

Studente Akademiese Jaardag
Annual Student Academic Day



11 Augustus 2011

Mankadan Saal

Tygerbergkampus



Tygerberg Studentesentrum • Tygerberg Student Centre
Posbus/ PO Box 19063 • Tygerberg 7505 • Suid-Afrika • South Africa



THE NUTRITIONAL KNOWLEDGE, PHYSICAL ACTIVITY LEVEL AND SUPPLEMENT USE OF STUDENTS OF STELLENBOSCH UNIVERSITY

Den Boer C, Du Plessis I, Gershanov N, Leclercq BA, Potgieter S, Van Niekerk E

ABSTRACT

The study objective was to determine the nutritional knowledge and to assess dietary supplement use of physically active and non-physically active Stellenbosch University students and to compare different variables such as gender, faculty, campus, physical activity level and dietary supplement use amongst these students.

A cross-sectional, descriptive study, with an analytical component was conducted. A web-based e-survey was sent out to all Stellenbosch Undergraduate students from February to April 2011.

The study included all registered undergraduate male and female students attending the main and Tygerberg campuses of Stellenbosch University, aged 18 to 25 years old. Participants had to be English or Afrikaans literate (N= 1975).

According to the WHO guidelines 58% (n=1120) of the participants were classified as physically active. The group classified as physically active according to the WHO guidelines showed to have a better nutritional knowledge score ($p < 0.01$). When comparing Stellenbosch Main campus and Tygerberg campus, the results showed that the nutritional knowledge score of the participants was 58,6% (n=1708) and 63,8% (n=267) respectively. The mean nutritional knowledge scores of male and female participants were 58,6% for males (n=835) and 59,8% for females (n=1140). When comparing the nutritional knowledge between faculties, the highest score obtained was 63,4% (n=267) by the Faculty of Health Sciences and the lowest score obtained was 57% by the Faculty of Education. The number of dietary supplements used by participants within the different faculties was not statistically significant. ($p = 0.45$). The average number of dietary supplements used by males (2,5 supplements) was considerably higher than for females (1,9 supplements) ($p < 0,01$). Male participants indicated that they used dietary supplements mainly to increase their muscle mass. Females indicated that they used dietary supplements as a health care practitioner recommended it.

Positive correlations were found between the nutritional knowledge score and nutritional labelling; nutritional knowledge score and physical activity levels as well as supplement use and physical activity level. Nutritional interventions should be aimed to improve nutritional knowledge and the interpretation of nutritional labels within Stellenbosch University.

**KOMMUNIKASIE MET NIEVERBALE PASIËNTE IN DIE INTENSIEWE SORGEENHEID:
'N ONDERSOEK NA DIE PERSEPSIES VAN SUID-AFRIKAANSE EN SWEEDSE
VERPLEEGKUNDIGES**

Hoffman N, Spies A

ABSTRAK

Effektiewe kommunikasie tussen pasiënte en verpleegkundiges in die Intensiewe Sorgeenheid (ISE) is van uiterste belang. Kommunikasie bevorder versorging en handhaaf die pasiënt se outonomie ten opsigte van sy/haar mediese behandeling. Verder wil pasiënte ook oor kwessies buiten hul basiese behoeftes en behandeling kommunikeer. Hierdie studie het verpleegkundiges se persepsies rakende kommunikasie met pasiënte, wat nie verbaal kan kommunikeer nie weens mediese behandeling of chirurgie, bestudeer. 'n Gemengde navorsingsontwerp is gebruik om data eenmalig, deur middel van 'n self-rapporteringsvraelys in te samel. Deelnemers was 41 Suid-Afrikaanse en 35 Sweedse verpleegkundiges werksaam in die ISE vir volwassenes. Resultate toon dat kommunikasie met nieverbale pasiënte spesifieke uitdagings ten opsigte van die gemak, inhoud en metode van kommunikasie inhou. 'n Behoeftes aan opleiding en die opgradering van hulpbronne is aangedui. Die bevindinge dra by tot 'n beter begrip van verpleegkundige-pasiënt-kommunikasie in die volwasse ISE en kan as vertrekpunt vir verdere navorsing dien.

Sleutelwoorde: verpleegkundige-pasiënt-kommunikasie; nieverbaal, intensiewe sorgteenheid, persepsies, gemengde ontwerp, self-rapporteringsvraelys

IS THE SMITH HAND FUNCTION EVALUATION A RELIABLE TEST?

AN EVALUATION OF ITS TEST-RETEST AND INTERRATER RELIABILITY

Greyling L, Mankonti S, Naude R, Visser L

ABSTRACT

In order to effectively plan a therapeutic programme, the clinician must have access to a reliable and valid battery of tests which objectively evaluates client's functional progress. The Smith Hand Function Evaluation is an American standardised evaluation of functional hand skills associated with activities of daily living. This study aimed to evaluate the reliability of The Smith Hand Function Evaluation in terms of test-retest and interrater reliability for a South African population. The Smith Hand Function Evaluation assesses grip strength, unilateral- and bilateral hand dexterity and subjective information on shoulder and elbow range of motion. Many Occupational therapists in South Africa used the test based on the fact that the test is cost effective and that it gives the therapist a holistic view of hand function. However, because the reliability and validity of the test has not yet been established for the South African population, it could not be used in medico-legal work in this country. A Quantitative Research method was used to gather normative data from a sample of 23 South African participants that were chosen by convenience sampling within the Cape Metropole. The participants were between the age of 18 to 65 years, left and right handed and with a variety of occupations and language proficiencies. The reason why the researchers excluded participants with upper limb dysfunction was to ensure that the correlation between the test and retest scores would not be influenced by improvement of hand function as a result of treatment or the condition of the hand getting worse. Test-retest reliability indicated that 5 out of 24 sub items had an intraclass correlation coefficient (ICC) agreement above 0.80, while the interrater reliability indicated that 22 out of 24 sub items had an ICC agreement above 0.80. The ICC agreement of the test-retest and interrater scores, indicated that the interrater reliability of The Smith hand Function Evaluation in this study was higher than the test-retest reliability.

ASSESSING THE UTILITY OF A NEW DEMENTIA SCREENER, THE TEST YOUR MEMORY (TYM) QUESTIONNAIRE, IN A SOUTH AFRICAN SAMPLE.

Botha H, Van Schalkwyk G

ABSTRACT

Dementia and cognitive impairment are a common cause of morbidity, particularly amongst elderly patients, affecting over 24 million worldwide. Data for developing countries is comparatively poorly established, although a recent systematic review found an average prevalence of 5.3% for those over the age of 65. Research suggests that dementia is poorly diagnosed during routine history and physical examination. This problem is all the more relevant in a resource limited primary care setting, where time constraints and the necessity of attending to more “pressing” physical conditions often prejudices against a thorough mental health evaluation. Good screening instruments provided a cost effective way of improving the detection of cognitive impairment. However, many of the currently used questionnaires have significant problems. The mini-mental state, although widely used and extensively validated, is considered by many doctors to be too time consuming for routine use in general practise. Briefer rating scales suffer more from problems of poor sensitivity and specificity. In response to this need, the Test Your Memory (TYM) questionnaire was developed.

Our study aimed to validate modified English and Afrikaans versions of the Test Your Memory questionnaire for use in the South African primary care setting, by comparing it against the mini-mental state examination as gold standard. Our findings indicate an acceptable internal consistency, good specificity but weak sensitivity for this questionnaire.

DIE ONDERSOEK NA LEERKRAGTE SE PERSEPSIE OMTRENT DIE BESLUITNAME VIR DIE INSLUITING VIR DIE INSLUITING VAN 'N VISUEEL GESTREMDE LEERDER IN 'N BRAILLE PROGRAM.

Brandt A, Visser M, Van der Hoven T

ABSTRAK

Agtergrond:

Visie probleme is 'n universele probleem. 'n Wye spektrum van visuele diagnoses kom voor. Dit veroorsaak egter nie noodwendig altyd probleme op funksionele vlak nie, maar daar is tog baie persone wat gestremdheid as gevolg van visie ervaar. Hul visie mag hul beperk ten opsigte van verskeie funksies by die werk (bv. lees van instruksies/ inligting), by die huis (lees van tydskrifte en storieboek vir ontspanning, lees van resepte en Godsdienstige materiaal) en in die gemeenskap (bv. lees van pryse op produkte, lees van busvervoer tye en padtekens).

Om bogenoemde funksionering te verbeter, word van braille gebruik gemaak. Volgens 'n studie wat in 2009 gedoen is, kan Braille steeds 'n beduidende rol speel in die lewe van persone met visueel-gestremdheid. Braille help visueel gestremde-persone om 'n kwaliteit van lewe te bereik wat hulle nie andersins sou kon nie. Tans is slegs 5-10% van persone met visuele gestremdheid Braille geletterd (8). Indien Braille vir visueel gestremde persone van soveel waarde kan wees, waarom is so min persone met visueel gestremdheid Braille geletterd?

Die navorsers het tydens hul kliniese werksblok opgelet dat die onderwysers by skole vir leerders met visueel-gestremdes die besluit maak watter leerders Braille aangeleer word. Hulle het geen spesifieke universele riglyne waarvolgens hulle hierdie besluit maak nie.

Die vraag ontstaan dus: Wat is leerkragte se persepsie rondom die besluitname van 'n visueel gestremde leerder 'n 'n braille program.

Doel:

Die doel van die studie is om vas te stel wat is die persepsies van verskillende leerkragte (onderwysers en terapeute) oor die besluitname vir die aanleer van Braille by die skoolgaande visueel-gestremde kind.

Die doelwitte van die studie is

- om vas te stel wat is die proses wat die leerkragte volg tydens besluitname vir die insluit in 'n Braille program.
- om vas te stel wat neem die leerkragte in ag tydens besluitname
- om vas te stel watter liggaamlike, kognitiewe en sosiale faktore die leerkragte in ag neem tydens die besluitname vir die insluit by 'n Braille program

Metodologie:

Die navorsers het gebruik gemaak van 'n navorsingstudie binne die kwalitatiewe paradigma. Binne die kwalitatiewe paradigma, het die navorsers 'n fenomenologiese benadering gevolg. Die doel van die navorsingstudie, is deur hierdie studie struktuur bereik, aangesien die subjektiewe ervarings van persone met ondervinding die mees holistiese beeld weergee van die fenomeen wat die navorsers ondersoek het.

Die navorsers het gebruik gemaak van doelgerigte steekproeftrekking. Deur gebruik te maak van doelgerigte steekproeftrekking, was die waarskynlikheid dat die data divers en verteenwoordigend in inhoud was, vergroot. Die kandidate wat by die navorsingstudie ingesluit was, is gekies volgens hul professionele en persoonlike ervaring in die veld van die aanleer van Braille. Die navorsers het beoog om ten minste vier kandidate te kies vir die steekproeftrekking, almal vanaf verskillende verwysingsraamwerke en agtergronde.

Data verwerking:

Die onderhoude met die persone was opgeneem op 'n bandopnemer en dan deur 'n eksterne persoon getranskribeer. Die getranskribeerde onderhoude is elk na die spesifieke kandidaat terug geneem, sodat hul dit kan deurlees en bevestig dat dit is wat hul gesê het en dat hul kan uitbrei oor aanhalings wat hul voel nie hul volle ervaring verduidelik nie ("Member Checking"). Die getranskribeerde data is verwerk en opgesom volgens die tematiese ontleding metode. Die doel is die verklaring van verhoudings, die ondersoek en interpreteer van konneksies om dus 'n beter verstaan van die spesifieke fenomeen te ontwikkel. Behalwe vir "member checking" is geloofwaardigheid, vir data verwerking, verkry deur om die getranskribeerde data aan individue van dieselfde profesie/ verwante veld te gee om die navorser se interpretasie van die navorsingsinligting te evalueer om vas te stel of die individu dieselfde temas uit die data verkry ("Peer Examination")

Gevolgtrekking en Resultate:

Die resultate vanaf die data kon getabuleer word en het sekere kodes getoon. Die kodes kon in die volgende tema's in verdeel word: biologies, sielkundig, psigobiologies, psigososiaal, omgewingsfaktore en werkvaardighede. Alhoewel elke kind individueel oorweeg word is daar sekere faktore/komponente wat tot 'n mindere of 'n meerdere mate 'n rol speel vir leerkragte. Die mate van residuele visie en die verloop van die tipe visuele toestand het 'n definitiewe invloed op die besluitname, maar aspekte soos die kind se vermoë om sy skoolwerk te sien, sy leesspoed en sy positionering teenoor sy werk kan aanduidings wees dat hy sy visie verloor en dus oorweeg moet word vir die Braille program. Die finale besluit vir die insluiting by die program lê by die ouers en dus is hul insig en motivering in die kind se vermoëns van kardinale belang. Die leerkragte is van mening dat al is daar sekere fisiese komponente wat belangrik is vir die gebruik van die Brailleur het hul nog nooit 'n leerling gehad wat nie by sy beperkings kon aanpas nie. . Dus is die navorsers van mening dat daar nie 'n gestandaardiseerde bepalingvorm opgestel kan word nie, maar bogenoemde as hulpmiddel dien om die leerkragte te lei tot 'n besluit.

THE KNOWLEDGE AND PERCEPTIONS OF NURSING STAFF REGARDING THE NEW ROAD TO HEALTH BOOKLET (RtHB) GROWTH CHARTS IN CLINICS IN THE TYGERBERG SUB-DISTRICT OF THE CAPE TOWN METROPOLE REGION

Cloete I¹, Derbyshire C¹, Jordaan J¹, Volmink L¹, Daniels, L¹, Schubl C²

¹ Department of Human Nutrition, Stellenbosch University

² Department of Human Nutrition, Stellenbosch University, Tygerberg Academic Hospital

ABSTRACT

Objectives: The objectives of this study were to assess the perceptions of nursing staff regarding the need for and application of the Road to Health Booklet, to assess their knowledge regarding the use of the RtHB growth charts and to determine whether the level of knowledge is acceptable to successfully utilize the RtHB growth charts.

Study Design: Cross-sectional descriptive survey

Setting: The study was conducted at 13 primary healthcare clinics in the Tygerberg Sub-district

Subjects: All nursing staff that are to work with the RtHB on a daily basis

Outcomes Measured: The knowledge and perceptions of the nursing staff regarding the new Road to Health Booklets were measured by a self-administered questionnaire.

Results: The study demonstrated that the majority of the nursing staff did not possess a sufficient level of knowledge to successfully implement the new Road to Health Booklet (RtHB). The mean score percentage for the participants for the total 11 knowledge questions was 52%. Less than a third (n=12) of the participants could correctly interpret the cut off value for mid-upper arm circumference (MUAC) as being <11.5cm. Only 38% and 52% correctly knew that -2SD for weight-for-length and -2SD for weight-for-age represents wasting and underweight respectively. It is concerning that when interpreting the graphs; only 55% were able to correctly interpret the growth faltering graph and 48% the graph representing the underweight child. When asked about the necessity for changing from the Road to Health Chart, 57% of the participants felt it was unnecessary and 40% felt that mothers or caregivers will not easily understand the new booklet. Seventy-one percent (n=30) agreed that they have sufficient skills to work with the RtHB. More than half (n=22) of the participants agreed that they have the adequate knowledge to work with the RtHB, whilst an alarming 45% agreed that they do not have adequate knowledge.

Conclusion: The Road to Health Booklet has the potential to decrease the prevalence of malnutrition in children. To achieve this however, effective usage and understanding of the booklet is critical. Due to the delay between the training and the implementation of the RtHB, re-fresher training of health care personnel working with the RtHB is recommended.

**'N LOODSSTUDIE OM DIE KORRELASIE TUSSEN VISUELE PERSEPTUELE VERMOËNS EN WISKUNDIGE
PRESTASIE VAN GRAAD 2,3 EN 4 LEERDERS IN HOOFSTROOM PUBLIEKE LAERSKOLE IN DIE BELLVILLE**

AREA TE ONDERSOEK

Coetzee M, Le Roux C, Van der Merwe E

ABSTRAK:

The current state of the Mathematics marks in South African schools is a subject of great concern. Statistics suggest that these marks are not only poor, they are also getting worse. As Occupational Therapists, the researchers set out to find possible correlations between their scope of practice and this troubling occurrence. Subsequently the researchers decided to investigate the possible correlation between Mathematical achievement (in grade 2-4 learners) and Visual Perception, a field of treatment in Occupational therapy. The researchers thus undertook a pilot study, in the Bellville area, with this target population. Testing 72 children with the DTVP-2 standardised test, in three different schools, and comparing their subsequent scores with their June/July Mathematics marks, as received from the schools. By means of the Spearman correlation coefficient, the researchers analysed the data and found statistically significant results of correlations between Mathematical achievement and General Visual Perception in the population, and more significantly with specific subsets of Visual Perception, namely: Figureground, Position in space, Copying and Visual closure. Thus paving the way for future studies concerning causality relationships between these specific subsets of Visual Perception which showed the highest correlation, and Mathematical achievement.

Die huidige toestand van Wiskunde prestasie in Suid-Afrikaanse skole is 'n saak van groot bekommernis. Volgens statistieke is die Wiskunde punte nie net swak nie, dit is ook besig om swakker te word. As Arbeidsterapeute het die navorsers besluit om 'n moontlike korrelasie te vind tussen hierdie probleemsituasie in 'n veld binne Arbeidsterapie. Gevolglik het die navorsers besluit om ondersoek in te stel na die moontlike korrelasie tussen Wiskundige prestasie, in graad 2-4 leerders, en Visuele Persepsie, 'n spesifieke veld van behandeling in Arbeidsterapie. Die navorsers het dus 'n loodsstudie uitgevoer, in die Bellville area, met die bogenoemde teikengroep. 72 Leerders is deur middel van die DTVP-2 gestandaardiseerde toets getoets, by drie verskillende skole; waarna hierdie tellings vergelyk is met die leerders se Junie/Julie Wiskunde punte, soos ontvang van die skole. Die navorsers het deur middel van die Spearman korrelasie koëffisiënt die data geanaliseer, en statisties beduidende resultate gevind van 'n korrelasie tussen Wiskundige prestasie en Algemene Visuele Persepsie, maar veral ook met verskillende afdelings van Visuele Persepsie, naamlik: Voorgrond-agtergron, Posisie in die ruimte, Kopiëring en Visuele sluiting. Dit stel dus die pad oop vir verdere studies rondom oorsaaklikheidsverhoudinge tussen hierdie spesifieke afdelings van Visuele persepsie en Wiskundige prestasie.