

# Celebrations for Health Sciences!

Since the beginning of the year, nostalgia was very much in evidence on the Tygerberg Campus! This year marks the 50<sup>th</sup> anniversary of the Faculty of Health Sciences.

The highlight of the festivities was the official jubilee celebrations in the form of a formal dinner, held for all the Faculty's partners in health. The function was attended by the Minister of Health in the Western Cape, Mr Pierre Uys; the Rector, Prof Chris Brink, the Chairman of the Stellenbosch University Council, Dr Edwin Hertzog – who is also one of the Faculty's strategic partners in the private health arena; the CEO of Tygerberg Hospital, Dr Terence Carter and various senior officials of the Western Cape health department. Also present at the function were former deans Profs Andries Brink and Jan Lochner, and former staff of the Faculty.

A special edition of the alumni magazine, Tygerland, was launched at the function and thereafter sent to all the Faculty's alumni. Alumni who have not



*Congratulations Health Sciences! The Faculty of Health Sciences celebrated their 50<sup>th</sup> year of existence at a gala function held in the Lord Charles Hotel in Somerset West. Mr Pierre Uys, Minister of Health: Western Cape was the guest speaker. Here is Mr Uys with two previous deans of the former Faculty of Medicine, Prof Andries Brink and Prof Jan Lochner; the current Dean of Health Sciences, Prof Wynand van der Merwe; and the former Dean of Dentistry, Prof Wynand Dreyer.*

yet received their copy, should contact the Faculty's Marketing Office at tel. 021-938 9202, or by e-mail at [tc@sun.ac.za](mailto:tc@sun.ac.za). Later

this year, a book on the Faculty's history will be published and several academic events will have jubilee themes.



## Tygerberg Maties Feesjaar Gholfdag!

Een van die hoogtepunte op die Fakulteit Gesondheids-wetenskappe se

feeskalender is die Feesjaar

Gholfdag op Dinsdag, 5 September 2006, op die Bellville (Welgemoed) gholfbaan. Die afslaatyd is vanaf 11:30 en die formaat is 'n 4-bal-samespel (4 ball alliance). Saam met Quantum Portfolios as hoofborg vir die geleentheid word 'n onvergeetlike dag vir elke gholf liefhebber beplan en met die vyftigjarige vreugdevure wat hoog brand, kan dit nie anders as om 'n feestelike geleentheid ook op die gholfbaan te wees nie!

### Borgskap-geleentheid

Hierdie baie spesiale gholfdag skep dan ook die geleentheid vir maatskappye en/of individue om setperke en bowwe te borg en die Fakulteit nooi almal uit om die volgende opsies te oorweeg: Die koste verbonde aan die 'hot spots', dit wil sê die eerste en tiende bof, die oefensetperk langs die klubhuis, die 14de en 18de bof by die pad en die 9de en 18de setperk voor die klubhuis, is R2 500 per vierbal. Natuurlik is enige promosiemateriaal baie welkom. Kontak gerus die Fakulteit se Bemerkingskantoor (mev Thailia Cronje) by 021-938 9202 as u belangstel om 'n setperk of bof te borg.

### Vierbal-inskrywings

Die koste vir 'n vierbalinskrywing beloop R1000 per vierbal en sluit volgende in:  
■ pryse vir alle deelnemers ■ 'n ete by die prysuitdelingsgeleentheid ■ 'n spesiale gholfhemp vir elke speler ■ baanfooie

Kontak mev Thailia Cronje by 021-938 9202 of [tc@sun.ac.za](mailto:tc@sun.ac.za) om vir 'n vierbal in te skryf. Die sluitingsdatum vir inskrywings is 18 Augustus 2006. Afslaantye sal, nadat u inskrywing en betaling ontvang is, aan u deurgegee word. Tjeks moet asseblief aan die UNIVERSITEIT STELLENBOSCH uitgemaak word.

## Virtual reality for paediatric pain relief

Virtual Reality for pain relief may sound like a science fiction fantasy, but a study carried out with children by an Australian professor of Allied Health, Karen Grimmer, University of South Australia, has shown why the concept is increasingly gaining currency amongst health professionals. As a leading proponent of evidence-based practice in allied health areas, Prof Karen Grimmer - who visited the Physiotherapy discipline as a guest of Prof Quinette Louw - has brought the concept of virtual reality

for pain relief into the main arena of medicine with the first study of this kind carried out with children.

Although the concept of virtual reality as a tool in the management of pain has been tested out on adults, Grimmer's study was the first to demonstrate how children, suffering severe pain, can benefit from playing a virtual reality game while undergoing post-operative treatment.

Grimmer says burn wounds cause excruciating pain as well as extreme

distress when dressings are changed. When she initiated the study to establish whether virtual reality could minimise the pain children experienced during post-operative physiotherapy, she decided to work with children who have suffered burn wounds.

The thirteen children in the trial were given normal pain medication, but were also given the opportunity to play a 3-D game by means of a special helmet on a randomised basis for half of their treatment

## Hiperbariese drukkamer maak nuwe inisiatiewe in gemeenskapsgesondheid moontlik

Onderwatergeneeskunde is internasionaal 'n algemeen erkende dissipline in geneeskunde, maar in Suid-Afrika kry studente nou vir die eerste keer die geleentheid om gespesialiseerde opleiding in hierdie veld te kry. Dit is danksy die eerste Honneurs-BSc-graad in Mediese Wetenskappe (Onderwatergeneeskunde) wat die Departement Interdissiplinêre Gesondheidswetenskappe onder die dissipline Gemeenskapsgesondheid sedert die begin van 2005 aanbied.

"Vanaf volgende jaar bied ons ook 'n verdere nagraadse program in Hiperbariese Medisyne aan," sê dr Jack Meintjes, wat betrokke was by die ontwerp van die twee programme. Hy vertel dat hierdie inisiatiewe 'n belangrike hupstoot gekry het toe 'n maatskappy onlangs 'n drukkamer ter waarde van sowat R800 000 aan die Fakulteit Gesondheidswetenskappe geskenk het.

Hoewel onderwatergeneeskunde 'n volspesialiteit in Europa is, was daar tot dusver geen spesifieke opleidingsprogramme van hierdie aard vir geneeskundiges in Suid-Afrika nie. Die Departement se programme is trouens die enigste van hierdie aard in die land. "Die program wat ons tans aanbied en die program in Hiperbariese Geneeskunde wat ons volgende jaar gaan aanbied, is albei internasionaal geakkrediteer by die *European College of Baromedicine*, die *International School of Baromedicine*, die *European Diving Technology Committee* en die *Diving Advisory Medical Committee*," sê Meintjes.

Volgens hom is daar lewendige belangstelling in die HonsBScGeneeskWet (Onderwatergeneeskunde) - 'n modulêre program gerig op toestande soos dekompressiesiektes, wat veral duikers affekteer. Twaalf studente, waarvan twee internasionale studente is, is vir die program ingeskryf en gradueer aan die einde van die jaar.

Die program in Hiperbariese Geneeskunde sal dokters oplei om suurstofbehandeling toe te dien vir 'n verskeidenheid siektes wat verband hou met 'n suurstoftekort, byvoorbeeld duiksiektes, en met ander toestande waar suurstofbehandeling kan bydra tot beter genesing, byvoorbeeld by veloorplantingswonde, radionekrose (waar bestraling skade aan normale weefsel aanrig) en diabetiese wonde.

Die behandeling behels die toediening van 100% suurstof in 'n drukkamer. Hiperbariese suurstofbehandeling voorsien beskadigde weefsel van suurstof en dra by tot genesing.

Dit is 'n erkende geneeskundige tegniek wat wêreldwyd gebruik word en onderskei moet word van die ongetoetse aansprake van onkonvensionele praktisyne.

over a period of six days. The 3-D game is played on a virtual reality headset with goggles equipped with a monitor on which the game's images are projected. The game was specifically designed to distract the children and take their minds off the pain while their dressings are changed.

The results of the study indicate that this new technology may play an increasingly important role in the management of pain relief in children in the future. In a publication of their work, Grimmer and her team reported a significant decrease in the children's experience of pain and distress. "We have found a 100 percent reduction of pain in some of the 13 burn victims in the study and an overall reduction of more than 40 percent," she says.

During her visit, Grimmer and Louw have discussed the possibility of repeating this work in the Faculty, especially since the technology could be of great benefit in South Africa where inordinately large numbers of young children suffer burn wounds every year - often as a result of shack fires or accidents with paraffin stoves in homes or informal settlements. [m](#)

## Akkreditasie van dierehuis 'n eerste in Afrika



Mev Mary Austin, hooftegnoloog van die sentrale proefdierfasiliteit (Foto: Die Burger) in die FGW se sentrale proefdierfasiliteit.

In die soms omstrede proefdiernavorsing is 'n belangrike mylpaal onlangs bereik toe die Fakulteit Gesondheidswetenskappe (FGW) se sentrale proefdierfasiliteit internasionale akkreditasie ontvang het - danksy die hoë standaarde wat dié fasiliteit handhaaf ten opsigte van die etiese en verantwoordelike gebruik en sorg van proefdiere.

Die Fakulteit se dierefasiliteit is die eerste in Afrika aan wie internasionale akkreditasie toegeken is deur die Amerikaanse *Association for Assessment and Accreditation for Laboratory Animal Centres* (AAALAC). Wêreldwyd geniet mer as 700 akademiese en navorsingsinrigtings in 28 lande AAALAC-akkreditasie en dit word al hoe meer 'n voorvereiste vir internasionale befondsing van sodanige navorsing.

Die noodsaaklikheid van proefdiernavorsing word deur mediese en gesondheidsorganisasies wêreldwyd erken en aanvaar.

Die FGW onderskryf ook die drie beginsels wat internasionaal aanvaar word as noodsaaklik vir enige proefdiereksperiment, naamlik 'replace', oftewel vervang met iets anders as proefdiere waar moontlik; 'reduce', oftewel verminder die aantal diere wat gebruik word tot die absolute minimum en 'refine', oftewel verfyn die tegnieke wat gebruik word om te verseker dat stres en pyn sover moontlik verminder word.

Die US het uit eie beweging aansoek gedoen vir hierdie akkreditasie - 'n duidelik bewys dat die Universiteit ernstig is oor sy toewyding tot humanitêre proefdiernavorsing. [m](#)