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WHERE **HEALTH** IS
NOT JUST A WORD,
BUT A **PASSION!**

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departement voeding blink derde agtereenvolgende jaar uit op prysfunksie

Die van Schaik prys vir die beste student in die Skool vir Aanvullende Gesondheidsberoep word vir die derde agtereenvolgende jaar aan 'n student in die Departement Voeding en Dieetkunde toegeken.

Die ontvanger vanjaar is me. Annemie Cilliers.

Kriterium vir die toekenning van hierdie prys vir die beste finalejaarstudent in die Skool word gebaseer op die gemiddelde akademiese punt wat 'n student tydens die vier jaar van studie behaal het.

Vanjaar se Prysfunksie het op 26 April 2006 plaasgevind.

breakthrough study for research in free state

Why would seven cars filled with doctors, dietitians and dietetic students drive to Springfontein, Trompsburg and Philippolis for nine consecutive days? Sight seeing? Definitely not!

The real reason was to conduct a comprehensive research study in the rural areas of the Southern Free State. As a result of the Khula Xhariep Partnership (a partnership between the three towns, the public sector and the University of the Free State), the University has committed itself to initiating community service learning projects in the area. The Departments of Nutrition and Dietetics, Chemical Pathology, Basic Medical Sciences and Biostatistics joined forces to conduct the study, Assuring Health for All in the Free State (AHA)

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FS). The aim of the study was to determine the influence of rural lifestyles on the development of chronic diseases (such as obesity, diabetes and cardiovascular disease) as well as undernutrition and HIV/AIDS.

More than 500 households from these three towns participated in this study from 5 – 16 March 2007. Information on various nutritional and health aspects were gathered by completing a number of questionnaires in personal interviews with participants, taking blood and urine samples and performing a medical examination on each participant.

The study exposed participants to high quality health screening at no cost and the results will provide valuable information about the current health, disease and nutrition situation in these rural areas. The challenge faced by dietitians and other healthcare workers is to develop appropriate educational and health promoting programs that will assist in prevention of lifestyle diseases in these disadvantaged communities. The Department of Nutrition and Dietetics plans to implement beneficial strategies with lasting effects for these communities.



departement geneeskundige fisika maak sy merk

Mnr Johan van Staden van die Departement Geneeskundige Fisika is gedurende Februarie 2007 deur die Internasionale Atoomenergie Agentskap (IAEA) na Soedan genooi om met die opleiding van geneeskundige fisika studente in die meestersgraad-program van die plaaslike universiteit in Khartoum behulpzaam te wees.

Lesings en praktiese demonstrasies is aangebied in wat as 'n uiters suksesvolle missie bestempel kan word.

department significantly contributes to research

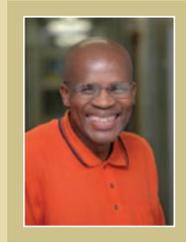
A recent study done by the department of Occupational Therapy at the University of the Free State investigated the spinal deviation of children in grade 5 and compared those who carry school bags with those who don't. The results showed postural deviation in children who carry bags, especially if they are not carrying them properly.

The study indicated deviation to the side and/or back of children's spines when carrying heavy school bags. Over time the deviation becomes evident even when the child is not carrying the case. Grade 11 learners had a higher level of spinal deviation than grade 5 learners.

The findings of the research was published in the leading American Science Magazine "Children's Health Care" as well as in the Rapport of 15 April 2007 and the Mail and Guardian.

personeel ontvang welverdiende langdienstoekennings

Drie personeellede van die Departement Basiese Mediese Wetenskappe spog met 25 jaar langdienstoekennings wat op 'n luiterryke geselligheid aan hulle oorhandig is.



Andries Pono
(Anatomie)



Willem Pretorius
(Anatomie)



Annette Viljoen
(Fisiologie)



expo oozes creativity

The first year medical student annual EXPO was held in the foyer of the Francois Retief building on 12 April 2007.

This followed a visit to Commtech School on 8 March 2007 where discussions were held with grade 11 Maths and Science learners. Various topics were identified during these discussions, while brochures highlighted the identified topics.

The aim of the EXPO was to highlight Community Service Learning through community involvement, whilst creating a learning opportunity for students.

Presentations were of outstanding quality with creativity oozing from well researched exhibits.

suksesvolle simposium gehou

Die Departement Obstetrie en Ginekologie het gedurende April 2007 'n interessante simposium in Etiese Dilemmas in Obstetrie en Ginekologie aangebied.

Die algemene beginsels van Mediese Etiek, Mediese Reg en Etiek, asook etiese probleme binne verskillende fasette van die dissipline Obstetrie en Ginekologie is bespreek.

Die etiek rondom HIV infeksie, terminale pasiënte en geloof is ook bespreek.

Verskeie sprekers binne die department, asook genooide sprekers van ander dissiplines het aan die simposium deelgeneem.

students reach out to community

A group of third year medical students have been working at Heide primary school in Heidedal as part of the school's Elanja initiative.

The Elanja Children's Initiative was founded in 1999 by a teacher, Elani v.d. Burgh, who taught in Heidedal and was moved by the hardship and turmoil the children had to face each day. A desire to help these children grew and hence the Elanja Children's Initiative was started. Elanja is a non-profit organisation working to meet the daily needs of 300 underprivileged coloured children in Heidedal, Bloemfontein. Elanja Children's Initiative is in essence a community development project which aims to create a better future for children orphaned by AIDS and those who are abused and neglected.

The project concentrates its efforts specifically on caring for the physical, emotional and spiritual needs of these

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children. The vision of Elanja is to create a better future for these children and to make a positive contribution in their lives.

Elanja's mission lies in working to meet the daily needs of all the children involved in the project and to let them know that there are people who care.

Services available to the children include pastoral counselling and social welfare support.

Elanja's focus is to care for the worthwhile but forgotten.

It is with this thought in mind that a third year medical student group became involved with the project. After completing a literature study and a comprehensive needs analysis, they decided to hold an information and fun day at the school for the children and parents.

The medical students also identified a need for further input from multi-professional team members at the school on a more permanent basis and are currently compiling submissions regarding the need for input from occupational therapy, physiotherapy and medical professionals.

uv buitelandse studente se eerste keuse vir prakties

Drie dieetkunde studente van die Universiteit van Sint-Lieven in België doen tans hul praktiese inwoning vir 'n tydperk van drie maande by die Departement Voeding en Dieetkunde aan die UV.

Die UV was al drie studente se eerste keuse vir inwoning en alhoewel die hitte hul aan die begin onder gekry het, is hul nou gek oor ons sonnige land en is glad nie haastig om terug te keer huis toe nie! Op die foto van links na regs is Ellen de Prins, Astrid Holderbeke en Pieter Bories.



I bosberaad nie net werk nie

Die Skool vir Geneeskunde se jaarlikse Bosberaad was weereens 'n groot sukses. Hoewel strategie, werkswyses, vooruitgang en allerhande akademiese sake van vroeg tot laat bespreek is, was daar darem ook tyd vir so 'n bietjie informeel verkeer...



I besoek nederland



Dr Santie van Vuuren; Hoof: Skool vir Aanvullende Gesondheidsberoepes, het die Hogeschool Zuyd asook Maastricht Universiteit in Nederland gedurende Maart 2007 besoek.

Beide hierdie besoeke het op uitnodiging plaasgevind met die doel om inligting in te samel vir 'n navorsingsprojek vir Arbeidsterapeute en die moontlike totstandbring van 'n vaardigheidssentrum vir Arbeidsterapeute aan die UV.

Dr van Vuuren het ook gedurende haar besoek 'n gaslesing oor gemeenskaps-arbeidsterapie gelewer.

I an indian extravaganza

Anyone who walked past the Department of Hematology and Cell Biology on March 23, 2007 would have thought that they had somehow been mysteriously transported to the Indian subcontinent.

The colorfully decorated tearoom, the sweet aroma of incense, the soft glow of lit lamps, the soothing melody of classical Indian music and of course, the glamorously dressed people all exuded an ambience so very characteristic of India. To complete the effect was a delicious blend of rice and spicy Indian vegetable curry, which left everyone craving for more.

The Department of Hematology and Cell Biology has decided to initiate an ethnic lunch to introduce people to the different cultures of members of the department by coming together and sharing a traditional meal. So, hop on board if you have never been to China because that is exactly where we are heading next time!



Coming soon...

11 and 18 May 2007

- Faculty of Health Open Day

25 – 28 June 2007

- Registrar Symposium and Surgical Research Society Congress

8 – 11 July 2007

- Nursing Odyssey International Conference

WHAT'S ON