

NELSON MANDELA UNIVERSITY

Message from Head of Department



A great deal of activity, on top of the normal academic programme, has been happening in the Pharmacy Department during Semester One. We hope you will enjoy sharing some of the reflections of the staff and students on the varied activities.

After the turbulent end to 2016 the Department felt that a team development workshop with each year of the programmes would be a worthwhile initiative. It would seem from student feedback that the workshops achieved their aim and were additionally a great fun – filled experience for the students.

In addition to fun-filled activities we also spent time recognising excellence amongst the high academic achievers in the respective programmes in the Department. Achievement of all graduates was also celebrated with graduation linked functions.

Sharing the activities of the Department with our stakeholders and colleagues is an important activity in the Department. We would welcome your thoughts or input so that we can improve future Newsletters. Please provide feedback to Pharmacy@Mandela.ac.za

All the best and may the 1st of September be a truly sunny spring day . . .

Prof Shirley-Anne Boschmans

Pharmacy Staff excel with two more Doctorates



Dr Jane McCartney (left) and Dr NomaChina Kubashe (right)

At the autumn Graduation Ceremony, two staff members of the Pharmacy Department were awarded their doctorates.

Dr Jane McCartney —

PhD thesis entitled: " Experiential learning in an undergraduate BPharm programme: impact of an intervention on academic achievement"

and Dr NomaChina Kubashe —
PhD thesis entitled: "The influence of corporatization on the professional identity of community pharmacists."

Congratulations !

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Pharmacy Department keeping active ...

The Pharmacy Department has recently been participating in the Town Lodge Business Night Relay.

The event is hosted at the Nelson Mandela Bay Stadium, and takes place every year, on the last Tuesday night of May, June, July and August. Teams must consist of five runners, or of three walkers. During the race each team member will take a turn to run or walk the 3.5km circuit which takes them around the grounds of the stadium, as well as inside the stadium itself. In the May and June events the department entered one walking team and two running teams. The walking team consisted of Dr NomaChina Kubashe, Dr Ntokozo Dambuza and Mrs Phumeza Tsewu who performed excellently and came fourth in the walking division. The running teams included postgraduate students Miss Amber Cheng and Miss Nancy Sarpong, academic staff Mrs Doina Naude, Miss Celeste Naude, Mr Greg Purcell and Miss Monique Klitsie, as well as some non-departmental participants to round out team numbers. There is an exciting competitive atmosphere at these events, with a prize-giving and lucky draw taking place inside the stadium at the end of the evening. These events represent a fantastic opportunity for the pharmacy staff to put the name of the department out there, as well as to have some good, healthy fun.



Congratulations to Miss Yasmine Khan, on receiving the First Degree Award for top graduate in the Faculty of Health Sciences for Bachelor of Pharmacy.



Congratulations!

A very well earned and deserved honour !



Meet the new members of staff



Dr Ntokozo Shirley Dambuza

I was born here in Port Elizabeth but grew up in Alice, where I attended primary school. I went to St Mathews Girls High School and matriculated there. I did my undergraduate studies, Hons and MSc here at UPE/NMMU, majoring in Biochemistry. My MSc Project was on isolation of biologically active compounds from *Sutherlandia frutescence* extracts.

I worked for 1 year in Kings College Hospital pathology/clinical biochem lab in London as a research assistant. I returned to South Africa and worked at the UCT division of clinical pharmacology Malaria unit as a lab technician. I registered for my PhD at the same department and my study focused on in vivo pharmacokinetics/pharmacodynamics study on new potential antimalarial compounds. I did an internship at Novartis Pharma in Switzerland and my project was on formulation development of 2 antimalarial drugs that are now on clinical trials.

Colleen Lourens — After graduating in 2001, I began my role as a pharmacist and experienced work life in a good few sectors in the field of pharmacy. I found in each, that there was something I valued and something I learnt, but nothing quite compares to the feeling of sitting in an office, in my old building 12, surrounded by familiar faces and the fresh smell of the ocean. It feels like home! I will be taking over from Anu. I'm looking forward to my new role as curriculum developer in the Kheth'Impilo position.

Colleen Lourens (right)

Achievements ...



Prof. Ilse Truter (left) and Lauren Campbell (right) attended the 2017 PainSA Congress at Century City Conference Centre, Cape Town from 12 to 14 May 2017. Ilse Truter presented a paper on meprobamate-containing combination analgesics and Lauren Campbell presented a poster entitled: **“Knowledge, Attitudes and Perceptions of Ketamine use by Medical Practitioners”** (Authors: Lauren Campbell, Kirti Salaye, Ilse Truter & Christoffel Grobler). The poster was based on a BPharm 4 research project in 2016.

The poster was awarded the Best Poster Prize at the conference..



*Welcome
to the
Pharmacy
Department*

Team engagement and Student development



The Pharmacy Department has a vision for high levels of team engagement and student development. Therefore, over four days during the month of March 2017 the team engagement and student development events were planned and presented by Dynamic Vision.



The events were designed to facilitate group work and collaborative learning which is an important aspect for the Higher Certificate, Advanced Certificate and BPharm curriculum.



The events provided a balance between physical fun activities and mental work with goal outcome presentations where all work was recorded in order to pursue the goals which students set out.

Student comments:

"The activities we had to do made us brainstorm together as a team and look for ways to overcome barriers."

"By the end of the day we realised that it's not about what you think is best for the team, but about what the team decides after having discussions and working together towards the same goal."

Team engagement and Student development — student feedback

The excitement started when we were informed that a fun-filled day was awaiting us. We were all wondering what could be so important that a whole day was set aside and we had no lectures. We were not disappointed, we had a wonderful learning experience.



From the moment we arrived, Mr T and his team welcomed us warmly. We were still wary of what our fate was for the day ahead, especially when we were divided into groups based on the colour of the bandanas we were issued at registration.

In our groups, we were seated with classmates with whom we seldom or never interacted previously, so we were both nervous and filled with anticipation. Mr T, our pilot, plotted our course for the day's proceedings by explaining what we would be doing. He introduced us to the unique concept of "Shake-it-off" - which means that when you are feeling tired, bored or unenthusiastic, you have to "shake off" the feeling and revitalize yourself and partake in events.



Each group had to develop a group name which was funny and "catchy", a war cry and a statement of three values. The values were based on what group members thought were essential elements for successful group work. We enacted the war cry and values to the whole class which was fun. This was a wonderful ice-breaker and quickly we were relaxed.

The activities of the remainder of the day included presentations and discussions encouraging us to do goal-setting for our lives and careers; mechanisms on how to reach those goals; time management tools; and information on how to remain motivated during our studies. The games we played reinforced the importance of teamwork, having fun, learning patience within a group and how to accommodate all members including those with different challenges.



This was a wonderful opportunity to get to know and interact with class mates, learn the significance of how group work can be used to overcome obstacles, the necessity of communication and the values and characteristics needed in the workplace. The timing of the team building was perfect as we all needed a diversion from the tests, practicals and assignments. We had fun with Mr T and his team, who were entertaining and motivational, we have built new, exciting friendships within the class. The day exceeded all expectations and the entire class is definitely motivated and looking forward to future events. A huge thank you to the Pharmacy Department for allowing us this opportunity for growth and development.— **Nadine Williams, Aphiwe Tonts, Luxolo Ngumbela and Ashrolene Thys (students)**



A few words from foreign exchange students



This is Minh Thu Tran and Aabha Patel and we visited Port Elizabeth, SA for one of our Advanced Pharmacy Practice Experience (APPE) rotation. We are both 4th year pharmacy students from Marshall University School of Pharmacy, which is located in Huntington, West Virginia.

We originally decided to travel here after hearing what a great experience the students had from the previous year. They said they learned so much about infectious diseases like HIV and multi-drug resistant tuberculosis. Since these diseases are not as prevalent in the US, we thought that it will be a great opportunity for us to learn about them in depth and how it is managed practically in different environment. This is one very unique rotation compared to the others we are required to complete once we return to the states.

All of the coordinators and students had been absolutely wonderful since our arrival and the program gave us an exposure to variety settings of pharmacy practice. This includes public and private hospitals, a primary health clinic pharmacy, community pharmacy, as well observation of a mobile health clinic. In two weeks, we completed rotations at two different public hospitals, Livingstone and Provincial. It was quite unsettling to see so many patients gathered in a ward where there was absolutely no privacy of personal health information. The standard equipment that we often used to monitor patients' vitals is scarce and only seen in the intensive care unit or at private hospitals. The thing that set us back in time and also the most challenging part of our rotation are the paper charts. Reading so many handwritten notes and learning new abbreviations were an adjustment. However, we have personally seen pharmacy students collaborating with doctors and making medication recommendations to improve healthcare for their patients which is a huge deal and it shows how even pharmacy students are actively making a difference in the community. During our rotations, we were asked many times about how different the environment of hospitals are compared to the ones in the US. Some things are managed differently, but at the end we all strive towards one goal only and that is to provide a better health care to our patients.

This has been an eye-opening experience for both of us, and it has made us more appreciative of the technology we have back home. We are looking forward as we journey through the other pharmacy settings as well as getting into some touristy fun at the end of our rotations. We are very grateful to have this affiliation with the Nelson Mandela University and giving us this opportunity to study abroad in South Africa.

Sincerely, Minh Thu T. Tran & Aabha Patel





Visit by HIV Specialist Pharmacist from the UK.

My name is Collette Brydon and I am a specialist HIV pharmacist from the United Kingdom. I work for a hospital in London which has the largest HIV treatment centre in western Europe.

We treat over 8000 HIV positive patients a year at several sites. This number is considered tiny when compared to the numbers of HIV positive people cared for in South Africa. The U.K. has a relatively small HIV epidemic, with an estimated 101,200 people living with HIV in 2015. In 2015 it was estimated that 7 million people are living with HIV in South Africa and as a consequence of this South Africa now runs the largest public anti-retroviral treatment programme in the world.

Adherence to anti-retroviral treatment (ART) is crucial to prevent treatment failure and drug resistance. Non-adherence to ART can result in poor clinical outcomes for the patient and even death. It increases healthcare costs and has wide social implications. Following the extensive roll out of ART treatment in South Africa over recent years there has been a decline in the number of HIV positive people remaining on treatment. This is the major reason why more healthcare professionals should be involved in supporting adherence to ART.

I am working as a volunteer with the Pharmacy Department to develop a short learning programme (SLP) for practicing pharmacy support personnel working in public sector healthcare in South Africa. This project is sponsored by the American International Health Alliance who have worked with the Pharmacy Department on previous projects. The aim of the SLP is to educate pharmacy support personnel on anti-retroviral therapy and the importance of adherence and to empower them to promote adherence in their practice.

I have spent a month in the Eastern Cape visiting healthcare sites and meeting different healthcare professionals. The aim was to gain an overview of the healthcare systems, assess the scope for pharmacy assistants to help with ART adherence and establish the adherence support mechanisms already in place. Upon my return to the U.K. I will develop the SLP which will then be delivered as a day long workshop to the Pharmacy support personnel and in future will be offered as an e-learning package.

Dr Jane McCartney (continue from page 1.)



Dr J McCartney and Prof S-A Boschmans

"An opportunity to join the NMMU-SanTrust PhD Development programme in 2013, found me starting on a journey that culminated in my graduation on 11th April 2017. I am eternally grateful to my supervisor and Head of Department, Prof Shirley-Anne Boschmans for her unwavering support and guidance, as well as NMMU's Research Office for their commitment to providing support for NMMU staff registered for postgraduate degrees studies. My PhD thesis was entitled "Experiential learning in an undergraduate BPharm programme: impact of an intervention on academic achievement", and the research would not have been possible without the enthusiastic cooperation of the final year BPharm students of 2013, 2014 and 2015, who accompanied me on this journey",
Jane.



(post-basic) working for the Eden District Department of Health in clinics and hospitals, successfully completed the programme during 2016. These students were required to complete the same module content and examinations as the full-time programme and should, therefore, be commended in that they were able to do this successfully while working full-time. Many of the students have also never completed a course through a university, making the achievement extra special. Prof Boschmans encouraged the assistants to continue working hard and uplift the profession by continuing their professional development.

The first group of students who successfully completed the short – learning programme "Managing a Primary Health Care Dispensary" received

their certificates of completion at a small celebration in April. The ceremony was held at the George campus on the 1st April 2017. Twelve pharmacist's assistants



Celebrating the 2016 Graduating Class of Pharmacy Technicians



The month of April marked another season of graduations for Nelson Mandela University. It also marked the graduation of the Pharmacy Technician Class of 2016.

The ceremony was held on the morning of 13 April 2017 at the university Vodacom Sports Centre. The graduation was followed by a luncheon and awards ceremony to congratulate both the graduates and the Top Academic Achievers (see photo on the left - from left to right) : Verenique Lane, Adri Vosloo (Top 1st year PT students), Stephen Kirton and Kaylin Jordan (Top final year PT students)

The luncheon was hosted at the Pine Lodge and Conference Centre, attended by both the Pharmacy Department staff and (the now qualified) Pharmacy Technicians. It was a chance for the staff and graduates to relax and regroup having last interacted the previous year. Certificates for Academic merits were handed out to the top three students in the Certificate programme and the Higher Certificate programme for 2016. Advance

All who were in attendance enjoyed the time out to catch up with peers, engage about life after studies and most importantly enjoy their graduation day before setting off the working world of pharmacy.

PT GRADUATES



BPharm Graduation 2016 : Pharmacy Oath and Awards Ceremony

The Pharmacy Oath and Award ceremony is an annual function hosted by the Pharmacy Department. The function was held on the evening of 11 May 2017 and this special occasion forms part of the graduation of the BPharm class (2016) and celebrates the top achievers, by presenting them with their respective awards. Most importantly the ceremony is an occasion where the graduates pledge the Pharmacist's Oath in the presence of family, peers and future colleagues.



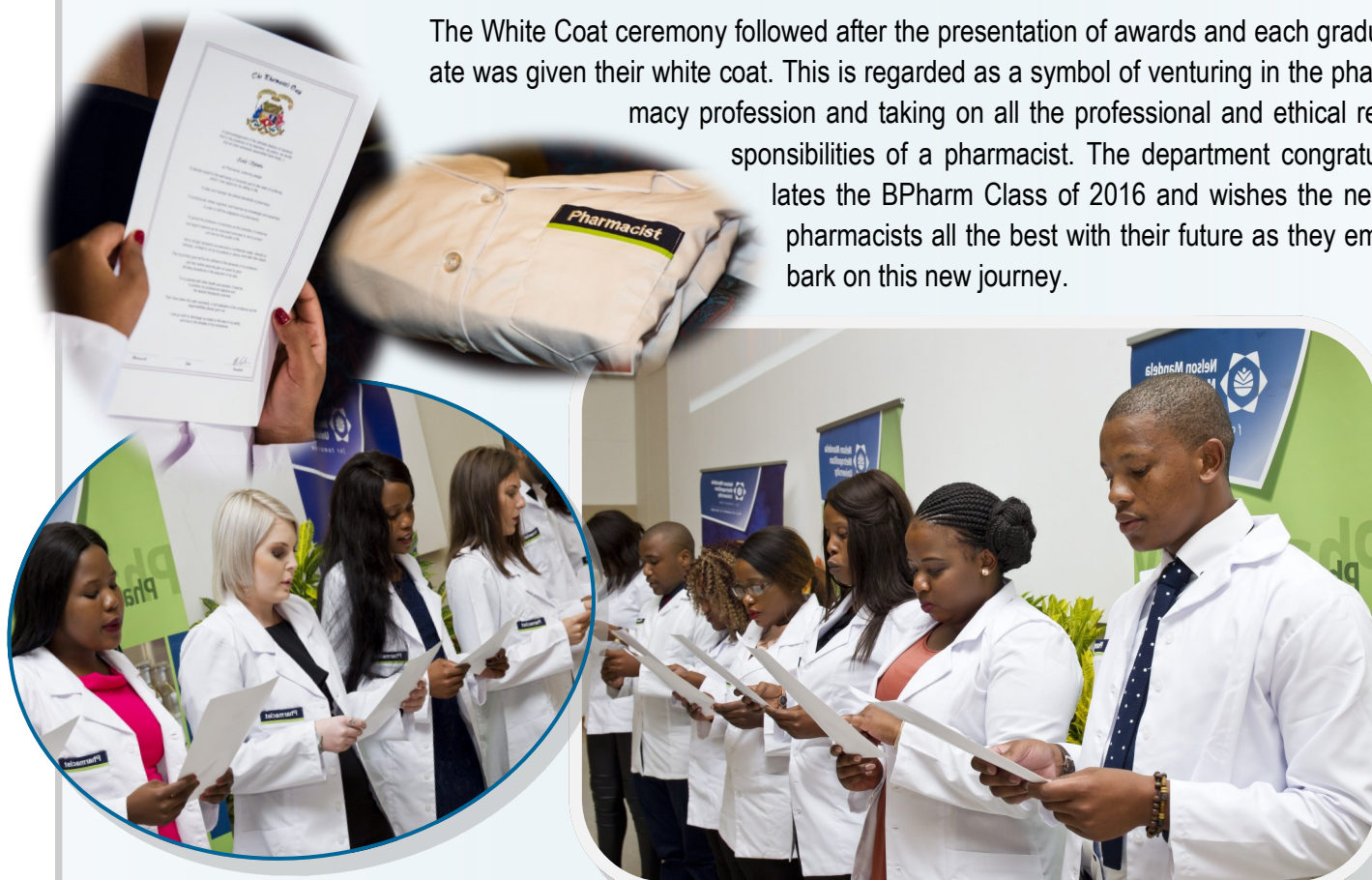
Prof S-A Boschmans and Andrew Johnson
who received the award for the most professional BPharm 4 student



Top 5 achievers in Bpharm 4 - (left to right)
Megan Fish, Kayleigh Halgreen, Ingrid van Dyk & Yasmine Khan

Pharmacy Oath and Awards Ceremony (continue)**Clinical Achievement Certificates for Hospital Programme -Top Students in ZCP 400****Megan Fish, Danica Conway–Cleaves, Kayleigh Halgreen, Ingrid van Dyk, Yasmine Khan & Bianca Chengan**

The White Coat ceremony followed after the presentation of awards and each graduate was given their white coat. This is regarded as a symbol of venturing in the pharmacy profession and taking on all the professional and ethical responsibilities of a pharmacist. The department congratulates the BPharm Class of 2016 and wishes the new pharmacists all the best with their future as they embark on this new journey.

**Graduates pledging the Pharmacists Oath**

Academic Excellence



GRADUATE CLASS of 2016

Top Academic Achievers in each year of B Pharm study (2016)



Yasmine Khan (BPharm 4)



Hellen Kamau (BPharm 3)



Kalyn Beach (BPharm 2)



Yonela Mqokoyi (BPharm 1)

Pharmacy Department at University Open Day - 2017

The Nelson Mandela University has once again made a notable mark by hosting its annual Open Day held at the Vodacom Indoor Sports Centre which was attended by all the faculties and departments of the university. This exhibition took place over two days, 5 & 6 May 2017 for the Port Elizabeth Campuses and 12 & 13 May 2017 for the George Campus.



The objective was to provide information and further access to scholars and prospective Nelson Mandela University students on which courses are offered and which would be fitting for their career options. The Pharmacy Department took part in the exhibition with the stall being organised by Miss Nelisa Bhumazela and Miss Celeste Naude. The stall was decorated according to the theme of the Open Day where there were two bowls with fire made from paper. The fire was inside the porcelain bowls with pastels to embrace the theme as well as the pharmacy as a profession. Medication (Syrup, tablets and suppositories) was on display to give a fascinating impression to the scholars with regards to pharmacy. During the course of the event, the department's representatives went all out to assist the scholars and provided them with information based on the two programmes that are offered by the Pharmacy Department, namely Bachelor of Pharmacy and Pharmacy Technician. The interaction between the scholars and the Departments was encouraging as many students were captivated by information they received about the profession. Scholars were shown the medicines, tablets and suppositories from a project that was done by the Bachelor of Pharmacy students.



Over the two day period for Open Day (PE Campus), everything went according to plan and the department went all out to assist the students. With the assistance of the academic staff and students from the department, the exhibition was quite a success.



PHARMACY DEPARTMENT at HOeRSKOOL ANDREW RABIE CAREER EXPO

The Nelson Mandela University's Department of Pharmacy has had the pleasure to take part in Andrew Rabie High School's Career Expo open to Grades 8 to 12, which took place on 10 May 2017.



The Department seized this chance to market itself and provide insight to scholars about the pharmacy profession at large. There were two representatives from the Department, Miss Nelisa Bhumazela and Mr Yakub Kadernani, who worked tirelessly to set up the exhibition stall. Information on the programmes offered, namely Bachelor of Pharmacy and Pharmacy Technician Programme was made available to the pupils. There was a display of few medication to make the stall more thought-provoking and formulate the vibrant look of a distinctive Pharmacy.

On the day, the pharmacy representatives assisted the scholars who were interested in pursuing pharmacy as a career at the university. The scholars were provided with information based on the two programmes that the Department offers.



Pupils from grades 10 to 12 were provided with information with regards the APS Points and what subjects are relevant for each of the pharmacy programmes. Most students projected an interest in the profession and their curiosity was aroused when taken through the journey of what is pharmacy, what pharmacists do, where pharmacists work and what are the results of pharmacists' work. They were also shown the medicines, tablets and suppositories from a project that was done by the Bachelor of Pharmacy students.



The Grade 8 and 9 class came across as uncertain of what profession they want to follow, but as they entered the Expo, exhibitors provided them with assistance.

The Pharmacy representatives, advised scholars on which subjects to complete in High School should they want to pursue pharmacy as a profession. The scholars were mesmerized by what pharmacists do but were still tentative as to what they want to do exactly. All in all, it was a great experience to work with Andrew Rabie High School.