**Faculty of Pharmacy- Community engagement activities Aug-Oct 2015**

1. **Health promotion by Final year Pharmacy students**: In August 2015, final year students engaged with **St. Mary’s DCC** for health promotion on the following topics. The facilitators for this program were: L. van Dyk, L. Allan, Y. Irwin, I. Okeyo, F. Chiwanza

|  |  |
| --- | --- |
| GROUP | PRACTICAL, TOPIC  and VENUE |
| B1 | Personal hygiene (general hygiene but exclude oral hygiene). Grades 1-6. 2h30-3pm |
| B2 | Personal hygiene (general hygiene but exclude oral hygiene). Grades 7-12. 2h30-3pm  |
| B3 | Oral hygiene (why and how we need to look after our teeth). Grades 1-6. 3h00-3h30pm |
| B4 | Oral hygiene (why and how we need to look after our teeth). Grades 7 – 12. 3h00-3h30 pm |

|  |  |
| --- | --- |
| GROUP | PRACTICAL, TOPIC  and VENUE |
| A1 | Healthy diet (include under and overweight). Grades 1-6. 2h30-3h00pm |
| A2 | Healthy diet (include under and overweight).Grades 7-12. 2h30-3h00pm |
| A3 | Why we need a healthy heart. Grades 1-6. 3h00-3h30pm |
| A4 | Why we need a healthy heart. Grades 7-12. 3h00-3h30pm |

|  |  |
| --- | --- |
| GROUP | PRACTICAL and VENUE |
| B5 | What are chicken pox and mumps. Grades 1-6. 2h30-3h00pm |
| B6 | Chicken pox, mumps and shingles. Grades 7-12. 2h30-3h00pm |
| B7 | What are measles and German measles? Grades 1-6. 3h00-3h30pm |

|  |  |
| --- | --- |
| GROUP | PRACTICAL and VENUE |
| A5 | What are measles and German measles? Grades 7-12. 2h30-3h00pm |
| A6 | General information on the use of medicines. Grades 1-6. 2h30-3h00pm |
| A7 | HIV. Grades 7-12. 3h00-3h30pm |

|  |  |
| --- | --- |
| GROUP | PRACTICAL and VENUE |
| B8 | Coughs and colds (viral infections). Grades 1-6. 2h30-3h00pm |
| B9 | Coughs and colds (viral infections). What they are and how to reduce the risk of getting them. Grades 7-12. 2h30-3h00pm |
| B10 | Skin infections (exclude chicken pox, mumps, measles and German measles; include general body rashes, ringworm and other fungal infections, bacterial infections, warts, lice and scabies). Grades 7-12. 3h00-3h30 pm |

|  |  |
| --- | --- |
| GROUP | PRACTICAL and VENUE |
| A8 | Menstruation and pain. Grades 7-12. 2h30-3pm |
| A9 | Worm infestations.  Grades 1-6. 2h30-3pm |
| A10 | Contraception (include safe sex and side effects). Grades 7 - 12. 3h00-3h30 pm |

1. **Health promotion by third year pharmacy students**

**2.a My health project:**

As part of the new curriculum requirement by the South African Pharmacy Council, Prof. Srinivas designed, guided (had trail runs to provide feedback) and facilitated health promotion for support staff around the campus as part of the **‘My health’** project initiated in March 2015. This initiative is to respond to the ‘**25 by 25’** global goal of reducing non communicable diseases (Eg hypertension, diabetes, etc) by 25% by the year 2025. This global goal is supported by the South African ‘**Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2013-17**’. Future pharmacists are being guided and prepared to respond to these national and global challenges by incorporating fun, creative, contextually appropriate and culturally-sensitive health promotion campaigns.

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | 18 Aug 2015 | Venue |
| Group 1  | The impact of diet on gout | 10:30 to 10:45  | Jan Smuts dining hall |
| Group 2 | What's in my lunchbox? Hidden sugars and diabetes | 10:45 to 11:00  |
| Group 3 | Meat in an African diet | 11:00 to 11:15  |
| Group 4 | Arthritis vs Gout-what is the difference? | 14:00 to 14:15 | Grounds and garden |
| Group 5 | Tobacco and NCDs | 14:15 to 14:30 |
| Group 6 | Common myths about epilepsy | 14:30 to 14:45 |
| Group 7 | Alcohol and its effects | 14:45 to 15:00 |
| Group 9 | The influence of hypertension on heart diseases | 15:00 to 15:15 |
| Group 10 | Obesity and how is it linked to stress | 15:15 to 15:30 |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | 25 Aug 2015 | Venue |
| Group 11 | Chronic bronchitis- trigger factors and prevention | 10:30 to 10:45  | Jan Smuts dining hall |
| Group 12 | Salt in bread in SA - why has the government intervened with legislation? | 10:45 to 11:00  |
| Group 13 | Good fats and bad fats: their association with cardiovascular disease | 11:00 to 11:15  |
| Group 14 | Alcohol and NCDs | 12:20 to 12:35  | Health care center |
| Group 15 | Hypertension- what does 140/80 mean?  | 12:35 to 12:50 |
| Group 16 | Oedema and varicose veins and it's link to cardiovascular diseases | 12:50 to 13:05 |
| Group 17  | Why is sugar bad for you? The amounts of sugar in a fizzy drink | 14:00 to 14:15 | Grounds and garden |
| Group18 | Understanding food label for "sugar" for diabetic patients | 14:15 to 14:30 |
| Group 19 | Consumption of sugar in fizzy drinks linked to obesity | 14:30 to 14:45 |
| Group 20 | Heart smart, the heart mark and what it means | 14:45 to 15:00 |
| Group 21 | Sugar in my tea/coffee. What should I know or remember? | 15:00 to 15:15 |

**Acknowledgement:** Support provided by Mr. Niall Borland, Manager, Faculty of Pharmacy; Mr. Schalk Van Der Merwe, HR Division; Mr. Thandi Mzizi, Sister Heather Ferreira, Ms. Janine Harris, Ms. Ndumi Magodla and several others in organising this new program on campus are most gratefully acknowledged by the third year pharmacy students who excelled in delivering this program. The Communications Office provided support by covering this event.

**2.b. World Heart Day – 29 September 2015**

* As part of creating awareness of the one of the biggest health challenges in South Africa- increasing heart diseases- the third year pharmacy students repeated their health promotion campaigns around the campus for the support staff. This was **supported by the HR division** and they organised for support staff to attend the event and also provided fruits to those who attended. One of the examples is uploaded on youtube. <https://youtu.be/8k6hkRothlo>
* **Third year pharmacy students** actively took part on the World Heart Day and this is also uploaded on Youtube. <https://www.youtube.com/watch?v=ystuvfK59tA>. The technical support provided by **Edtech team** at CHERTL – Ms. Nompilo Tshuma, Mr. Ronald Mudzamba and Mr. Danai Chikukwa are most gratefully acknowledged.
* **Stepping Stones**, a drama group with young, local professionals and based in East London supported the World Heart Day, by coming with a big troupe and performing at Barratt lecture 2 for the support staff- to create awareness on ‘heart wise choices’. Their voluntary gesture and community outreach is most sincerely acknowledged.
* The incoming **Rhodes University Pharmacy Students Association** (RUPSA) 2016 team is acknowledged for their support in presenting their 2016 health promotion plan to the well-attended program audience – especially for the epidemic growth of NCDs. Their agenda incorporates reaching out to the support staff on campus next year for health promotion as part of the ‘My health project’.
* **Science for Society**, a new students’ initiative in the Faculty of Science, were provided an opportunity to initiate discussion on transdisciplinary work in health promotion in 2016- especially with pharmacy students and RUPSA.
* The support from the **International Office, Rhodes University** – Ms. Orla Quinlan and Ms. Helen Pienaar particularly- is sincerely acknowledged in supporting the visit of Prof. Hans Hogerzeil, Professor of Global Health, University of Groningen, The Netherlands; Co-Chair, Lancet Commission on Essential Medicines Policies and *formerly* WHO Director for Essential Medicines and Pharmaceutical Policies. As part of his visit to teach Pharmacy students at Rhodes from 22-30 Sep 2015, he also presented his public lecture on the World Heart Day on ‘**Access to essential medicines for non-communicable diseases, as part of the new Sustainable Development Goals -The Lancet Commission on Essential Medicines’.** *(http://www.ru.ac.za/news/latestnews/formerdirectorofessentialmedicinesatwhovisitsrhodesuniversity.html)*

The Communications Office at Rhodes University and Mr. Xolani Kondile from Radio Grahamstown are gratefully acknowledged for covering these events.

1. **Mentoring Rhodes University Pharmacy Students Association**

Prof. Srinivas and Dr. Khamanga are mentors for RUPSA since 2014.

Ms. Lili flax, 2015 Community Engagement representative on the RUPSA team reported: “At the South African Pharmaceutical Students’ Federation (SAPSF) conference in July, 2015 ‘**My Health project**’ was awarded two awards: **MER National Trophy** which is awarded to the branch of SAPSF who in the opinion of the **executive committee has contributed the most to the service and development of the community**. **NPSA memorial award which is awarded to the branch of SAPSF which has presented the best project at the conference. SAPSF was so impressed with the ‘My Health project’ that it will be taken on as a national project and compulsory for all branches in all Pharmacy schools to do.”**

The **in-coming RUPSA 2016 committee** (since October 2015) has already begun their activities by supporting health promotion on **Tuberculosis**. This energetic and enthusiastic team and Prof. Srinivas have met with Sister Ferreira at the Health Care Centre to initiate the planning for the forthcoming World TB day in March 2016. They intend to use the social media in the meantime, to initiate awareness of individual and communal roles and responsibilities in addressing this public health issue on and off campus.

RUPSA and Prof. Srinivas also participated during the **Wellness Week** (8th October 2015) organised by Mr. Jeremy Ruiters. This was to create awareness on the growing epidemic of non-communicable diseases (NCDs) in South Africa and the key messages on prevention and self-management based on four key risk factors: **food high in salt, fat and sugar; physical inactivity; increased use of alcohol and tobacco**.

1. **Under graduate and post graduate students interviewed by Radio Grahamstown for health promotion**

Interviews are in progress of under- and post-graduate pharmacy students working with Prof. Srinivas on NCD challenges and various aspects of health promotion awareness and community outreach for support staff and local communities in Grahamstown. Mr. Xolani Kondile from Radio Grahamstown. Ms. Marryam Tariq, Mr. Theodore Duxbury, Ms. Sumerah Kali, Ms. Tiisetso Morobi and Ms. Shingirai Katsinde have been interviewed and the rest are in progress. These interviews will be broadcast as a way of reaching out to the local communities in creating awareness of important health issues, their prevention and /or their prevention.

1. **Community engaged research and Community Engagement Awards**

Four students in Pharmacy Practice are pursuing their research based on the principles of Community based participatory approach. All four students received recognition in the **Community Engagement Awards 2015 program.**

**Shingirai Katsinde and Nomsa Chemuru** jointly received the top award in the *Student Researcher of the Year* category.  They are final-year MPharm students, working towards health promotion in the areas of exclusive breastfeeding promotion and teenage pregnancy prevention in the Grahamstown, Glenmore and Ndwayana communities.  Their work encompasses community based participatory research through collaborations formed with the CE Office, Ubunye Foundation and St Marys DCC, and is supported by the Rhodes University **Sandisa Imbewu 2011 Funding** which was awarded to Prof Srinivas and Ms Hornby in 2011, as well as the **Canon Collins-Graça Machel Scholarship for women** awarded to Ms. Shingirai Katsinde.  The award is prestigious recognition for the work that these ladies have been doing for the past two years.

**Fadzai Mushoriwa and Tinatsei Chigumete** were runners-up in the same *Student Researcher of the Year* category.  They are first-year MPharm students whose research is community engagement centred and focuses on health promotion for non-communicable diseases.  Tinatsei's research project is titled *Workplace health promotion: policies and practices,* and she has been working with support staff at Rhodes.  Fadzai’s project is titled *Health Promotion: Approaches on dietary salt reduction*.  She has been working with Oasis Grahamstown, the Assumption Sisters Nutrition Centre and St Mary’s DCC.  Throughout  the year Fadzai and Tinatsei have been involved in various health  promotion activities in Grahamstown.

Last, but not least, **RUPSA** 2015 outgoing group were runners-up in the ***Student Societies/Sports Clubs* category**. This is the second and consecutive time that RUPSA has bagged this recognition since last year.