborator. Practitioner as a person focuses on medical students with the aim that students are to develop an understanding of themselves being medical students and future doctors, and develop the sensitivity for evaluating their health, and well-being and for seeking help when needed. There is a growing talk around ONE HEALTH and the importance of collaborating as healthcare practitioners with different stakeholders within the veterinary and environmental health systems all towards improving the coexistence relationship of humans, animals and the environmental impact on health. The success of quality and effective healthcare is interdependent on these sectors and understanding that collaboration with these industries is key to achieving the best outcome for patients.

The event was graced by the presence of the three guest speakers who are SMU alumni serving in the Private sector and the entrepreneurial space. They have a wealth of experience as some have collaborated with different stakeholders such as Government, United States Agency for International Development (USAID), and World Health Organisation (WHO). Dr Noyolo Ndamase is the Founding Director of Thahla Occuhealth. She is an Occupational medical practitioner and a Health Economist who has been in medical practice for 23 years with 19 years of experience in occupational health integrated risk management. and has extensive knowledge of issues around Occupational health.

Dr Vuyelwa Bha Ndumane-Tlakula is a Country Medical Director in South African Pfizer Laboratories who in her career has had numerous leadership roles within the healthcare sector, lastly Dr Tebogo Mphake, Chief Executive Officer (CEO) of Sakhiwo Health Solutions is an experienced executive with over 20 years of management and leadership experience, 15 years of which has been in the private healthcare industry, he has acquired experience

across a broad range of sectors in the industry, including public, private partnerships, managed care, private hospital and currently healthcare infrastructure development consulting.

The I LEAD session had four main objectives for the theme:

1st - Mentorship - learning from people that have walked the path is key as they may help you navigate the challenges better and also part knowledge with peers, not only does it nurture the relationships but also ensures that quality care is offered to patients. The importance of emotional intelligence is one of the key factors that promote effective leadership in healthcare.

2nd - Collaboration - the success of quality and effective healthcare is interdependent on other sectors and the importance of collaboration with these industries to achieve the best outcome for our patient care.

3rd - Mental health and self-awareness - taking care of self will ensure a better output and improved patient care.

4th - Challenging the status quo - the current demands of healthcare in Modern times are high. As a leader, there is an expectation that one must think out of the box to bring about effective solutions to the challenges in the healthcare space.

Dr Brenda Kubheka MBCHB POME 2 facilitators for the Practitioners, did a stellar job in ensuring that the panel interaction with the students was insightful and impactful as she was leading the discussions as a leader and an entrepreneur in the healthcare space.

As part of encouraging SMU students to become leaders during the session, student leaders were awarded leadership appreciation certificates. They were also encouraged to integrate opportunities and develop their leadership skills by connecting with leaders in the field and seeking out mentors who can help them create their pathway toward achieving their goals. They gained motivation from the leaders who were once in the same position as they are currently. They were able to ask very relevant questions relating to leadership and many of them had expressed that they seek mentors. They appreciated the importance of personal quality attributes as shared by our guest speakers such as self-belief, self-awareness and self-management and applying those in their day-to-day practices.

“It is very important to nurture students while they are still young in their careers and hopefully we can even introduce similar talks just before they exit the system towards their final year, this will be more impactful as they are about to start working in the public sector, with the hope that they

continues to page 38...



will start early to identify the system's challenges and find innovative and effective solutions, the focus of our medical schools should not be to produce Medical doctors, but Effective leaders who will make an impact locally and globally," says Dr Nokufa Mnguni MBCHB POME 2 Coordinator and the facilitator for the Bioethics at SMU.

"This was an eye opener for me, I saw that leaders in healthcare were once in my position as a student here at SMU, I got to understand what it takes to be an effective leader in Healthcare. It gave me hope that I can follow in their footsteps, moreover when there is also an opportunity for mentorship. I really want to be that leader that brings

about effective change in healthcare", says Shamaya Maphanga MBCHB student.

"Even the best leaders must consistently work to improve their leadership skills, which starts with assessing one's current abilities and acknowledging gaps or opportunities to improve. Students must think about their own professional goals and the skill sets they want to develop and grow, start seeking advice on who can help them achieve that goal, they must have a sense of what they want for themselves and then seek out or talk to others about how they can achieve that. When you lead, you must do it with the greatest humility", Dr Mnguni advised.



The Department of Prosthodontics hosts an Academic Exhibition for Second-Level Year Students

The Department of Prosthodontics hosted its first Prosthodontics I academic exhibition for its second-level year students on 18 October 2023 at the Oral Health Centre. This exhibition contributed to the students' assignment grading and served to measure students' comprehension of the academic material, to foster confidence and accountability.

Prosthodontics 1 Module coordinator, Dr. Zodwa Zwane explained that at the beginning of the year, students work in groups of not more than five to create a mind map that outlines the steps that patients in need of complete dentures must go through, from their first visit to their last. She said they are required to include and correlate the dental materials, instruments, clinical, and laboratory

continues to page 39...



stages in their mind map. “The purpose of this assignment, which is assigned before the content exposure, is to have students use other resources to supplement the information they learn in didactic lectures and technique sessions. This encourages inquiry-based learning,” said Dr Zwane.

The exhibition also served as a preparation for students for the Bachelor of Dental Surgery (BDS) III which is the next level of training where they will apply their knowledge from Prosthodontics I to actual patient treatment. Through this exhibition, BDS second-level students created awareness about various branches within the department as part of their curriculum. The exhibition was assessed by a judging panel which included the former Head of Department for Prosthodontics: Medunsa, Prof Rashid Essop, SMU's Prosthodontist Dr Kabini, who is also one of the BDS II Lecturers and two Grade II Dental Technologists Ms Beauty Msiza and Mr Godfrey Maguga.



At the end of the exhibition, awards were given to Group 1 for the first position under the category: best poster presentation, Phomolo Mahanyela won an award for Best Special Tray, and Audrey Lokale for best complete dentures. Obrigado Mphethi shared that he won an award for best leadership in his class and that his leadership skills proved him worthy of being a leader. “My classmates can attest to this because I had their support. They were there to push me to get where I am today as their leader,” expressed Mphethi.



Anatomy Day

Department of Anatomy & Histology



The 15th of October marks World Anatomy Day, this day honours the work of Andreas Vesalius, a Belgium physician and author from the 16th century, considered to be the founder of modern Human Anatomy. This year we celebrated the occasion on the 12th of October at the Civic Center in Eersterust, Pretoria East. The main purpose on the day was to celebrate the discipline of Anatomy and Anatomical advances in the medical field in addition to highlighting the importance of anatomy in the training of health sciences professionals.

We particularly thank Poort FM, 88.2, Blacq TV and SMU FM 97.1 for premarketing and advertising the event which was open to SMU students and staff members, Eersterust scholars (both primary and high school) and members of the local community.

The day's activities involved imparting information regarding the importance of anatomy as a foundation module for

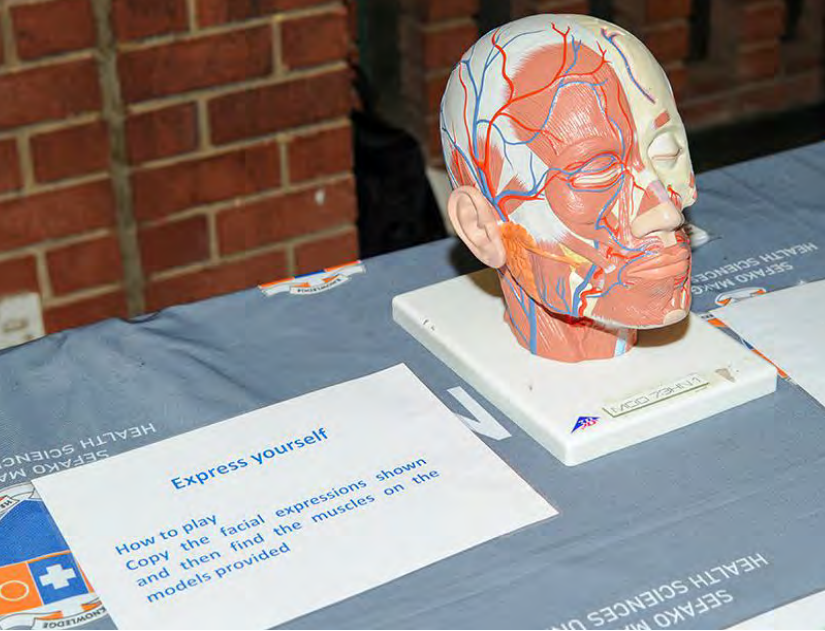
various health sciences degrees as well as the programmes offered at SMU. We were later joined by a guest speaker, Dr VL Makenna, a community leader whose medical practice is situated in the heart of Eersterust. Dr Makenna, well known in the community, addressed the attendees on issues affecting the youth, ways to overcome them and possible opportunities. Mr Richard Wang, the 3rd secretary of the Tawanese mission in South Africa was also present. Their donation was received through First Light Foundation as represented by the founding member, Ms Syndiah James who graciously donated disposable sanitary and hygiene products.

Part of the day included several educational games teaching the attendees some basic anatomy. These games included pin the organ, hop squash, build the model, what's inside the box (guess the organ) and express yourself. The most popular games were "build the model and pin the organ".

To build the organ, attendees played in pairs to place the heart, lungs, liver, kidneys and diaphragm in the correct position in the chest and abdomen. Pin the organ entailed attendees being blindfolded, with the task of placing the vital organs in the correct spot, on the image of the human torso, on the board. For all games, attendees were able to win various prizes. Additionally, there were educational talks on menstruation, in which sanitary packs were distributed to female attendees



continues to page 41...



Also involved in the day was Pick n Pay Eerustus, who generously donated refreshments and snacks for the day. As well as Primal Pictures and Milky Hallows who provided merchandise as part of the prizes.

Overall, the day was a huge success, thanks to the Anatomy Department's organising committee led by Dr S Govender-Davies, the sponsors and the community. We also thank Prof G.T Lebona for his role that involve among other things, mobilising the community and negotiating for the venue. The Department of Anatomy hopes that each year the day will grow bigger, spread awareness and show appreciation for Human Anatomy.

Thabang Sehata

is a data analyst
and developer
who is passionate
about numbers



Thabang was born in Bochum, Limpopo and did his primary schooling at John Molokomme primary school. After his grade 7, he left for Soshanguve where he did his grade 8 to 10 and proceeded to Soshanguve East Secondary School where he matriculated. He grew up staying with his sisters only while the parents were in Gauteng. He grew up as a naughty one and as a result, his school performance in earlier years was affected. His performance only picked up while in Grade 11 where he realized that he was good with Mathematics and Physical Science. Because of this, he even thought of becoming an actuarial scientist. His journey with SMU started in 2015 with him studying BSC in Mathematical Science and obtained it Cum Laude.

He furthered his studies with an Honours Degree in Statistics at SMU. "I am driven by my passion for numbers and believed that I needed to follow something I was fervent and good at. My life started at SMU, the university helped me

to find myself. I had a very great experience. I found the environment to be welcoming and friendly", he said.

Sehata engaged in a lot of extracurricular activities while studying at SMU. He joined student politics for the first time immediately after arrival and served as organizer and subsequently became Chairperson of the branch. He led 5B residence as Chairperson from 2016 until 2019. He also served in the student church choir and participated fully in the activities of his church while balancing with his academic work. He values all these moments because they afforded him an opportunity to serve others.

Two special moments stood out for him, the first was when he got an award for top performer in Mathematics in 2017 while in his final year and the second one was when he met his wife in 2018, they later got married before she could take her Oath.

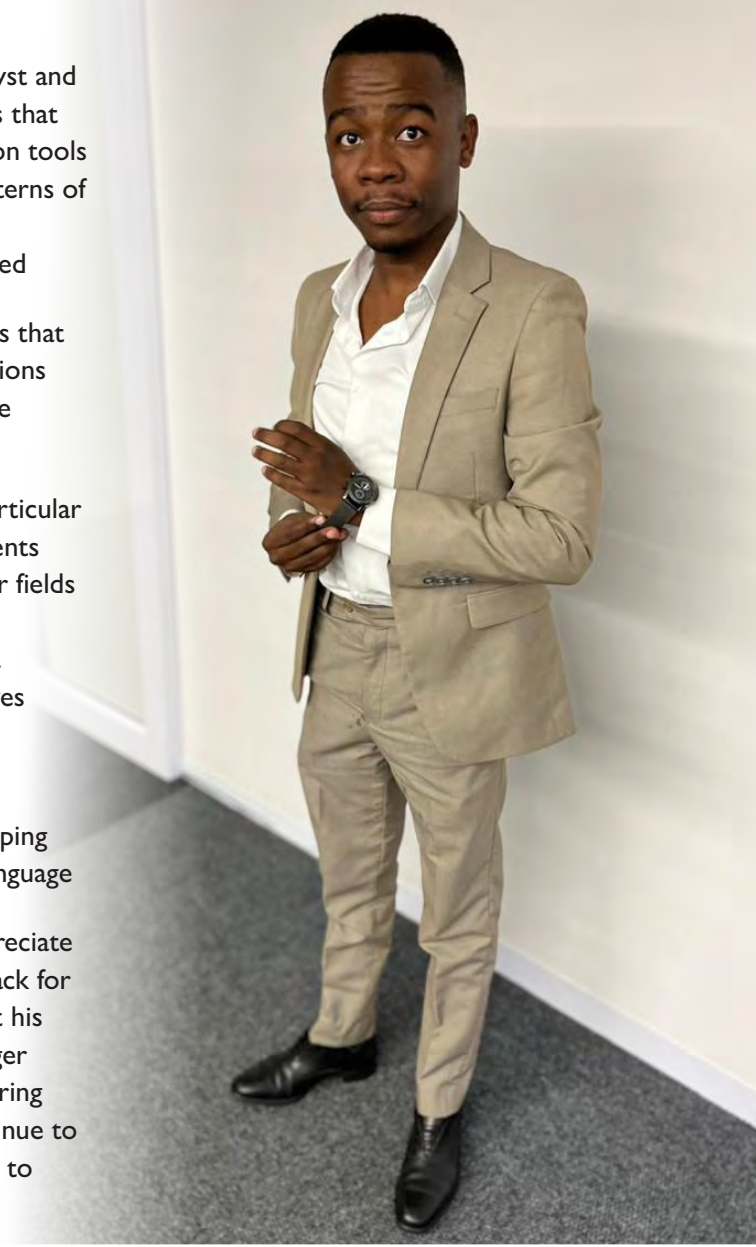
He is currently employed by Accounting giants BDO as a data analyst and developer following a stint at Mindworx consulting. Sehata explains that the work of a developer and analyst entail developing data collection tools for organization to enable them to understand the behavioural patterns of their clients. This includes developing applications and sites where important data can be visualized. Such data is used to make informed decisions.

With regard to what should be done differently at SMU, he believes that the University can improve in terms of digitizing most of its operations including at the residences as this will improve its efficiency and give everyone a different experience.

According to Sehata, the quality of education offered at SMU in particular in the mathematics stream is good. He however believes that students should be more exposed to programming languages related to their fields as industry requires that. He encourages the university to invest in programmes and tools such as Python and R programming for data science and analysis purposes for the benefit of students. He believes these short form part of the curriculum. He also believed that the University fully prepared him for the world of work.

He believes in giving back and assisting others as he is currently helping some SMU students at Honours level to teach them the Python language during his free time.

“I survived because of the kindness of others and continue to appreciate those who helped me. When I came to Gauteng my mother left back for Limpopo and remained with my father Dikatarata who was staying at his workplace. I often found myself alone during the week and a stranger took me as his own child and guided me throughout including securing space for me at SMU. To this day, I call the woman Mama and continue to spend time with her whenever possible. This is what motivates me to continue to be there for others as well”, concluded Sehata.



Tshepiso Letsholo – an Academic who is passionate about Sport

SMU Alumna and Physiotherapist lecturer Ms Tshepiso Letsholo grew up believing that she wanted to be a professional soccer player. After failing to fulfil her childhood dream, she conducted thorough research on professional sports-related careers and discovered that Physiotherapy offers a career



that will fulfil her wish of being in the health sciences and sports fraternity. She then decided to pursue a career in Physiotherapy, which eventually turned, into a passion. She is currently completing her last year in Master of Science - Sports Physiotherapy and Rehabilitation at Sefako Makgatho Health Sciences University (SMU).

“I have a keen interest in sports and biomechanics. I am a part-time lecturer at SMU and have worked with various sports teams. These teams include the Fidelity Titans Women's Cricket team, Botswana National Men's Cricket team and University Sport South Africa,” explains Tshepiso who credits her parents for influencing her to pursue an academic career.

Tshepiso said there is a set of skills, which she thinks are most important for a Physiotherapist to have a successful career. She mentioned a constant will to keep learning and taking part in continuous professional development, good communication and listening skills, ability to be patient, empathetic, understanding, and sound anatomical and physiological knowledge. Her skills secured her a role within the University Sport South Africa (USSA) to travel with the South African team to the World University Games, held in Chengdu, China. “It was a great honour to wear the South African colours and represent South Africa on an international stage. I am also currently the physiotherapist for the Fidelity Titans Women's Cricket team in their first year of professionalism at the provincial level”.

The hardworking, dedicated and talented Tshepiso fondly shares her timeline of milestones:

- **2016:** Qualified as a Physiotherapist.
- **2017:** Community Service Physiotherapist at Brits District Hospital.
- **2018 - 2021:** Worked as a Clinical Physiotherapist at Jubilee District Hospital.
- **2022:** Worked as a Clinical Physiotherapist at Bronkhorstspuit Hospital.
- **2022:** Enrolled for Master of Science in Sports Physiotherapy and Rehabilitation programme.
- **2022:** Appointed as the Physiotherapist at Botswana National Cricket team.
- **2022:** Appointed as the Physiotherapist at Casric Stars FC participate in the Motsepe Foundation Championship (National First Division) for the 2022/2023 season.
- **2023:** Appointed as a Part-Time Lecturer at SMU.
- **2023:** Appointed as the Physiotherapist at the University Sport South Africa (USSA).

- **2023:** Appointed as the Physiotherapist for Fidelity Titans, which is the women's representative cricket team for the Tshwane region.

She explained numerous things that she enjoyed as a student at SMU. However, what she enjoyed the most was the applied anatomy classes with Mrs. Kristen. She always looked forward to the classes and discussions, more especially specimen discussions. Being a part-time lecturer at SMU provides her with the opportunity to offer tutor sessions and mentorship to undergraduate students at the Sports Injury Rehabilitation Unit (SIRU), located at SMU Sports Complex. “I would join Dr Muhammad Dawood at SIRU and help the students with learning and treating sport-related injuries. The initiative also provides the opportunity to expose the students to Sports Physiotherapy,” she said.

Her achievements encompass being the top student achiever in MSc. Sports Physiotherapy and Rehabilitation 2022, Team South Africa achieved twenty medals at the World University Games, in Chengdu, China. Finishing 1st place in ACA Southern Africa T20 Qualifier 2023 with the Botswana Cricket Team, 3rd place finish in Motsepe Foundation Championship 2022/ 2023 with Casric Stars F.C and certificate of appreciation awarded to her by the Acting Chief Executive Officer, Jubilee District Hospital.

Her Continuous Professional Development entails training in various fields: National Department of Health COVID-19 vaccination for healthcare workers (15 - 29 January 2021), the Shoulder Physiotherapy rehabilitation. (16 March 2021), Workers' Rights in the era of COVID-19 and the workplace. (18 May 2021), Gauteng Management Development Committee (GPMD) lower back pain training (12 August 2022), and Sport taping and injuries (02 November 2022 and March 2023).

“My future career prospects are to become a full-time lecturer, work with the South African Women's National Cricket Team and a Women's India Premier League (IPL) team, Travel with the national team to the FIFA World Cup and/or the ICC Cricket World Cup and to pursue a PhD degree in Sports Physiotherapy (research in women's cricket),” she concludes.



SEFAKO MAKGATHO
HEALTH SCIENCES UNIVERSITY

SMU is officially on Tik Tok.

Follow us now
and let's have fun
while sharing
important
information.

https://www.tiktok.com/@smu_online

