

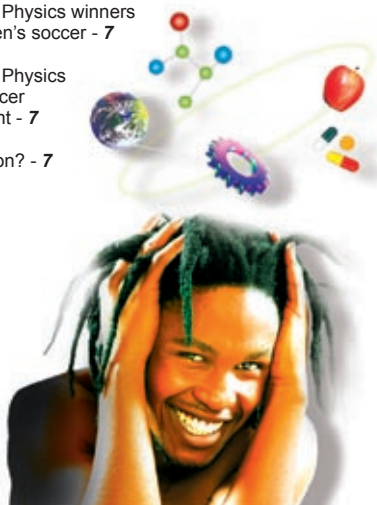
# HEALTHSciNEWS

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Nuusbrief van die Fakulteit Gesondheidswetenskappe  
Newsletter of the Faculty of Health Sciences • Tel: 051-405 3017 • Fax: 051-444 3103

## Inhoud • Contents

- Camera! Set! Action! - 1
- Head of Department wins prestigious award - 1
- Departementshoof ook UV se spandokter - 2
- Moeder- en Kindergesondheid - 2
- Radiology receives new mammography unit - 2
- 10 years of GSM research modules in School of Medicine - 2
- Department of Optometry maximises service delivery - 3
- UV-dokter op nasionale kongres vereer - 3
- The wheels of the bus - 4
- Research supervision empowerment - 4
- Jaarlikse rolstoel-"rally" groot pret! - 4
- Navorsing 'n saak van erns vir hierdie studente - 4
- Let's get together! - 5
- Staff member wins travel grant for educators - 5
- Fakulteit groet departementshoof - 5
- Prof wins Distinguished Woman Scientist award - 6
- Wheels of Hope Outreach Project - 6
- Navorsing 'n saak van erns vir hierdie studente- 6
- Medical Physics winners of women's soccer - 7
- Medical Physics and cancer treatment - 7
- What's on? - 7



## Camera! Set! Action!



**W**hat do you get when you squash a bunch of physio students into a 6x6m room with a projector and a screen? A sardine movie evening!

Tuesday nights are normally associated with a night at the movies. But on the 19th, no-one had to pay a dime to book their spot at the physio theatre. With the crunching sound of popcorn all around, a boring classroom was transformed into a room full of enjoyment.

Who knew going to class could be so much fun!

## Head of Department wins prestigious award

**T**he Sonia Martins Lopez International Award honours an outstanding individual from outside the USA for promoting sensory integration research and practice. This prestigious award was presented to **Mrs Annemarie van Jaarsveld** from the Department of Occupational Therapy at the University of the Free State by the Paediatric Therapy Network.



## Departementshoof ook UV se spandokter



**W**at 'n jaar vir die Shimlas en die mediese personeel agter die skerms! Hoewel die Shimlas nie die reeks gewen nie, het hulle vir heelwat opwinding gesorg – Dr Louis Holtzhausen, Departementshoof van Sportgeneeskunde, moes as spandokter behoorlik bontstaan.

Die Shimlas het uitstekende oorwinnings behaal oor die Tukkies en die Maties, maar 'n sege oor hul aartsvyand, die Pukke, was nie sonder drama nie. Tydens hierdie titaniëse stryd moes nie minder nie as vier van die Shimla-spelers tegelyk vir beserings behandel word!

Volgens Dr Holtzhausen, wat oor baie jare as spandokter by rugby betrokke is, was dit die heel eerste keer dat hierdie tipe insident hom voordoën.

### Moeder- en Kindergesondheid



**D**ie Moeder- en Kindergesondheid-taakspan wat gesamentlik deur die Departement Gesondheid van die Vrystaat en die UV op die been gebring is, het 'n verdere hupstoot ontvang met die aanstelling van Dr Matela as gemeenskapspediater. Sy het haar op 1 Januarie by Dr Schoon aangesluit, wat as gemeenskapsverloskundige en hoof van die taakspan aangestel is.

Hierdie eenheid, in samewerking met die Departement Obstetrie van die Fakulteit, het gedurende April 'n opleidingskursus aangebied. Die doel van hierdie kursus was om dokters en vroedvroue in die Vrystaat en Noord-kaap op te lei in obstetriese noodhantering, sowel as om dienste wyer as slegs die kraamafdeling van hospitale te bevorder.



### Radiology receives new mammography unit

**T**he Department of Radiology acquired a new mammography unit during January 2011. This unit is the second of its kind to be installed in South Africa. This system enables the Department to do revolutionary breast imaging.

In addition, the Department also obtained a biopsy table for biopsies as well as a biopsy device. These devices enable personnel to perform accurate and adequate biopsies while patients are comfortable, with pre-counselling available to ensure maximum peace of mind for patients.

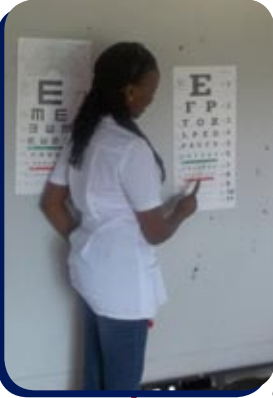
### Ten years of GSM research modules in School of Medicine

**I**n March 2011 the tenth year group of third-year medical students presented their research projects of the GSM modules. This year 34 research projects were presented. In the ten years of GSM projects, 313 projects have been completed under the supervision of 126 study leaders from 28 departments in the School of Medicine and in private practice. Thus far 39 of these projects have been published in accredited journals, and a further three are in press.

We would like to take this opportunity to thank all the study leaders for their valuable input and support over the years!



## Department of Optometry maximises service delivery



Since 2005 the Department of Optometry has embarked on community outreach services within the Free State and beyond its borders. These services of the fourth-year optometry students run in the first six months of the year.

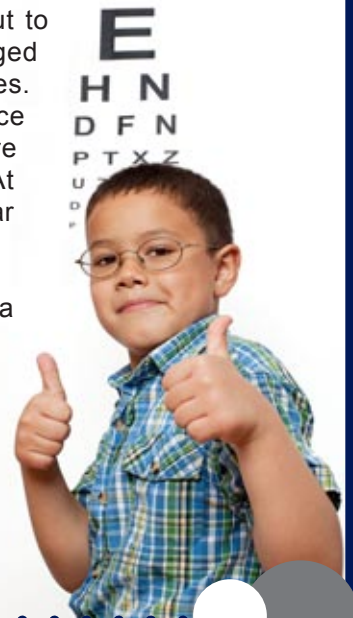
When the services first began, the following sites were visited: Kroonstad, Welkom, QwaQwa and the area that was selected by the Phelophepa Health Care train. It has now expanded to include the southern Free State.



The outreach service runs for two weeks in each month in the first semester. At these sites, students provide eye care services by conducting full eye examinations with their mobile equipment under full supervision by a qualified optometrist. Spectacles are provided to those in need and proper referrals are made for further investigation and management to National Hospital Optometry Clinic and Ophthalmology Clinic.

The purpose of this outreach programme is to reach out to those who are in need of eye care and are less privileged to access the health centres that offer eye care services. Public health eye care services in the periphery are scarce and by sending out our students to these areas, we are bringing eye care to the doorstep of those who need it. At these sites we treat and manage both visual and ocular health problems from mild to the severe cases.

More than just gaining the practical experience and a wealth of knowledge by being exposed to a multitude of conditions that may not be seen in our optometry clinic, this initiative further develops our students' life skills, where they learn how to work under difficult, non-conventional circumstances and it helps them appreciate what we have as they learn to carry out their responsibilities with compassion, empathy and humility.



## UV-dokter op Nasionale Kongres vereer

Die jaarlikse nasionale SEMDSA- (Society for Endocrinology, Metabolism and Diabetes of South Africa) kongres het gedurende April 2011 op die kampus van die UV plaasgevind. Hierdie kongres het in samewerking met DESSA (The Diabetes Education Society of South Africa) en LASSA (Lipid and Atherosclerosis Society of Southern Africa) plaasgevind.

Die kongres, wat deur Professor Jansen: Rektor van die UV, geopen is, is deur ongeveer 300 plaaslike sowel as internasionale besoekers bygewoon.

Ses internasionale sprekers het bygedra om 'n kongres van wêreld-gehalte te verseker.

Die jaarlikse SEMDSA-toekennings vir verskillende kategorieë in endokrinologie, metabolisme en diabetes mellitus is gedurende die kongres toegeken. Dr. Sanelle Bosch van die Departement Interne Geneeskunde aan die Fakulteit het die toekenning vir beste kliniese plakkaat ontvang.

Hierdie kongres het beslis bydra tot die beeld van uitnemendheid van die Fakulteit Gesondheidswetenskappe.

## The Wheels of the bus...



**T**he transport project has been launched! This exciting initiative of the Phase III Committee in the School of Medicine transported its first students on Monday, 11 April 2011.

The project originated and developed from a substantial need of some of our clinical medical students to commute effectively and economically between the five training hospitals in Bloemfontein. Various generous contributions from the private sector enabled the School of Medicine to pioneer this project.

Prof Jonathan Jansen (Rector), Prof Gert van Zyl (Dean) and Mr Mickey Gordon (Head: Corporate Relations, UFS) managed to secure two Toyota Quantum buses from the Netcare Private Hospital group. Corporate sponsorships were also obtained from PPS Insurance and Pfizer pharmaceuticals.

## Research supervision empowerment

A research workshop was presented to all students selected for the M.Soc.Sc. (Nursing) programme in the School of Nursing, as well as supervisors from the SoN. This was in response to recommendations regarding research and research output in the School of Nursing made by an external consultant, Dr Erik Hofstee in July 2010. The workshop was held on 19 and 20 January 2011 with the aim to introduce all new Masters' students to the research process and to the writing of a dissertation. The supervisors in the School of Nursing attended the workshop as part of the initiative to enhance the research culture and research supervision in the School. A total of 21 supervisors and 21 students attended. Students as well as staff said that the workshop was informative and that it was worth attending.

## Jaarlikse rolstoel-“rally” groot pret!



**D**ie jaarlikse rolstoel-“rally”, wat deur die Departement Arbeidsterapie in samewerking met KOVSGEM aangebied word, het op Saterdag 7 Mei 2011 plaasgevind. Hierdie jaar het die fokus van gemeenskapsbetrokkenheid na studentebetrokkenheid verskuif. Die “rally” is op die kampus van die Universiteit van die Vrystaat, voor die Hoofgebou op die Rooi Plein, gehou.

Die doel van die “rally” is die bevordering van die bewustmaking van persone in die gemeenskap met gestremdhede en dien ook as fondsinsameling. Alle opbrengste word aan 'n behoeftevolle instansie in Bloemfontein geskenk, wat in die behoeftes van persone in die gemeenskap met fisiese en psigiese gestremdhede voorsien.

All physios will agree that Physiotherapy is quite a hard course and that is why a simple “welcome-to-physio-handshake” will just never do! On 15 February 2011 everybody knew beforehand that the late afternoon physio classes would just never get going since it was time for the annual Physio Get-Together! All four year groups mingled about in the courtyard, enjoying a hotdog and a glass of punch.

The main attraction of the afternoon was of course the “welcoming” of the first-years by the fourth-years. Each first-year student received a “ma” and “pa” that had the honour to first dunk their faces in water and then baptise them with flour – a long-standing tradition!

In the end all the first-years really stood out from the crowd – and we got to know their floury faces.



## Staff member wins travel grant for educators

Elmine du Toit of the Department of Nutrition and Dietetics won the Novo Nordisk Travel Grant For Diabetes Educators. The prize was awarded during the SEMDSA (Society for Endocrinology, Metabolism and Diabetes of South Africa) congress dinner in Bloemfontein. Elmine helped organise the DESSA (Diabetes Education Society of South Africa) workshop that was held during the SEMDSA congress (9 – 11 April 2011).

The travel grant is awarded annually to a person who is significantly involved in the education of patients with diabetes mellitus. She co-developed the DESSA basic course for healthcare professionals (Section A) and was mainly responsible for the DESSA registered diabetes educator course (Section B) that was launched in April 2011. Since being launched in Bloemfontein in 2009, Section A has also been presented in other parts of South Africa. Section B will be presented from September 2011.

Elmine has also received a staff development grant from the National Research Foundation that she will use to improve her knowledge on diabetes.



Fakulteit groet departementshoof

Die Fakulteit Gesondheids-wetenskappe het tydens 'n uittreerede in die CR Swart Auditorium van Prof Hennie Cronjé afskeid geneem. Prof Cronjé was vir 26 jaar verbonde aan die Departement Obstetrie en Ginekologie aan die UV, waarvan hy 21 jaar departementshoof was.

Prof Cronjé se uittreerede, getiteld “Adieu”, was 'n kort oorsig oor sy akademiese loopbaan, wat verskeie hoogtepunte ingesluit het. Prof Cronjé sal veral onthou word vir sy bydrae tot navorsing op die gebied van Ginekologie en in die laaste aantal jare veral op die gebied van blaasprobleme by vroue.

Prof Cronjé sal deur sy kollegas sowel as die Kowsie-gemeenskap gemis word.

## Prof wins Distinguished Woman Scientist award



**P**rof Muriel Meiring of the Department of Haematology and Cell Biology of the Faculty of Health Sciences was nominated for the Distinguished Woman Scientist Award (Life Sciences). Prof Meiring was one of two scientists of the NHLS to receive the award, and was the only woman from the UFS.

Prof Meiring has established the Specialised Haemostasis Laboratory at the University of the Free State and Universitas Hospital, NHLS, as a reference centre for Von Willebrand Disease (VWD) in South Africa. Through Prof Meiring's collaboration with the Standardisation Committee for VWD of the International Society on Thrombosis and Haemostasis, the laboratory also enjoys international recognition as reference laboratory. She also collaborates with laboratories in Belgium, Hungary and Australia, not only on research regarding VWD, but also on the development of antithrombotic agents. She develops and tests antithrombotic agents that attracted the interest of international pharmaceutical companies. Her remarkable list of publications and congress presentations has won various awards at local and national congresses.

## Wheels of Hope Outreach Project

**I**nitiated by Prof Francis Smit, Head of the Department of Cardiothoracic Surgery at the University of the Free State, the Wheels of Hope Campaign is aimed at heart and lung disease of the adult paediatric populations of Central South Africa.

The project focuses on heart disease and the most important debilitating disease of the chest. "Projects like this never seat within one department, but is the result of co-operation between different role players. We are thankful for the support of Life Health Rosepark Hospital in Bloemfontein, John Williams Motors Bloemfontein and Barloworld, the Department of Health of the Free State and the Department of Paediatric Cardiology and other departments at the Medical School" says Smit.



Attending the launch of the project were from left:  
Prof. SC. Brown: Head of Department - Paediatric Cariology  
Prof. FE. Smit: Head of Department  
- Department of Cardiothoracic Surgery  
Mrs. E. Bezuidenhout: Manager - Life Health Rosepark  
Prof. G. van Zyl (dean): Faculty of Health Sciences



## Navorsing 'n saak van erns vir hierdie studente

Mediese studente Henk Kruger, Len de Kramer, Johnre Els en Health Marais was lede van die navorsingsgroep met die beste projekvoordrag in die GSM-modules vanjaar. Hul studieleier was dr. Andre Loubser van die Departement Chirurgie.



## Medical Physics and cancer treatment

The Department of Medical Physics had a very productive first quarter during 2011 - both in academics and service delivery.

Academically two research papers were published, one on statistical simulation (Monte Carlo modeling) of a linear accelerator and the second on the biological effects of radiation treatment in cancer patients.

With regards to service delivery, a new state-of-the-art hi-tech linear accelerator has been received.

This machine is in a class of its own since it can, amongst others, do true image guided radiation treatment. This exciting new treatment machine makes use of variable beam shapes and dose rates as it rotates around the patient while focused on the cancer during treatment.

To date this is the fastest radiation treatment technique available.

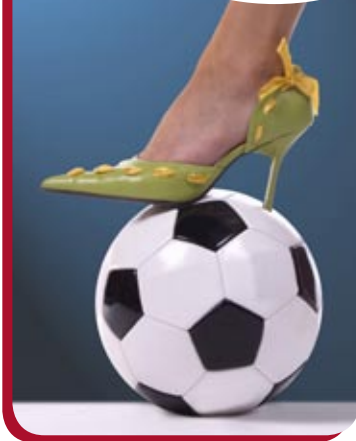
### Medical Physics winners of women's soccer



The Department of Medical Physics, entered men's and Women's teams in the UFS Wellness (6-a-side) Soccer Championships which were held on 20 May 2011.

Team members thoroughly enjoyed this team building event.

To all participants' delight, the women's team surprised all by winning the championship - giving a new meaning to the word success.



#### Junie

##### **3-5 Junie 2011**

EACTS/Hannes Meyer Symposium  
Kontak vir Tina Erasmus - 051 405 3861 vir meer inligting

##### **27 June 2011 - 02 July 2011**

Short Course in the Physics of Radiology

**Venue:** Dept. of Medical Physics, Francois Retief Building, Faculty of Health Science Sciences

**Presenters:** Prof C Herbst, Dr W Rae, and others for specific sessions.

**Cost:** R2000 for six days. This can be adjusted pro rata

**Final Registration:** Friday, 10 June 2011

#### July

##### **21 July**

Top 10 function for grade 10 Math's and Sciences achievers

#### August

##### **25-26 August 2011**

Faculty of Health Sciences/Astra Zeneca Faculty research Forum