



Message from Head of Department



This year 2016 has been a busy year for the Pharmacy Department with many activities and achievements. Despite the ongoing difficulties within the university sector the students and staff have continued to work together to ensure that the academic standing of our programmes and of our graduates is maintained.

We invite you to delve into the pages of this newsletter to share these moments with us. In this newsletter we celebrate the successes of our students, in the academic programme as well as beyond the classroom. Several PharmD students from the US as well as MPharm students from the UK have spent time working in and with the Department experiencing the health care system in South Africa. We welcome new staff members and visiting academics and the Department also celebrates the achievements of our staff members. We have launched a new initiative this past month inviting our alumni and fellow pharmacists to forge a link to our graduates by sponsoring a white dispensing jacket for our graduates with a personal note of inspiration from the sponsor to the graduate. The 'white coat' ceremony takes place during the annual Pharmacist Oath and Award Evening and is a moment of great significance, symbolizing the graduates taking on the responsibilities of the profession. We encourage you all to participate in this programme.

The Pharmacy Department thanks you for your continued interest in our activities and encourages you to provide input and feedback. **Prof Shirley-Anne Boschmans**

The Southern African Pharmacy Technician Training Manual



*Teri-Lynne Fogarty, M.Pharm.
Shirley-Anne Boschmans, Ph.D.
Kenneth W. Schafermeyer, Ph.D.*

NELSON Mandela Metropolitan University's Department of Pharmacy has published the country's first pharmacy technician training manual.

The Southern African Pharmacy Technician Training Manual is the first textbook designed specifically for pharmacy technicians in southern Africa and aims to fill the void for both universities and employers in providing an education and training tool for aspiring pharmacy support personnel.

The manual consists of more than 400 pages divided into 18 logical, easy-to-follow chapters.

Replete with numerous illustrations and examples, the textbook covers topics such as dosage forms, scheduled substances, pharmacy calculations, the dispensing process, patient communications, medical terminology, common disease states, basic pharmacology, and sterile and non-sterile compounding. A special section covers HIV/AIDS and tuberculosis and a handy table lists the most frequently prescribed medications in South Africa with information about brand and generic names, pharmacologic class, most common uses, and dosage forms. **(continue on page 4)**

Short Learning Programme : Managing a Primary Health Care Clinic Dispensary

Prof. Boschmans, Ms Teri-Lynne Fogarty & Ms Anusooya Gosai are presenting a credit-bearing short learning programme (SLP) - Managing the Primary Health Care Clinic Dispensary to 18 post-basic pharmacist's assistants (PAPB's) in the Eden district. There have been two contact sessions held on the George campus with assessments to follow later in October and November. Funding for the development and presentation of the SLP was made available by the National Health Insurance Development Fund through a tender process in which NMMU was successful. The learners will be able to apply for credit for the module, if they decide to further their studies to become Pharmacy technicians. The SLP will be offered annually in the 2nd semester, provided sufficient people register for the programme. This is what some of the learners had to say about the programme: "Alternating different lecturers kept it interesting.", "The subject of the SLP was insightful and I learned a lot more about it.", "I liked working on Rx solutions"



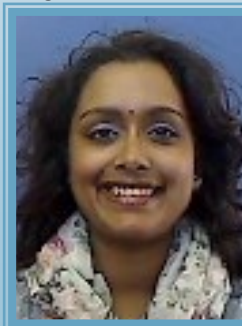
Prof Boschmans explain the team building task

Kheth'Impilo and Pharmacy Department partnership

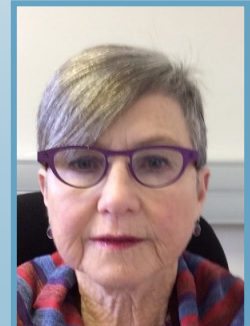
A Pharmacy Technician distance learning programme is being developed by the Pharmacy Department in collaboration with Kheth'Impilo.

Kheth'Impilo is a Non-Profit Organisation based in Cape Town. Ms Anusooya Gosai and Ms Jacquelyn Anderson are working in the Department of Pharmacy as Kheth'Impilo curriculum developers.

The Pharmacy Technician distance learning programme will allow students who cannot be on a university campus full time to enrol for the Pharmacy Technician programme.



Ms Anusooya Gosai



Ms Jacquelyn Anderson

Pharmacy department - "enablingDreams"



The NMMU SRC together with the student body would like to thank the NMMU Pharmacy Department for extending their hand to enable a dream.

The Pharmacy department donated food packs worth R 2 500.



Thanks to Monique Klitsie (2nd right) for organizing the Pharmacy Department contribution to 'Enabling a Dream'.

Also thanks to Celeste Naude (2nd left), Nasreen Iscaas (far right) and Anu Gosai for assisting and not least to Dr. Sue Burton for donating the subscription to the software.

Assessment of Student Learning in Higher Education

Last year nine lecturers from the pharmacy department attended a short learning programme during the July recess period. The NMMU Centre of Teaching and Learning presented a special version of this programme where lectures were condensed into a one week period to accommodate the pharmacy department staffs busy lecture and practical schedules. Staff had four months to develop an assessment tool, implement it and prepare a presentation detailing the learning objectives and outcomes. In November, all participating staff members presented to each other and the short course facilitators a summary of their work and how the assessment training has and will impact their assessment methods. Portfolios were submitted shortly afterwards which were externally moderated. All nine staff members passed with flying colours, the majority obtaining distinctions, as well as leaving a lasting impression on each other and the short course facilitators.

Dr Hermien Johannes, Sr. Academic Development Professional, thanked our HOD, Prof Boschmans *“Thank you for the opportunity to offer a Short Learning Programme on ‘Assessment of Student Learning in HE’ to a group of staff members from your department. What a wonderful experience to engage with a group of this calibre. They did exceptionally well and these staff members are prime examples of dedicated, hardworking, creative and scholarly academics. Every session with them was a highlight”*



Certificate ceremony (From back left to right : Anne-Mart Olsen (CTLM), Janet Barry, Nasreen Isaacs, Celeste Naude, Hannah Pretorius, Candyce Clark, Celeste Farmer, Jayne Rishworth. Front left to right: Dr Rita Kizito (CTLM), Monique Klitsie, Eunice Champion (CTLM),,Dr Hermien Johannes (CTLM), Prof Shirley-Anne Boschmans

A Look into the World of South African Pharmacy



From left : Angela, Katie and Jessica

In just a brief 3-week period, Jessie, Katie, and Angela were able to learn about pharmacy in a variety of practice settings throughout Port Elizabeth. The students from St Louis Collage of Pharmacy (STLCOP) completed an international Advanced Pharmacy Practice Experience (APPE) rotation centered at the Nelson Mandela Metropolitan University (NMMU) Pharmacy Department.

The primary focus of their rotation was leading lectures, and assisting in practical application sessions for the newly emerging class of pharmacy technician students.

The STLCOP students were also exposed to the other sectors of pharmacy including hospital pharmacy (both the private and public sector), independent community pharmacy, and a mobile health clinic. They reported that their rotation at NMMU was an all-encompassing look at pharmaceutical healthcare in South Africa.

They also wish to extend their gratitude to the department for dedicating their time to creating a program that provides such countless educational opportunities.

Internship Experience in the Pharmacy Department



Mbali Mubi, I completed my National Diploma in Public Relation Management in 2016 at NMMU and I joined the Pharmacy Department on March 2016 as the departments marketing intern. The experience has been an enlightening learning experience as an introduction to the work place. The most fulfilling part is having full exposure to working environment while practically applying the skills I have obtained through the university. It’s proven to be a necessary step to take in my profession to help me understand the dynamic of a working environment and what is expected of me as an employee.



Sivuyile Ndzwayiba, I joined the Pharmacy Department in mid-March 2016 as one of the Marketing interns which forms part of my 3rd year studies in Public Relations. The transition from being a full-time student to the working world has been challenging but an enjoyable experience thus far. The earlier mornings, set working hours and constant caffeine fix are but a few things that make me miss a more relaxed student lifestyle though I would not trade my internship anytime soon. Walking into a completely different environment with people far more experienced and mature than myself, was quite intimidating, but the department has been welcoming and I am grateful not only for the internship but also the lovely team I am a part of

First Pharmacy Technician Training Manual launched (continue from page 1)

The Pharmacy Department's partnership with St Louis College of Pharmacy (STLCOP), achieved another milestone in July, when they launched "The southern African Pharmacy Technician Training Manual". This is the first textbook designed specifically for pharmacy technicians in the southern African region and was co-written by Prof Shirley-Anne Boschmans (Head of Department) and Teri-Lynne Fogarty (Co-ordinator of Pharmacy Technician Programme). NMMU was also the first university in SA to offer this qualification.



The publication of the manual was launched at an event at OR Tambo Conference Centre in Johannesburg. At the event, attended by various stakeholders in the industry, the South African Pharmacy Council gave an update on the current legal status of Pharmacy Technicians and the way forward for this cadre, including information of the qualifications to be offered on the Quality Council for Trade and Occupations framework and the new diploma to be offered at higher education institutions.



"This manual fills a need for both universities and employers [looking] to provide education and training for aspiring pharmacy support personnel. Previously, we

had to use textbooks from Europe or North America that were not specific to the African context," explains Shirley-Anne Boschmans, a co-author and Head of NMMU's Department of Pharmacy. "This book focuses on technicians' basic job responsibilities and is designed to be flexible," she says.

Two pharmacists, Mrs Lisa Giltrow (community pharmacy sector) and Mrs Nicole Worthington (Manufacturing sector) gave presentations on how they have experienced and used the new graduates in their workplaces.



"This is the first textbook designed specifically for pharmacy technicians in the southern African region," says co-author Teri-Lynne Fogarty, a lecturer and the coordinator of NMMU's Pharmacy Technician program. "It can be used as a learning tool for pharmacy technicians in English-speaking countries in southern Africa as part of a university-level course, or as part of an on-the-job training program," she explains, noting that while the manual illustrates the laws and practices of South Africa, instructors and students from other countries can readily apply their own country's laws and regulations as necessary. The presentations and launch were followed by a luncheon. The publication of the manual was made possible through PEPFAR-funding administered by AIHA through its HIV/AIDS Twinning Centre programme.

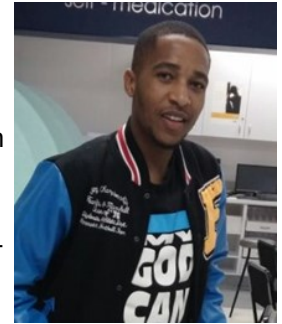
As a community service, NMMU is offering the manual at cost; neither the publisher nor the distributor make profits on its sale, which means students can purchase it for about one-quarter the cost of similar books published outside the region. The manual cost is R350 and ordering information is available via email: ptmanualorders@nmmu.ac.za. An Instructor's Guide provides discussion questions, exercises, and sample test questions and is available to instructors who order 20 or more copies of the Manual.

A few words from our final year students



Below, is the thoughts, feelings, highlights and photos of some of the current fourth year students, as they embark on their final year of the new BPharm program, which they started in 2013

overwhelming. Going to bed every-night knowing that one is now running the “last 100 meters” is quite scary. Being in fourth year has its own unique feeling. The inspiration, encouragement and positivity comes from everywhere now; even just knowing that you’re so close to living your dream of making a difference. I’m expecting fourth year to be interesting, fun and of course, challenging. Participating in hospital rounds will be but one thing that will be both challenging and interesting. Having to interact with different healthcare personnel and also different patients with different health statuses. I always tell people that B.Pharm 1st year was like being introduced to the aviation world. Learning the functions of each and every gear and button in the airplane cockpit. Then 2nd year came, where now one had to learn how to “take-off”. Putting all the basics you learnt in your 1st year into play. I describe 3rd year as “cruising”, now one has found his or her ground/stability...now it’s all about maintaining and making sure that you’re ready if you’re required to climb to another flight level. Then 4th year is where you “land your plane”. Where you put everything you learnt from all the previous years into action...trying to get that perfect landing and reach your final destination. I can only hope that B.Pharm fourth year won’t bring flying sharks to life J” - *Veli Nhlapho*

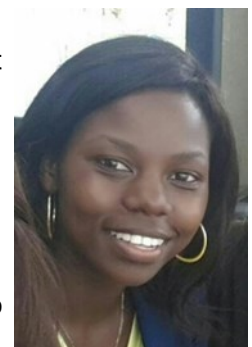


“The mere idea that one is in one’s final year of the B.Pharm program is itself,



“Everything which has a beginning definitely ought to have an ending. That was my driving force when I first entered building 12, venue 0288, back then in 2013 during my first year. Fast forward to 2015, when I received my end of year November examination results; I knew indeed the end of my chapter as a pharmacy student at NMMU was now more real than just a dream. The end has arrived. But what does 4th year entail? What is expected of a student at this level? I had mix feelings; some part of me excited, the dominant part of me nervous, and full of fears of the unknown. The thought of having to 'know everything'; application of all knowledge of pharmacology and pharmaceuticals gave me sleepless nights. But as things stand, I think this is a level no different from any other that I have managed to pass through. The only difference is that it’s a last step to the outside world, the work environment. So all the fourth year B.Pharm students should enjoy it while it lasts, because seemingly there is not much of it left. Soon we will be history in this place and going our own ways to change the lives of the people for the better. To us, 4th year class of 2016, I wish you all the best and may you say, there was such whom I could count on to make a difference in his or her space of specialty and practice. God bless!” - *Ngawonke Bulala*

“After such a long awaited journey to the finish line of our BPharm degree, filled with ups and downs; smooth and gravel roads; joys and tears, it gives one a fulfilled feeling to have made it this far. 2016 seemed so far away when I first started my studies back in 2013, as a young, naive, full-of-life girl; used to her parents making most of her decisions. The journey to fourth year has not only shaped my mind and my personality, but also my outlook on life. It has taught me to make my own, and always informed, decisions and to take responsibility for my actions. I feel as though my journey has been like a battlefield and being a 4th year student no longer allows me to fight in the backline, BUT encourages me to step forward to the front-line, to either shoot or to be shot. It is now my turn to apply my knowledge and to contribute to the pharmacy profession. I look forward to giving back to the community and with a little luck on my side and guidance from above, I’ll be firing the most shots” - *Aida Nankumba*



Continue on the page

A few words from our final year students

“It is the first day of class and today is different because, it is the last first day of our university careers. I look around and all I can see is the same expression on everyone’s faces, and I know that I am not the only one that is feeling the pressure. We have heard all the stories from previous fourth years and we know that the road ahead is only going to be an overwhelming one. But looking back and reminding myself of all the challenges that we were faced with and overcoming them, made me feel at ease and I realised that we were fully equipped to tackle this year head on. Our lecturers have provided us with the ammunition to win the war which is fourth year. I am excited to see what the year holds for our students and I am confident in our class. Three weeks later, I now look around in class and I can see faces of determination, ambition and self-confidence. “It always seems impossible until it is done” - Nelson Mandela.” - *Ruchenda Hoffmann*



“I am currently in my fourth year of the B.Pharm program. Like everyone who started studying pharmacy, I was also anxious about what it would be like. However, during my years at NMMU, I have gained a lot of experience and learned a lot from my lecturers. Being in my final year already makes me nostalgic about being a student. I am proud of being part of the NMMU Department of Pharmacy. This year will surely be challenging but I feel that it is only about time management and hard work as we are near to achieving our goal. I hope that 2016 brings us a lot of positivity and success”. – *Yumna Ramjan*

Good memories from the ZTM 401 pharmaceutical product presentation



Pharmacy Department at NMMU Open Day - 2016

The Pharmacy Department exhibited in the NMMU annual Open Day once again.

This year the theme was “ignite the fire within you” The youth has shown that they are more than ready for change. This is the first generation since the dawn of democracy to robustly and unapologetically fight for their right to education.

This campaign speaks to their thirst for knowledge and education.

The Department welcomed this opportunity as it provides lectures and students with an opportunity to motivate learners to follow their passion and make an informed decision about their future careers. It also gives learners exposure to the diverse career options available in pharmacy.

The exhibition took place over two days where students were given the opportunity to interact with pharmacy students and lecturers and ask questions about the different programmes.



To enhance excitement around the stand a display of some 3rd year projects helped give students an understanding of some of the projects which pharmacy students are required to do during their studies. A photo booth corner was available to give students an opportunity to take pictures wearing the dispensing jacket.



Celeste Naude, Janet Barry, Yakub Kadernani, Anu Gosai, Nasreen Isaacs, Mbali Mubi

All the scholars participated in a game which required the scholar to guess the number of sweets in a jar. The winner received a hamper sponsored by Medirite.



It was a wonderful event and the interaction between learners and staff made the occasion more fulfilling to all who participated on the day. This initiative speaks volumes on the pillars of NMMU of taking responsibility.



Bridging the Gap

The fields of medicine, pharmacy, and biochemistry have begun to adopt and implement the concept of a multidisciplinary approach to their respective challenges. This approach to challenges allows for diverse and flexible problem solving, research and development.



Alexander West (back right) and Michelle Jansen (front left) with group of student presenters

This year two of the Fourth Year B Pharm Students delved into the concept of multidisciplinary medicine when they attended the 50th South African Society of Biochemistry and Molecular Biology (SASBMB) Conference, that took place in East London from the 10th to the 14th of July. Alexander West and Michelle Jansen represented the NMMU Pharmacy Department in collaboration with the NMMU Biochemistry Department, as part of the research group headed by Prof Carminita Frost and Dr Ruby-Ann Levendal. The students, in collaboration with BSc Honours student, Wynand van Losenoord, presented a poster introducing their research. The poster was titled: *In Vitro Effects of Commercial Hemp Products on Lipid Metabolism in Hepatocytes, Myocytes, and Adipocytes*.

Michelle and Alexander both felt that the conference allowed them to observe research and new concepts from an alternate perspective. Michelle expressed that she could see how pharmacology and its applications could be implemented in a broader manner than in health care and pharmaceutical industry. The consensus from both students was that the topics covered (ranging from novel malaria and cancer treatments to protein chemistry) were intriguing, and the experience cemented their interest in the field of research. The students would like to express their gratitude to the NMMU Pharmacy and Biochemistry Departments, as well as their supervisors (Prof Carminita Frost, Mrs Candyce Clark, and Dr Natasha Beukes) for allowing them to participate in the SASBMB Conference.

The Pharmacy Department took part in a Team Building Event hosted by Team Dynamics.

We had fun with indoor and outdoor activities whilst learning and appreciating where each staff member puts in their fair share of hard work in order for us all to work towards the same goal within the Department. The Team building event catered for those wanting a more practical, active session and those that wanted to interact on a more communicative level rather than being continuously active." The day taught us many positive things, especially the game activities and that you don't do anything well enough without the help of the other people in your team" Our team has learned a great deal from our session and we look forward to our follow up session which has already been booked!



Achieving excellence three VC Scholars in Pharmacy

The recipients of the University's top academic bursary met Vice-Chancellor Prof Derrick Swartz, who initiated the scholarship in 2009 to attract and inspire top-performing school-leavers to study at NMMU, at a celebratory cocktail event at the university on Friday, 18 March. The 25 Vice Chancellor scholars are enrolled in six of the University's seven faculties, of these students - three have chosen Pharmacy as their field of study.



Zainab Adam, Sam Nchabeleng and Avela Siwisa

The Pharmacy Department welcome these students

Zainab Adam is from Port Elizabeth and matriculated from Collegiate Girls High School in 2015.

My love for chemistry and enjoyment in helping others ultimately lead to me pursuing pharmacy as a career. I hope to use the knowledge and skills I gain to make a positive impact on the lives of others. I'm so blessed and grateful to be awarded the Vice-Chancellor Scholarship and to be a part of the pharmacy faculty. It's truly an amazing opportunity.

Avela Siwisa from East London matriculated at Sandisiwe Secondary School, in Mdantsane.

I always had a passion about helping people and wanted to be either a doctor or a pharmacist, but later realised Pharmacy was the best for me because I love chemistry, mixing up chemicals that will produce a substance that will be beneficial to one's health. My passion lead me to my destiny and this will enable me to perform my purpose in life, which is helping someone and being the voice of life to those who thought of giving up due to non-existing or insufficient medication.

Sam Nchabeleng matriculated at Ngwanakwena secondary school situated in Manapyane village. I come from a small village called Moshongville, in Limpopo. Raised by my mother and father, Emmah and Willie respectively and the first son of their three children.

My dream is not only to be employed in industrial pharmacy or by production companies, but also to venture in the business world by creating my own firm. Not from a financially stable family but I'm proud to say that it's only a matter of time until I change that.

Students from UK visiting the Pharmacy Department ...



The University of
Nottingham

The Pharmacy Department hosted students from The University of Nottingham during July 2016

This is their comments on their experience at NMMU and also the facilities they visited during the stay.

During July, we were fortunate to come and visit the School of Pharmacy at NMMU from The University of Nottingham for two weeks to join the final year students on their placements in hospitals around Port Elizabeth. This was a great chance for us to experience how healthcare and pharmacy services are delivered in a very different system to the National Health Service back in the UK.

After a very early start (how you all do it I don't know!) we began our first week at Provincial Hospital. Going straight onto the wards to go through medical notes for each patient, as well as going round the hospital to visit the HIV clinic, something we hadn't seen before in the UK was very unique and interesting. It's worth saying at this point that it was the first time I had come across a HIV positive patient!

Back on the ward there was more going through medical notes and screening charts, whilst also learning about pharmacist education in South Africa and how the role of a pharmacist differs from the UK. It was also a good chance to explain how pharmacy "works" in the UK, not only to the students but some of the staff members too. Later on in the week, and going round more wards, we saw the difference in the standard of ward when private sponsorship was involved, in comparison to those without the sponsorship, a difference that was quite substantial. Seeing some quite unique cases on a ward round

with one of the doctors was fascinating, and diseases I had not come across before were presented, resulting in some frantic googling!



Week 2 came around and it was time to visit a new hospital, this time Livingstone. After an infamous tour with James, seeing the all important laundry building and boiler room, it was time to meet more people and see more interesting and unique cases that I would rarely be able to see in the UK. A definite highlight of the week would have to be the opportunity go into the surgical theatres to witness a couple of operations. An opportunity I was going to miss out on and one that I know I will never forget!

Now that I am back home, I have been able to reflect on the experiences I had in Port Elizabeth, and being on a placement here in the UK now, I have been able to compare and contrast the experiences. It's evident that the two healthcare systems are very different, with healthcare in the UK majorly public sector run, but I feel the variety of conditions that I saw in PE alone made it a very worthwhile placement for my future career.

I feel very lucky to have had the insight into how pharmacy works in South Africa, and also the chance to meet some great people along the way!

Good luck to all those we did and didn't meet during our stay with your future studies and careers! Hopefully our paths may cross again!

Dan Pawley, Ryan Tey, Choong Yian Yeen

Written by Dan Pawley

Pharmacy Oath and Awards Ceremony



NMMU Pharmacy department hosted the annual Pharmacy Oath and Awards Ceremony on the 16th April 2016 in the South Campus Auditorium.

This special event celebrates the achievement of top performing pharmacy graduates from 2015 and also gives all the B Pharm graduates an opportunity to pledge the

Pharmacist Oath in front of an audience of colleagues, family and friends. The presentation of awards

was followed by a White Coat Ceremony. During the ceremony the graduates are each presented with a white dispensing jacket which they accept as a symbol of professionalism and accepting ethical responsibilities of the profession of pharmacy. Encouraging words from Dr Seuss were quoted by our speakers: “the more you read, the more things you know. The more that you learn the more places you go”. – Prof Shirley-Anne Boschmans. The department congratulates its top achievers and wishes the new pharmacists all the best with their future endeavours.



The top Academic Achievers in Final year - 2015

- 1st Ms Roxanne Gerber
- 2nd Mr Ryno van Rooyen
- 3rd Ms Elizna Schutte
- 4th Ms Michelle van Niekerk
- 5th Ms Maxine Schoeman

From left : Michelle van Niekerk, Elizna Schutte, Ryno van Rooyen, Prof. S-A Boschmans, Roxanne Gerber and Maxine Schoeman

Clinical Achievement Certificates for Hospital Programme to top 5 Final year students of 2015

- 1st Ms Roxanne Gerber
- 2nd Mr Ryno van Rooyen
- 3rd Ms Maxine Schoeman
- 4th Ms Michelle van Niekerk
- 5th Ms Nondumiso Ntinga & Ms Elizna Schutte



From left : Nondumiso Ntinga, Michelle van Niekerk, Elizna Schutte, Ryno van Rooyen, Mrs Jane McCartney, Roxanne Gerber and Maxine Schoeman

Elizna Schutte was also voted “Most Professional Graduate” by the Pharmacy Department staff .

Top Academic Achievers in 2015

| B Pharm 4 - Top Achievers 2015 | Weighted Avg |
|--------------------------------|--------------|
| GERBER RB MISS | 83.7 |
| VAN ROOYEN RR MR | 81.8 |
| SCHUTTE E MISS | 75.1 |
| VAN NIEKERK M MISS | 72.5 |
| SCHOEMAN M MISS | 72.3 |
| B Pharm 3 - Top Achievers 2015 | Weighted Avg |
| KHAN YM MISS | 92.0 |
| HALGREEN KC MISS | 82.0 |
| DU PREEZ SD MISS | 81.9 |
| JANSEN KK MISS | 80.9 |
| HOFFMANN RM MISS | 80.1 |
| BPharm 2 - Top Achievers 2015 | Weighted Avg |
| KAMAU HN MS | 89.1 |
| MOOSA N MISS | 83.1 |
| LOUW EE MR | 81.9 |
| EVANS TV MISS | 79.6 |
| LE ROUX GH MISS | 79.4 |
| BPharm 1 - Top Achievers 2015 | Weighted Avg |
| NAMBOOZE J MS | 87.5 |
| MAWOMBEKE WA MS | 84.8 |
| MC CLUNE LC MISS | 83.6 |
| BOTHA A MISS | 82.5 |
| DU PLESSIS KI MISS | 82.4 |



Top Academic Achievers in each year of B Pharm study
 From left : Julia Nambooze (BPharm 1), Helen Kamau (BPharm 2),
 Yasmine Khan (BPharm 3) & Roxanne Gerber (BPharm 4)

| PT - Top Achievers 2015 | Weighted Avg |
|--------------------------|--------------|
| SHUBANE J MR | 83.8 |
| CONSTANTINO N MISS | 81.3 |
| HEUNIS R MISS | 81.1 |
| HORRMANN J MISS | 80.8 |
| NOMDOE SM MISS | 80.7 |
| PTA - Top Achievers 2015 | Weighted Avg |
| KIRTON SJ MR | 84.6 |
| JORDAN K MISS | 84.5 |
| DAWSON E MS | 83.9 |
| MANTHE KT MISS | 83.4 |
| DRURY WQ MR | 82.3 |



Congratulations to the Class of 2015



Academic Excellence

ACADEMIC excellence took centre stage when Nelson Mandela Metropolitan University's top brains were honoured at the Academic Awards Dinner at the Feather Market Centre.

Twenty six undergraduate and postgraduate students from across the new generation university's seven faculties were recognised for their achievements, but also encouraged to look to the needs of the world. Two students of the Pharmacy Department was amongst those that received these prestigious awards.

- **Miss Roxanne Gerber** — received the First Degree Award for top graduate in the Faculty of Health Sciences for Bachelor of Pharmacy (86 %)
- **Mr Atherton Mutombwera** — received NMMU Award for the best Master's Degree by Coursework: Science, Engineering and Technology, sponsored by the Rupert Family Trust for his, Master of Science in Nanoscience - (74.22 %).



Atherton completed his B. Pharm (*cum laude*) at NMMU in 2013. Thereafter, he studied an M.Sc. Nanoscience (Nanobiomedicine) between NMMU and the University of the Western Cape, under the supervision of Professor S. Roux, and Professor M. Meyer. The title of his research project was "Development of aptamers against epitopes of the Ebola virus Nucleoprotein for future applications in diagnostics". He completed the M.Sc. Nanoscience (*cum laude*) in

December 2015. The Zimbabwean student used his nanoscience expertise to explore aspects of the ebola virus. He's been offered a scholarship to complete an MBA at Oxford University with the intension of returning to Africa "to plant industries that make a difference".

He has been lecturing two modules in the Pharmacy Technician program from the beginning of the year. The first module he has been lecturing is the Clinical Medicine Use module to the Higher Certificate in Pharmacy Technical Support students. The second module he has also been lecturing is the Complementary and Alternative Medicine module to the Advanced Certificate in Pharmacy Technical Support students. Atherton's time with the department came to an end at the end of the third term, as he has left for Oxford University where he is to pursue a Master's in Business Administration (MBA). Atherton expressed his heart felt gratitude to the staff and students in the department for their significant contribution to both his professional and personal growth during his time with the pharmacy department .

GEARING UP FOR THE WORKING WORLD

Our annual Pharmacy Careers' Day took place on the 15th of August this year, hosting both our BPharm and Pharmacy Technician students. The South Campus Auditorium was abuzz with exhibitors, presenters and students ready for the day's events.

Various sectors of pharmacy were represented on the day by Mediclinic, Clicks, Medirite, Klinikare, Fresenius-Kabi and our very own Prof Truter representing the academics in pharmacy. It proved to be a great opportunity for a little legwork and association. The students got the chance to network, delve into which aspect of pharmacy they would like to work in and get a peak of what to expect in the working world. Companies also enjoyed the interaction and

encouraged the students to join their workforce. All in all, it was a splendid day where like-minded people came together and knowledge was shared.



Congratulations to Pharmacy Staff

Distinguished Teacher of the Year



Dr Susan Burton

Faculty of Health Sciences Emerging Teacher of the Year



Candyce Clark

Faculty of Health Sciences Researcher of the Year



Prof Ilse Truter

Newly appointed Staff member



Nasreen Isaacs graduated with a B.Pharm degree and M.Sc (*cum laude*) from NMMU.

After gaining experience in industry, I returned to my *alma mater* to pursue my goal of obtaining a master's degree in pharmaceutics. My research in-

involved optimising the formulation and manufacturing process of ethionamide tablets, an anti-mycobacterial drug, using Quality by Design (QbD). The concept of QbD was first outlined in the 1960s, where companies began incorporating QbD into their products which significantly improved their product efficiency. The concept of QbD was only adopted by the Food and Drug Administration at the beginning of the early 2000's. Ethionamide immediate release tablets were introduced to the market at about the same time as QbD, which created an opportunity of taking a long-withstanding product, and optimising and reengineering it using the QbD approach.

During the last phase of my research I also joined the pharmacy department and started lecturing in the Pharmacy technician programme and assisting with co-ordination of the Masters in Industrial Pharmacy programme. This path that I have followed, has taught me a great deal about industrial pharmacy and my role as a health care professional. I am grateful for these opportunities and feel extremely honoured to be a part of NMMU.

Congratulations to Nasreen on her permanent appointment to the academic staff in the Pharmacy Department.

Department of Pharmacy White Coat Sponsorship Campaign



It is with great pleasure that the Department of Pharmacy invite you to join the inaugural Pharmacy White Coat Sponsorship Campaign.

As many of you know, every year the Department holds the Pharmacist Oath Ceremony to honor the graduating BPharm class. During the ceremony, each member of the class is presented with a white coat and then takes the Pharmacist Oath. The white coat signifies the official entry of the graduates into the pharmacy profession, and the beginning of a lifelong commitment to the health and wellbeing of others, and service to their communities and profession.

In 2017, the Pharmacy Department would like to incorporate additional significance to the event for each graduate. In the spirit of community and Ubuntu, we invite you to sponsor the cost of a white coat for a graduating student. We also invite you to provide a personal note for the graduate, filled with words of wisdom and encouragement as they embark on their professional careers. The note will be placed in the pocket of the white coat for the graduate. In addition to signifying their new status as pharmacists, it is our hope that each sponsored white coat and note will also serve as a cherished reminder to each graduate, of the community and network of support they enter as NMMU alumni and as a pharmacist.

The cost of one jacket is R350. Thus to provide a white coat for each of our 85 anticipated graduates our goal is to raise a total of R29,750. If you would like to participate in the Pharmacy White Coat Sponsorship Campaign by sponsoring a white coat for a graduate, please submit your donation of R350 via EFT. Banking details are provided below. Any donated amount will be greatly appreciated and go a long way to helping us reach our goal.

Please email the proof of deposit/EFT and your personal note, words of wisdom and encouragement to a member of the graduating class of 2017, to: Pharmacy.whitecoat@nmmu.ac.za. In your email, please indicate if you would like your note go to a particular student. Please also include your name(s) and graduation year as we would like to acknowledge your contribution in the official programme for the event.

We thank you in advance for your time and continued commitment to and support of our graduates, the Pharmacy Department and the profession of Pharmacy. We look forward to your participation, and hope you will join us in establishing the White Coat Sponsorship Campaign as a cherished tradition for many years to come.

Yours sincerely, A Gosai
Pharmacy Department
NMMU

BANKING DETAILS:

Bank: Standard Bank
Branch: Rink Street, PE
Clearing code: 050417
Account Name: NMMU Alumni
Account number: 080292321
Reference: pwhitecoat followed by your initials



CONFIRMATION EMAIL TO BE SENT TO:

Pharmacy.whitecoat@nmmu.ac.za





Golden Key International Honour Society

Golden Key is an internationally recognised, non-profit organization affiliated with over 370 universities throughout Canada, Australia, New Zealand, Malaysia, South Africa, India and the United States.

Membership into Golden Key is by invitation only, to the top 15% of university students. Selection is based solely on the criteria of their academic achievements. The Society's mission is to enable members to realize their potential by connecting individual achievement with service and lifelong opportunity. They offer scholarships and job opportunities to its members and every year hold regional and international summits.

Comments from two Pharmacy students who are members, Ms Nankumba attended the 2016 Golden Key International Summit and Mr Plaatjies is a new member, he was invited to join based on his BPharm results.



AIDA MARY NANKUMBA

Ms Nankumba : I was fortunate and blessed to attend the 2016 Golden Key International Summit that was held in Tucson, Arizona, USA. It was such a great and inexplicable experience for me. America is such a beautiful country and I got to see so much of America's history such as the Abraham Lincoln memorial, the White House, National space museum, Smithsonian Institution amongst others.

At the Summit, I met so many different people of from all over the world (China, Korea, Hawaii, India, America, Canada, Australia, and South Africa) and I learned so much about their cultures and created new connections. I believe that these friends and acquaintances today or tomorrow may support my efforts. The summit is designed in a way of workshops, lectures and activities.

The workshops are presented by people with different successful careers such as advisors from universities, professors, businessmen, sportsmen, lawyers, soldiers, doctors, nurses, poets etc. and this provides an opportunity to each student to get career guidance by hearing a story and advice from someone who has walked the same path before. In these workshops, we are taught professional/personal development skills for example building an attitude of excellence because an attitude one brings to any situation is a powerful determinate of the outcome of that situation, overcoming fear, networking in both industry and academia, mastering the art and skill of interviewing. These helped me assess my skills and abilities and I feel like they are way to assist one develop and grow. Some of the activities for example "the amazing race" is a way to assess your ability to work well with others, build a team; so it is a creative practice to enable students enhances collaboration and communication.

The most inspiring speech was about Success by Angelika Heurich, an inspirational speaker from Gold Coast, Australia. She said, "Success is subjective, holding a multitude of meanings based on perspective. It pertains to accomplishment, attainment and/or achieving a particular goal. Success is often seen as the accumulation of possessions, money, status and recognition, yet it holds a more intrinsic meaning. True success is within reach of each and every person." (continue page 18)

Often times we students in the busyness of university, we take on an array of tasks and activities, constantly striving toward something to view ourselves as successful. The higher and further we go, the more complex studies, responsibilities and decisions we take on and we sometimes lose ourselves in the crowd, yet, so often restless, unsure and dissatisfied. But it takes a pause, a breath, a moment of self-reflection and return to a sense of purpose because life can be an adventure and we are far more powerful and knowledgeable than we realize.

Mr Plaatjies : I am currently a second year Bachelor of Pharmacy student and working hard towards completing my qualification. Some of my key characteristics include being motivated, dedicated, hardworking and enthusiastic with a true passion for life. I view my studies and my life as a student as being on a particular journey. I never settle for anything less than my best because at the end of my journey I want to be proud of myself. I do believe that my will to endure and mind-set made it possible for me to become a member of the Golden Key International Honour Society.

I have a passion for helping others and making a difference in the lives of those in need. I strongly believe that,

it is all about giving back and touching lives in prestige ways. This believe stem most importantly from the lives that have touched me in a magnificent manner and this ultimately ignited my desire to become a pharmacist. I live by the following quote: "It is never too late to be what you might have been." And with God on my side even the impossible is possible!



GARTH PLAATJIES

In June this year NMMU was host to two pharmacy students from Marshall University.

Marshall University is located in West Virginia in the United States of America. We were joined by Tyler Clay and Taylor Mills, both of whom are enrolled in the Pharm D programme. As part of this programme students are expected to do a number of rotations in their later years (rotations including things such as hospital pharmacy, community pharmacy, and more specific specialities), with one of the optional rotations being an exchange programme with NMMU. I had the privilege of doing some sightseeing with the students, taking them around Port Elizabeth and introducing them to some of the more typical South African foods and beverages. They certainly got the whole South African experience with a visit to Cape Town (where, at Cape Point, Tyler had an encounter with a baboon that left him minus a sandwich but fortunately with no injuries), a trip to a number of game parks based around Port Elizabeth, and finally, the most South African of them all, a braai hosted by some of the staff. It was a valuable learning experience both for them and for us, as the time we all spent together allowed us to explore contrasts between the South African health system and that of the United States of America. There are huge differences between us, both in problems experienced and the way things are managed, but with the transfer of information we can all look at our respective issues from new angles.

