

THE NURSING STARS

MAGAZINE

Celebrating Nursing Professionals in style

18th Issue Feb/Mar/Apr 2026

Agnes Ampofo Agyie
 "I am deeply committed to improving maternal and child health"

Nthabiseng Mathebula
 "When we are indoors we play a few games"

Makananelo Pule
 "I actively mentor and coach nurses and health professionals"

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 "I see myself as a recognised global advocate"

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'When Your Partner Doesn't Understand Why You Can't 'Just Get Over' Your Shift'

'Diagnostics That Heal More Than Bodies'

'The Real Cost of Leadership Failure'

'A Nurse's Story, Scaled'

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Happy
Valentine's
Day





"Happy Valentine's Day to the nurse with the biggest heart! Thank you for the care, comfort, and love you bring to everyone every single day."

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Various contributions were made through a review of the work that was done by assorted experts

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Happy New Year!!!

Thank you Lord for 2026. Another new year filled with divine connections, restoration and visions. And through God's Grace all these will be achievable. In case you couldn't reach your goals in 2025, you may try again this year. It is another opportunity for you, just grab it.

Well, as most of us become anxious at the beginning of the new year due to various needs, do not forget to mix work with pleasure. Check out our *TNS Unwind* column. Take it easy, go for some fun!

And to those of you who aspire and have planned to venture into business, fear not for you've got this. We trust that this edition will enrich you more to pursue your dreams. Good luck!

Time flies!!! We are now at our 18th edition. Wow! This is the Lord's doing. Another brilliant and jam-packed issue. This edition is filled with brilliance, colorfulness and enriching information.

To our featured nurses and subscribers, thank you for taking *The Nursing Stars Magazine* to greater heights. Your amazing support and followership are our anchor. This is all for you! Moreover, thanks for your input, comments, and advises. Thank you! Our special thanks to our Team and our dedicated contributors. Big ups to you guys!

In this edition we were so highly honored to feature one of the great nurses of our time, Her Royal Highness Princess Boitumelo Maila from the Royal House in the Limpopo Province, South Africa. Her biography tells it all about her heart for the communities. She is an amazing Leader!

Besides, our legendary Kimberly Maurer, (a.k.a Ms Kim) prepared some articles for your enrichment. These articles are best for you because they are from the heart of a legendary nurse. Furthermore, we have featured a mixture of stunning nurses.

Our fabulous one is Bonolo, she is dazzlingly beautiful. Besides, Makananelo Pule shares as to how she became a Holistic Specialist. Andile Luvuno expresses her love for education, she is thriving even further.

Therefore start your 2026 with this edition and be rich. This is your magazine and it is all about you. Your wish is our command. And please always remember that to us your wellbeing is our precious priority.

Just keep *The Nursing Stars Magazine* everywhere you are. Remember to email your comments to: info@thenursingstarsmagazine.co.za.

Enjoy le good reads!

Love you lots!
Connie Mbele

"And to those of you who aspire and have planned to venture into business, fear not for you've got this"



Sibongile Khumalo (RN),
Johannesburg, South African

Thank you Lord for 2026. Our eternal and our everlasting God, creator of all things in heaven and on earth, things visible and invisible. You alone are God. You alone are all powerful, all knowing and Sovereign. Lord we thank you and we give you praise. Thank you the blessing of another year. Thank you for 2026. Oh Lord, You have been our dwelling place in all generations. Before the mountains were brought forth, or ever you had formed the earth and the world, even from everlasting to everlasting, You are God.

There is none like you. We thank you for your presence in our lives. Thank you for the Holy Spirit who dwells on the inside of us. We pray that you will continue to lead us and to guide us in this New Year. We dedicate 2026 to You O lord. Our greatest and our sincerest desire is to be aligned with your plans and your purposes for our lives. Help us to apprehend all that which you have ordained for us in the name of Jesus. We thank you that your plans for our lives are good.

They are plans to prosper us and not to harm us. Plans to give us hope and a future. Oh lord teach us to number our days that we may gain a heart of wisdom. Teach us to number our days to make our lives count to the glory of God our father in Heaven. Teach us to live wisely Oh Lord, to live our lives in a way that we leverage our gifts and our talents. We thank you for the borrowed time that you have blessed us with. Help us O lord to live lives that will honour you, to leverage our gifts, and our abilities and our talents in a way that is pleasing in Your sight. Help us to take every day as an opportunity to please

You O Lord in Jesus's Name. Thy will be done in our lives as it is in Heaven. Establish the work of our hands we pray. May our work outlive us. May our work have a lasting impact and leave a legacy for the next generation in the name of Jesus Christ of Nazareth.

Thank you Lord for 2026



“He is the Rock,
his works are
perfect, and all
his ways are just”

Isaac T. Matlala (RN) and Author,
Pretoria, South Africa

Encouragement in Times of Trial: Trusting in God's Faithfulness

In a world that is often characterized by evil, where many attribute their temptations and sorrows to governments, families, or societal systems, we are gently reminded of the greatness, fairness, and unwavering faithfulness of our Lord.

Deuteronomy 32:4 declares:

“He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he.” (NIV)

As believers in Christ, let us remain steadfast and firmly rooted in His Word, trusting our God in every circumstance we encounter. It is precisely through the problems and struggles we face daily that our relationship with Him is strengthened.

These challenges become the foundation for powerful testimonies, affirming that the Lord is indeed faithful, just, and righteous in all His ways. This calls for patience and perseverance among those whose faith rests in Christ. Like Job, who lost everything yet continued to praise God and affirm His righteousness, we too are called to trust Him unwaveringly.

Brethren, God loves us deeply and remains ever-present with us, regardless of our circumstances. Therefore, let us not be shaken by the storms of life, for He has promised to be with us even as we walk through the valley of the shadow of death.

As Scripture assures us, He is our mighty defender, and His ways are perfect and just. May we continue to stand firm, rooted in faith, and allow our lives to testify to His unchanging goodness.

To Him who is faithful all the times, be honour and glory forever.

**The
Best
Dressed
Nurses
of the Season**

Philasande Wellem
Eastern Cape Province
South Africa





Mamotaung Maphaha
Queen Mamohato Memorial
Hospital, Maseru, Lesotho



“Nursing is my destiny”

Andile

Luvuno

Nursing is where

her compassion, strength, and purpose meet

What is your name?

My name is Andile Nokubonga Luvuno. I would share a nickname I was given in practicals but it kept changing in every ward, from MaAndz, to Luvo and ending up with being called Rihanna. So I don't think I have one anymore.

What is your birth month?

I was born on the 13th of January 2003. For me, January is a month that symbolizes new beginnings, something that reflects how I view my journey in nursing and life.

What is your professional status?

I am a graduate at Wits University as a professional nurse and midwife. I was also a Wits Gateway to Success Ambassador, a first year experience (FYE) mentor, a Life Science tutor to high school students, and a student leader within the Nursing School Council as Vice Chairperson.

Why did you choose to be a nurse?

For me, nursing is a calling, not a coincidence. I didn't stumble into it, my heart was drawn to it. Nursing is more of a passion than a career for me, and blending the two brings a deep understanding of my purpose in nursing. Nursing allows me to comfort, advocate, heal, educate, and uplift people at their most vulnerable moments.

It's where my compassion, strength, and purpose meet. I truly believe I was called to serve through this profession. It has shaped my character in ways no other profession could. Nursing is where I learned empathy, courage, and the quiet strength that comes from serving others.

Who is your favorite classmate?

Every classmate has contributed something meaningful to my journey, but the one who stands out is the person who reminds me to laugh on tough days and pushes me to keep going when everything feels heavy. That is my dear colleague and friend, Miss Karabo Lepheana.

How is it like to be a nursing student?

Being a nursing student is an intense balance of pressure, passion, and personal growth. You learn to manage heavy emotional moments, long shifts, and demanding academics, but you also learn the joy of impact. Every day teaches you something about humanity, resilience, and yourself. It's not easy, but the reward is immeasurable. For me, nothing compares to the feeling of seeing a patient improve or knowing you made someone's day easier.

How would you describe yourself as a student?

I am driven, compassionate, and intentional. I study with purpose, lead with heart, and show up with consistency. I am not perfect, but I face challenges with persistence, and I show up with dedication even when it's tough. I'm the kind of student who believes in excellence, not for recognition, but because patients deserve the very best version of me.

"Every day teaches you something about humanity, resilience, and yourself"

“I plan to advocate for dignity, respect, and innovation in nursing”

What specialty are you focusing on?

I am drawn to Primary Health Care (PHC). I enjoy the independence, critical thinking, continuity of care, and the ability to make a community-level impact. PHC is the heart of prevention and empowerment and that aligns perfectly with how I see patient care.

What is a dominating culture in your schooling environment?

The dominating culture is resilience and solidarity. We support each other through exhausting shifts, overwhelming workloads, and emotional moments. We grow stronger because we lean on one another. There is also a culture of service, everything we do circles back to the patient.

Any element of naughtiness?

Just a touch, the innocent kind that keeps our spirits alive. In a demanding profession like ours, laughter, inside jokes, and light mischief help us survive the pressure. It's how we remind ourselves that joy is also medicine. However, the boundaries are clear and respected, ensuring no inappropriate behavior is encountered.

What real-world lesson are you acquiring currently?

The most powerful lesson I'm learning is that healing goes beyond clinical skill. People don't just need medication, they need reassurance, dignity, kindness, and someone who listens. Nursing teaches you that presence itself can be therapeutic. You can know everything from the textbook, but if you can't speak with kindness, listen with empathy, or calm a frightened patient, your knowledge is incomplete.

What contribution are you planning to make in the nursing industry?

I want to contribute transformational leadership. I see myself influencing policy, improving working conditions, and uplifting the image of the nurse in South Africa. I want to be part of the generation that says, "Nurses are not just helpers, they are leaders, thinkers, and essential pillars of the healthcare system."

I plan to advocate for dignity, respect, and innovation in nursing. I believe in nursing's power, and I want to help the world see that nurses are not overlooked helpers and that we are leaders, experts, and essential architects of healthcare.

When searching deep into yourself, are you an employer or an employee? Why?

I am an employer by mindset. I naturally think like a leader who is ready to build, innovate, and create solutions. I don't just want to fit into the system and be limited, I want to be part of reshaping it. I'm driven by vision, purpose, and the desire to uplift others.



“Healing
goes
beyond
clinical skill”



“Being a nursing student is an intense balance of pressure, passion, and personal growth”

Will nursing be your corridor or your destiny? In what way?

Nursing is my destiny. It is the foundation of my character and the language through which I understand humanity. Nursing is where my spirit feels aligned. It has grounded me, grown me, and called me to serve with purpose. It taught me humanity before science, empathy before diagnosis, and service before status. Everything I will become professionally will rise from the heart of a nurse.

What advice would you give to the government regarding improving the nursing sector?

Invest in nursing as the backbone of healthcare. Invest in nurses as the backbone of healthcare. Improve staffing ratios, enhance clinical training resources, prioritize mental health support, upgrade hospital infrastructure, and create pathways for professional and personal growth. Quality healthcare begins with valuing the nurse. Treat nurses not as a labour force but as partners in national health development.

What advice would you give to nursing aspirants?

Nursing is not for the faint-hearted, but it is for the brave, the compassionate, and the resilient. Nursing will challenge you, stretch you, and sometimes break you but it will also transform you. Be patient with yourself, be committed, be curious, and never forget that every patient is a life, not a task. Let compassion guide you, and let excellence define you.

How are you going to mentor the nursing aspirants?

Through leading with honesty, empathy, and encouragement. I will share both the beauty and the challenges of nursing so that students enter the profession grounded and motivated so that they understand the true nature of the profession. I walk with them, guide them, uplift them, and help them see the greatness they carry. My goal is to make them feel capable, confident, and inspired.

Adonest Mlula **Ngobeni**

*He cannot see himself
outside nursing*

Adonest Mlula Ngobeni was born in Lillydale, Mpumalanga, and matriculated at Hlomani High School in 2005.

He qualified as a call centre agent before pursuing nursing and enrolled for the R425 Diploma at Chris Hani Baragwanath Nursing College in 2011, later registering with the South African Nursing Council (SANC) as an Enrolled Nursing Auxiliary.

He has been employed at Sebokeng Regional Hospital since March 2015, with theatre experience from April 2015. He has served as a DENOSA branch shop steward at Sebokeng Regional Hospital under the Sedibeng region and was later afforded the opportunity to serve as Provincial Secretary for the Member Servicing Committee.

He also served as Campus SRC Deputy President during the 2023/2024 term. In 2022, he enrolled for the R171 Diploma at the Gauteng College of Nursing, completing the programme in May 2025 and graduating in September 2025. He is currently working as an Enrolled Nursing Auxiliary and awaits placement as a General Nurse.

*“I developed a
desire to grow
within nursing”*



"I initially aspired
to become a
medical doctor"

Congratulat



“It’s important not to develop a negative attitude toward patients”

ame:

Adonest Mlula Ngobeni

Birth month: August

Favourite book:

Retire Young, Retire Rich by Robert Kiyosaki

Favourite music:

Soul, gospel, choral, and soft jazz

Favourite space:

Quiet places where I can reflect, pray, or read

Favourite time:

Late mornings, when I am fully alert and focused

Favourite drink:

Passion fruit and lemonade

How do you spend most of your spare time?

I usually spend my spare time reading, reflecting on personal growth, checking emails and social media (Facebook and TikTok), and having meaningful conversations with family or colleagues.

What makes you tick?

Positive energy, achieving good results, and most importantly, bringing genuine smiles to people’s faces. There’s nothing more rewarding than seeing a patient smile genuinely, knowing I gave my best effort, even if the outcome wasn’t ideal.

What spoils your mood?

Negligence, lack of compassion, and witnessing patients being treated without dignity. Even in challenging situations, it’s important not to develop a negative attitude toward patients. Our duty is to fulfil our professional responsibilities thoroughly, not just perform delegated tasks. For example, administering antihypertensives without checking vital signs just because it was delegated is unacceptable.

Who is your favourite person in the world?

H.E. José Mujica, the 40th President of Uruguay. His leadership inspired me, especially when he used public health services like everyone else, waiting his turn in the queue. His example shows that real change comes from recognizing that everyone is important and equal.

What made you choose nursing?

I initially aspired to become a medical doctor, but when I couldn’t get into medical school, my sister, Sibongile Ngobeni-Mafuyeka, a Professional Nurse, encouraged me to consider nursing. I took some time to think, but eventually applied in 2010 and was accepted for the 2011 intake at Chris Hani Baragwanath Nursing College, Bonalesedi campus. My passion for nursing grew as I interacted with patients and fellow nurses. I developed a desire to grow within nursing, as it offers lifelong opportunities and a rewarding career.

Who is your inspiration?

Mr. Bonginkosi Shongwe, CEO of Thelle Mogoerane Regional Hospital. He has faced challenges throughout his career, but his resilience and ability to achieve results in various roles inspire me deeply.



Share about your passion for nursing:

Nursing has given me a lifeline. Even when other opportunities failed, nursing offered me hope. Mr. Dedrick Mhlaba, a nurse, once advised me to pursue nursing after matric, which I initially ignored. Now, I cannot imagine myself outside nursing. It allows me to contribute positively to the community both in healthcare facilities and beyond. A nursing qualification also opens many career avenues, making it a lifelong profession with financial sustainability beyond retirement.

Apart from nursing, what is this particular gift you have, and are you going to pursue it?

I have a gift for leadership and teaching. I am naturally talkative and enjoy mentoring others. I plan to use this gift by mentoring nurses, guiding young people, and contributing to healthcare training and policy development. Ultimately, I want to influence positive change.

Do you think nursing is your corridor or your destiny?

I believe nursing is my destiny. Every stage of my life seems to guide me toward purpose-driven care and service. I cannot see myself outside nursing because it has given me purpose and growth while helping me understand different cultures.

If given a chance, which celebrity would you like to spend an hour with, and why?

I would spend time with DJ Sbu (Sbusiso Leope). His journey—from campus radio to Ukhozi FM, topping charts as an artist, and becoming an entrepreneur—demonstrates resilience and self-initiative. I admire how he created his platform to showcase his talents and inspire others to do the same.

Where do you see yourself in 5 and 10 years' time?

In five years, I see myself as an advanced, skilled nursing professional contributing to patient care and research. In ten years, I envision myself in a leadership or academic role, influencing healthcare systems and nursing practices.

How are you going to contribute to improving the nursing sector?

I aim to advocate for quality patient care, support evidence-based practices, mentor young nurses, and uphold ethical and compassionate nursing standards. Given the challenges of staff shortages, I will engage lawmakers and administrators through stakeholders, including unions and healthcare entities, to address these issues.

What do you think is the role of technology in nursing?

Technology improves accuracy, efficiency, patient safety, and access to care. It allows nurses to deliver better outcomes while supporting ongoing learning and innovation. With robust health information systems, records can be easily accessed, allowing nurses to focus more on patient care. Technology also aids patient monitoring through alarms and notifications for critical changes, ultimately enhancing service quality.

What fingerprint would you like to leave when retiring from nursing?

I want to leave a legacy of compassionate, service-driven, independent, and skilled nurses. Nurses should understand their roles within the multidisciplinary team (MDT) and educate the community that, while we are not doctors, our independent functions are crucial to the MDT. I hope my career inspires others to uphold these standards.



Adonest Ngobeni and his former classmates



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Nkhensani Chabalala

Who is Nkhensani Chabalala?

Nkhensani Chabalala is a professional nurse and lecturer who was born and raised in Limpopo Province, Vhembe District, Hlangani region, in a remote village called Nkuzana Village — a community known for producing many successful and compassionate individuals. She is a daughter, sister, wife, and mother of three boys, and the third-born child in her family.

Nkhensani completed her primary and secondary education at public schools before beginning her nursing journey at Limpopo College of Nursing (Giyani Campus). She started her career as a community service nurse at Manavhela Clinic in the Vhembe District, with her midwifery exposure completed at Elim Hospital. She later returned to Manavhela Clinic, where she served the community for 11 years, until 2024.

During these years, she worked as a community nurse, midwife, psychiatric nurse, HIV specialist, mentor, and facilitator for the RTC Vhembe District training team, experiences that shaped her clinical expertise and strengthened her passion for teaching and mentorship.

Her academic career includes a Bachelor of Nursing Science, a Postgraduate Diploma in Public Health, and a Master of Public Health. Her master's research focused on the quality of health education provided to patients with Type 2 Diabetes Mellitus in primary health care facilities in Limpopo, highlighting the importance of patient education in improving long-term health outcomes.

She is currently preparing her first research article for publication and plans to register for a PhD. Her story reflects resilience, lifelong learning, and a deep commitment to quality healthcare and education.

"I also have
a strong
sense of
humour"



"I feel confident
and effective
when I look
professional"



What is your favourite sport?

Soccer. From a young age, I grew up watching and enjoying soccer with my father and my sisters. My father supported a different team from the one I supported, which made those moments even more exciting — especially when our teams played against each other.

At school, soccer was always a favourite topic. We discussed matches before and after games with some of my teachers and male classmates, following both local and international leagues. To this day, soccer remains close to my heart, and I proudly support Amakhosi.

What is your best season in the year? Why?

Winter, because I was born in June and I naturally thrive in calm, focused environments. Winter grounds me, brings clarity to my thoughts, and allows me to work with purpose and intention.

What kind of outfit do you prefer when on duty? Why?

Smart casual. I feel confident and effective when I look professional. I especially love black and gold—they make me feel bold and empowered. On some occasions, I do add a touch of colour, but black or gold is always part of my outfit.

What makes your day?

Completing my tasks on time and knowing that I've made a meaningful impact. I also have a strong sense of humour—I enjoy making people around me laugh. Since we spend so much of our time at work, I believe it's important to bring lightness, laughter, and positive energy into the space.

What drew you to a career in lecturing?

I have always been passionate about teaching. Even in high school, I would find myself explaining tricky concepts to my classmates, and it felt like a natural fit. As I progressed in my nursing career, I started mentoring colleagues and eventually became a facilitator for RTC Vhembe District. That's when I realized teaching was more than just a skill – it's part of who I am. There's something special about sharing knowledge and empowering others; it fills me with purpose.

When did you decide to be a lecturer?

In 2014, when I joined the RTC training team, I was immediately hooked on teaching and facilitating. I loved mentoring colleagues and giving health education to patients – it felt like finding my groove. That experience led me to pursue Nursing Education formally, and in 2024, I made the leap, transitioning fully from clinical nursing to lecturing. It was a deliberate choice, and I love every minute of it.

How did you reach this level in your nursing career?

For me, it's been about discipline, lifelong learning, and staying true to my purpose. After completing basic nursing, I pursued a Bachelor of Arts in Nursing Science (2020), majoring in Nursing Education and Administration. I kept pushing forward, earning a Postgraduate Diploma in Public Health (2021) and recently wrapping up my Master of Public Health (2025). Clinical nursing and facilitation were fulfilling, but not without challenges.

Through it all, my faith kept me grounded, reminding me of my purpose and getting me through tough times. It wasn't easy, but God's guidance gave me the courage to transition lecturing—a tough decision, since I loved clinical work too. But I trust my purpose led me here.

What impartation are you there to offer?

I am all about delivering quality education that translates into quality healthcare services. Currently, I am teaching 2nd-year students, the Communicable Disease module, and as a public health specialist, I believe health goes way beyond just treatment. It's about preventing diseases, controlling and managing them through lifestyle and treatment, and preventing complications.

“I am all about delivering quality education that translates into quality healthcare services”

"I nurture leadership skills from the get-go"

My goal is for students to grasp the holistic approach to diseases – understanding the bigger picture and tackling health issues from all angles. That's how we create impactful healthcare professionals.

What is the unique aspect about you?

What distinguishes my approach is my boldness, confidence, and sense of purpose. I empower students to take ownership of their learning journey and make a meaningful impact in healthcare.

My teaching philosophy centres on igniting passion and nurturing growth. I believe learning should be a dynamic and interactive process. I encourage students to participate actively, pose questions, and engage in discussions – fostering a collaborative learning environment.

My classes are characterized by lively discussions, humour, and an approach that renders complex topics accessible and relatable. The goal is to create a genuine, enjoyable, and stimulating learning experience. In my class we laugh a lot.

What sound of voice do you use in class – loud or low?

I aim for a balanced, medium tone, that adapts to the class environment. My presence and character naturally draw attention, but I make sure my tone always carries respect – for the students, the subject, and the learning process. It's about finding that sweet spot where everyone feels engaged and comfortable.

What kind of ambience does your presence bring into the lecture room?

My presence brings a calm, structured, and engaging energy – students feel safe to participate, share ideas, and grow. It's a respectful space where curiosity thrives and learning blooms. Everyone is encouraged to join in, and we build knowledge together.

How do you describe nursing in one word?

Compassion.

What do you do to ensure that your students become game changers in the nursing sector?

Through student-centred learning, I focus on building critical thinking, ethical practice, and a passion for lifelong learning. I bridge theory with real-life clinical experiences and push for community-centred care. Plus, I nurture leadership skills from the get-go—empowering students to drive change in the sector.

Are you ever tempted to observe your students and predict the worst or the best?

Nope. I observe to support, not to judge. Every student has potential—sometimes it just needs the right nudge. I am here to guide, encourage, and help them unlock their strengths.

Even when some students seem disinterested, I drive home the point that nursing is about blending theory with real-world practice. During clinicals, I engage them to connect with the profession's nobility—it's about more than just books. It's hands-on care that makes a difference.

How do you guide your students to choose the right path when they venture into nursing?

Through mentorship, reflective discussions, and role-modelling professional standards, I assist students in aligning their strengths with the core values of nursing. I facilitate self-discovery, enabling them to identify areas where they can make a meaningful impact.

During clinical placements, I encourage students to explore various departments as they rotate, fostering insight into their career aspirations and aptitudes. This exposure empowers them to make informed decisions about their professional pathway.

When faced with students who are about to give up, what do you do?

I listen, encourage, and remind them why they started. I also refer them for support when needed and walk the journey with them.

What five words would your colleagues and students use to describe you?


Passionate, assertive, fun, supportive, and bold.

How do you pep up distressed students?

By offering reassurance, structured support, motivation, and helping them break challenges into manageable steps.

What do you expect from incoming students?

Commitment, discipline, respect, and dedication to their studies.



“My teaching philosophy centres on igniting passion and nurturing growth”

"I respect my students, I am approachable, and I teach with patience and passion"



What should new students expect from you as a lecturer?

They can count on me for support, fairness, and professionalism. I'll be consistent in my guidance and genuinely invested in their success. My door is open for questions, concerns, or just a chat.

We work together to achieve our goals. I'll also maintain high standards—I am strict and assertive when it comes to academic integrity, deadlines, and professional conduct. Think of me as a tough-but-fair coach, pushing them to reach their potential.

Please share your tutoring philosophy.

I am all about constructivist learning – getting students active, thinking critically, and applying knowledge to real-life scenarios. Education should empower them academically, professionally, and personally.

My approach is student-centred, with a focus on mentorship, accountability, and continuous growth. I believe in guiding students to take ownership of their learning, so they become independent, confident, and skilled professionals

What interesting quality makes students come back to your class?

I respect my students, I am approachable, and I teach with patience and passion. My classes are chilled—we laugh, learn, and grow together. I create a safe space where they feel valued and supported. That's where the magic happens, and they keep coming back for more.

Under general, what characteristics do nursing students require their tutors to possess?

They need tutors who are experts in the field, staying updated with the latest knowledge. Patience, empathy, professionalism, and strong communication skills are a must. Approachability and open-mindedness go a long way in creating a supportive learning environment

How does a lecturer's personality affect student success?

A supportive and respectful personality builds confidence and motivation. A lecturer's enthusiasm and passion can spark students' interest, while approachability and empathy make them feel comfortable seeking help.

Consistency and fairness build trust, and a sense of humour can lighten the mood. On the flip side, excessive criticism can crush motivation and hope. It's all about striking the right balance.

How would your previous students describe you?

Kind, knowledgeable, supportive, and funny.

What is your advice to all nursing students?

Nursing is a calling—be ready to serve with compassion and selflessness. Don't expect thanks to always come in words. It's a tough but rewarding road, with speed bumps and potholes.

Stay true to your goal, equip yourself with skills and knowledge, and keep that passion burning. Encourage yourself daily—visualize that graduation cap flying, and the pride of becoming a registered nurse.

You're capable, resilient, and destined for greatness. Push through challenges, stay focused, and celebrate small wins along the way. Serve others with kindness and know the impact you make is huge.

“We laugh,
learn, and grow
together”



“Visualization
is a tool
which applies
to everyone”

'THE POWER OF VISUALIZATION

–African Journeys of Purpose, Resilience and Reinvention'

Authors' biography

'THE POWER OF VISUALIZATION–African Journeys of Purpose, Resilience and Reinvention' is one of the best selling books authored by Dr Augusta Dorning (left) and Dr Shirley Zinn (right).

Dr Augusta Dorning is a Multi-award winning Healthcare Leader, Director, Speaker, Influencer, Serendipiter, Author of 2 Bestsellers, Academic, and Executive Coach and Mentor—passionate about people and bringing healthcare to every person in Africa.

Augusta is widely recognised as one of South Africa's most influential women in Healthcare and to date has coached more than 15 000 aspiring leaders across various sectors. Her special interest in coaching lies in career coaching especially for healthcare professionals who find themselves at a crossroads in their careers.

She is also a healthcare leader with more than 40 years of proven success in senior leadership roles in the public, private, consultancy, and non-governmental healthcare sectors. Today Dr Augusta Dorning is the Managing Partner of Extraordinary Hospitals of Africa, a multi-disciplinary consultancy established to improve hospitals on the African continent.

A passionate advocate for education, leadership, social justice, and transformation, Dr. Zinn is widely recognised for her impact on business and social development in South Africa. She hails from the Cape Flats in Cape Town and started her career as a secondary school teacher of English, then moved to the University of the Western Cape where she lectured in Teacher Education.

She holds a BA (University of the Western Cape); Higher Diploma in Education (University of the Western Cape); B.Ed Honours (UNISA); M.Ed (University of the Western Cape); Ed.M (Harvard), and Doctorate in Education (Ed.D) (Harvard). She has been awarded several Top Women in Business and Government awards, the most recent being the Inspirational Leader award for 2024. She is a mentor to several young women and has spoken at many local and international conferences, and in April 2025, she completed her 10th Two Oceans Half Marathon. She is also an Extraordinary Professor at the University of Pretoria's Department of Human Resource Management, and former Adjunct Professor at the University of Cape Town. In 2015, she wrote her autobiography, a bestseller, entitled "Swimming Upstream," which focuses on her personal and professional journey. She currently serves as an independent non-executive director on several JSE listed Boards to this, she was the Head of Human Resources at Standard Bank. She also was head of HR at Nedbank, SARS, and Reckitt (Africa & Middle East).

"You won't get the result without doing the work"

“If you can
dream it
you can
do it”

THE POWER OF VISUALISATION

African Journeys of Purpose,
Resilience and Reinvention



Dr Augusta Dorning
and Dr Shirley Zinn

“When you are getting ready to write your book make sure you do your research”

What is the name of your book?

THE POWER OF VISUALIZATION – African Journeys of Purpose, Resilience and Reinvention

When did you launch it?

22 October 2025

What kind of a writer are you?

Non-fiction

Is this your first book?

This is a 2nd book by both Shirley and Augusta

How many books have you written so far?

Two

What is the genre of your book?

Business with a focus on personal and professional development

What propelled you to write this book?

The incredible African stories of achievement from places of humility that were in various places on various platforms (fragmented) but are now in one beautifully presented book!

What is its gist?

If you can dream it you can do it. Dream it, apply yourself and achieve your goals.

What is your target niche?

Everyone from school going children to retirees with a dream.

What is the core message that the readers should expect from your book?

Visualization is a tool which applies to everyone and by following the guidance in the book you can achieve your dreams.

What is the psychology of its content?

Dreams are just the start, following a process makes dreams reality. There is no such thing as luck, you won't get the result without doing the work.

How will it enrich the readers?

The stories are both inspirational and practical. Anyone with a dream will find a way to make their dreams become reality.

How will it enrich the nursing sector?

There are many stories from nurses who started at ZERO and now make impact internationally in the healthcare sector.

What is your vision about your book?

The book is already a best seller which means that it has touched many lives. My dream would be for the content of the book to be taught in schools so that every child has hope for their future.

How will the potential clients access your book?

The book is available directly from: The publisher Knowledge Resources (kr.co.za) Exclusive Books (in stores and exclusive-books.co.za) Amazon (amazon.com) On Kindle Unlimited (free if you have a Kindle Unlimited Subscription) Google Books (google.books.com) and Booktopia (booktopia.com)

Did you self-publish or go the traditional publishing route and why?

We went with a publisher and it was the best decision. Shirley's first book was published by Knowledge Resources and it was the natural next step, provided the publisher approved of course. Knowledge Resources publishes business books so we met the genre.

There are a small number of self publishing providers in South Africa and we considered one. Being accepted by a recognised and well established publishing house provides visibility, excellent editorial guidance and when the book is published the best promotional support. We had 4 in-person book launches and 1 virtual launch and the attendance surpassed 750 individuals extending the reach of the material and stimulating significant interest.

What promise do you give to your followers?

The promise of inspiration with guidance to action.

What important advice would you give to a first-time author?

Get professional advice and pay for it. None of us are expert writers, typesetters and editors. If you self-publish you run the risk of putting an inferior product into the market and this will impact your sales significantly.

When you are getting ready to write your book make sure you do your research. Don't write the book only to find that the topic has been written about extensively before, as that is very disappointing and will reduce the impact significantly.

“Anyone with a dream will find a way”



Dr. Catherine
Georges

A Nurse, Author, and Academic Administrator

Article by www.easterseals.com

Dr. Catherine "Alicia" Georges is an educator, practitioner, and community leader. She is currently professor and chairperson of the Department of Nursing at Lehman College of the City University of New York. Dr. Georges has worked in various professional roles in New York City.

A sought-after speaker, Dr. Georges has spoken on nursing and health care issues throughout the United States, Africa, South America, Europe, and the Caribbean. Her professional career spans more than three decades.

A formidable leader, she is committed to eliminating disparities and improving the health of minorities and the disadvantaged. To accomplish this goal, she has assumed numerous leadership roles in education, the community, and the public policy arena.

She was the fifth president of the National Black Nurses Association, an organization representing more than 150,000 Black registered nurses, licensed/vocational nurses, and student nurses throughout the United States, Africa, and the Caribbean, whose primary purpose is the advocacy for access to equal and quality health care.

She is currently the president of the National Black Nurses Foundation and chairperson of the board for the Bronx Westchester Area Health Education Council (AHEC). Dr. Georges served on the U.S. Department of Health and Human Services Advisory Council on Nursing Education and Practice and has served on the New York State Governor's Health Care Advisory Board.

She is the former chairperson of Bronx Community Board #12 and served as the secretary treasurer of the International Society on Hypertension in Blacks and is past president of the Commission on Graduates of Foreign Nursing Schools (CGFNS). Dr. Georges has served as a teacher, consultant, and mentor to others in the profession and has worked as a public health nurse consultant for various Head Start and pre-school programs in New York, New Jersey, and the U.S. Virgin Islands.

She has shared her expertise and knowledge with nurses, human services, and educational professionals while conducting workshops on leadership development, conflict resolution, as well as on alcohol, tobacco, and use of other drugs. As an entrepreneur, she formed CAG Home Health Services, a healthcare business in the U.S. Virgin Islands. This business is approved as a continuing education provider by the Virgin Islands Board of Nurse Licensure.

Dr. Georges is widely published in journals such as *Image*, *Nursing Leadership Forum*, *Nursing Administration Quarterly*, *Ethnicity and Disease*, and the *Journal of the National Black Nurses Association*.

"Dr. Georges served on the U.S. Department of Health and Human Services Advisory Council on Nursing Education and Practice"

She has been the recipient of numerous grants, more recently serving as the project director of a \$340,000 W. K. Kellogg Foundation grant to support dialogue and action to inform policymakers of the impact of the nurse shortage in minority and underserved communities. Dr. Georges holds licenses to practice nursing in the states of New York, New Jersey, and the U.S. Virgin Islands.

Dr. Georges has been the recipient of numerous honors and awards for her continued work in nursing, healthcare, and the development of health, social, and public policies. In June of 1998, Dr. Georges was the recipient of the American Nurses Association Mary Mahoney Award for her work in increasing minority representation in nursing. Select other awards include New York State Legislative Nurse of Distinction; King Chavez Parks Visiting Scholar; School of Nursing University of Michigan, Mabel Staupers Award; Women in Public Service Award; and the Jane Delano Distinguished Service Award.

Dr. Georges received a Bachelor of Science in Nursing from Seton Hall University College of Nursing; a Master of Arts degree in community health nursing administration and supervision from New York University School of Education, Division of Nursing; and a Doctorate in educational leadership and policy studies from the University of Vermont.

She is a member of Sigma Theta Tau International Nursing Honor Society, Golden Key Honor Society, Alpha Kappa Alpha Sorority, and an honorary member of Chi Eta Phi Nursing Sorority. She belongs to the American Public Health Association, American Nurses Association, New York State Nurses Association, National Black Nurses Association, and National League for Nursing, and is a Fellow of the American Academy of Nursing. Elected to the Easterseals National Board of Directors in 2020, Dr. Georges remains on their board as immediate past chair (ex officio). Gilbert.

"The AAN named her a Living Legend"

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Of Praise

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Town

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Grand Arena,
GrandWest

Esther Oluwakemi **Bamgbose**

A Deputy Director of Nursing Services

Esther Oluwakemi Bamgbose is a distinguished nursing professional with over 24 years of experience in the healthcare industry. She is currently serving as the Deputy Director of Nursing Services at the prestigious Emmanuel Alayande University Of Education, Oyo.

Comrade Bamgbose is a Nurse with multiple qualifications, including Registered Nurse, Midwife, and Clinical Service Provider in Family Planning, Nr. Bamgbose has also earned a Bachelor's degree in Nursing with honours. She is also a registered member of various Nursing and non- Nursing organizations which includes but not limited to Nursing and Midwifery Council of Nigeria, National Association of Nigerian Nurses and Midwives, Nurses Revolution, Nursing Palace, National Open Universities of Nigeria, Bachelor of Nursing Science Alumni etc.

"I get to be
showered with
a warm welcome
filled with love
and care"



"I ensure that
my husband is
content in all
areas"



“My family gives me emotional and spiritual support”

Throughout her career, Nr. Bamgbose has developed expertise in patient care, counseling, and mentorship. She is passionate about empowering the next generation of nurses and healthcare professionals.

She remains dedicated to delivering exceptional patient care, advancing the nursing profession, and inspiring positive change in her community.

Comrade Bamgbose is currently the Senior Staff Association of Nigerian Universities (SSANU) Branch Women Coordinator of Emmanuel Alayande University of Education Oyo and the Secretary to the Women Coordinators Western zone. She's married and blessed with 3 promising children.

What strategy do you use to make your family love your nursing job?

From the onset my husband loved nursing, and that was one of the reasons I was attracted to him. Hence, it wasn't difficult for him to adjust. I have made nursing to be so pleasant, easy and lovely for my family that they all love my job.

As a nursing professional, what kind of support does your family give?

My family gives me emotional and spiritual support—they encourage and support me through prayers to make me feel secure and do my work without fear. Domestic or house chores support: Everyone in the family is dutiful to their various obligations and this has helped me tremendously to focus well on my job. Affection: I enjoy love and care from every member of my family. Financial support: I have always enjoyed financial support from family.

What are the most precious times with your family?

My most precious times with my family are every opportunity I make to be with them; we chat, share some love, I assess them and share my feelings and experiences with them.

What reception does your family give you after a long day's work?

I get to be showered with a warm welcome filled with love and care; encouraging voices saying mummy well-done; dear, I guess you are not too stressed today; don't worry, there is food for you; hey! go take a shower and have some rest, etc.

Who spoils you the most?

My husband spoils me the most.

What is the first thing you do when coming from work?

I take off my shoes.

Moments in which you miss your family the most while at work?

When a patient or their relative or my colleague behaves in an unreasonable way.

What games do you play together as a family?

Our games we play together as a family include content creating, Ludo, storytelling, acting, singing, dancing and much more.

What nicknames have they given you and why?

I have multiple of them. For example, they include Nurse Bam, Mama Nurse, My Nurse, My beautiful nurse, Ever Young Nurse and more.

Describe your motherhood in one word

Motherhood for me was uneventful.

Describe your relationship as a family in one word

Cordial

What is your unique family culture?

We play together

What one word do you use to pep up or energize one another?

Care

How do you balance your three roles?

As a nurse, wife and mother, I fulfil my roles as a nurse in preventing diseases, assessment, managing and providing quality nursing care to my community. I ensure that my husband is content in all areas. I also make it a point of duty to always give quality time to my children as a mother, I cook delicious, adequate and balanced diet for my family, show them the way of God to help ease my obligations and giving them the platform to feel secure while navigating into their future in a grand style.

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8 Tips to Make Your Laundry Smell Fresh

There are many different ways to wash your clothes, and each one depends on the type of fabric, how often they need washing, and even whether or not you want them to shrink. So here are a few tips for keeping your clothes smelling fresh after doing laundry:



Use High-Quality Detergent

Purchasing a high-quality laundry detergent can make a significant difference. These detergents not only properly clean your clothes, but they also leave a fresh aroma that lasts for days. Look for detergents with aromas you enjoy, and your clothes will remain fragrant. To keep your laundry smelling fresh, consider these tips:

Proper Detergent Selection: Begin with the right detergent. Choose a scent you love and opt for high-quality options to ensure lasting freshness.

Correct Dosage: Using too much detergent can lead to residue buildup. Follow the manufacturer's guidelines for the ideal amount.

Air-Drying Delicates: Delicate fabrics benefit from air-drying, preserving their natural scents.

Choose the Right Fabric Softeners

When it comes to fabric softeners, it's essential to make the right choice. The type of fabric softener you select can significantly impact the feel and quality of your clothes. Different fabric softeners are formulated for specific types of fabrics. Ensure you choose one that is suitable for the materials in your clothing. For instance, some fabric softeners are designed for delicate fabrics like silk, while others work well with everyday cotton.

Dry Clothes in Fresh Air

When the weather permits, think about hanging your clothes outside for drying. Natural sunlight and fresh air work wonders for banishing washing smell, odours and infusing your garments with a refreshing, outdoor fragrance. What's more, it's an environmentally conscious choice.

Use Scented Sachets

Scented sachets, small pouches containing aromatic materials, can prove to be quite useful. Place them inside your drawers or wardrobe to ensure your clothes retain a delightful fragrance. Lavender, rosemary, or citrus-scented sachets are popular choices.

Regularly Clean Your Washing Machine

Maintaining a clean washing machine is essential for ensuring your clothes emerge with a fresh scent. As time goes by, mould and mildew can develop in the machine, resulting in unpleasant odours. To preserve that delightful laundry aroma, make it a habit to clean your washing machines regularly.

Avoid Overloading the Machine

It's important to avoid overloading your washing machine. Putting too many clothes in at once can lead to less effective cleaning and may result in your laundry not smelling as fresh as desired. So, remember not to overload your machine for better results.

Don't Delay Folding or Hanging Your Clothes

When you've finished washing and drying your clothes, it's a good practise to promptly fold or hang them. Leaving clothes in a laundry basket or heap can lead to wrinkles and creases. These wrinkles are not only unsightly but can also make your clothes feel less fresh when you eventually wear them.

Storing Your Freshly Laundered Clothes

How you store your freshly laundered clothes can make a significant difference in preserving their freshness. Choose air-flowing ways to store items, such as cotton or canvas storage bags and breathable garment bags. Plastic bags should be avoided since they might trap moisture and odours.

Bonus Tip: Baking Soda for Odour Removal

If your clothes develop unwanted odours, especially in the armpit area, sprinkle some baking soda on the affected area before washing. Baking soda is an excellent odour absorber and can help eliminate the smell. We also recommend keeping a top-quality fabric conditioner on hand; after all, this is the key to great-smelling laundry, especially when washing larger loads.



7 Tips for Creating an Organized Workspace That Will Help You Work Smarter, Not Harder

Do you ever feel like your workspace is holding you back? Or, no matter how hard you work, there's always clutter and chaos pulling you down? It's time to take control of the situation and create an organized workspace that will help you work smarter, not harder.

With these 7 tips, you'll discover simple yet effective ways to declutter your desk, optimize your storage space, and set yourself up for success. Whether you're a freelancer working from home or a busy professional in a bustling office environment, these organization hacks are guaranteed to boost your productivity and inspire creativity. So let's dive in!



Get Quality Furniture and Equipment

1. Reduce Clutter

If your workspace is cluttered, it can be hard to focus on your work. A messy desk can be a source of stress. To create an organized workspace, start by decluttering your desk. Get rid of any unnecessary papers or files. If you have items on your desk that you don't use often, consider storing them in a drawer or another area of the office.

2. Storage is Key

To have an organized workspace, storage is key. You need to have a place for everything so that you can not only find things easily but also know where they are supposed to go when you're done with them. This means having enough storage solutions that are both functional and stylish.

Some great storage ideas include:

A desk with drawers or a hutch to store all of your materials
Baskets or bins to store items like pens, paperclips, and other small office supplies. A filing system, either physical or digital, to keep track of important documents

3. Surround Yourself with Inspiration

Fill your workspace with things that motivate and inspire you. Whether it's photos of your family, your favourite quotes, or simply objects that make you happy. Drawing inspiration from your surroundings can help you stay focused and on task.

4. Personalize Your Space

By taking the time to personalize and organize your space, you can create a serene and efficient work environment that will help you get things done more quickly (and with less stress). Make your workspace your own by adding personal touches like photos, artwork, ornaments, and plants. A few personal items will make your space feel more inviting and help you feel more comfortable working in it.

Additionally, incorporating plants into your workspace is not only aesthetically pleasing but also beneficial for your health. Plants help purify the air and boost productivity levels, so consider adding a few to your desk or office space.

5. Leverage Technology Where Possible

In today's world, there is no shortage of technology that can help you get organized and streamline your work process.

Here are a few tips for leveraging technology to create an organized workspace:

1. Invest in a quality task management system. This could be something as simple as a bullet journal or software like Monday, Click Up or Asana. Having a place to track your tasks, deadlines, and goals will help you stay on top of your work and avoid feeling overwhelmed.
2. Utilize calendar applications to schedule your time and keep track of upcoming events and deadlines. Google Calendar and Outlook are popular options, but there are many others to choose from depending on your needs.
3. Make use of document storage and sharing services like Google Drive, iCloud or Dropbox. These can be invaluable for keeping your files organized and accessible from anywhere.
4. And finally, take advantage of social media platforms and online communities to connect with others. This is a great way to meet people who can offer advice, support, and motivation when it comes to staying organized at work.

6. Get Quality Furniture and Equipment

Get a good chair and invest in a quality desk. You'll be spending a lot of time in your chair, so make sure it's comfortable. Find one that supports your back and helps you stay in proper alignment.

A good desk will last years and provide a sturdy surface. Look for one that's the right size for your space and has plenty of storage.

7. Take Breaks!

It's important to take breaks when you're working, especially if you're working on a project that's proving to be difficult. Taking breaks can help you clear your head and come back to the task at hand with fresh energy. Even if you only have a few minutes, use them wisely!

Get up and walk around, or grab a quick snack at your Cube Cafe! Just make sure you're not spending your break time browsing the internet or checking social media. Final Thoughts on Creating an Organized Workspace

In conclusion, creating a productive and organized workspace is key to helping you work smarter, not harder. With these tips, you can create an inspiring environment that will help keep you focused and motivated while also reducing stress levels.

Whether it's investing in the right tools to organize your desk or taking regular breaks throughout your day, an organized workspace will help make sure all of your projects are on track. It'll also help you keep the momentum going into each new task. If you'd like to see what we have to offer, check out our private workspaces or contact us for more information.



"Your business should solve a problem you care about"

Amanda N Mapepa
Nursepreneur Evangelist

FROM BEDSIDE TO BOARDROOM: BUILDING A BUSINESS THAT ALIGNS WITH YOUR VALUES AND PASSIONS

Article by Amanda N. Mapepa

As a nurse, you started your career with a simple goal: to help people. You know the long hours, the complex cases, and the deep bond of patient care. But today, a new movement is growing. It's called Nursepreneurship.

It is the place where your clinical skills meet the freedom to innovate. Building a business isn't just about changing how you get paid. It is about reclaiming your "Why". When your work matches your values, you aren't just making a living—you are making a difference on your own terms.

IDENTIFY YOUR NORTH STAR

Every successful business starts with a simple question: What drives you? Think about the gaps you see in healthcare every day. What is the one problem you wish you could fix?

Whether it is improving patient advocacy, teaching health literacy, or creating a new care model, your business should solve a problem you care about. When you build a venture based on purpose, you create something that lasts. This is how you protect yourself from burnout: by doing work that actually matters to you.

THE ALIGNMENT STRATEGY

To move from the bedside to the boardroom, you need to align your goals with your identity. Ask yourself:

- * The Service: Does this reflect my clinical beliefs?
- * The Impact: How does this actually improve healthcare?
- * The Model: Am I building a business that prioritizes people over just profit?

THE NURSE'S EDGE: PRACTICAL TIPS

You already have the tools to succeed; you just need to apply them differently.

- * Use Your Training: The "Nursing Process" (Assessment, Planning, and Evaluation) is the exact same framework you need to run a business.
- * Start Small: You don't have to quit your job tomorrow. Test your idea, refine your service, and grow at your own pace.
- * Network: Don't compete—collaborate. Surround yourself with other innovators. Your community is your greatest asset.

INSPIRATION IN ACTION: Leading with Heart

Look at Midwife Angelina, the heart behind Touch of Osun Midwifery Services. By offering home births and personalized prenatal care, she built more than a business—she built a sanctuary. Angelina saw what was missing in the traditional system and decided to provide it herself. She is joined by other pioneers like Bonnie from Arise Wellness Clinic in the Western Cape South Africa and Sr. Maureen Rapholo Gauteng South Africa, Nurse Josefina Anjolo from Namibia among many others. These innovators share a common thread: a deep-seated passion for their profession and an unwavering commitment to serving their communities on their own terms.

THE FUTURE IS NURSE-LED

When you build a business aligned with your passion, you become a pioneer. You are proving that nurses are more than just the "backbone" of healthcare; we are its future leaders.

YOUR NEXT STEP

Are you ready to turn your passion into a business? Start today. Identify one problem in healthcare you feel called to solve. The world doesn't just need more companies; it needs more nurse-led solutions. Join the movement and start building your legacy today.

AUTHOR BIO: Amanda is a Nursepreneur Evangelist and healthcare innovator. She is dedicated to helping nurses turn their bedside experience into impactful, value-driven businesses. LinkedIn, Tik tok :Amanda N Mapepa The Nursepreneur Evangelist amashacons85@gmail.com

You already
have the tools
to succeed

"You can't
expect
overnight
success"

Building Income Outside Bedside: Diversification Strategies for Nurses

“When I started,
I didn’t just jump
ship. I tested
the waters”



Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States

Introduction

Nursing is rewarding, but it demands everything, physically, emotionally, and mentally. Many nurses are looking for ways to expand their income without leaving the bedside. I get it. After navigating disability, financial devastation, and career transition, I built Unapologetically You Collective. Here’s what I learned about creating income streams beyond traditional bedside care.

Realistic Timelines for Building Alternative Income

You can’t expect overnight success. Transitioning from bedside care to other income opportunities takes time and strategy. Don’t rush it. Give yourself space to experiment while still employed. When I started, I didn’t just jump ship. I tested the waters, offering consulting and coaching in my off-hours. I built momentum and only when the time was right, made the switch.

Specific Pathways with Actual Requirements

There are countless ways to earn outside the bedside. But knowing what’s involved is key. Take legal nurse consulting, for example. It’s not just a certification. It requires deep knowledge of legal processes and medical terminology. The same goes for freelance writing, coaching, and online courses. Each path requires commitment and a plan. Don’t get into it thinking it’s easy—master the craft.

How to Test Opportunities While Still Employed

Start small. Don’t throw yourself into full-time freelancing until you’ve built something sustainable. Networking is essential. Find mentors who’ve walked the path before you. Tap into resources, learn from those who made the leap, and use feedback to grow your side hustle before diving in.

Financial Planning for the Transition Period

You need to plan financially before you make any moves. I set aside several months of savings to ensure I could cover living expenses and business costs as I transitioned. Without a solid plan, you’ll struggle in the transition. Financial preparedness is non-negotiable.

Conclusion

Diversifying your income as a nurse is a journey. But with strategy, persistence, and financial planning, it’s completely doable. It’s not just about making more money, it’s about creating a career that aligns with your passions while keeping you grounded in a profession you love.

THE POWER OF PRESENCE IN A PROCEDURE ROOM

"It is not
magic. It is
presence"

"Sometimes the most life-changing thing we can do in healthcare is simply stay."



Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States

No one likes being poked. That is the simple truth.

As a nurse, I have spent decades witnessing the dread in patients' eyes as they prepare for a needle stick. But it is not just about the needle. It is about trust. It is about feeling seen. And it is about whether the person in the room is rushing through a task or fully present in that moment of care.

Just recently, a woman came to us after visiting a local lab where she had been poked six times without success. Her arms were bruised. Her spirit was tired. She looked at me and said, "Please, can you just listen to me? I know where they always get it."

So I did. I listened.

One stick. One tube. One deep exhale.

It is not magic. It is presence.

If we just took the extra moment to hear our patients, to ask where they have had success before, to notice their anxiety instead of brushing it off, procedures like blood draws, injections, and vaccines could become virtually painless. Not just physically, but emotionally too.

When I learned about Thimble and the work Dr. Manju Dawkins is doing, I felt seen. The idea that pain care does not always need to go through the brain, that it can be local, intentional, and gentle, resonated so deeply with what I know to be true.

Sometimes, the most powerful healing happens when we bring compassion to the surface.

What if more tools existed that allowed us to honour the patient's voice and prevent pain before it starts?
What if presence was built into the protocol?

This is more than innovation.

This is restoration.

This is what happens when we stop rushing and start listening.

Let us make care feel like care again.

<https://substack.com/home/post/p-165482536>

“ This is more than innovation ”

”

The Real Cost of Leadership

Failure: How the
System Fails Nurses, and
What We Can Do About It





Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States

Healthcare leadership isn't about simply holding a position. It's about having the courage to lead in a way that creates a culture of trust, integrity, and shared vision. But what happens when leadership itself becomes a product of a broken system? When the very framework that's supposed to nurture growth ends up stifling it?

This is where we are right now: a system that punishes the truth-tellers, that demands compliance over care, and that sacrifices the well-being of its people for the sake of comfort and convenience. We've all experienced it, leaders who preach transformation but only deliver performance. Systems that claim to value their people but leave them gasping for support, visibility, and recognition.

I've seen it firsthand. As someone who's lived through both the clinical and administrative sides of healthcare, I understand the emotional and professional toll of trying to lead in a system designed to break you. There was a time when I believed the problem was with individual managers, but as I dug deeper, I realized that the failure is systemic. This isn't incompetence. This is conditioning.

Real leadership in healthcare isn't about maintaining a broken status quo. It's about leading from the front, challenging what isn't working, and creating a new reality. It's about standing alongside your team, amplifying their voices, and ensuring that no one is left behind. True leadership isn't transactional; it's transformational. It's about lifting others as you rise and changing the system from within.

So, what does it mean to be a true leader in healthcare? It means standing in the discomfort of accountability, even when it's inconvenient. It means questioning systems that demand silence and compliance, and leading with integrity even when the systems try to break you.

True leaders build something that lasts, something real, something that can't be taken by extraction. It's not about making promises when things are easy. It's about showing up, even when it's hard. When we share leadership, we share responsibility. When we stand together, we rise. The power of leadership is collective, and it's about integrity, not image.

The time for "resilience" is over. The time for true leadership is here. Together, we can rebuild this system, but only with those who understand what it means to rise in integrity, not in compliance. Together, we'll show the world that leadership isn't just a position, it's a movement.

"This is where we are right now: a system that punishes the truth-tellers"

Sr Robyn Van Zyl

*'You never
stop learning'*

*"My mission
extends
beyond
treating
physical
wounds"*

M

My name is Sister Robyn Van Zyl, and I am a Christian, a registered professional nurse, an entrepreneur, a mother of two, and a proud life partner to a man whose unwavering support grounds my journey. Based in Johannesburg, Gauteng, my life and career are guided by faith, purpose, and a deep commitment to serving others through healthcare.

With over 15 years of experience as a professional nurse, I am qualified in advanced wound care and have spent eight years working in corporate healthcare and wellness. These years shaped my clinical expertise, leadership skills, and passion for preventative and patient-centred care. Yet, beyond the structure of corporate healthcare, I felt a calling to create something more personal, more accessible, and deeply aligned with my values.

In October 2024, I took a bold leap of faith and resigned to pursue entrepreneurship full time. I founded Okwethu, a mobile advanced wound care and vitamin drip clinic designed to deliver compassionate, high-quality healthcare directly to patients. The name Okwethu, meaning "ours," reflects my belief that healthcare is a shared responsibility — one rooted in dignity, community, and care.

Balancing motherhood, leadership, and business ownership has taught me resilience, grace, and the power of trusting God's timing. I am currently working toward transitioning Okwethu from a mobile service into a permanent wellness space — a home where healing, innovation, and holistic care can thrive. My mission extends beyond treating physical wounds; it is about restoring hope, empowering patients, and inspiring women to lead boldly, walk in purpose, and build impactful legacies in healthcare and beyond.

“We specialize in advanced wound care, IV vitamin drips and health and wellness”





“My bed
is my favourite
spot”

“I initially wanted to study medicine or physio-therapy”

Who is Sr. Robyn Van Zyl?

Sr Robyn Van Zyl is a nurse who always dreamt of one day owning her clinic and making a mark in the world.

How has your early life been?

Early life was a struggle as with most people, my parents basically gave us what we needed not always what we wanted. Therefore I started working for my own pocket money from the age of 14 as a library assistant. Paid my own school fees, helped my siblings every now and then when my parents couldn't.

Do you have a nickname?

My boyfriend/partner calls me Beeny, most people just call me Robs.

Who is your first love?

To be very honest my daughter was my first love, because this was the moment I experienced love like no other for another human being.

What games did you enjoy the most while growing up?

Growing up I enjoyed many different games, rounders, I declare war, 4 squares, hopscotch, hide and seek. I lived opposite a park and so did most of my friends, we played all these games for hours in that park especially school holidays.

What do you do first thing in the morning?

Coffee.... Need that first cup to kickstart my day. What personal strengths would you like to motivate your admirers with? I'd like to think my biggest strength is resilience, I have bounced back from many trials and tribulations during my life and always managed to come back stronger and hopefully wiser.

Who do you spend most of your time with?

My children and boyfriend/partner are the people I spend most of my time with.

Who is your celebrity crush?

Always had the biggest crush on Trevor Noah, but now my current partner is somewhat of a celebrity so he is my new "celebrity" crush.

How would someone get your special attention?

I guess just with being genuine. Not trying too hard.

What is your favourite dish?

I have been asked this question so many times and I honestly have not been able to give a clear cut answer, I can say I enjoy a good steak every now and then, but I also enjoy good sushi every now and then.

What are your favourite moments?

Small wins, when me and my family are silly together, when someone messages me and says thank you for that hug, it meant everything. When my kids are happy.

What is your favourite car brand?

Hhhmmm... BMW but now that I'm getting older I'm not so sure exactly.

What is your favourite spot?

Currently, my bed is my favourite spot, it reminds me that I can rest and just relax.

What career did you choose and why?

I didn't choose my career, it chose me. I did not know at all until I got pregnant what career I wanted to pursue, pregnancy lead me to nursing and I have never looked back and have loved every minute of it.

What ranks did you go through to be where you are now?

I studied at Anne Lasky nursing college, doing D4 which is a 4 year nursing diploma, then did comm serve and worked as a shift leader for my 2 years of comm serve and an additional year until I got pregnant again with my second child, my son.

After maternity leave I resigned and started working as a travelling nurse for a big life insurance company where I then moved to another department and became a member of a corporate wellness, health coaching department, did home care nurse auditing, then did a course in advanced wound care, and subsequently became an executive wellness nurse. Covid happened and I went back to being a travelling nurse until October 2024 when I resigned my job and started Okwethu clinic.

Do you think your career was the best choice and why?

Absolutely, I gained wisdom and compassion for people through my career, I made a difference in people's lives, where I thought I was just doing my job, they felt like I was performing miracles in their lives.

If you could, what would you change in the world?

I would change mental illness and bullying. I would eradicate it to the point that people, especially young people get to enjoy life, school, friendships, relationships. Live with no fear.

What is this part of your life experience would you alter if you had a chance to?

I wouldn't alter my life experiences as they have moulded my character and personality into being a resilient and tenacious entrepreneur.

If you were to write a book about yourself, what would you name it?

That's a tricky one as there are many sides to me, and I have experienced many things in my short life. I think would call it "the full armour of me"

How do you handle adversity and doubt?

Pray, Pray, pray and a talk from my boyfriend/partner every often.

What are some of the mistakes you wished you could have avoided in life?

I wish I could have been more aware of my kids mental state, it could've avoided a lot of family trauma.

What is the name of your company and what is its specialty?

Okwethu Clinic, we specialize in advanced wound care, IV vitamin drips and health and wellness.

How did you come up with the name for your company?

My partner is Xhosa and we were sitting one day and he said this word and I asked him what it meant and he said "ours" and I knew there and then this was the name.

What made you decide this type of business?

It was always a dream to help compromised patients, wound care does that for me. It was also always to use my career to add value and give back and the health and wellness aspects allows me to do that.

How did you know that you had the right idea?

I didn't, I just kept pushing forward, going back to the drawing board ever so often, changing and tweaking things until we got here and I'm still not satisfied that this is the right idea but I'm definitely on the right track.

What was your key driving force to become an entrepreneur?

Financial freedom, flexibility and time with my family but also the ability to build something great from the ground up.

What kind of values exist in your organization?

At the moment it's just me in this business and of course my partner running everything marketing related in the back ground. But integrity, reliability, compassion and most of all love for the next person.

What is a typical day like at your business office?

I'm a mobile service at the moment, so firstly have my coffee and home, pack for the various clients. I have different equipment and consumable bags for the different parts of my day. I travel to a mixture of life insurance clients, advanced care patients and clients requiring health checks for various wellness platforms and just those who want to know their general health status.

On the road all day from client to client. On days where I haven't booked clients I do my admin and schedule meetings with potential business collaborators or suppliers

Where do you see your company in five years?

Definitely less mobile. Having a few more employees doing what I'm currently doing and potentially expanding to 1 other location. Creating jobs and mastering more skills to add to the business portfolio.

How many hours do you work, on average, per day?

It's difficult to say. Some days are busier than others. But for the most part I try to be done with work by 5pm latest, so that I can prepare supper for my family and actually sit down and have supper with them.

How do you describe your typical day?

On the road all day, can become exhausting.

How has your business life affected your family life?

I consciously make sure I have a workable work life balance. One thing business teaches you is that boundaries are very important.

Luckily in the healthcare space it's easy to set working hours so that it doesn't filter into family life. And business life also allows a certain level of flexibility to be able to enjoy life with family a little more.

What motivates you in your entrepreneurial journey?

Other entrepreneurs and the notion that if others can do it then it can be done, also the possibility of failing and going broke...

What are your principles?

Show up no matter what. Pray in all situations, always remain humble. Always know that you never stop learning.

How do you define your success?

I don't define my success as I feel I'm a constant work in progress. What I can say is that everyday is a step closer to being successful. I'm not sure what that measure will look like at the time but I know that my success right now is that I'm not where I was a year ago and I won't be where I am in the next year or years.

Do you believe in some sort of pattern or formula to become a successful entrepreneur?

Consistency, lots of prayer, and lastly faith and belief in your abilities.

What is your favourite aspect of being an entrepreneur?

The ability to do things on my terms, and not in an arrogant way. Just being able to have a voice and an opinion.

What has been your most satisfying moment in business?

I have many little satisfying moments, like being apart of an honorarium about something I can actually give information about like advanced wound care. Having a family call and saying "we prefer it if you please treat our family member and not the agency. When you get a call from a client/patient saying thank you for your support, it means a lot to me.

What service(s) or product(s) do you offer?

Health and wellness checks, papers, cholesterol, bp etc. IV vitamin drips, advanced wound care.

Did you experience failures? If so, what did you learn from them?

If life has taught me anything is that failure is inevitable. It's the cycle of life. What failure does teach me is that I have the ability to try, and that when I try again I need to plan better and strategize better so that I don't repeat the same mistakes.

Does technology work for your business and how?

Yes but it's a very baby clinic at the moment. So the technology used is WhatsApp for bookings, IG for the company page and Facebook to run promotions. I use my laptop to do my own quotations and invoicing at the moment. I hope that oneday we will have a structured booking system and invoicing system. A bigger online following etc. I use my laptop to do my own quotations and invoicing at the moment. I hope that oneday we will have a structured booking system and invoicing system. A bigger online following etc.

Who has been your greatest inspiration?

There are many people that inspire me. My partner/ boyfriend being the biggest inspiration.... This man can grind and he does so tirelessly and his very smart and business savvy. I see him as a business mentor and a great inspiration.

What business-related book has inspired you the most? (or, what is your favourite book?)

I barely read books as I'm on the road a lot but one of my favourite podcasts is the diary of a CEO. The guests that are on this podcast give me much to think about in business, life, relationships with my mom, partner, children, friend and seven clients/patients.

What is your greatest strength?

Resilience

What is your greatest weakness?

Talking about things before it's done.

What piece of advice would you give to those who want to become entrepreneurs in your sector?

Take the leap of faith only if it keeps you up at night and attacks your spirit then you know. And when you do leap into entrepreneurship pray, pray, pray, and work hard, find people who have been where you are in the beginning of your journey and always look to those who have done it before you for mentorship, find your niche, run with it and always give thanks to God for blessing you with skills that can change the world.

If you had a chance to start your career over again, what would you do differently?

I would do nothing different except start sooner.

What would you say are the top three skills needed to be a successful nursing leader?

Active listening to others, honing your skills and a little bit of delusion.

What entrepreneurial tactics have you discovered to keep you focused and productive in your day-to-day busy schedule?

The age old time management, keeping a to do list. And drafting systems that currently hold me accountable and in future will hold my staff accountable.

What is your daily slogan?

Thanks be to God...

How do you describe your leadership in one word?

Fair

What is your advice to the young nurses?

Never let anyone tell you that you can't, if there are others doing it, it can be done, just believe in yourself. .

“Live with
no fear”





Rachel
Robinson

A Business leader, civil rights activist, professor, nurse, wife, and mother

Article by www.ackierobinson.org

Business leader, civil rights activist, professor, nurse, wife, and mother, Rachel Isum Robinson is a woman of enormous accomplishments, her own and those achieved jointly with her husband, Jackie Robinson, who broke the color barrier in Major League Baseball in 1947 when he played with the Brooklyn Dodgers.

Together the couple supported numerous causes, but particularly civil rights in and out of the sports sphere. Since her husband's premature death, Mrs. Robinson has used her ability and his legacy to further the causes they so ardently supported.

Following the death of her husband in 1972, Mrs. Robinson incorporated the Jackie Robinson Development Corporation, which was founded to build and manage housing for people of moderate and low incomes. A year later, Mrs. Robinson created the Jackie Robinson Foundation, a non-profit organization whose mission is to provide college scholarships and leadership training.

Mrs. Robinson has been an ardent crusader for opportunity through education – engaging corporate America in supporting the Foundation's mission of cultivating talented future leaders and inspiring young people to fulfill their dreams by obtaining a college education.

Jackie and Rachel Robinson hosted legendary jazz concerts at their home in Stamford, Connecticut, beginning in 1963, as fundraisers for jailed civil rights activists. The iconic Afternoon of Jazz shows drew some of the most recognizable names in the genre including Dizzie Gillespie and Ella Fitzgerald.

A career nurse, Mrs. Robinson earned her master's degree in psychiatric nursing from New York University and worked as a researcher at the Albert Einstein College of Medicine's Department of Social and Community Psychiatry. Mrs. Robinson then became Director of Nursing for the Connecticut Mental Health Center and an Assistant Professor of Nursing at Yale University.

“Jackie and Rachel Robinson hosted legendary jazz concerts at their home in Stamford”

After years at the head of the Foundation's board, Rachel Robinson stepped down as chairwoman in 1996. That same year, she authored “Jackie Robinson: An Intimate Portrait,” published by Abrams Publishing Company.

Mrs. Robinson has received numerous awards including the Candace Award for Distinguished Service from the National Coalition of 100 Black Women, the Equitable Life Black Achievers Award and the Associated Black Charities Black History Makers Award.

In addition, St. John's University, Springfield College, Macalester College, Boston College, Suffolk University, New York University, Connecticut College and the University of Massachusetts have conferred upon her honorary doctorates. Robinson has two children, twelve grandchildren, three great grandchildren and three great-great grandchildren.

“All
nurses are
caregivers”



The Hierarchy That Lies: How Nursing Credentials Divide Instead of Unite



Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States

Introduction

Nursing is a calling, but somehow, we've allowed the system to divide us. We've let credentials, LPN, RN, BSN, become barriers to collaboration instead of bridges to better patient care. But here's the truth: the hierarchy that divides us is a lie.

When I wrote about this on LinkedIn, it wasn't just a post. It was a movement. In the first 24 hours, my post reached over 49,000 nurses, 727 reactions, and 211 comments, most of them sharing their own stories about how the nursing credential hierarchy has hurt their careers and their relationships with their colleagues. The fact that this post resonated so deeply shows just how pervasive this problem is.

The History Behind the Hierarchy

Nursing has been divided by credentials for decades. The origins of the LPN/RN/BSN hierarchy go back to when nursing schools were first formalized and nurses were trained in different settings and specialties. Over time, these distinctions created a false sense of superiority for those with higher credentials and a feeling of inferiority for those with less.

The reality? All nurses are caregivers. Whether you're an LPN, RN, or BSN, the job is the same: we are here to take care of people. But the system, the very system that benefits from our division, has made us believe that different credentials mean different value. And it's tearing us apart.

The Cost of Division

The consequences of this division are clear. It creates an environment of competition, not collaboration, where we're encouraged to compete rather than work together for the benefit of patients.

We can't afford that. When nurses compete against each other, we lose sight of the real purpose: to care for the patients who need us most.

This hierarchy is damaging not just to nurses, but to patients. Moral injury is real. Nurses are burned out, overworked, and undervalued, and when we're too focused on credentials, we miss the opportunity to work together and build each other up.

Shifting the Narrative

We need to shift the narrative. We need to collaborate, not compete. Every nurse, regardless of their credential, should feel valued and empowered. Here are some ways we can begin to challenge the hierarchy:

Leadership must encourage collaboration over competition and stop perpetuating division. Nurses at every level should foster a spirit of mentorship and support. Collective power is stronger than division. We must stand together, as equals, to demand better conditions and more respect for all nurses.

Conclusion

It's time we rewrite this story. Nurses are better when we unite, whether LPN, RN, BSN, or beyond. Let's end the competition and start building bridges, not walls. It's time to rise together, for ourselves and for the patients we serve.

"More staffing,
better pay and
resources
would take a
load off"



**She
is**

Vuxhonggi
Nkuna

Fresh From School

What is your position?

I completed my Nursing Diploma R171 in 2025 and now waiting for SANC registration.

What is your work responsibility?

My work responsibilities include administering medication, monitoring patients, assisting Doctors and providing emotional support.

What is the first thing you do when you arrive at your workstation?

The first thing I do is to get a handover report from my colleague, get updated on patient's conditions, treatments, and any concerns from the previous shift.

What is the foremost tendency you practice as a team after the morning handover, just before you start with your daily duties?

The foremost tendency we practice as a team before we start our duties is to assist patients with bed baths and make their beds.

How is your relationship with your unit manager?

My relationship with the unit managers from the wards that I worked at as a student was quite good as they were willing to assist me with things that I was struggling with until I got it right.

How is your relationship with your fellow colleagues?

The relationship was good as we were supporting each other through crazy busy days, there are days when personalities clash and it feels like you are navigating a minefield. It really depends on the ward culture, management and team's dynamics.

“There are days when personalities clash and it feels like you are navigating a minefield”

How do you introduce yourself to a patient that you meet for the first time?

Hi, I am student NKUNA VB from SG Lourens Nursing college. Or rather, "Hi, I am Professional nurse Nkuna VB."

How do you address a rowdy patient or the family?

Stay calm, listen actively and acknowledge their concerns. Use a gentle but firm tone and try to involve them in the care plan. If it's a family thing, sometimes just giving them a bit of attention and info can calm things down.

Have you ever encountered disrespect, and how did you feel or react?

Yes, I have, as a nurse you must develop thick skin and understand that people are not the same.

In case you encounter bullying tendencies at your workplace how do you react?

I try to talk with the person and then involve management or HR if it persists.

How does it feel working with a reputable and responsible doctor?

Working with a Doctor who communicates well and respects the team makes such a big difference. It makes you feel like you are part of a solid crew, and it boosts your confidence too.

How do you feel when you hear the footsteps of the matron or assistant manager moving around your unit?

It makes me feel nervous and anxious, but it depends on the vibe they bring, some matrons are rude and loud for no reason.

As a unit or team how do you contribute to avoiding unnecessary arguments?

I apply the principle of fairness when it comes to delegation of duties, tasks and responsibilities.

How effectively do you spend your lunchtime?

As a nurse you do not effectively spend your lunchtime as there is too much work to do in the unit.

As a unit or team, what mechanism do you apply to prevent the causes of mental health issues in your work environment?

We encourage debriefs after tough shifts, promote work life balance and make sure that everyone is looking out for each other.

In case of misunderstanding, how soon do you reconcile with your colleagues?

For me it does not take time, I believe we must work together to provide the best healthcare services for our patients.

Do you perhaps experience absenteeism in your unit? If yes what could be the cause?

Yes, mainly due to physical and mental illness due to burn out, abuse funerals or family emergencies.

Have you ever suffered from burnout? If yes, what was the cause and how did you conquer it?

Yes, it was due to shortage of staff and too much work.

Have you ever experienced losing a patient that you cared for? How did you deal with it?

Losing a patient is hard, it's a mix of sadness and reflection. It's about focusing on the care you gave and finding closure in knowing you did your best.

In a nutshell, how does it feel to be a bedside nurse?

It's real deal nursing. Being hands-on, connecting with patients, and making difference in their day is super rewarding even on tough days. You get to see the impact of your care up close.

What is our philosophy when it comes to clienttelling?

Treat them like you'd want your family treated.

As a bedside nurse do you feel appreciated or unappreciated?

Mixed bag. Some days you feel like a rockstar, patients thank you, families are grateful. Other days you feel like you are invisible, but honestly the wins make it all worth it.

What is your suggestion concerning the improvement of the nursing sector?

More staffing, better pay and resources would take a load off. Boosting morale with recognition and support like, genuinely celebrating the wins.

"Losing a patient is hard, it's a mix of sadness and reflection"





Jacqueline Coetzer
Founder & CEO,
Jacqueline Global
Consulting

DIAGNOSTICS THAT HEAL MORE THAN BODIES:

Empowering Nurses, Empowering Africa

Article By Jacqueline Coetzer, Founder & CEO, Jacqueline Global Consulting

In every hospital, clinic, or community outreach programme across Africa, there is one constant truth: our nurses carry the heartbeat of healthcare.

They are the first to see a patient's fear, the first to hold a trembling hand, the first to act when seconds count. Yet too often, they are asked to perform miracles with limited tools—and even less time.

That's why the arrival of affordable, portable, and accurate diagnostic devices is more than a technological breakthrough—it's a quiet revolution. One that starts not in boardrooms, but in the hands of nurses.

From Lab Walls to Front Lines

For decades, accurate diagnostics meant laboratory walls, couriers, and waiting days for results that could change a life. Today, technology allows that same power to sit right next to a nurse at a rural clinic, or at a corporate wellness event, or even in a school health drive.

Point-of-Care Testing (POCT) systems are designed to deliver laboratory-grade accuracy directly at the patient's side—providing quantitative results within minutes. These devices cover a wide range of critical diagnostic areas, including: Cardiac markers (CK-MB, cTnI, hs-cTnI, Myoglobin, NT-ProBNP) for early detection of heart attack or cardiac stress.

Inflammatory markers (CRP, D-Dimer, Procalcitonin) to identify infection, inflammation, or risk of clot formation. Endocrine and hormonal testing (TSH, FT3, FT4, Cortisol, Prolactin, hCG, LH, FSH) to support fertility, thyroid, and stress-related diagnostics.

Metabolic and chronic condition markers (HbA1c for diabetes, Ferritin for iron status). Tumour markers and infectious serology (AFP, CEA, Free PSA, Total PSA, HIV, HCV) for early detection and monitoring of cancer or viral conditions.

Each test delivers quantitative, digital results—as precise as those obtained in central laboratories, but without the delay, transport, or infrastructure requirements. Together, these tools give nurses the ability to detect life-threatening conditions early, start intervention faster, and manage ongoing patient monitoring with confidence and clarity. No refrigeration, no electricity, no courier delays—just answers, empowerment, and action.

The Nurse as a Change Agent

Every nurse knows the frustration of waiting for lab results while a patient's condition worsens. Every nurse knows the heartbreak of losing someone who could have been saved with earlier intervention. Imagine having the ability to test, counsel, and begin intervention—all in a single visit, with tests results in less than 15 minutes.

That's what these portable devices make possible. When a nurse can diagnose immediately: Treatment starts sooner. Referrals are smarter.

Follow-up becomes meaningful, not just procedural. In corporate wellness programmes, these same tools mean nurses can catch chronic disease earlier, helping companies prevent absenteeism and protect their workforce.

Across communities, they can identify outbreaks before they spread, protecting families and entire economies. This is nursing with power—clinical power, social power, and the power to transform lives.

The Economic Ripple Effect

Health and economics in Africa are inseparable.

A community burdened by preventable disease cannot thrive. A business weighed down by ill health cannot grow. A country losing skilled citizens to late or no diagnosis cannot prosper. Early diagnosis doesn't just save lives—it saves livelihoods. Every test that detects diabetes early prevents a family breadwinner from future complications.

Every test that identifies an infection before it spreads keeps more people at work and in school. Every early cardiac screening keeps an experienced professional alive to share their knowledge. In this sense, nurses are not only saving patients—they are saving the economic engine of Africa itself.

A Personal Mission

My personal journey with diagnostics comes from a lifetime of living with chronic illness. For years, I followed the same exhausting routine familiar to so many patients—visiting a doctor, then a laboratory for blood tests, often while fasting, and then returning to the doctor days later just to hear the results and receive a treatment plan.

Each round of testing meant taking multiple days off work, often frustrating my managers and causing unnecessary stress and lost productivity. The process wasn't just inconvenient—it was unsustainable. On top of that, laboratory testing is extremely expensive, quickly depleting annual medical aid allocations long before the year is over.

Everything changed in 2019, when I attended the Health Africa exhibition at Gallagher Estate and saw my first-ever Point-of-Care Testing (POCT) device. It was a moment of absolute clarity.

I realised how transformative this technology could be—not only for me, but for millions of Africans who face similar challenges. I wanted this for South Africa! I wanted this for Africa! Although my company, Jacqueline Global Consulting (JGC), was originally focused on business consultancy and commodities trading, I could not ignore the call of this opportunity and duty to bring affordable diagnostics to our people.

Diagnostics had touched my life personally—now I had the chance to help redefine healthcare accessibility for others. Integrating this range into our portfolio wasn't just good business; it was a continuation of a personal journey—from patient to advocate, from frustration to empowerment.

“Because the future of healthcare in Africa won’t be built by outsiders—it will be built by Africans for Africa”

Through my partnerships with world-class manufacturers, we are now making these advanced diagnostic solutions accessible throughout Africa.

Our mandate extends far beyond commerce—it’s about building healthcare sovereignty for African nations.

Partnerships that Build a Continent

To realise this vision, we are actively building partnerships with distributors, wellness providers, healthcare networks, and institutional stakeholders across the continent.

From Mauritania to Mozambique, from Angola to Algeria, we are creating a network of trusted professionals committed to ethical business, quality healthcare, and empowerment through knowledge.

We’re not selling machines and tests—we’re building capacity. We’re not just expanding markets—we’re expanding hope.

And at every level, from the smallest clinic to the largest hospital, it is the nurse who stands at the intersection of compassion and competence—the true catalyst for change.

Technology That Respects Humanity

One of the most inspiring aspects of this new generation of diagnostic tools is their simplicity.

They are intuitive, require minimal training, and deliver reliable results within minutes.

POCT devices are generally very small and light-weight, with built-in or removable batteries. Modern devices connect via Bluetooth & Wi-Fi, enabling the download of results. Interfaces are very easy and speak the language of the nurse—clear, direct, actionable.

No complex software. No fear of error. Just confidence.

This means that whether a nurse is working in a remote village, a mining site, a corporate office, or an urban hospital, the quality of care remains constant.

That’s the true meaning of accessibility—not just proximity, but equality of care.

From the Bedside to the Boardroom

It’s important to remember that nurses are not only caregivers—you are data-gatherers, educators, and advocates.

Every diagnostic test performed contributes to a clearer picture of our continent’s health.

Aggregated, anonymised data can inform better public health policy, identify regional disease trends, and guide government investment.

When nurses are empowered with diagnostic tools, they become the backbone of a data-driven healthcare revolution.

And when policymakers listen to that data, we move from reactive healthcare to preventive healthcare — from crisis response to sustainable development.

The Vision Ahead

Our goal at JGC is simple yet profound:

To make accurate diagnosis as accessible as conversation.

We want every nurse in Africa to have the tools to make a difference—immediately, confidently, and locally.

That’s why we’re working to establish partnerships not just with hospitals, but with ministries of health, hospitals, general practitioners, specialists, corporate wellness providers, and community clinics, to name but a few.

We’re committed to training, to technical support, and to ensuring these devices are not just imported, but integrated into Africa’s health systems.

Because the future of healthcare in Africa won’t be built by outsiders—it will be built by Africans for Africa.

And nurses are at the heart of that movement.

A Call to Action

To every nurse reading this—whether you work in a bustling hospital or a quiet rural outpost—this revolution is for you. You are the bridge between technology and humanity.

If you’ve ever wished for faster results, fewer delays, or more power to help your patients right now, these diagnostic tools were created with you in mind.

Let’s redefine what healthcare looks like in Africa.

Let’s build systems that serve both our people and our progress. Let’s create a future where no one dies waiting for answers.

Because when nurses have the right tools, Africa doesn’t just heal—Africa thrives!

Interested in partnering or learning more?

If you’re inspired by this vision and would like to explore our diagnostic devices, request product details, or discuss cooperation and distribution opportunities across Africa, please reach out to me at:

Email: jacq74jgcs@gmail.com

Together, let’s bring accessible diagnostics to every nurse — and every patient — across Africa.

Jacqueline Coetzer is the Founder and CEO of Jacqueline Global Consulting. Her work focuses on strengthening Africa’s healthcare systems through strategic partnerships, innovation, and empowerment.

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Her Royal Highness **Princess Boitumelo Maila**

Her Biography

Her Royal Highness Princess Boitumelo Maila, affectionately known as HRH Boitumelo Maila, stands as a distinguished leader, humanitarian, and healthcare professional whose work continues to uplift communities across South Africa, particularly the rural heartlands of Mpumalanga and Sekhukhune, Limpopo. A royal descendant and Princess of the Maila Mapitsane Royal House, she carries her heritage with grace, responsibility, and an unwavering commitment to service.

A Multifaceted Healthcare Professional:

Princess Boitumelo Maila is a Professional Nurse, comprehensively trained in psychiatric, community, general nursing, and midwifery, currently serving as a midwife in a rural hospital in Mpumalanga. Her devotion to maternal and child health is reflected in her hands-on care for mothers and newborns, often in settings where resources are limited but compassion is abundant.

She further advanced her expertise by qualifying as an Occupational Health Nurse Practitioner, and as a certified technician in spirometry, audiometry, and vision testing. Her scope of practice extends to being an HIV, AIDS, and TB trained nurse, equipping her with the skills to address some of South Africa's most pressing public health challenges. She is also a trained colposcopy nurse, actively raising awareness on cervical cancer prevention, sexual health, and reproductive well-being.

Champion of Mental Health and Social Advocacy

A powerful voice in mental health activism, Princess Boitumelo is dedicated to eliminating stigma, especially in rural communities. She advocates for healthy mental well-being, postpartum depression awareness, and psychoeducation for communities that have historically been underserved.

She is currently spearheading an upcoming Men and Mental Health Programme, addressing the silent crisis affecting men across South Africa.

Philanthropy, Rural Development & Community Empowerment:

As the founder of a growing philanthropic footprint, Princess Boitumelo leads numerous high-impact initiatives;

Sanitary Towels & Dignity Campaigns:

Through her foundation, she consistently hosts sanitary towel drives, ensuring that girls in rural and impoverished communities never miss school due to lack of menstrual hygiene products.

Building and Restoring Crèches in Rural Mpumalanga :

- She played a major role in rebuilding a crèche in rural Mpumalanga that had been operating from a corrugated iron structure.
- She is currently leading a transformation project for another crèche in Maila Mapitsane, a 30-year-old centre that lacks proper ablution facilities, a kitchen, and a safe playground. Her mission is to reconstruct it into a functional, dignified early childhood development space.

School Shoes & Uniform Drives:


She champions annual school uniform, school shoes, and toiletry drives, prioritizing child-headed families and vulnerable learners.

Solar Lighting & Community Safety:

In partnership with the Nelson Mandela Foundation, she participated in the distribution of 100 Panasonic lantern lights, bringing hope and safety to families without electricity. Additional solar lights with a lifespan of five years continue to benefit rural households.

"I am a
Professional Nurse at
Lydenburg General
Hospital"





“Balancing theory,
clinical practice, and
personal growth
shaped me into a
nurse I am today”

Youth, Women, and Health Empowerment Programmes

Her programmes encompass:

- HIV prevention education
- Substance abuse awareness
- Teenage pregnancy prevention
- Mental health advocacy
- "Back to School" campaigns
- Community empowerment and development through health literacy
- Rural and social development initiatives
- Food Parcel drives

Public Speaker, Media Contributor & Author

She is a sought-after speaker, regularly invited to:

- Radio shows
- Podcasts
- Community dialogues
- Magazines
- Health campaigns
- Conferences and youth events

Her mission is to educate, motivate, and nurture a culture of wellness.

She is currently authoring her memoir, which will also serve as a powerful book on mental health, resilience, and her life's journey

Author in the Making

Princess Boitumelo is currently authoring her personal memoir, a profound narrative capturing her life journey, royal heritage, service, challenges, and triumphs. The book also serves as an educational and empowering resource on mental health, especially for women and communities facing adversity.

Awards & Recognition

Her exceptional service and leadership have earned her multiple prestigious awards, including:

- Mail & Guardian Top 200 Young South Africans (2024) – Health & Wellness
- Top 100 Influential Youth Award
- African Health Excellence Awards – 1st runner up in Healthcare Provider Charity Professional of the Year category
- Keturah Mental Health Awards
- South African Heroes Awards
- Additional community leadership and humanitarian recognitions

These accolades reflect her impact, commitment, and influence across healthcare, advocacy, and rural development sectors.

Participation in the G20 Consultative Programmes – University of Cape Town (UCT)

Princess Boitumelo Maila's influence extends beyond local and national platforms. She participated in the G20 consultative programmes at the University of Cape Town held in June 2025, engaging in high-level discussions centred on global health priorities, youth leadership, gender equity, and sustainable community development. Her participation demonstrated her capacity to contribute to global dialogue and showcased her as a representative of rural South African communities on an international stage.

Her Vision for the Future

Driven by compassion and an unshakeable sense of purpose, Princess Boitumelo dreams of establishing:

- Her own medical centre focused on comprehensive, accessible healthcare
- A shelter for the needy, particularly women and children facing socio-economic hardships and abuse

Conclusion

HRH Princess Boitumelo Maila is a remarkable embodiment of African excellence, humanitarian leadership, and cultural pride. Her work uplifts communities, transforms lives, and redefines the power of service. She represents resilience, compassion, and visionary leadership, making her a Most Reputable Women of African Descent. Her legacy is not only in the lives she touches today but in the brighter, healthier future she is building for generations to come.

“I chose nursing because it is a calling”

“One who stands out is Ms Cassandra Malinga”

Personal

Who is HRH Princess Boitumelo Maila?

HRH Princess Boitumelo Maila is a compassionate leader, professional nurse, Occupational health specialist, and community builder dedicated to empowering others through service, advocacy, and compassion. She is a woman of purpose who believes in servant leadership, using her royal platform and professional calling to uplift the lives of others especially the vulnerable and marginalized.

What is your birth month?

May—a month symbolising a new life, hope and the return of happiness.

Who is your lifetime friend?

Pontsho Mametja, a lady I met when I started working as a professional nurse, she is my pillar, my confidant, and my lifelong best friend.

Who is your lifetime neighbour?

My family and community in Sekhukhune—Janefurse, where I was raised and where my heart always returns.

Who was your lifetime colleague?

Many have crossed my path, but one who stands out is Ms Cassandra Malinga, who has walked with me through the highs and lows of the nursing journey.

What is your soul food?

African cuisine—simple, traditional, and filled with warmth and love.

What is your favourite garment?

A royal traditional attire, proudly representing my culture and heritage with dignity and grace.



“Many have
crossed my
path”



"I recharge
my soul
and reconnect
with God"

“Our bond reminds me of love, family, and purpose”

What do you like the most between sunrise and sunset?

Why?

Sunrise, because it symbolizes hope, renewal, and God’s daily reminder that there’s purpose in every new day

What is your best day in a week? And why?

Sunday, a sacred day of rest, reflection, and spiritual renewal. It is when I recharge my soul and reconnect with God.

Who is this person whom you cannot finish a day without having spoken to?

My Friend, Ponto Mamejja her voice keeps me grounded, and our bond reminds me of love, family, and purpose.

What are your values?

Integrity, compassion, respect, accountability, humility, and service to humanity.

What is your favourite spot?

Any quiet natural space especially in the village or forest where I can listen to birds, breathe fresh air, and reflect on life.

Nursing Background

Why did you choose nursing?

I chose nursing because it is a calling. I have always wanted to make a difference in people’s lives, to bring comfort and healing where there’s pain, and to serve communities in need.

Who was your role model?

My late grandfather, His Majesty Kgoshi or Inkosi Maila Maapitsane, a strong, caring man who believed that helping others is the highest form of humanity.

How were your college days?

They were challenging but fulfilling. Balancing theory, clinical practice, and personal growth shaped me into a nurse I am today.

“My first day was filled with excitement, pride, and a touch of fear”

Do you recall any naughtiness?

Yes, sometimes sneaking in extra coffee breaks or banking or skipping classes with classmates. Laughter truly kept us going through tough rotations!

What was the prevalent college or university culture then?

Discipline, resilience, and unity. We supported one another through sleepless nights and demanding practicals

What kind of student were you?

Hardworking, passionate, and determined. I wanted to excel not only academically but also in patient care. I have always been an A-student. I was a class representative for 4 years of our training. I always had the leadership role in me.

What remarkable lesson did you take with you from college or university?

That nursing is not just a profession. It is a lifestyle of compassion, lifelong learning, and service.

When was your first day as an employed nurse? And how did you feel?

My first day was filled with excitement, pride, and a touch of fear. But as soon as I helped my first patient, I knew I was exactly where I belonged. On the first day of work, we had to lay a corpse, a young 21-year-old male, and I broke down when I got home.

How old were you when you became a nursing professional?

I was only 24 about to turn 25 in 4 months' time.

What is your current role in nursing?

I am a Professional Nurse at Lydenburg General Hospital, specializing in community, psychiatric, midwifery, and general nursing. I am also a Vision, Spirometry, and Audiometry Technician.



“As soon as
I helped my first
patient, I knew
I was exactly
where I belonged”



"I always teach everyone the correct practice to follow in this profession"

“I remind myself that every challenge is an opportunity for growth”

I just completed my Postgraduate Diploma in Occupational Health Nursing with University of Johannesburg. I am currently working in Maternity ward as a midwife.

What is your greatest skill as a RN?

Empathy and communication, the ability to connect deeply with patients and make them feel valued and understood.

What is the hardest thing about being a passionate community serving RN?

Seeing how poverty, inequality, and lack of resources affect health outcomes. It is heart breaking but motivates me to keep advocating for better healthcare systems.

In your current position, what are you passionate about?

Community empowerment and upliftment, mental health awareness, and promoting occupational health and safety in workplaces.

How many ranks have you gone through in your nursing path?

From student nurse to professional nurse, steadily climbing through dedication and continued education.

What highest rank have you achieved?

Professional Nurse Comprehensive, complemented by specialized training in Postgraduate Diploma in Occupational Health Nursing. I am also a trained technician in Spirometry, Audiometry and Vision and leadership responsibilities.

How do you handle stressful issues?

Through prayer, reflection, and maintaining emotional balance. I remind myself that every challenge is an opportunity for growth.

What are your professional values?

Ethical conduct, patient advocacy, teamwork, respect, and accountability.

What kind of leadership do you apply? Bossy or role model?

Role model leadership leading by example, inspiring others through action, and nurturing growth in others. I always teach everyone the correct practice to follow in this profession.

“I serve as an advocate for occupational health and community well-being”

Do you think nursing management is universal? Why?

Yes. While contexts differ, the core principles of compassion, accountability, and effective leadership apply globally. No matter where nurses work be it in a rural clinic in South Africa an urban hospital in Europe, or a community health centre in Asia the management principles guiding their practice are similar. The essence of nursing management is to balance human compassion with professional efficiency while maintaining ethical standards and prioritizing patient welfare.

What professional goals did you set for yourself or your team?

To promote holistic healthcare, strengthen occupational health practices or corporate nursing, and mentor young nurses to lead with excellence.

Are you achieving them?

Yes, gradually through continuous learning, collaboration, and faith-driven service.

Would you sometimes be tempted to be a parent to your team?

Yes. Because nurturing others comes naturally. I see potential in everyone and often guide them with a motherly heart.

How do you describe your leadership in one word?

Empowering.

Wisdom

What exceptional role do you play in the nursing sector?

I serve as an advocate for occupational health and community well-being bridging the gap between healthcare services and the realities of rural and workplace settings.

What exceptional role do you play in your community?

Through the First Lady Foundation, I empower communities by addressing issues such as mental health, GBV, teenage pregnancy, HIV/AIDS, and education access.

From your point of view what relationship is there between the communities and the nursing professionals?

It is a relationship built on trust, service, and shared well-being.





“Communities
rely on nurses
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Communities rely on nurses not only for care but for education and empowerment.

If the relationship (between the two) is not in good condition, how can it be remedied?

By rebuilding trust through outreach, transparency, active listening, and culturally sensitive care.

How can trust be established between the two groups?

Through consistent presence, empathy, respect, and showing communities that nurses are allies, not outsiders.

Has nursing changed for the better?

Yes. There is more recognition, technology, and continuous education but we must not lose the heart of nursing: compassion.

Do you see any possibility of nursing businesses being listed at the Stock Exchange?

Yes, especially as healthcare evolves into diverse entrepreneurial models. With innovation and governance, nursing-led enterprises can thrive.

What wisdom to apply in making the mixture of several generations in nursing work in one accord?

Mutual respect and mentorship. Each generation brings unique strengths — wisdom from the older and innovation from the younger.

How can the young nurses keep rekindling their passion?

By remembering their “why,” seeking mentorship, engaging in continuous learning, and celebrating small victories.

What higher education should one acquire to reach a level of your leadership?

A degree in Nursing Science, Occupational Health, and Leadership or Public Health combined with experience, empathy, and integrity.

What is your advice to the nursing leadership?

Lead with compassion and vision. Nurture your teams and always prioritize patient safety and staff wellness.

What is your advice to the young nurses?

Stay grounded, stay passionate, and never forget that nursing is a calling not just a career.

What is your advice to the nursing students?

Study hard, respect your calling, and absorb every lesson from theory and practice. The world needs your compassion and commitment.

How do you perceive the future of nursing?

The future of nursing is bright advancing through technology, research, and leadership. But it must remain rooted in humanity and service.

A close-up photograph of a person's hand holding a serrated knife. The hand is positioned in the upper right quadrant, with the fingers gripping the handle. The knife's blade is partially visible on the right edge. The background is a clear blue sky with soft, white clouds at the bottom. The person is wearing a grey long-sleeved shirt, a black leather wristband with a circular embossed design, and a colorful rainbow braided cord bracelet. The text 'The Love That Breaks Free' is overlaid in a large, white, serif font across the center of the image.

'The Love That Breaks Free'



Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States

Love in healthcare is not what people imagine. It is not soft or sentimental. It is the nurse who stays through impossible conditions because walking away means patients suffer. It is the physician who keeps showing up despite exhaustion because someone has to hold the line. It is every healthcare worker who witnesses suffering and still refuses to become numb to it.

That is love. Not the greeting-card kind. The kind that costs something.

But there is a chapter of love we rarely name.
The cocoon phase.

The seasons where everything feels tight, heavy, and unbearable. Where you are being rebuilt in the dark and it feels like punishment instead of preparation. Where you wonder if you can survive what healthcare has become.

That is not failure.
That is transformation.

The cocoon was never meant to be permanent. It was the place where the old version of you had to dissolve. The one who believed sacrifice was love. The one who equated endurance with strength. So something truer could be formed.

Real love in healthcare looks different than we were taught.

Real love sets boundaries.
Real love demands reciprocity.
Real love refuses to accept that extraction is the price of compassion.
Real love understands you cannot care for others while your own foundation collapses.

The butterfly does not apologize for its wings.

Healthcare workers emerging from their cocoon phase should not apologize for choosing sustainability over martyrdom. For building careers that honor both their expertise and their humanity. For demanding systems that protect the people inside them while serving the people who need them.

This is the moment where ego loosens its grip and the soul takes the lead.
Where self-destruction is no longer mistaken for dedication.
Where loving the work finally includes protecting the ones who do it.

This is the shift from survival to flight.

The future of healthcare is being shaped right now. By nurses creating new platforms. By physicians designing sustainable models. By leaders transforming culture one decision at a time.

It will require people who remember their wings.
People who refuse to crawl back into what once confined them.
People who choose becoming over belonging.

That is the love healthcare needs now.
Not sacrifice, but freedom.
Not endurance, but evolution.

The future we were afraid to claim is ready to claim us.

Wings and all.



Sticky Gold Rush BBQ Wings

fitmencook.com

Ingredients

908 g chicken wings (drumettes and flats separated)

about 2lb

1 tbsp

Gold Rush BBQ (no salt added)

\$14.99

Add to Cart

1 tbsp butter

2 tsp raw honey

2 tsp apple cider vinegar

.34 g sea salt

pinch of sea salt to taste

Garnish

cup fresh thyme

cup green onion, chopped

Steps

Step 1

Prep the wings. Pat wings dry with paper towels — this is key for crispiness.

Step 2

Air-fry. Place wings in a single layer in your air fryer basket. Cook at 400°F for 18–22 minutes, shaking the basket halfway through. Wings should be golden and crispy.

Step 3


Make the glaze. While wings finish in the air-fryer, melt butter in a small saucepan over low heat. Whisk in honey, apple cider vinegar, and Gold Rush BBQ. Let it bubble for 30 seconds. Add a pinch of salt.

Step 4

Finish strong. Transfer cooked wings to a bowl, pour glaze over top, and toss to coat evenly. Return to air fryer for 3–4 minutes at 380°F to set the glaze.

Step 5

Serve. Garnish with fresh thyme or green onion if you like. Serve hot.



45-Minute Healthy Cajun Seafood Bisque (Dairy-Free)

fitmencook.com



Ingredients

2 tbsp olive oil
1 medium sweet potato (300g), peeled/cubed
1 yellow (or white) onion, chopped
2 celery stalks, chopped
1 green bell pepper (chopped)
2 tbsp tomato paste
Custom Cajun Blend: 2 tbsp Taco Titan, 2 tsp thyme,
1 tsp sage, 1-2 tsp white pepper.
5 cups seafood stock
2 lbs mixed seafood (shrimp, cod, salmon, crab—
whatever you have in your fridge)
1 tbsp cold butter (OPTIONAL)—added at the end
for creaminess

Steps

Step 1

Build the Base (Choose Your Path)

Option A: The Home Cook Hack
Bundle your raw shrimp shells and bay leaves in cheese-cloth and tie into a sachet. Sauté your onion, celery, bell pepper, and garlic in a little oil until softened. Add the tomato paste and your DIY Cajun mixture. Bloom the spices for 1-2 minutes until fragrant. Add the sweet potato, stock, and drop in the sachet.

Step 2

Simmer for 25-30 minutes until the potatoes are fork-tender. Remove the sachet (squeeze it out to get every drop of flavor!). Use an immersion blender until the base is completely smooth and velvety. If it's too thick, add a splash of stock.

Step 3

Turn the heat to low. Add your seafood in stages—firmer fish first (like cod), then shrimp and scallops, etc and finally any pre-cooked ingredients like crab or crawfish just to warm through. This prevents the seafood from getting rubbery.

Step 4

Stir in a little grass-fed butter (or olive oil for dairy-free) and a heavy squeeze of lemon. Garnish with fresh parsley and my Lemon Pepper Blend to cut through the sweetness of the potato.



Coleslaw Recipe

fitmencook.com

Ingredients

Produce

½ large head green cabbage (about 800 g), finely shredded

½ large red onion, finely sliced

1 medium carrot, peeled and grated

2 tbsp fresh parsley, chopped

Optional: Replace half of the green cabbage with purple cabbage for added color and antioxidants

Salt and Sugar

¼ cup kosher salt (for salting and rinsing slaw)

1 tbsp organic sugar (panela or coconut sugar; adjust to taste)

Dressing Components

¼ cup olive oil

½ cup (120 ml) plain yogurt (or Greek yogurt for extra creaminess)

2 tbsp apple cider vinegar (or white vinegar as a substitute)

1 tbsp Dijon mustard (or yellow mustard for milder flavor)

1 tsp freshly ground black pepper (adjust to taste)

Steps

Step 1

Finely chop the cabbage and onion using a knife or mandoline. Grate the carrot and chop the parsley.

Step 2

Combine cabbage (or a mix of green and purple), onion, carrot, sugar, and salt in a large bowl. Toss well. Let sit for 5-7 minutes.

Step 3

Rinse under cold water and transfer to a colander to drain.

Step 4

Dry using a salad spinner or clean towels. Return to a bowl.

Step 5

Whisk together yogurt, mayo, vinegar, mustard, and pepper.

Step 6

Pour dressing over slaw. Add chopped parsley. Toss well.

Step 7

Adjust seasoning to taste.



Spicy Olive Chicken Salad: Creamy, Crunchy & Packed with Flavor

fitmencook.com



Ingredients

This recipe is made with real, whole ingredients—no mystery components here. Here's what goes into each layer of flavor:

For the salad:

2 cups cooked chicken, shredded or chopped

1 small red bell pepper, diced

1 small red onion, diced

¼ cup black olives, sliced

2 spring onions, thinly sliced

2 tablespoons fresh parsley, finely chopped

Salt, to taste

Black pepper, to taste

For the dressing:

2 tablespoons mayonnaise

2 tablespoons plain Greek yogurt

1 teaspoon sriracha (adjust to taste)

1 small jalapeño, finely chopped

Juice of ½ lime

Steps

Step 1

Place Step-by-Step Instructions

Chop your vegetables and herbs

Start by prepping your mix-ins. Dice the red bell pepper and onion, slice the black olives and spring onions, and finely chop the parsley. This mix of crunchy, fresh, and briny ingredients gives the salad depth.

Step 2

Add Combine the salad ingredients

In a large mixing bowl, add the cooked chicken, diced veggies, olives, spring onions, parsley, a pinch of salt, and a bit of black pepper. Mix gently to combine. If you're using rotisserie chicken or grilled leftovers, now's the time to shred them into bite-sized pieces.

Step 3

Make the dressing

In a small bowl, whisk together the mayonnaise, Greek yogurt, sriracha, finely chopped jalapeño, and lime juice. The yogurt keeps things light while the mayo brings richness. The sriracha and jalapeño give it a slow-building heat, balanced by the citrusy lime.

Step 4

Dress and mix

Pour the spicy dressing over your chicken and veggie mixture. Use a large spoon or spatula to fold it all together until everything is evenly coated and creamy. Taste and adjust salt, pepper, or heat levels if needed.

Step 5

Let Chill (optional)

While it's ready to serve right away, the flavor gets even better after 30 minutes in the fridge. This gives the ingredients time to meld, and the dressing thickens slightly.



**Mango Coconut
Nice Protein
Cream Klondike
Bars (V)**

fitmencook.com

Ingredients

Batter

- 3 cups (24oz) frozen or fresh mango
 - 1 can (14oz) full fat coconut milk
 - can lite coconut milk
 - 1/2 cup unsweetened shredded coconut (divided into 2 parts) *
 - 3 scoops (69g) vegan vanilla protein powder
 - juice from 1 orange
 - juice from 1 lime *
 - 2 teaspoons vanilla bean paste or extract *
 - 1 tablespoon maple syrup
 - pinch of salt
- ### Coating
- 12oz white chocolate chip, melted
 - This adds 180 calories and 20g carbs per serving.
 - 2 tablespoons coconut oil
 - This adds 20 calories and 3g fat
- ### Garnish (optional)
- 1/4 cup crushed pistachios *
 - 1/4 cup crushed macadamia nuts *

Steps

Step 1

Blend batter ingredients until smooth. NOTE: add ONLY half of the shredded coconut.

Step 2

Add remaining 1/4 cup shredded coconut and pulse blend to gently distribute.

Step 3

Let mixture sit 10 minutes for protein to hydrate. Then pour into an ice-cream or bread loaf pan, or into ice, candy bar, or popsicle molds, whatever you have on hand and prefer. Evenly divide the batter (about 1/2 cup per serving).

Step 4

Freeze for at least 2 hours, then insert the popsicle sticks. Immediately freeze again for 2 hours or overnight.

Step 5

Melt white chocolate with coconut oil in the microwave or on the stove. Make sure the chocolate is thin enough to be able to dip the bars in the chocolate.

If desired, roll in mixed nuts (and remember to account for the added calories).

Freeze for at least 15 – 20 minutes to set the coating.

Enjoy!

Healthy Pumpkin Muffin Granola

Ingredients

Dry Ingredients:

1 $\frac{3}{4}$ cups whole wheat flour or oat flour (for fiber and nutrients)

1 tsp baking soda (helps muffins rise)

$\frac{1}{2}$ tsp salt (enhances flavor)

1 $\frac{1}{2}$ tsp cinnamon (classic pumpkin spice)

$\frac{1}{2}$ tsp nutmeg (adds warmth)

$\frac{1}{2}$ tsp ginger (a hint of spice)

$\frac{1}{4}$ tsp cloves (deepens the flavor)

Wet Ingredients:

1 cup pumpkin puree (not pumpkin pie filling)

$\frac{1}{2}$ cup honey or pure maple syrup (natural sweetness)

2 large eggs (for structure and moisture)

$\frac{1}{4}$ cup coconut oil or olive oil (keeps muffins moist)

$\frac{1}{4}$ cup unsweetened almond milk or skim milk (adds lightness)

1 tsp vanilla extract (enhances sweetness)

Optional Mix-Ins:

$\frac{1}{2}$ cup chopped nuts (walnuts or pecans) (for crunch)

$\frac{1}{2}$ cup dark chocolate chips (for a touch of indulgence)

$\frac{1}{4}$ cup raisins or dried cranberries (adds natural sweetness)

Steps

Step 1

Preheat the Oven

Preheat your oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners or lightly grease each cup.

Step 2

Mix Dry Ingredients

In a large bowl, whisk together whole wheat flour, baking soda, salt, cinnamon, nutmeg, ginger, and cloves. This ensures even distribution of flavors.

Step 3

Combine Wet Ingredients

In another bowl, whisk together pumpkin puree, honey (or maple syrup), eggs, melted coconut oil, almond milk, and vanilla extract until smooth.

Step 4

Combine Wet and Dry Ingredients

Gradually add the dry ingredients to the wet ingredients, stirring gently until just combined. Avoid overmixing, as this can make the muffins dense. If using mix-ins like nuts, chocolate chips, or dried fruit, fold them in at this stage.

Step 5

Fill Muffin Cups

Spoon the batter evenly into the prepared muffin cups, filling each about $\frac{3}{4}$ full.

Step 6

Bake the Muffins

Place the muffin tin in the preheated oven and bake for 18–22 minutes, or until a toothpick inserted into the centre comes out clean.

Step 7

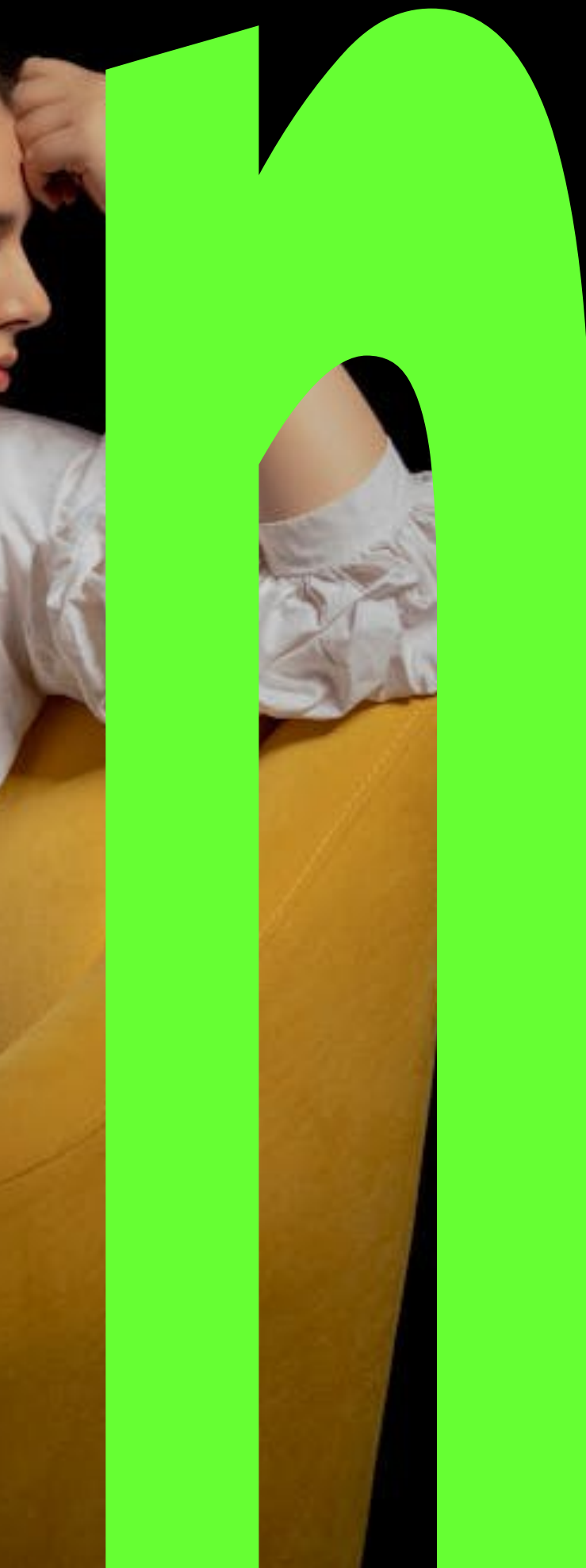
Cool and Serve

Let the muffins cool in the pan for 5 minutes, then transfer them to a wire rack to cool completely. Enjoy warm or at room temperature!

THE BODY KEEPS THE SCORE:

Physical Manifestations of Workplace Trauma

“Nurses experience higher rates of stress-related illnesses, sleep disorders, and heart disease”



Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States

nurses give everything, physically, emotionally, and mentally. But what happens when we're pushed beyond our limits? Moral injury, chronic stress, and exhaustion start showing up in our bodies. The toll of workplace trauma isn't just something we feel in our minds, it manifests physically.

Data on Nurses' Physical Health Outcomes

Nurses experience higher rates of stress-related illnesses, sleep disorders, and heart disease compared to the general population. This isn't just a personal issue, it's a public health issue. It's affecting patient care, nurse retention, and overall healthcare quality. Nurses can't keep ignoring these signs.

My Personal Experience with Physical Manifestations

In my own career, I faced serious health challenges, a brain tumor that was ignored by doctors, made worse by the stress of my work. This health scare opened my eyes to how dangerous it is to ignore the toll that our work takes on our physical well-being. Nurses are expected to put our own health last, but that mindset is reckless.

When "Self-Care" Becomes Gaslighting for Systemic Harm

We hear it all the time: "Take care of yourself." But self-care can't fix a broken system. The current wellness programs in many hospitals are just wellness theater, surface-level programs that ignore the root cause of nurse burnout. True recovery doesn't happen unless we address the underlying systemic issues causing the stress.

Infrastructure vs. Wellness Theater

What nurses really need is infrastructure, proper staffing, adequate rest, and emotional support. Wellness programs that focus only on yoga or meditation are not enough. We need real solutions to the issues nurses face every day. It's time we stopped accepting surface-level fixes and demanded real change.

Conclusion

Our bodies are telling us the truth the system refuses to see. Nurses are burned out, injured, and exhausted because we are doing the work without the proper support. It's time to demand a system that prioritizes the physical and mental health of nurses. Our bodies are not expendable.



Nthabiseng Mathebula

Her
‘Me Time’

“My vacation
leave is always
for me and my
husband”

“

“My clients love my work and are impressed with the results”

I am Nthabiseng Mathebula, and am a founder and CEO of Amelz wellness Clinic. I founded my business in 2023.

But prior to that I used to work for Ampath Laboratory, I was part of its management. However, at some stage I realized that I have a potential to start my own clinic.

Looking at some women who are suffering from blemishes and uneven skin tone, inspired my this initiation. Hence, I started doing Glow drips.

Besides, even though I am running my own business however, I'm also an employee working under some private hospitals with a very beautiful working environment, it is my inspiration. I am simply juggling in between my job and my 'side hustle'. Thus, I prefer to work night shifts so that I can have enough off days for my clinic.

Currently, I am doing house call services. This makes me very busy, my clients love my work and are impressed with the results.

Moreover, I also make my own skin glow lotion which contains organic products and most vitamin oils which is also helping most women especially those who cannot afford the drip.

Besides, on top of all I'm currently studying at Wit University, via online. In everything that I mentioned, I am a self-funded nurse.



"I try by all means to strike some balance"

“My favourite
spot is
Cape Town”



“

“My
'Me Time'
is always
perfect when
spending
it with my
family”

Furthermore, as a nurse, wife, mother and an entrepreneur I try by all means to strike some balance in terms of my everyday schedule. Moreover, I love spending time with my family, it is my treasure.

Therefore, weekends are specifically for my family. Hence, my wholesome 'Me Time' is when I am with my family.

Well, we do go out a few times in a month, but when we are indoors we play a few games that we normally enjoy as a family. , Furthermore, Sundays are always reserved for church.

Besides, my vacation leave is always for me and my husband. We love traveling together as a couple. So far we enjoy exploring our beautiful country, South Africa.

Thus, my favourite spot is Cape Town but most of the time we tour around to Durban as it is affordable and convenient. At time we take a tour as a family. Hence, my 'Me Time' is always perfect when spending it with my family.

Furthermore, I do have a friend, we meet up at time but that depends on our schedules. We both are very busy women. Therefore , I don't rob myself, I make time for my 'Me Time' and it is always scheduled in my personal year plan.

Reclaiming Our Power: The Necessity of Slowing Down in Healthcare

“Protect that
time the way
you would a
shift at work”



Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States



The Healthcare is a profession built on urgency, action, and sacrifice. We've been trained to run on fumes, to give until we have nothing left, and to keep giving more. And while that may have been our calling, somewhere along the way, we've lost sight of a fundamental truth, we cannot pour from an empty cup.

I've been there, physically broken, emotionally drained, yet still expected to show up. The system demands our all, but rarely gives back in return. It's a system that glorifies exhaustion and calls it "resilience" while ignoring the quiet toll it takes on the human spirit.

But here's what I've learned, through every burnout and every breakdown: reclaiming our power begins with reclaiming our time, our peace, and our health. We were never meant to navigate this work alone. We were never meant to sacrifice ourselves to serve others. It is not a failure to take a step back. In fact, it is the key to long-lasting impact.

We need to pause. We need to reflect. We need to slow down.

When we give ourselves permission to rest, to breathe, to listen to our bodies, we are better equipped to serve the people who depend on us. Self-care is not a luxury, it is a necessity. It's a radical act of resistance in a system that tries to silence our needs and exploit our time.

I'm calling on every nurse and healthcare professional to reclaim your worth. When we stop surviving and start living, when we take time to heal, reflect, and restore, we become the powerful, compassionate leaders the world needs. Your well-being matters. Your healing matters.

As we change this system, we must remember that we don't have to keep running. Rest is a form of strength, and we rise when we give ourselves permission to slow down and nurture what matters most, ourselves.

“Knowledge existed, but it had never been delivered in a way that fit their world”

A NURSE’S STORY, SCALED
How listening, understanding,
and sharing knowledge
shaped a career
and a movement

Burnout becomes personal instead of structural



Article By Carter Mark Carter MBA, MHSM,
MAdvPr, BN, CHM, Founder & CEO
@ MACH Health, Queensland, Australia

"I didn't become a teacher. Understanding nurses became part of who I was as a nurse."

I never set out to teach nurses, and I certainly didn't begin my career thinking about frameworks or terminology. That language came much later.

What came first was nursing, and the uncomfortable realisation that good nurses don't struggle because they don't care or don't know enough. They struggle because what they do know is rarely shared, translated, or timed to when it is actually needed.

Over time, I learned that nursing works best when you understand the person in front of you deeply enough to deliver the right thing, in the right way, at the right moment. I learned that one nurse at a time. My first real lesson came on a night shift in Australia.

The ward was busy in that familiar brittle way, nothing exploding, but everything close. A middle-aged man had been unwell earlier in the day and was now labelled "stable". His observations were acceptable and his chart immaculate.

The nurse caring for him was newly registered, quiet, hyper-vigilant. She documented perfectly and spoke hardly at all. Instead of giving direction, I asked one question. "Tell me what you're watching."

She hesitated, then said quietly, "His breathing doesn't feel right, but I can't explain why."

That was the moment. She didn't need a protocol. She needed permission. Permission to trust her instincts and the language to frame what she was seeing. I walked her through my thinking, why respiratory patterns change before numbers do, why sepsis often whispers before it shouts, and why escalation is not failure but protection.

We escalated early. The patient went to ICU and survived. Weeks later she told me, "That was the first time I felt like I wasn't stupid for noticing something."

That wasn't teaching content. That was meeting a nurse under pressure exactly where she was. Singapore taught me a different lesson. In high-performing hospital environments, handovers were structured, confident, seamless. No one asked questions.

Until one evening, when a medication discrepancy was caught just before harm occurred. After the shift, the nurse involved said to me, "I didn't want to interrupt. Everyone sounded certain." That sentence explained the risk better than any audit ever could. So I changed how I communicated. I stopped asking, "Any questions?" and instead asked, "What's the one thing you'd be most worried about tonight?"

At first the answers were cautious, then honest. Risks surfaced earlier. Nurses spoke sooner. Leaders listened longer. What changed was not competence, but understanding. China stripped everything back to its most human form.

Working in dementia care, I met families caring for loved ones who paced, shouted, lashed out, and were heavily medicated. The families were exhausted and defeated.

They didn't ask for education. They asked, "Can you make this stop?"

So I watched. Bright lights late into the night. Constant correction. No routine, only reaction.

We dimmed the lights, slowed everything down, changed how we approached him calmly and predictably, without arguing with his reality. I showed the family how to respond to distress without confrontation. Within an hour the pacing eased. By the next day, medication was reduced. A family member whispered, "We thought this was just the disease."

That moment changed how I saw my role. Knowledge existed, but it had never been delivered in a way that fit their world.

Across Australia, Singapore, and China, the pattern was the same. Nurses did not need more motivation. They needed clarity, shared openly, translated into their reality, and delivered at the right time.

When knowledge is not shared, nurses fill the gaps with self-doubt. Silence replaces curiosity. Burnout becomes personal instead of structural.

I didn't accrue four degrees for fun. I earned them because each one gave me a broader lens, sharper language, and greater reach. They enabled me to explain complexity clearly, first to one nurse, then to teams, then to systems, and now at scale.

That is where MACH Health comes in. MACH Health takes what once happened in quiet bedside conversations and makes it available to nurses wherever they are. Support that adapts to shift work, not office hours.

Language that reflects lived experience, not corporate gloss. Interventions grounded in physical, emotional, nutritional, and sleep reality, delivered when they make sense.

I didn't become a teacher. I didn't set out to build a company.

I listened long enough to realise that when nurses are understood, supported, and equipped with the right knowledge at the right time, everything else improves. That is the work I continue to do.

“Leadership
is an act
of influencing
others”



Philasande

D

He is known

as Dr Phil on TikTok

Philasande Wellem is a distinguished South African nurse, leader, and an aspiring academic, now holding a Diploma in Nursing (General, Community, Psychiatry) and Midwifery obtained at Lilita College of Nursing (EL Campus), Bachelor of Health Sciences in Nursing Systems from the University of Witwatersrand, Certificate in Financial Literacy University of Johannesburg and currently doing his final year Honours Degree specializing in Nursing Education from the University of Johannesburg.

Worked as radio presenter at Link FM running a show called "Youth Impact", Professional nurse at Tower Psychiatric Hospital, St Marks Private Mental Health Clinic served as a locum consultant nurse at Clicks Clinic in various branches.

Due to his passion for rendering care treatment and rehabilitation he is currently fully employed at Tower Psychiatric Hospital.

"I have strong interest in Education and Leadership to enhance the existing patient safety practices".

"One must be innovative, able to introduce change positively and implement participation"

briefly explain the spheres in which you are playing a leadership role.

I am a team leader at my work place supervising subordinates and support staff for administration purposes. I am a coordinator of Health Christian Fellowship involved in strategic planning for the organization, responsible for student nurses and young professional for spiritual Growth.

I am an active member of " Uthini na Mtshana" mentorship program aimed to empower, inspire and equip young boys from 10-20 years. A mentor to Funiwe Senior Secondary School pupils focusing on matriculants working hand in hand with stakeholders for wellness and academic dynamics.

Due to passion for role modelling my profession to colleagues and public I extended my wings on my social handles making nursing fashionable. I am known as Dr PhiL on TikTok were I update young nurses about South African Nursing Council, trends happening in academic and clinical setting in correlation with skills acquisition according to the needs of Department of Health.

What kind of an overall leadership do you play?

My role is to Influence, motivate and develop one to be the best version of him or herself. I am a goal orientated leader who believes in teamwork. I practice democratic leadership and apply transformational leadership principles.

What kind of role does wellness unit play in my facility?

The role of the wellness unit in my facility is to support staff and patients in building resilience, managing stress, and enhancing overall wellbeing. Focusing on empowering people to thrive whether its coping with work pressures, improving mental health or fostering a positive working environment.

How did your school define leadership?

Leadership is an act of influencing others to execute effective communication and practices to achieve desired organizational goals.

From your explanation what is your definition of a perfect leader?

Leadership is an act of inspiring and role modelling positive competencies to establish a culture that influences followers to be goal orientated and be the best version of themselves .

What is required balanced leadership?

Being able to execute the appropriate leadership style at the right time to ensure that the patient, staff and organizational needs are met effectively. One must be innovative, able to introduce change positively and implement participation in all levels of the organization.

"I am a goal orientated leader who believes in teamwork"

“My role
is to influence,
motivate and
develop one
to be the best
version of him or
herself”





"I find great satisfaction in overseeing the small but essential operational details"

Refentse

She believes in Leading By Example

What is your position?

I am Refentse Mathibe, am a Clinic Nurse Practitioner at Dis-Chem Pharmacy. With previous experience in both public and private sectors including clinics and HIV NGOs.

Name a few of your responsibilities

My responsibilities include providing comprehensive primary healthcare services, managing chronic conditions, clinical assessments and treatment, supervising and supporting nursing staff, ensuring compliance with clinical and organisational standards, mentoring junior staff, and contributing to quality improvement initiatives within the clinic.

In combination of your schooling and your current position, what is management?

To me, management is the ability to lead people while ensuring safe, effective, and patient-centred care within a dynamic healthcare environment. My background in nursing education has taught me that good management goes beyond systems, policies, and targets, it is about empowering staff through guidance, continuous learning, accountability, and support.

Management also requires versatility. In a clinical setting, one needs to adapt quickly between clinical decision-making, people management, operational demands, and patient advocacy. A manager must be able to adjust their leadership approach depending on the situation, whether supporting a staff member, resolving challenges, or ensuring quality care during high-pressure periods, while always maintaining professionalism and compassion.

Do you have a mentor? Who is it?

I believe strongly in having more than one mentor, as nursing is a diverse and evolving profession. Over the years, I have learnt from nurse educators, nurse managers, and nurses in specialised fields, each offering unique perspectives and strengths.

Thus, their guidance and advice have broadened my thinking and continue to shape how I approach leadership, management, and clinical practice. I have also learnt to work with what I have, this is, when I encounter a nurse who inspires me, I make the most of that opportunity. Every meaningful interaction becomes a learning moment, and these collective experiences have played a significant role in my professional growth.

What is the greatest challenge you have faced on the job? How did you overcome it?

One of the greatest challenges I have faced is keeping pace with the rapid integration of digital systems and artificial intelligence in healthcare. The shift from paper-based systems to fully digital platforms, particularly in the private sector, has transformed how we document patient care, communicate within multidisciplinary teams, and manage clinical information. As a nurse, I recognised early on the importance of familiarising myself with emerging technologies and building on my existing knowledge of systems such as Microsoft and other digital tools.

I addressed this challenge by actively upskilling, remaining open to change, and viewing technology as an enabler rather than a barrier to quality care. This adaptability has allowed me to maintain efficiency, accuracy, and patient-centred care in an increasingly digital healthcare environment.

What do you personally enjoy most about working as an assistant manager?

What I enjoy most about working as an assistant manager is ensuring that the clinic functions optimally and consistently meet ideal clinic standards. Management is not something separate from the role of a professional nurse; it develops naturally through daily responsibility and accountability in clinical practice.

I find great satisfaction in overseeing the small but essential operational details, such as effective stock control, which ensures that patients do not experience shortages of medication or vaccinations. Knowing that these behind-the-scenes processes directly support safe, uninterrupted patient care is extremely rewarding. Being able to combine clinical oversight with operational management allows me to contribute meaningfully to both patient outcomes and the smooth running of the clinic.

How is your relationship with your colleagues and the team that you lead?

I maintain a professional, respectful, and open relationship with my colleagues. I believe in leading by example, fostering trust, and creating a safe environment where team members feel valued and heard.

How would you define your management style?

My management style is supportive, collaborative, and structured, with a strong emphasis on accountability and continuous learning. I believe that people perform best when they feel supported, respected, and clear about expectations.

As a leader, I strive to create an environment where team members feel safe to ask questions, share ideas, and grow professionally. I value collaboration and actively involve my team in problem-solving and decision-making, as this not only builds trust but also strengthens ownership and responsibility.

At the same time, I believe structure is essential in healthcare. Clear processes, standards, and accountability ensure consistency, patient safety, and quality care. Continuous learning is central to my approach.

Drawing from my background in nursing education, I encourage reflection, skills development, and openness to change, especially in a healthcare environment that is constantly evolving. My goal is to lead in a way that balances compassion with responsibility, while supporting both individual growth and the overall performance of the clinic.

What do you need to improve on to get to the next level?

I am continuously working on strengthening my strategic leadership skills, particularly in areas such as operational planning, data-driven decision-making, and advanced people management.

What is the best way that health institutions can offer feedback or get ideas from clients?

I believe the best approach is to combine formal feedback systems with direct patient engagement. Tools such as patient satisfaction surveys, digital platforms, and suggestion boxes are useful because they allow clients to share their experiences openly and consistently.

However, some of the most valuable feedback often comes from everyday interactions. Simple conversations during consultations or follow-up discussions give patients the opportunity to feel heard and understood.

When patients can see that their concerns or suggestions are acknowledged and acted upon; it builds trust and strengthens their relationship with the healthcare facility. For feedback systems to work effectively, they need to be accessible and easy to use for all patients. It is also important for institutions to communicate improvements that result from patient input, as this reinforces patient-centred care and encourages ongoing engagement.

What kind of skills and training should nursing management hopefuls seek out?

Nursing management hopefuls should focus on developing a combination of leadership, communication, and conflict management skills. These are essential for guiding teams effectively, resolving challenges, and fostering a positive work environment. Training in financial management and quality assurance is also crucial, as managers are often responsible for ensuring resources are used efficiently and standards of care are consistently met.

In addition, a solid understanding of evidence-based practice allows managers to make informed decisions that directly improve patient outcomes. Continuous clinical development remains important, as it ensures managers stay grounded in patient care while leading others.

I would also encourage aspiring nurse managers to seek mentorship, observe experienced leaders, and gain practical experience in different healthcare settings. Nursing is diverse, and the ability to adapt to different teams, technologies, and patient needs is just as important as formal training. Being versatile and open to learning will help future managers navigate both the clinical and administrative aspects of their roles successfully.

What career achievements are you most proud of?

I am most proud of completing my Postgraduate Diploma in Nursing Education, transitioning into leadership roles, and consistently contributing to patient care, staff mentorship, and clinical excellence across different healthcare settings.

What are your personal career goals?

My goal is to grow into a senior nursing management or nursing education leadership role, where I can influence policy, develop future nurses, and strengthen primary

What daily performance goals are you setting for yourself?

Daily, I aim to deliver safe and compassionate care, support my team effectively, maintain clinical standards, and identify at least one opportunity for learning or improvement.

What is the most required characteristic from a nursing manager?

Emotional intelligence is, in my view, the most important characteristic for a nursing manager. It allows a manager to understand, empathise with, and support their team while maintaining professional boundaries.

A manager with emotional intelligence can recognise when staff are struggling, provide encouragement, and guide them through challenging situations, all while keeping patient care as the priority. It also helps in making sound decisions under pressure, managing conflict effectively, and maintaining a positive work environment.

In addition, emotional intelligence fosters strong relationships not only within the team but also with patients, families, and other healthcare professionals. Ultimately, it is this combination of empathy, self-awareness, and thoughtful leadership that enables a nursing manager to lead effectively and create a culture of trust and accountability.

How do you encourage your staff members when they express their fear?

I listen actively, acknowledge their concerns, provide reassurance, and guide them through solutions. I also emphasise teamwork and continuous learning to build confidence.

Indicate your management style in one word.

Supportive

What is a perfect management style (opinion)?

I believe a perfect management style is adaptable and transformational. It's about inspiring your team, supporting their growth, and fostering confidence, while also being flexible enough to handle the day-to-day challenges of healthcare. A good manager listens, guides, and motivates, but also knows when to adjust their approach depending on the situation.

When staff feel valued and empowered, they perform better, and patient care improves. To me, management isn't just about rules or systems—it's about creating a culture of trust, learning, and excellence that benefits both the team and the patients we serve.

What is a required management style?

A required management style is ethical, patient-centred, and team-focused, ensuring quality care while maintaining professional standards.

Who are you mentoring currently?

I currently mentor junior nurses and nursing students during clinical practice, focusing on clinical competence, professionalism, and confidence.

What would you expect from them when they reach their management level?

I would expect them to lead with integrity, prioritise patient safety, support their teams, and remain committed to lifelong learning.

What advice would you give to nursing management hopefuls?

Invest in your education, surround yourself with mentors, and stay grounded in clinical practice. Lead with humility, listen more than you speak, and never stop learning. Remember, management isn't just about policies—it's about people. Inspire your team, care deeply for your patients, and the rest will follow.

“I would also encourage aspiring nurse managers to seek mentorship”



"I believe
in leading
by example,
fostering trust"

Kendriya

A Health & Wellbeing *Strategist*

“The realistic future of nursing is a blend of opportunity and challenge”


Kendriya Mboshi is a Registered Nurse, Wellness Strategist, and High-Performance Advocate dedicated to helping both nurses and busy individuals adopt healthier habits that improve productivity, wellbeing, and overall quality of life. She currently works as an orthopaedics scrub nurse, in Cambridge, England, United Kingdom where she promotes safe practice, holistic care, and the integration of mindset programming into everyday clinical practice.

Apart from her clinical role, Kendriya creates educational content on workplace excellence and well-being for students and newly qualified nurses and supports people in developing sustainable lifestyle habits that enhance brain health, fitness, nutrition, and mental clarity. She has spoken at several virtual and onsite wellness events, where she empowers audiences with practical, evidence-based strategies for improving their health.

Guided by her core values of godliness, kindness, respect, dedication, and excellence, she is committed to shaping a future where nurses and professionals alike can perform at their best without burnout, excel in their roles and achieve long-term wellbeing.



“Nursing
is already
changing”

A young Black woman with her hair styled in red braids is smiling warmly at the camera. She is wearing a black blazer over a bright orange, ribbed, button-down top. She has a delicate necklace with a small white pendant and a matching earring. The background shows a kitchen with white cabinets and a window with a wicker pendant light hanging above it.

“My fear is that without proper support, many nurses may suffer burnout”



When thinking of your career, what makes you wake up in the morning?

The knowledge that my work matters. I wake up motivated by the opportunity to make someone's life easier, be it a patient who needs reassurance, a nurse who needs encouragement, or a team that needs support to deliver safe and compassionate care. Knowing that I can contribute to healing, hope, and wellbeing gives me purpose and satisfaction.

What is your greatest purpose about your nursing career?

My greatest purpose is to serve, to uplift, and to create meaningful impact through care and education. Apart from clinical skills, I see nursing as a calling to advocate, to comfort, and to empower others including patients, families, and fellow nurses. My purpose is to elevate the wellbeing of individuals, so they can show up as their best selves and improve on their productivity and quality of life.

What is your vision about your career?

My vision is to become a leading voice in perioperative wellbeing and high-performance nursing. I want to combine clinical expertise with mindset, wellness, and education to influence the way nurses care, lead, and sustain their health in demanding environments. Ultimately, I aim to build a platform that supports thousands of student and newly qualified nurses in achieving optimal health, professional excellence and growth.

Where do you visualise yourself in the next three years?

In the next three years, I see myself as a recognised global advocate for nursing workplace excellence and wellbeing, speaking at international conferences, publishing my own books, and leading training programmes that support student and newly qualified. I also visualise myself expanding my brand and creating digital resources that empower individuals worldwide to avoid preventable health conditions.

What is your optimism about the future of nursing?

I am optimistic because nursing is becoming more innovative, more recognised, and more essential than ever. Technology, advanced skills, and global collaboration are elevating the profession.

Nursing is no longer limited to bedside as nurses are increasingly stepping into leadership, research, entrepreneurship, advocacy roles and technology. The future holds limitless opportunities for nurses who are ready to learn, grow and evolve.

What is your fear about the future of nursing?

My fear is that without proper support, many nurses may suffer burn-out before reaching their full potential. The demands of the healthcare system are increasing, and if wellbeing and workforce sustainability are not continuously prioritised, we risk losing more talent. This fear, however, is what pushes me to keep advocating for wellness and better working conditions.

“Nursing is no longer limited to bedside”

“I also remind myself that growth often lives on the other side of discomfort”

How do you deal with issues that scare you?

I face fear through preparation, prayer, and emotional intelligence. I always think about the other side of things and create a mental picture of what I expect to see. I acknowledge my emotions, question my thoughts and find a way round it.

I also remind myself that growth often lives on the other side of discomfort. This solution driven mindset, having a strong support system and the willingness to take action even when it feels uncomfortable, helps me overcome difficult moments without it overwhelming me.

Where do you see nursing in 10 years?

In ten years, I see nursing as a technologically advanced, highly specialised, and globally sort after profession. Nurses will work closely with AI, robotics, and digital systems but human compassion will remain irreplaceable. Nurses will lead more research, run more businesses, and influence global health policy on a larger scale and will be actively involved in decision making processes in the health industry.

What one need and one want will you strive to achieve in the next twelve months?

Need: To strengthen my clinical expertise in orthopaedic theatres, emotional intelligence and leadership skills, ensuring I continue to provide safe, compassionate, and evidence-based care while growing in confidence and clinical competence. Broaden my knowledge on how AI is shaping health care and its impact on patient care and staff wellbeing.

Want: To expand my wellness and high-performance brand by launching my first digital product or book for student and newly qualified nurses.

What does the realistic future of nursing look like?

Realistically, the future of nursing is a combination of challenges and opportunities. Workloads may increase, but so will innovation and technology. The profession will require more flexibility, adaptability, cultural intelligence, multidimensional learning, and emotional resilience. At the same time, nurses will gain more respect, autonomy, and influence in shaping health systems.

Will the next generation face the best or the worst in nursing? Why?

They will face both, depending on how prepared they are. AI is shaping the future of health care but the heavy workload, mental health strain, staffing issues and burnout remains a challenge. There are more opportunities in nursing than it was 10 years ago and this will only increase with time as a result of advancement in technology, global mobility, advanced training and entrepreneurship. The next generation that focuses on their wellbeing, adaptability, innovation and continuous learning will excel.

What role are you playing in shaping the future of nursing?

I am contributing to the future of nursing by advocating for workplace wellbeing, person-centred care and collaboration as essential pillars of professional practice. Through my content, teaching, and speaking engagements, I am equipping nurses with the tools they need to stay healthy, confident, and empowered.

I see myself as a bridge helping students and newly qualified nurses transition from surviving to excelling without burnout. I am also committed to continuous learning especially in the areas of leadership, AI and advanced technology in health care.

How do you describe the future of nursing in one word?

Promising.

“Workloads may increase, but so will innovation and technology”





"I have had
the privilege
of supporting
countless
women"

Agnes Ampofo

AGYEI

CNM, BSC, MPH

She is Zealous About
Maternal and Child Health

My Personal Statement

I am Public Health Professional offering distinguished career in bridging gap between scientific medical and government communities in order to move projects that controls, eliminate, prevent non-communicable disease in developing countries. Health advocacy Program or Project management.

Instrumental in creating a well-woman clinic at Manhyia government hospital, in Ghana, which serve as a unit that screen for cervical cancer and Breast examination and also does reproductive Health Counselling.

Worked with United State Agency for international development (USAID) through JSI and in collaboration with Ghana Health Service on update of Covid-19 Vaccination as advocate, host and producer of a design Television program in 2022- 2023.

Have had a platform to make an international presentation with my Dissertation on the 36th international Papillomavirus conference at Scotland, Edinburgh in the United Kingdom.

Partnered with Manhyia Government Hospital and my Television show to organised Breast Cancer Walk in the street of Kumasi, to create awareness, educate and promote early breast-screening, which captured students from Komfo Anokye Nursing and midwifery Training School, St. Louis Training College, Professional Gym individuals and staff from Manhyia Government Hospital.

Created and Generated History taken from for the Manhyia Government well woman clinic. I have been a host and a producer of a health show on television and radio station for 4 years now in my local city Kumasi, educating and advocating in all areas of health.

I am a member of the under listed professional organizations: American Society of Reproductive Medicine (ASRM).

“It is important for a nursing professional to do more research to deepen their understanding”

Briefly share about your academic background

So far I have achieved the following; a Diploma in midwifery Degree in midwifery, Masters in Public Health (Population, Family and Reproductive Health) and a Certificate in Non-Communicable Disease.

Why is it important for a Nursing Professional to be involved in research?

It is important for a nursing professional to do more research to deepen their understanding about scientific happenings for them to be able to give proper care and have in-depth knowledge in their practice base on evidence and scientific data.

Also for understanding client satisfaction which is mostly ignored or sometimes classified or equated as customer care but are two different things, (Client satisfaction is the feeling of how a client feel after a service is provided and that determines if the client will continue with the services or come back when the needs arises whilst customer service is an action of duty offer .

What has your research been focusing on?

As a professional midwife with a Master's degree in Public Health, I specialize in Population, Family, and Reproductive Health. I am deeply committed to improving maternal and child health outcomes within our communities.

What is a pivotal point of your research?

As a professional midwife with a Master's degree in Public Health, specializing in Population, Family, and Reproductive Health.

What do you seek to achieve through your findings?

In my role as NCD Coordinator, I have taken a proactive approach to address the rising prevalence of non-communicable diseases among pregnant women and new mothers. By developing targeted interventions and educational programs, I aim to raise awareness about the risks associated with conditions such as hypertension and diabetes during pregnancy. My work emphasizes the importance of early detection and management, ensuring that women receive the support they need to maintain their health for themselves and their families.

As a MPH Graduate what contribution are you making in the Nursing field?

I am deeply committed to improving maternal and child health outcomes within our communities. My current role as the Coordinator for Non-Communicable Diseases (NCD) at the Metro Health Directorate allows me to integrate my clinical expertise with public health initiatives, focusing on the intersection of maternal health and chronic disease prevention.

Throughout my career, I have witnessed firsthand the profound impact that comprehensive reproductive health services can have on families and communities. My clinical experience as a midwife has equipped me with the skills to provide compassionate, evidence-based care to women during one of the most transformative periods of their lives.

I have had the privilege of supporting countless women through pregnancy, childbirth, and postpartum recovery, always striving to empower them with knowledge and resources that enhance their health and well-being.

If you may write or have written a book how could it improve the Nursing Curriculum?

As an MPH graduate my book will be about nursing involvement in research study. It's purpose will be to bridge the gap between nurses and research.

If you were to play a role in nursing guidelines/policies what would be your priority and why?

Collaboration is at the heart of my approach. I actively engage with healthcare providers, community organizations, educational institutions and policymakers to foster a multidisciplinary response to the challenges posed by NCDs in maternal health.

By advocating for policies that prioritize preventive care and support for vulnerable populations, I seek to create an environment where every woman has access to the resources necessary for a healthy pregnancy and beyond.

"I aim to raise awareness about the risks associated with conditions such as hypertension and diabetes during pregnancy"



“My role
in nursing
extends beyond
direct patient
care”



Makananelo Pule

She is
a Holistic
Specialist

“
Pule Makananelo Kenoakae is a public health practitioner with 16 years of experience working with health programs in Lesotho. She possesses remarkable experience in public health programs, project management and health service delivery. Kenoakae holds a Master of Public Health from Sefako Makgatho Health Sciences University and a Bachelor of Advanced Nursing Science—specialized in nursing education and health system management from University of Limpopo (MEDUNSA Campus). Prior work ranges from a Nursing, nutrition officer, Senior HIV Testing Service Manager and Project Director.



“I actively
mentor
and coach
nurses”

What is your specialty?

My professional specialty encompasses Community Health Nursing, Nursing Education, and Health Systems Management. In addition, I practice as a Public Health Practitioner, applying population-based approaches to improve health outcomes, strengthen service delivery, and enhance health system performance.

What is your role in Nursing?

My role in nursing extends beyond direct patient care to include community health leadership, capacity building of the nursing workforce, health systems strengthening, and coaching for leadership and professional development. I support nurses and multidisciplinary teams through mentorship, leadership coaching, performance improvement, and succession planning to build resilient and effective health systems.

What motivated you to pursue your specialty?

I was motivated by the recognition that sustainable health outcomes require more than clinical care alone. My interest developed from a desire to address health challenges holistically, integrating community engagement, education, leadership development, coaching, and systems thinking to improve population health.

How did you reach the level of being a Nurse Specialist?

I attained the level of Nurse Specialist through foundational nursing training, followed by advanced education and specialization in community health, nursing education, and health systems management. This was complemented by extensive professional experience, continuous professional development, leadership and coaching roles, and active involvement in public health programs and health workforce development initiatives.

How do you differ from a General Nurse?

Unlike a General Nurse whose primary focus is routine clinical care, my role as a Nurse Specialist involves advanced expertise, leadership, teaching, coaching for leadership and professional growth, strategic planning, and decision-making at system level. I actively mentor and coach nurses and health professionals to enhance competence, confidence, and leadership effectiveness.

“My interest developed from a desire to address health challenges holistically”



What other opportunities can you explore as a Specialist?

As a Nurse Specialist and Public Health Practitioner, I can pursue opportunities in nursing education and academic leadership, leadership coaching and workforce development, health program and project management, public health policy and advisory roles, research and academia, consultancy with government, NGOs, and international agencies, and senior leadership roles in health systems strengthening and quality improvement.

How do you contribute towards nursing research?

I contribute to nursing and public health research through participation in study design, data collection and analysis, program evaluation, and translation of evidence into practice. I also support research capacity building through mentorship and coaching, and disseminate findings through reports, presentations, and publications to inform policy, leadership development, and improved nursing practice.

"I try my outmost
best to separate
home and work"



Palesa

A Calm and Confident

Executive

Palesa Badamarema is a registered professional nurse and founder of Glorious Health Clinic. She holds a Diploma in General nursing, community, psychiatric nursing and midwifery. She also completed a post graduate diploma in Public Health. She has completed numerous short courses, including IMCI, NIMART, TB management, EPI, and many more. With over 10 years of experience in maternal and general healthcare, she has built a reputation for compassionate, patient-centred care in her community. At Glorious Health Clinic, she leads a dedicated team providing antenatal care, immunizations, IV therapies, and wellness programs, serving the community with professionalism and care. She is known for her kind heart and positive attitude towards serving the community.

“Our meetings are mostly held in the morning before we start working”

How many staff members are you responsible for?

I am responsible for three staff members—one receptionist and two professional nurses.

What virtues do you endorse among your staff members?

- Compassion—my staff members are aware and always taught that every patient is just as important, it doesn't matter their background or status. All patients are to be treated fairly and with dignity.
- Respect—respect amongst us as colleagues as well as for our patients
- Confidentiality—Patient information or health status should not be discussed by anyone except if it is between the nurses for the benefit of the patient.
- Excellence in your service— in every department, excel in what you do because we are building a brand and restoring trust in healthcare.
- Personalized patient care- every patient is different therefore care has to be personalized.

What causes your day to be hectic?

Our day becomes hectic mainly because Glorious Health Clinic is a trusted facility in Emalaheni due to its quality, efficient and compassionate care. We see walk in clients as well as booked clients as no one plans to get ill, healthcare should always be available. We love hectic days though because it proves that our services are effective and trusted.

When do you knock off?

We knock off at 17h00 weekdays and at 12h00 on Saturdays.

How often do you take your workload home with you?

Hardly, I try my outmost best to separate home and work. On days where I take work home is probably when I need to create content for the facility because during the day there might be no time.

How do you ensure that your meetings with your team bring forth effective results?

- We keep the meetings short and to the point. Our meetings are mostly held in the morning before we start working but it is usually about 2-3 points that we raise good and bad about how we can sustain or improve our services. These points are raised by anyone in the team and not necessarily me as the facility manager.

How do you deal with misunderstandings between your team members?

- We hardly have misunderstandings but in the few occasions that we've had, my role as the facility manager is to have one on one meetings with the all the involved parties and assist them in finding a mutual understanding and to also remember their scope of work.

What emotional intelligence strategies do you usually apply if need be?

- Remaining professional and composed especially when dealing with clients who don't sometimes agree with our health options. We need to understand that we are dealing with many different clients with different personalities and characters. In terms of staff members, by being approachable and compassionate, I create an environment where staff feel valued and supported, which ultimately improves morale and patient care at Glorious Health Clinic.



“Patient information
or health status should
not be discussed by
anyone”



“You need to
be confident
in the work
you do build
our nursing”



“We sometimes involve the Department of Health public clinics for assistance especially with campaigns”

What is your coaching approach?

- Leading by example, always arriving on time, treating clients with dignity and respect and maintaining professionalism at all times. This allows or creates an environment where all my staff members feel the need to also maintain the standard.
- Setting clear expectations, providing guidance and ensuring that everyone understands their role and how it contributes to the overall success of the clinic.
- Giving recognition where its due and addressing problems in a professional way.

What tone of voice do you use when you are feeling vexed?

I pause, calm down and politely address the problem. I understand that communicating while vexed or angry can lead to further misunderstandings so it requires you be calm so that your point can be heard and well received.

How do you handle your deadlines?

Delegating appropriately and making sure that we have enough staff in the facility so that work can be done on time.

Who do you run to when you are faced with work-related pressures?

Collaborations, if there is a private clinic or facility near me that can assist with the pressure, I usually communicate with them to assist. We sometimes involve the department of health public clinics for assistance especially with campaigns.

What is this exclusive personality do you, subconsciously, influence your subordinates with?

Calmness and confidence—People want to be treated by someone who knows her story for an easy way of putting it. You need to be confident in the work you do so that clients can trust you.

What anticipated impartation do you make towards your staff members?

Inspiring them— I want growth for all my staff members, specifically the nurses. They should be so inspired by me that they also desire to open their own private practices in future. They should see it in me that it is possible to dream and to fulfil that dream.

"These creative outlets bring me joy"



Bonolo

*Her
elegance
comes*

from her calm confidence

Who is Sr Bonolo?

I am Mosia Bonolo Evodia from Free-State, in the deep rural areas of Qwaqwa, Thaba-bosiu. I am a 25years-old newly qualified registered nurse.

During my training, I have the privilege to serve on the school representative council as an organizer, a role that strengthened my leadership, communication and teamwork skills.

I am deeply passionate about caring for people and making a positive impact through my work as a nurse. Outside of my professional interests, I enjoy playing football, which helps me stay disciplined, focused and balanced.

Are you into fashion, modelling, advertisement, makeup art or photography?

I am a bit into modelling.

What makes you so photogenic?

My smile stands out, and also we can consider the confidence I have and the good energy.

What inspires your stylish looks?

My style is inspired by my personality, the desire to always present myself well and also the lifestyle I chose.

What is your goal for your trendy looks?

My goal is to wear looks that boost my confidence and stay modern without losing my own identity.

What is your secret about your elegance?

My elegance comes from the calm confidence I carry within myself. I choose simple, well-balanced looks that highlight my natural beauty without trying too hard. My smile and graceful presence are the quiet secrets that complete my style.

How often do you exercise or go to the gym?

Due to my current work shifts, I haven't been able to maintain intensive or highly active exercise routine, but I do passive exercise routine usually when I do day shifts.

What do you hope to accomplish with your elegant photographs?

With my elegant photographs, I hope to capture and express my inner confidence, grace, and refined beauty.

*"My elegance
comes from the
calm confidence
I carry within
myself"*

“My go-to outfit
is something
comfortable yet
stylish”

I want each image to reflect my personality and tell a story of who I am. Ultimately, I hope my photos inspire others to embrace their own elegance and individuality.

Would you model any kind of clothing at all?

Yes, I am open to modelling a variety of clothing, as long as it aligns with my personal style and comfort. I enjoy exploring different looks, whether casual, sporty, or elegant, because each style allows me to express a different side of my personality. I also like the idea of using fashion to tell a story and connect with people through the images.

What is your go-to outfit?

My go-to outfit is something comfortable yet stylish — usually a well-fitted top paired with sleek pants or jeans. I like pieces that are versatile, easy to move in, and make me feel confident. Accessories and a pair of clean shoes usually complete the look, adding a touch of elegance without overdoing it.

Do you like shopping for new clothes?

Yes, I do enjoy shopping for new clothes. I like finding pieces that fit my style, make me feel confident, and add something fresh to my wardrobe. For me, shopping isn't just about buying clothes — it's about discovering looks that express who I am.

Do you read fashion magazines? Why?

No, I don't usually read fashion magazines. I prefer finding inspiration from real life, social media, and observing trends around me, which I feel gives me a more practical and personal approach to style.

What is your most valuable piece of jewellery?

My most valuable piece of jewellery is my pearls — timeless, elegant, and meaningful, reminding me of special moments and the grace I want to carry every day.

Have you ever made your own clothes?

No, I have never tried that skill.

What's your favourite piece of clothing?

My favourite piece of clothing is a pair of formal pants — they're stylish, versatile, and make me feel confident and polished in any setting.

What are some of the strangest fashions you have seen?

Not that I can remember but I know for sure there are few strangest fashions I've seen.

What colours do you think look good on you?

The colours that suit me best are dark shades like black, navy, and deep green. They complement my skin tone, highlight my features, and give me a polished, confident look.

What kind of clothes are in fashion now?

I know folded denim bottoms, straight leg track pants, and flare formal pants.



"I love feminine
and African
inspired looks"





“I always
feel naturally
beautiful and
comfortable”

Do you ever go out without makeup?

What does it feel like?

I do go out without makeup more often than I do with makeup on. It's a norm. I always feel naturally beautiful and comfortable.

Is nursing your corridor or your destiny?

Why?

My goal is to grow into a leadership role, where I can make strategic decisions, inspire a team, and create meaningful impact. I aspire to build something significant — a business or initiative that leaves a positive mark on people's lives and contributes to my community. Ultimately, I want to combine vision, leadership, and purpose to achieve something truly remarkable.

Where do you see yourself ten years from now?

In 10 years, I see myself in a leadership position, possibly running my own business or holding an executive role like CEO. I hope to have made a meaningful impact in my field, inspired others through my work, and achieved both personal and professional growth. I also see myself continuing to embrace opportunities that challenge me and allow me to contribute positively to my community.

If you were to connect your trendy looks and nursing to create your wealth, what would you do?

I would combine my passion for nursing with my eye for trendy and elegant looks by creating a brand or platform that focuses on stylish, professional attire for healthcare workers. This could include curated uniforms, comfortable yet fashionable scrubs, or even a lifestyle brand that inspires confidence and wellness for people in demanding professions.

By merging style with practicality, I could create value, help others feel confident, and build a sustainable brand.

WATER-BASED SERUM WITH:

4% HYALURONIC CID

PRO-VITAMIN B5

PEPTIDES



ALUWA

BOOST ME

Hyaluronic Acid + Peptide Serum
4% Hyaluronic acid

Anti - Ageing
Boosts moisture retention

All skin types + sensitive skin
30 ml / 1 OZ



For Her

Indulge in the enchanting allure of Rosabella, a captivating sweet rose fragrance designed for the modern woman.

This exquisite scent combines fresh floral notes with a touch of warmth, creating a harmonious blend that embodies elegance and femininity.

Perfect for any occasion, Rosabella leaves a lasting impression, enveloping you in a romantic and uplifting aura.

Embrace your inner beauty and let Rosabella bloom in your fragrance collection.





R
SABELLA
BY ROSE

SWEET ROSE
FLOWER

DE PARFUM
100ml



R
ROSABELLA
BY ROSE

SWEET ROSE
FLOWER

AU DE PARFUM
100ml 80% VOL. 3.38FL.OZ



100ml 80% VOL. 3.38FL.OZ
AU DE PARFUM

For Him

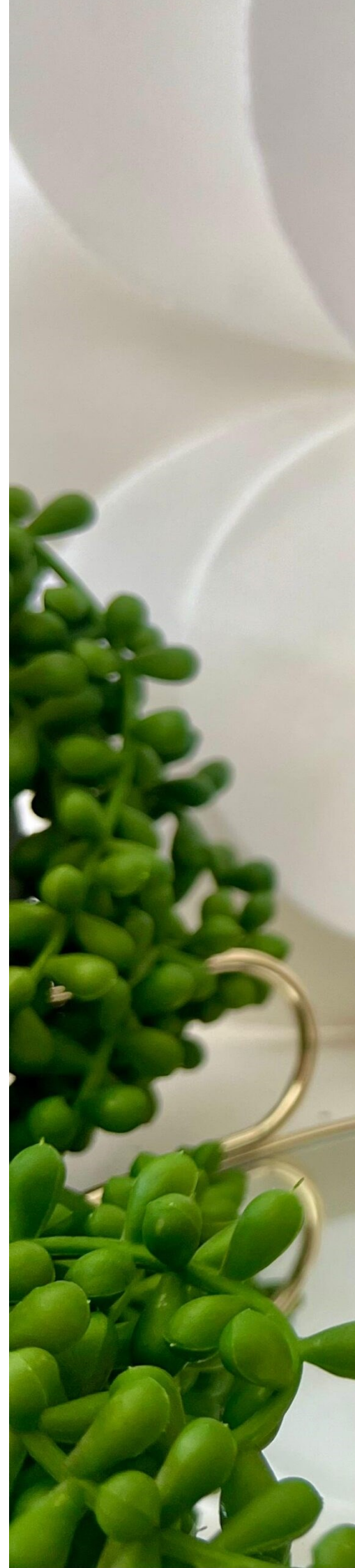
Introducing Rosabella Man Bold, a captivating fragrance designed for the modern man who exudes confidence and charisma.

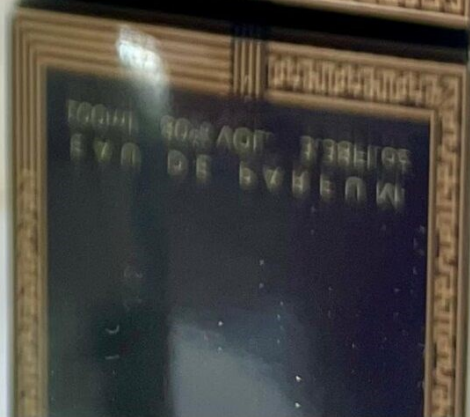
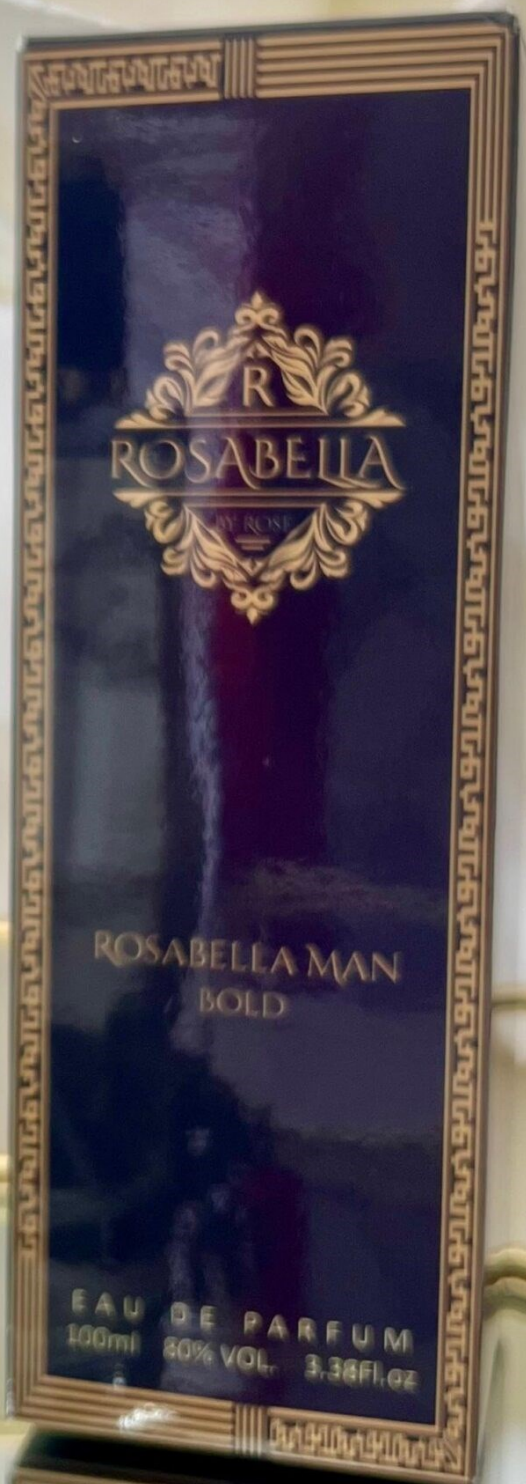
This bold scent features invigorating top notes of zesty citrus and fresh herbs, harmoniously blending with a heart of sophisticated spices and rich woods.

The lingering base notes of warm amber and leather create an unforgettable aroma that leaves a lasting impression.

Perfect for any occasion, Rosabella Man Bold empowers you to embrace your strength and individuality with every spray. Make your mark with this alluring fragrance that defines masculinity.

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HIGH BALL DRESS

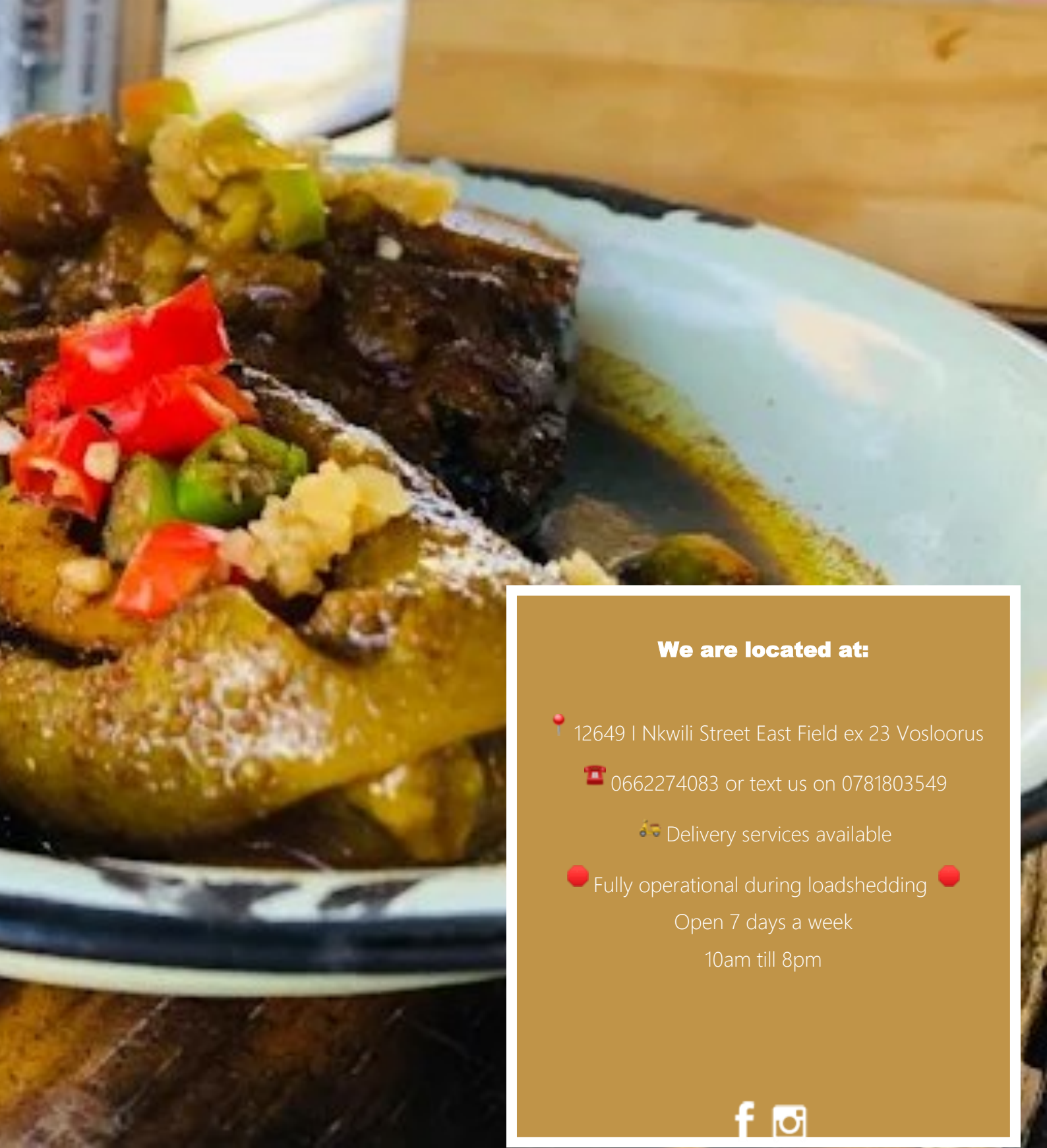
TIME TO A



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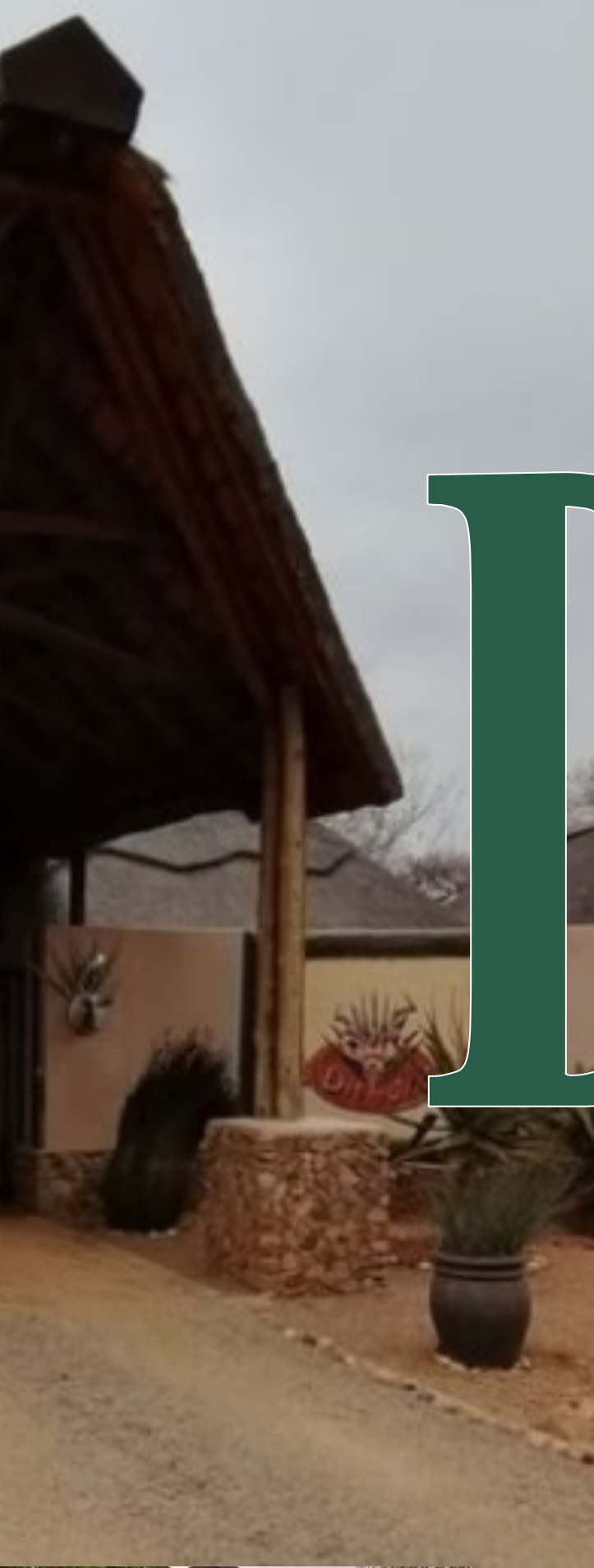




DITHOLO

WILDLIFE ESTATE





D

Ditholo Wildlife Estate is one of South Africa's most renowned private reserves.

Nestling snugly in the belly of the Bushveld, 60km from Warmbaths/Bela Bela and a mere 220km from Johannesburg (2hr 30min drive), driving is easy and mostly on tar roads in good condition.

As implied by the region's name, the Bushveld's well-grassed plains are dotted by dense clusters of trees and tall shrubs. The grasses found here are generally tall and turn brown or pale in winter, which is the dry season throughout most of Southern Africa.

With the Waterberg Mountains as the backdrop, Ditholo Wildlife Estate offers vast open plains and waterways teeming with a variety of wildlife.

The Estate covers 1000 hectares of lush scrub veld, woodland and plains with an impressive selection of endemic trees and flora

[www.https://ditholowildlifeestate.co.za/](https://ditholowildlifeestate.co.za/)



ലിമലിമോ

limalimo lodge





Location and Design

Limalimo is 10 mins drive from Debarq (the entrance town to the Simien Mountains) and is perched on the edge of an escarpment, offering extraordinary views of the Simien range.

Built with the environment in mind, with rammed earth and thatch, the hotel blends into the landscape. Rooms are simple, offering a blend of Ethiopian design and contemporary finishes.

Do spend time at the fire pit if you want to spend time outside with a view of the extraordinary stars (the Simiens are renowned for their excellent star-gazing) or guests can also indulge in one of the regular yoga sessions or receive a massage!

There are 12 rooms, all en-suite with private balconies that are found throughout the 10-hectare site with a number of new rooms being built.

The rooms are simple, yet luxurious with comfortable beds and minimal fuss. Each room features floor-to-ceiling windows with fantastic views—all of the rooms have great views, with none being much better than others.

Limalimo usually offers a full-board rate, get in touch for more info.

Limalimo is a fantastic example of the best of tourism.

Conceived by local guides, built by people from the Simien park and incorporating many of the best architectural elements—it manages to be one of the best hotels in Ethiopia whilst also being sensitive to the delicate local environment and employing many local staff.

Local materials were used to build the lodge, energy comes from renewable sources and wastewater is reused.

www.limalimolodge.com



**When Your
Partner Doesn't
Understand
Why You Can't
'Just Get Over'
Your Shift**

“The guilt,
the sadness,
the exhaustion don’t
magically disappear
when we clock out”



Article By Kimberly Maurer, BS, LPN
Fort Myers, Florida, United States

Introduction

Nurses are asked to give everything, not just physically but emotionally. We carry the weight of life-and-death decisions, moral injury, and the daily grind. But when we come home, our partners often don’t understand why we can’t just “leave it at work.” It’s one of the hardest parts of this job.

Why “Just Leave It at Work” Doesn’t Apply to Moral Injury
Moral injury isn’t just a bad shift, it’s emotional trauma. It’s when our values clash with what we’re forced to do. The guilt, the sadness, the exhaustion don’t magically disappear when we clock out. It follows us home, embedded deep in our bones.

Language to Help Non-Healthcare Partners Understand What We Carry

For our partners who haven’t walked in our shoes, explaining it is critical. Use phrases that make the emotional burden clear:

“What I saw today will stay with me.”

“It’s not just physical exhaustion, it’s mental and emotional too.”

“I’m not just tired, I’m mentally drained.”

Protecting Intimacy When You’re Processing Trauma

Compartmentalizing is a skill we learn as nurses, but when you’re constantly carrying emotional weight, it starts affecting your relationships. The key is healthy processing. Sometimes that means personal time or therapy. Sometimes it’s peer support where you can talk to fellow nurses who understand the trauma we face.

When to Seek Professional Support vs. Relying on Your Partner Alone

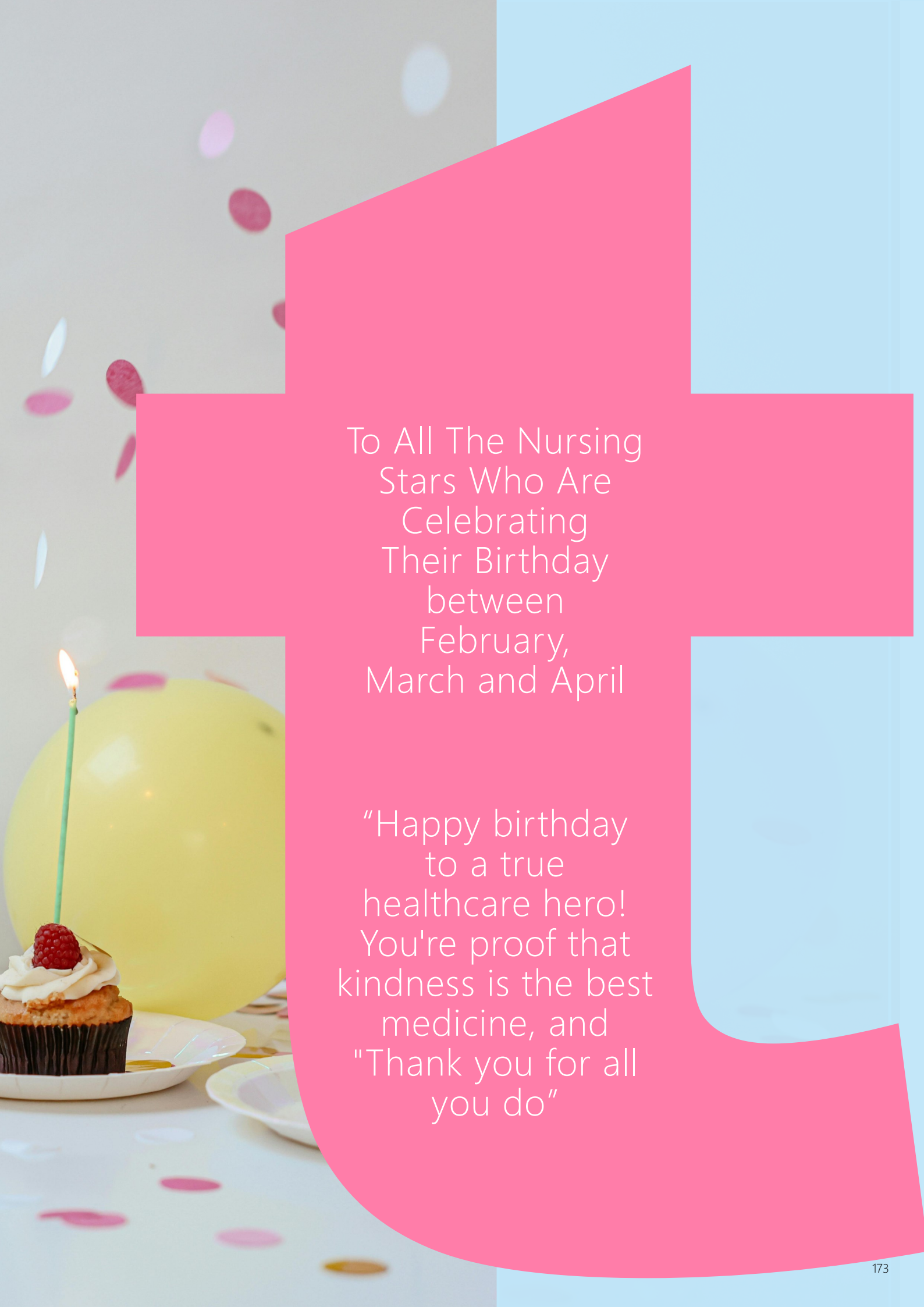
Your partner can’t always be your emotional support. Therapists or support groups are critical when the burden becomes too heavy. Your partner’s support is important, but professional help is essential when the weight gets unbearable.

Conclusion

Explaining nursing trauma to non-nurse partners is difficult but necessary. We don’t have to carry this alone. Communicating with your partner, setting boundaries, and seeking professional help will help protect both your relationship and your mental health.

‘Happy Birthday’



A birthday cake with a lit candle, a yellow balloon, and confetti on a table. The background is a mix of light blue and pink geometric shapes.

To All The Nursing
Stars Who Are
Celebrating
Their Birthday
between
February,
March and April

“Happy birthday
to a true
healthcare hero!
You're proof that
kindness is the best
medicine, and
“Thank you for all
you do”

ALUWA

TRUST ME

Niacinamide Serum
10% Niacinamide

Anti - Ageing
Improves skin clarity

Acne prone skin
30 ml / 1 OZ



ROSA
BELLA
BY ROSE

BLACK
ORCHID

EAU DE PARFUM