

22 June 2012

## **PROGRESS REPORT: COMMUNITY ENGAGEMENT AND SERVICE LEARNING, FACULTY OF HEALTH SCIENCES**

This progress report includes reports from the three schools within the Faculty of Health Sciences, University of the Free State

### **SCHOOL OF NURSING**

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In October 2011 the School of Nursing had a stakeholder meeting with various partners in Heidedal. Possible involvement with the different partners were identified and coordinated with the existing service learning modules. The rationale was to have a bigger impact in one community. Implementation of service learning projects in the Heidedal community started in 2012 and a follow up meeting with all stakeholders is planned for the second semester.

During April 2012 staff of the School of Nursing took part in the nationwide (CHEER) research initiative within health sciences faculties. The CHEER group also accompanied the first year nursing students to Heidedal for their project implementation.

Various staff members attended conferences:

- Engaged Scholarship Workshop, Unisa, (Me D Coetzee)
- Community Campus Partnership for Health Conference, Houston. USA and networking at Appalachian State University, Boone, USA (Me I Seale)
- Congress: Gent (Me I Seale)
- Action Research for Community Engagement Workshop, UFS (Me I Seale & M Lesia)
- NRF research project feedback (focus on non-profit organisations) (Ielse Seale, Mandie Jacobs, Marie Prinsloo en Karen Venter)

Me Mari Prinsloo is currently busy with a Master study in Community Health. The results will be available at the end of 2012.

Progress of the service learning module activities is summarised below:

### **Community Health (GMP105)**

An assessment of children at the Reach community-based centre in Heidedal was done. One of the children with personal problems is currently assisted by a staff member. Focus groups with

the parents were conducted and data gathered from these discussions, regarding their experience of the pre-school intervention, will be analysed.

A need for training of the girls at Dr Blok High School's regarding STD's, contraception and other topics was identified. It was referred to the VRP224 module.

### **Nursing Education (OVP105)**

Four groups of students completed their educational situation (needs) analysis at Reach, New Horizons and two Child Welfare safety houses. Implementation of "Health Care Worker" training will take place in the second semester.

New Horizons is currently going through a financial challenge. Students and staff involved with them assisted with advice and accompanied them to the Department of Health to help sort out their funds. The situation is still not sorted out but will be followed up by the staff involved in the module.

### **Nursing Practical (VRP114/VRP124)**

Students completed a community survey in the Heidedal community. The surveys were presented and video recordings were made. The implementation took place at the Heide School in Heidedal and the community was invited.

### **Nursing Practical (VRP224)**

Implementation of the patient-teaching tool will take place in the second semester. Presentations will be held in the community.

### **Nursing Practical (VRP324)**

Implementation of the wound care projects will take place in the second semester. The Wound care students visited children with bedsores at Tswelang in order to identify patients that can be used in their case studies during the second semester.

### **Midwifery Practical (VRP404)**

Home visits are done throughout the year where mothers are discharged 6 hours post birth. Students visit Heidedal clinic, MUCPP and National and Pelonomi hospitals to identify the mothers to be visited. Half of the student group completed their home visit placement in Heidedal and the broader Bloemfontein and Mangaung area.

Two new service learning modules are planned to be piloted in 2013 (.Psychiatric Nursing in the undergraduate programme and Advanced Child Health Nursing)

## SCHOOL OF MEDICINE

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### Module MEC153: The Doctor and the Environment

- The objective is to inform service providers on the health care services utilisation of the community and the satisfaction with the services.
- The MEC 153 activities have all been finalised.
- MBChB I–2012 students went on a Mangaung Mapping tour on the 2nd of February 2012.
- During the mapping tour students were exposed to the different health care facilities in the referral system in Mangaung and Bloemfontein and briefed on the existing services, institutions and infrastructure of Mangaung.
- The MBChB I–2012 students went on 7 clinic group visits on 8&9 February 2012, 15 February 2012, 21&22 February 2012, 29 February 2012, 14 March 2012.
- During the clinic visits students completed questionnaires with community members at MUCPP, Kagisanong, Poli-Heide and National Hospital clinics.
- The students were addressed by the community members on the needs and services available in the community.

### Module MED 153: Concepts of Health and Disease

- The objective is to expose the learner to the basic insight of disease and illness, as well as some of the different factors which influence the health and well-being of the individual, but in particular the health and well-being of the community.
- The MED 153 activities have all been finalised.
- The MBChB I 2012 students went to Dr Blok Senior Secondary School for their school visit/workshop on 20 February 2012.
- This visit helped the students to make a need analysis of topics that need to be used for their Health EXPO.
- The EXPO took place on 12 April 2012 in the foyer of the Francois Retief Building and there were a lot of people that came to the Expo and it was a huge success.
- We are currently doing the payments of the EXPO winners, etc.

### Module MEX 354: Health and disease in Populations

- The objective is to train medical students who will be equipped with skills, knowledge and attitudes to be competent to respond appropriately to the health needs of the people whom they will serve one day as doctors.
- The MEX 354 activities have all been finalised.
- Students had their project presentations done on 17&19 April 2012.
- It was a huge success and inspirations to see what they have accomplished during their time spend at their different NGO's.
- We have received a lot of grateful letters from the NGO's involved.
- We are currently busy with the payments of the presentation winners as well as the negotiations with our 2012 NGO's.

The NGO's involved for 2012 was:

- Elanja (Olympia Primary School)
- ATKV Abbasorg Crèche
- Mooihawe Old Age Home

- Omega Bloemspruit
  - Beyang Bana Pele Crèche
  - New Horizon Support Group
  - Omega Old Age Home Heidedal
  - REACH
  - Tshepo Foundation
  - Emelia (Day Care Centre for children with Multiple disabilities)
  - Bokang Edu Pre-School
  - Bloemshelter for women
  - Blessed Africa
  - Bloemshelter for men
  - Wisdom Pre-school
  - Age In Action (Tlhokomelong)
- The 25<sup>th</sup> of July we have a session scheduled with our 2013 MEX 354 students to highlight the main points involved in their community projects for 2013.
  - We are looking forward to our 2013 community service learning projects.

## **SCHOOL FOR ALLIED HEALTH PROFESSIONS**

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<b>Department of Physiotherapy</b>
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### **FST409**

#### **Tswelang Special School**

We are expanding our services at Tswelang Special school. The students are now involved in the sport activities of learners (wheelchair tennis, wheelchair basketball, table tennis, Bocchia). Learners are involved with the seating and seating adjustments of learners in wheelchairs. Learners receive individual as well as group treatments. Students work as part of the interdisciplinary team at the school.

#### **MUCPP**

Individual and group treatments are presented at MUCPP and there will be a pre graduate study conducted on musculoskeletal pain and chronic diseases of lifestyle at MUCPP in 2013. The protocol for this study will be handed in to the Ethics committee later this year.

#### **Khula Xhariep Project**

We conducted a pre graduate study in Trompsburg earlier this year. The research results will be presented at the student's project day on the 8<sup>th</sup> of August 2012.

### **FST309**

#### **Jean Webber**

Our brand new treatment room is up and running. Residents receive physiotherapy treatment and information groups are presented to care workers. Residents and care workers get the

opportunity to share their challenges and experiences. Both residents and care workers are very positive about the physiotherapy services at Jean Webber.

### **Mooihawe**

We have a new treatment area at Mooihawe, which will enhance our service at Mooihawe. Students started walking groups for both the active elderly and the elderly with walking frames (and even a wheelchair). Exercise groups and information sessions are presented to the elderly.

### **Boikhuco**

Daily exercise groups are being presented at Boikhuco for both the active elderly and the frail elderly residents. Individual treatments are given to residents needing treatment. We are currently looking into the possibility of becoming more involved in Boikhuco's staff development/health programme.

### **Fichardtpark**

Our students currently only work at Fichardtpark old age home on Friday mornings. The need for physiotherapy services is very clear and we are looking into the possibility of increasing our visits to Fichardtpark. Walking groups are presented at Fichardtpark and group as well as individual treatments are done.

## **Department of Nutrition and Dietetics**

### **Dietetic Service Learning – Southern Free-State (Xhariep District)**

Health talks to Diabetic and Hypertension support groups:

- Edenburg (Nelson Mandela Clinic)
- Reddersburg (Phekolong Clinic)
- Springfontein (Sehularo Tau Clinic)
- Health talks to Ante-natal support groups:
- Philippolis (Philippolis Clinic)
- Springfontein (Sehularo Tau Clinic)

Health days:

- Fauresmith: MEC Budget Speech health day
- Trompsburg: Health day on Vlakfontein Farm
- Support with PCV and Vitamin A campaign:
- Philippolis: Ipopeng Crèche, Wielie Walie Crèche
- Trompsburg: Haas Das Crèche
- Edenburg: Various crèches

Health talks at schools:

- Philippolis: Wielie Walie Crèche
- Edenburg: Edenhoogte Primary school, Edenburg Combined school
- Trompsburg: Noordmansville Primary School

Health talks/events at Old –Age Homes:

- Trompsburg: Old Age group (Luncheon Club)
- Springfontein: Luncheon Club

Vegetable garden monitoring:

- Philippolis: Bergmanshoogte and Poding Tse Rolo community

Foodservice training and monitoring:

- Smithfield: Foodservice training for kitchen personnel at Stoffel Coetzee Hospital
- Trompsburg: Foodservice training for kitchen personnel at Trompsburg Old Age Home

School health with nursing personnel, occupational therapist, physiotherapist & dentist

- Edenburg: Edenburg Combined and Edenhoogte School

Training at Primary Health Care Clinics:

- Springfontein (Sehularo Tau Clinic)
- Edenburg (Nelson Mandela Clinic)

### **Nutrition Intervention programme – Mangaung (Bloemfontein)**

The programme is executed in the Chris Hani suburb and MUCPP clinic (Phelindaba).

The intervention programme is based on nutrition surveillance, nutrition education and nutrition supplementation.

The project consists of a:

- Community-based programme; and
- Health facility-based programme

#### **Community-based programme**

This part of the project is implemented by means of house visits. All households are visited individually to do surveillance of the health and nutritional status as well as the financial and social status. Appropriate actions are taken to address the specific individual/household's needs. Education, growth monitoring, food supplementation or referral to a health facility is done.

Students also do growth monitoring at clinics, schools and crèches

As part of the Integrated Nutrition programme the Free State department of Health donated a vehicle for the implementation of this project. The vehicle is equipped with education material, anthropometric equipment, vegetable seed and nutrition supplements.

#### **Health Facility-based programme**

This part of the programme is executed at MUCPP clinic.

Patients from the Nutrition Centre are monitored and treated.

Patients/clients are counselled individually as well as in groups. Nursing staff is assisted with executing growth monitoring and the Nutrition supplementation programme of the DOH

Students contribute to the education programme by giving health talks (nutrition focused) at health centres and clinics The education programme is accentuated during national health weeks (eg. breastfeeding week)

Every student resides for two weeks (20 hours per week).

The success of the project is apparent in:

- The number of vegetable gardens;
- The dissemination of basic nutritional knowledge;
- The improvement of the nutritional status of malnourished people; changes in clinical signs and anthropometry of the severe cases can be observed;
- Attendance to clinics have improved (about 70% of patients attending the nutrition centre at MUCPP were referred from the relevant community) ;
- Social problems and associated hunger were addressed with the assistance of the CHW's and Social Welfare officials (as a result of our referrals);
- Interdisciplinary referrals resulted in an increase in patients consulted and treated by Occupational and Physiotherapists, Dentist, Psychologist.