THE NURSING STARS MAGAZINE

Celebrating Nursing Professionals in style

13th Issue Nov/Dec/Jan 2025



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Wheels, wheels, wheels

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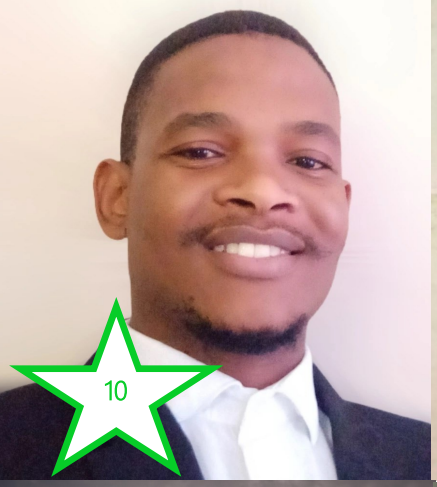
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Season's Greetings to you all, The Nursing Stars!

Season's Greetings to you all, The Nursing Stars! We thank God for His mercies, He has carried us thus far. This year will be the first Christmas I celebrate it being part of such a beautiful family; *The Nursing Stars*. You are very special to us and I am grateful to be part of you.

I trust that you all have enjoyed the previous edition. We received many amazing appreciation messages. Thank you!!! Together we will thrive.

It is that beautiful and glamorous season again. You know mos' neh? The festive season! Festive time, spending time! Hence, your colorful magazine has dished out some more glamourous content.

As I indicated previously about determination and adding more value to the growth of The Nursing Stars Magazine, thus EMGUIDANCE has come on board to enhance you with some golden info. Besides, there are some goodies to win. Just check out their advert, sign up and win! Please do not miss this opportunity!

Thus, this edition is stuffed with some startling content and incredible characters. As usual, there is so much to learn from it, this includes looking after your well-being. Our cover story Star is MJ Baloyi, a survivor, father, model and a contestant of 'Mr. SA 2024'. I must confess, he is young but he has been drilled by the school of life. You will learn much from his experiences.

Among the featured is Festus Muema from Kenya. Wow! What an amazing story! He once has been featured in the early days of The Nursing Stars Magazine and in this instance he is testifying about his dream that became a reality, he established a clinic in his area. Festus is still prepared to thrive even further. We are so proud of him.

Furthermore, you will learn more from the remarkable characters such as Peace Adeyeni; a disciplined and an open-minded student, Eyefon Udoidung; Oprah Winfrey's fan, Fhulufhelo Mulaudzi; a gentle and a kind lecturer, Lebogang Nthite; the ever thriving Nursepreneur, Loke Lye Chan, the 81-years-old Nurse, Afolabi Deborah Eniola; on her 'Me Time', Sr. Erika Janutsch; a "Big Picture" thinker, Akwaowo Akpan; a versatile visionary, Silvia Aninye; the CEO at Weber Legal Nurse Consulting Inc, US, Anneline Moodley; the compassionate Executive, and Sandisile Zwane, our fabulous One.

Trust me, you will need a copy of this edition in this festive season to enjoy every bit of it including our recipes. Happy Festive Season!!!!Just praise, dance, sing, eat, have family gatherings and much more you may think of. And please always remember that to us your well-being is our precious priority. Hence, you should always keep The Nursing Stars Magazine everywhere you are. Don't forget to email your comments to: info@thenursingstarsmagazine.co.za.

Connie Mbele

"Just praise, dance, sing, eat, have family gatherings and much more"

> Praise the Lord, all living creatures! Praise the Lord!. Psalms 150:6



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

Greetings colleagues...
One of the most profound ways to connect with God is through worship and praise, as this is the very reason for our creation (Ecclesiastes 12:13).

Whether through our prayers, songs, music, or dance, when we genuinely open our hearts to Him, He reveals His presence and breaks the chains of darkness.

This is illustrated by Paul and Silas, who, despite being imprisoned, prayed and sang hymns at midnight.

Thus, their unwavering devotion moved God, resulting in a powerful earthquake that shook the prison's foundations, opening its doors and liberating all the captives (Acts 16:25-26). In this edition of TNS, we focus our prayers on praising God, inspired by Psalm 150.

Let us pray:
Gracious Lord, who has shown us boundless love by bringing us to this extraordinary edition of our beloved nursing magazine, we offer you our honour and glory.

We thank you God, for our abilities, which are not of our own making but are gifts of grace through your Son, Jesus Christ.

In His name, we humbly bow before you, acknowledging our flaws and recognizing our sins as we seek to grow.

We earnestly praise your greatness and honour your majesty, for you are the Creator of all that exists.

We understand that we were made to worship you, my Lord, and in line with Psalm 150, we exalt you for your strength in the heavens, for the mighty works you have done in our lives, and for the supreme greatness we experience in our nursing practice.

We offer our praise through songs and music, accompanied by drums and dance. We are thankful for the days of our lives, for the blessings you have bestowed, for the healing you have granted, for the guidance you have provided, and for the love and mercy you show us each day.

Holy is your name, deserving of eternal praise, and wonderful are your ways, which are beyond our understanding.

Glory be to you, whose existence has always been. Forever and ever may your love reign. In Jesus' Name. Amen and amen!

"We earnestly praise your greatness and honour your majesty, for you are the Creator of all that exists"



Sibongile Khumalo (RN), Clinician, Johannesburg, South African

> Accept the invitation to walk with Jesus: the invitation is to all

South Africa, like many countries around the world, is facing a significant shortage of nursing professionals. This shortage has far-reaching consequences for the nation's healthcare system, placing a heavy burden on existing healthcare workers and compromising the quality of patient care.

Many South African nurses seek better job opportunities abroad, drawn by higher salaries, better working conditions, and opportunities for professional growth. This exacerbates the shortage and leaves the healthcare system struggling to meet the growing demand.

Heavy workloads, long hours, and high-stress environments, limited resources and support, contributes to burnout and disillusionment, leading some nurses to leave the profession entirely.

In Matthew 11:28 -30 NKJV Jesus says, 'Come to me, all you who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly at heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

I like the fact that in a stressful work environment, where so many nurses are 'weary and burdened', Jesus promises them rest. He offers to take their burdens and replace them with His own.

'Come to me, all you who labour...Jesus's invitation to come to Him is a special invitation directed to all who "labour". The word "labour" in Greek is from the word kopiao, which describes a person who has become completely exhausted due to non-stop, continuous work.

Jesus does not only beckon those who labour (the hard workers), He also calls out those who are "heavy laden". These words are from the word phortidzo depicting someone who is carrying a heavy load on his back.

For Nurses this load is their work environment. Jesus is pleading for the heavy -laden Nurses to come to Him and He promises that He will give them rest.

The word "rest" is the Greek word anapauo, meaning to refresh, to rejuvenate, to reinvigorate, or to revitalize. The Lord wants to refresh the Nurses so they can keep doing what He has called them to do. He wants them to be refilled so that they can remain effective.

"Take my yoke upon you, and learn from me, for I am gentle and lowly at heart, and you will find rest for your souls. For my yoke is easy and my burden is light" The yoke is a wooden frame joining two animals (usually Oxen) at the neck enabling them to pull a plough or wagon together.

The function of the yoke is to make burdens easier to carry. I like this image of walking in step with Jesus, sharing the Nurses' burdens, making their difficulties to be light and easy. Jesus says: .

Keep company with me and you'll learn to live freely and lightly. The only way Nurses can remain continually effective is by making sure that they spend time with the Lord.

> "Come to me, all you who labour and are heavy laden, and I will give you rest"

In these challenging times that the Nursing Profession is facing, spending time with the Lord is not an option. It is the answer. Like Noah, in Genesis 6:9, Nurses need to learn to walk with God, spend time in the presence of the Lord, to be in communion with God.

They will find grace (favour) in the eyes of the Lord (Genesis 6:8). In His presence, the Holy Spirit will release His resurrection power and re-energize their physical bodies.

In His presence, Nurses will be strengthened, refreshed, recharged, and supernaturally empowered to continue providing good quality nursing care to all nations. Lord, thank you that you promise rest for their souls.

And, if you have not accepted Jesus Christ (the Truth) as your Lord and Saviour, you may take this opportunity and confess these words: Lord Jesus Christ I accept you as my Lord and Saviour; come into my heart and wash my sins with your precious Blood; cleanse me and change me; make me your child and write my name in your Book of Life; I repent from my sinful life; thank you that I am a new creation in your mighty name. Amen!



Gcinisizwe (Phathokuhle) Buthelezi

A CEO, Public Speaker, Pharmaceutical and Prescriptive Nurse, Sexual Reproductive Health Enthusiast, Midwife Aspiring Nursing Educator, and a multiple award winning media personality



Lerato Letlala
A Midwife
Maseru, Maseru District,
Lesotho


"I am a hardworking, disciplined and an open-minded student"
Samuel Akanbi

Owoade **Peace Adeyeni**

Nursing is her destiny

What is your name?
Owoade Peace Adeyeni from Ogbomosho, Oyo State, Nigeria.
What is your birth month?
December
What is your professional status?
A Nursing Student
Why do you want to be a nurse?
To help others get better and live healthy.
Who is your favorite classmate?
Oyeleke Peace Taiwo.
How is it like to be a nursing student?
Being a student for me is interesting and demanding. It is an interesting experience. Being a nursing student implies the opportunity to learn and be guided; that's a great one. I've understood that I won't know everything all at once, but I'll get better with time.
How would you describe yourself as a student?
I am a hardworking, disciplined and an open-minded student, who is passionate about learning and exploring new opportunities and perspectives.
What specialty are you focusing on?
Operative room nursing.
What is a dominating culture in your schooling environment?
Creativity and attending events.
Any element of naughtiness?
No.
What real-world lesson are you acquiring currently?
"Continuous learning, learning never ends, I can only keep getting more inquisitive and learn more".
What contribution are you planning to make in the nursing industry?
To help young nurses attain their full potential.
When searching deep into yourself, are you an employee or an employer? Why?
Both, I have more traits of being an employer and a bit of being an employee. I have the ability to adapt to any situation I find myself whether being an employer or an employee because I've been able to gather skills needed in both areas.
Will nursing be your corridor or your destiny? In what way?
Nursing is my destiny. Nursing will help me unlock my full capacity and blossom into my full potential. It's vital no to do nursing alone, but to connect with valuable people, have a healthy mindset and be open to explore.
What advice would you give to the government regarding improving the nursing sector?
An increase in remuneration will enhance nurses and also to value nurses better.
How are you going to mentor the nursing aspirants?
By guiding them thoroughly; giving adequate information and advice on how to navigate the profession better.

"Don't do nursing alone, connect with valuable people, have a healthy mindset and be open to explore"



"I hope to inspire the next generation of nurses to carry forward the torch of empathetic patient-centred care"

Eyefon Zion Udoidung (RN)

A Singing Sensation

Name: Eyefon Zion Udoidung from Port-Harcourt, Rivers State, Nigeria.
Birth month: May.
Favourite book: "Think Big" by Ben Carson.
Favourite Music: "Gratitude" by Anendlessocean.
Favourite space: The beach.
Favourite time: Late evenings.
Favourite drink: Pineapple juice.

How do you spend most of your spare time?
I spend most of my spare time engaging in reading and spending time with family.

What makes you tick?
I am motivated by helping others, making a difference, and learning something new.

What spoils your mood?
Stressful situations can spoil my mood.

Who is your favourite person in the world?
My mum, because she's more than who a mother should be, she's my best friend.

What made you choose nursing?
I chose nursing because I've always felt the urge to help and care for others, and I knew that this profession would give me a chance to make a real impact on people's lives.

Who is your inspiration?
My mother because of her resilience, compassion etc.

Share about your passion for nursing:
Nursing is more than a career for me, it's a calling. I'm passionate about providing holistic care, understanding the unique needs of each patient and making a difference in their recovery and wellbeing.

Apart from nursing, what is this peculiar gift you have, are you going to pursue it?
I have a gift of singing. I'll love to continue exploring it and maybe find a way to incorporate it into my career in healthcare.

Do you think nursing is your corridor or your destiny?
I believe nursing is both corridor and destiny. It has opened doors for personal growth and professional growth, and I feel the path aligns perfectly with who I am.

If given a chance, who is this celebrity would you like to spend an hour with, and why?
Oprah Winfrey because of her achievements, resilience and commitment to daily self-growth and development.

Where do you see yourself in 5 and in 10-year time?
In 5 years, I see myself progressing in my career and possibly pursuing advanced studies or leadership roles. In 10 years, I hope to be in a leadership position, mentoring new nurses and driving change in the healthcare.

How are you going to contribute to improve the nursing sector?
I plan to contribute by providing patient centred care, mentoring new nurses, using technology to streamline processes etc.

What do you think is the role of technology in nursing?
Technology has a crucial role in improving patient care, from streamlining communication and record keeping to enhancing diagnostic tools. It helps nurses provide more efficient and accurate care.

What fingerprint would you like to leave when retiring from nursing?
I would like to leave a legacy of compassion and innovation, having helped improve both the lives of my patients and the processes in the nursing profession. I hope to inspire the next generation of nurses to carry forward the torch of empathetic patient-centred care.

"In 10 years, I hope to be in a leadership position, mentoring new nurses and driving change in the healthcare"

Fhulufhelo **Mulaudzi**

A gentle, kind, enthusiastic, enabler and a collaborative lecturer

Who is Fhulufhelo Mulaudzi?
Fhulufhelo Mulaudzi is a lecturer at the Department of Nursing Science and has worked in academia for almost four years. Her research interest is in Ethos and Professional Practice with a specific focus in policies, guidelines and disaster management. She is also competent and has a keen interest in matters related to general nursing science, clinical learning, education, evidence-based practice, management and research.

What is your favourite sport?
Rugby, Volleyball, Netball and Swimming. Side note, I can play every one of them except Rugby.

What is your best season in a year? Why?
Winter is my favourite; it is calmer and less eventful for me.

What kind of outfit do you prefer when on duty? Why?
Formal and comfortable, but I must say it really depends on the order of the day and what activities I will be engaging on. A Cardigan is always available as I don't like to be cold, but trust you me a Winter season is still the one for me.

What makes your day?
A cup of coffee in the morning does it for me, and after a good one I know I am set for the day and finishing it off equals the ability to finish my daily set objectives.

Why did you choose to be a lecturer?
Oh, my darling, lecturing is my baby. I love how I am evolving and learning while teaching. Besides, seeing the products I produce; confident nurses who are change agents, is very fulfilling for me. This gives me validation that I am contributing towards a greater tomorrow.

When did you decide to be a lecturer?
During my first-year studies towards my undergrad qualification, I knew then that this is what I want, hence immediately after completion I enrolled for my education qualification and its been a dream come true. I could never be anything else.

How did you reach this level in your nursing career?
I don't want to lie to you, reaching this level in my nursing career was not hard at all as I had already made a cautious decision early in my studies. It always served as a compass that guided me from one level to another..

This enabled me to focus on and commit to the aim of reaching my own end goal. I must also add that I was really blessed to have destiny helpers around me who enabled and kept me encouraged.


NELSON MANDELA
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"I give attention on simplifying content to the lowest level to ensure no one is left behind"

What impartation are you there to offer?
I am here to be a role model, a mentor and an enabler. My aim with this role is to ensure that I enable others the same way I was. To also drive confidence, and to produce nurses who are knowledgeable, accountable and critical thinkers.

What is this unique aspect about you?
I am very much accommodative and always listen no matter the circumstance.

What tone of voice to apply in class? Loud or low?
I apply a moderate voice that accommodates everyone, it is not loud. I think it depends on an individual.

What kind of ambience does your presence bring into the lecture room?
A collaborative and supportive environment is what I bring into my lecture room so that I journey well with my students.

How do you describe nursing in one word?
Holistic.

What do you do to ensure that your students become game changers in the nursing sector?
This one is very important to me, I ensure to encourage my students to be nurses that are informed and practice using evidence and be aware of the ever-changing times. I also provide my teaching using real time scenarios that are relevant to what they could possibly experience in practice.

Are you ever tempted to observe your students and then predict the worst or the best?
No, I allow my students a safe space and create an environment that enables them to reach out to me, to obtain the best outcomes.

How do you guide your students to choose the right path when they venture into the nursing field?
Honesty is key and having open conversations helps me to know their individualized needs and guide them accordingly.

When faced with students who are about to give up on their lessons what do you do?
This has to be one of my strongest pointers because before a student indicates signs of wanting to give up, I would have picked it up in one way or the other. I arrange a discussion session to attend to areas of neglect so we can rectify that and reduce or avoid any possibility of de-registering a module due to a few setbacks.

I also encourage my students to reach out timeously and make them aware that the journey is ours and it will be a journey of success. My advice would then be "its hard but very achievable".

What five words would your colleagues and students use to describe you as a person, a lecturer, or a colleague?
A gentle, kind, enthusiastic, enabler and a collaborative lecturer.

How do you pep up distressed students?
By being available to listen, affording a platform to deal with any distress they find themselves in and designing a plan of action.

What do you expect from the incoming students?
I expect them to be open to learning using new methods and when learning begins, we will be a team that will function better in collaboration.

What should new students expect from you as a lecturer?
Open door policy is a must for me, so they will get just that and more.

Please share about your tutoring philosophy.
My teaching philosophy is that "no two students learn the same" I give attention on simplifying content to the lowest level to ensure that no one is left behind.

What is this interesting quality about you that makes your students come to your class for more?
I am a natural, and with my students, we talk about other nursing profession`s dynamics off class time and I allow them to be open about their challenges. Besides, our class time feels like we are all learning as we engage in open discussion and give relevant examples or scenarios for their better understanding.

Under general, what characteristics do nursing students require from their tutors?
A role model and an impactful tutor that enables them to be critical thinkers and to enable them to function in different situations.

How does a lecturer's personality affect the students' success?
A lecturer`s personality contributes greatly to the success of students because if a lecturer is a great role model, a student in turn adopts good trends from a lecturer.

How would your previous students describe you?
A resilient and hard-working person that instils hope for a better tomorrow.

What is your advice to all nursing students?
I would advise them to be resilient and to be change agents that the world needs. To find their niche and run with it as soon as possible because the world needs specialists and field experts. And to find this we need change agents to contribute in this forever-evolving profession.

"I love how I am evolving and learning while teaching"

"Honesty is key and having open conversations helps me to know their individualized needs and guide them accordingly"





Festus Muema

The Smiling Nurse: Festus Muthui Muema's **Journey from Nairobi Slums to Founder of Simone Medical Centre**



Festus Muthui Muema, affectionately known as "The Smiling Nurse," is a man whose life story is a testament to resilience, faith, and an unyielding passion to give back to his community. His incredible journey began in the slums of Nairobi, where he spent his early years doing 17 different kinds of menial jobs just to survive.

From collecting stray golf balls at Kabete Vetlab Golf Club, to working as a shamba boy in Githunguri, and even hawking boiled eggs and sausages along Waiyaki Way, Festus fought for every scrap of opportunity he could find.

At just 24 years old, after years of struggling to make ends meet, his dream of returning to school finally came true. Festus' calling to serve others started early. He became an altar boy trainer, a Sunday school teacher, and a youth leader at St.

Raphael Catholic Church, Kabete, where he worked closely with church leaders such as Archbishop John Njue and Auxiliary Archbishop Kamau.

It was through his dedication to the church that he found the support he needed to pursue his education. While working as a casual labourer at the University of Nairobi's Upper Kabete Veterinary and Agriculture campus - cooking chapatis, serving at the tuck shop, and even typing and photocopying assignments for students - Festus dreamed of a better future.

That dream started to materialize when, through the church's connections, he was introduced to St. Aloysius Gonzaga Secondary School in Kibera, a USAID-sponsored school for underprivileged students.

There, his hunger for knowledge and determination to rise above his circumstances saw him excel. The school eventually moved to a better location in Otiende, Langata, where Festus' dream of higher education became a reality. He went on to earn a degree in Nursing Sciences from the University of Nairobi.

Despite achieving what once seemed impossible, Festus never forgot the streets that raised him.

His deep-rooted desire to give back to the community saw him launch the Donkey Elimu Project, a self-help group on Facebook, where he worked to create micro-economic activities for struggling mothers in Kitui west.

These initiatives allowed them to generate income and save for their children's education.

The project later grew into Hope For Neglected (HFN) CBO, a community-based organization aimed at giving hope and support to neglected groups—especially people living with disabilities, the elderly, women, and youth.

When the COVID-19 pandemic hit, Festus was struck by the challenges faced by people living with disabilities, and he became inspired to open an orthopedic clinic that would provide free care for them. Though the challenges proved too great at the time, his passion to help never wavered.

He founded Simone Medical Centre under Kwa Muema FM Nursing Home Ltd. in Kitui with the support of his friends from Italy. Unfortunately, the tragic loss of his friends' parents to COVID-19 meant that financial support was cut off, and Festus was forced to close the facility. Despite his attempts to keep the dream alive by funding it himself, the struggle became too much.

Today, Festus remains determined to fulfil his vision of serving the community. His story is not just one of personal perseverance but of a man who, despite countless hardships, continues to find ways to give back to the society that once seemed to have forgotten him.

His message is clear: no matter how difficult the journey, it is never too late to achieve your dreams and to use those dreams to help others. Festus is now seeking donors, sponsors, or investors to help reopen Simone Medical Centre and bring his vision of affordable healthcare to life for the people of Kitui and beyond.

His life's mission is to give back, and he believes that with support, he can transform the lives of many who, like him, just need a chance to succeed. By sharing Festus' remarkable story, we hope to inspire media coverage and community support that will help him fulfil his dream of serving the people who need it most.

He is now a student for MPA Malawi University Student for MSc Nursing at Liverpool John Moores University of UK. He has also completed a Project Finance Management with Philanthropy University and a Project management for professionals with Strathmore University. Mr Muema can be reached at muemafestus2222@gmail.com, uonnursing2015@gmail.com, and ceokwamuemafm23@gmail.com

"Festus remains determined to fulfil his vision of serving the community"

Uchinami Mathangwane

Her family is unbreakable



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

I am lucky that I do not have to sweat to do that. They already know how special it is since they see the work am putting in and the difference the nurses are making world-wide and mostly their 1st contact in public healthcare settings. They know how passionate I am about it and how I can balance work, school and make time for them. I always cook and spoil my niece and nephews thus a fun aunt. Icing on the cake is sharing my rewarding moments as well as the plans and ideas I have on the difference I am hopeful to make once am done with my studies and dissertation in Botswana's healthcare system.

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

They are everything to me. The support in terms of emotional, financial I get it all and they are my rock. With the hectic work and school schedule, they are always there to pick me up. My sister Tose Mathangwane takes the cup on this one, she knows how to make snap out of it. One thing my family is known for, and our mum instilled in us, is education before everything. My siblings and I motivate each other to keep going and no matter how tough it gets. My daughter is my daily motivation and also thanks to her nanny who keeps everything in order at home, I am nothing without them, they are my world.

What are the most precious times with your family?

Quality time with my family is everything. This is when we are in our home village Marobela, just relaxing, laughing, talking about little things and eating home cooked meals cooked by fire. The phone calls I get specially from my sister Tose, it can be 10 calls in a day which are randoms and can be about school, gossip, stress therapy and fun sister banter give me life. Additionally, my daughter, every minute with her is priceless, watching her grow, develop-ing new milestones, reminds me to slow down and soak in every moment. Just those simple moments are everything.

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

After a long day's work, the 1st person to welcome me at the door is my daughter, I get a tight hug, a kiss and being told how much she loves and missed me; all that melts my stress away. My stay in nanny holds the fort together and allows me to unwind and spend some time with the little one. My sister is one phone call away and we always have something to talk about. Small things like a hug, chat with family over the phone call and chats on family groups really comes in handy after a long day at work.



Who spoils you the most?
Obvious; my sister and my daughter. My sister is always checking on me, she is my go-to person during tough and good times as well as last minute study tips. We go on trips together to attend social events, take our kids out and go for branch. Let's not forget my daughter, the sweetest hugs, random "I love you mommy" tops it all. These two make me feel loved.

What is this first thing you do when coming from work?
I go straight to gym for my resistance training session, and it is my stress reliver and happy place. I put my headsets on and zone out for 90 minutes, pushing my limits. Once am done I head home to my sweet precious daughter to get the best hugs. Post these two combos, I catchup with my studies.

Moments in which you miss your family the most while at work...
When caring for the elderly since my mum is also geriatric with a frail condition and they remind me of her. I reminisce over the times I spend with her and sometimes I catch myself smiling or being teary. Caring for this generations really warms my heart and keeps me going.

What games do you play together as a family?
Family friendly competitions such as cards, dance off, best cook and best singer. My daughter is the baby of the family and have a twist on rock, paper and scissor and always find a way to always win and hell breaks loose when she loses. I have never bothered to learn the rules of the game because she dictates them. The same goes for racing, she must come first no matter what.

What nicknames have they given you and why?
"Kolo" from my mum which means last born in our native Kalanga language and it stuck with me and reflects how I am the baby of the family despite being over 30. During school holidays, all the kids gather at my house since am the fun aunt who always have something fun planned under my sleeves.

Describe your motherhood in one word?
"Fulfilling" because every moment with my daughter is priceless and just extraordinary. Despite the work, school and life challenges, she just makes everything better.

Describe your relationship as a family in one word?
"Unbreakable" because we have been hit by many challenges and my mum's ailing condition, distance and others; we remain deeply connected, supportive and being each others' rock.

What is your unique family culture?
Hard work, self reliance, you reap what you sow, no task is too hard if you put your mind to it, no gender stereotypes, academia-education is everything. This was all instilled in us by our mother from a young age.

What one word do you use to pep up/energize one another?
"Go-getter" and it is reminder that everything is possible if you set your mind on getting it. It is all about how bad you want it and it can be achieved with hard work and determination.

How do you balance your three roles?
As a mother, nurse and a post graduate student it is all about proper planning, prioritizing and staying flexible. I plan and set schedules and try to stick to them as possible as I can. Adaptability is also very crucial when things get out of hand. Gym is very crucial when it comes to my mental health looking at my busy schedule. Supportive family and reliable stay in nanny are also helpful in managing my hectic schedule without feeling overwhelmed. Proper planning, time management, staying organized, identifying and embracing where you need help keeps everything running smoothly.





HAPPY

Holidays





Is your kitchen ready for your festive meals?

3 Tips To Get Your Kitchen Ready For The Festive Season



> Check if all your appliances like your oven, microwave, dishwasher and fridge are working well

Article published by Blissspace Team on 14 December 2020

Christmas will soon be here, bringing in your family and friends, so your kitchen is going to get busy. There will be meals to be cooked, treats to ne baked and little ones running around sneaking in to steal the titbits.

Make sure that you're ready to manage it all. Getting your kitchen ready to handle all that activity needs preparation. Here are 5 tips to ensure that you're set for all the kitchen demands that are thrown your way.

CLEANING

Organise your cutlery, plates and dishes in your cabinets and clean countertops to make space for decorations or other things. Take out your fancy serving dishes and silverware. Sharpen all your knives too, as there will be a lot of cutting. It's always quicker and hassle free when you can easily find things right before you serve your big meal.

Check if all your appliances like your oven, microwave, dishwasher and fridge are working well. Clean the insides of your microwave and the bottom of your oven for crumbs, grease and splatter stains. Use warm water and baking soda to get rid of stubborn stains. Don't forget to clean out your dishwasher to make sure it will run efficiently with the extra loads.

COOKING

Plan what you're going to cook on Christmas and New Year. This will allow you plenty of time to shop for those special ingredients and make changes in the menu in advance, rather than at the last moment. Check your spice and herb racks for expiry dates and quantities so you don't run out of things in the middle of cooking your Christmas lunch. Also pay attention to certain dietary preferences and restrictions that your guests might have.

After you've decided what you're going to cook, start stocking. Include aluminium foil, containers for leftovers, festive napkins, and beeswax wrap in your shopping list. Buying and storing fresh ingredients is not recommended for long durations of time. Buy non-perishables like flour, sugar, nuts, olive oil, rice and vinegar. Also stock up on spices like cinnamon, cloves, garlic, ginger and pepper. Don't forget to stock up on alcoholic and non- alcoholic drinks – what's a festive meal without those?

DECORATING

Adding decorations will definitely make your kitchen look festive. While decorating keep in mind that it shouldn't come in the way of cooking or fall into the food. Put up a miniature Christmas tree in one corner, switch to napkins with festive designs. Use a wreath as the centrepiece on the island in your kitchen or use lights and ribbons to creatively brighten up the place and add to the festive spirit.

The festive season is a great time to organize and experiment. Use this time to plan your meals in advance and stock up your kitchen. If you haven't decorated your home yet, read our blog post for ideas on how to decorate your house for Christmas. Want to try a new recipe? This blog post tells you just how to prepare tasty Butter Chicken at home.

Brighten your office for 2025!

New Year, New Office: How to Spruce Up Your Workplace

Article by David Garbus
published on 20 December 2017,
by www.hbpc.com



Article by ezop.com

"Consider picking up a pink stapler or some red scissors to add a splash of colour to your workspace"



Updating Your Workspace for the New Year
The New Year is coming up, and there is no better time to give your workspace a fresh makeover. Sprucing up your office is a good way to help you settle back into work after taking a holiday break. This can also help you improve your work efficiency as you plan ahead for the New Year. Below are a few ways you can spruce up your workspace when you head back to work after the holidays.

Add a Personal Touch

A good way to spruce up your workspace for the New Year is to give it more of a personal touch. A sterile, uninteresting workspace can be emotionally draining when you have to work at it five days a week. Outfitting your office space to match your interests can help you improve your mood and can also help to reduce stress levels.

Try to pick up some office supplies and desk decorations that personally interest you, as they can help you feel at home when you are working on some big project. Hang up some photos of family members so you can always think of them while you are working. Adding some personal style to your workspace can help improve your mood, so do not be afraid to spice things up a bit.

Make Your Space More Colourful

Another thing you can do to freshen up your workspace is to add some colour to it. Staring at a collection of greys and blacks all day can be mentally draining. Bright colours can help stimulate your brain, so while you are shopping try to pick out some of the more colourful items for your office.

Office supplies come in a wide spectrum of colours, so try to purchase the ones that are aesthetically pleasing to you. Consider picking up a pink stapler or some red scissors to add a splash of colour to your workspace. Try not to go too crazy with the colours you pick out, because having too much colour in your office can be a little distracting.

Put Up Motivational Posters

No matter what conference room solutions you have in mind, we have you covered. From furniture and accessories to technology solutions, order anything you need for your meeting space with just a few clicks.

Add Colour And Artwork

Our final tip for selecting conference room furniture has to do with final touches, starting with colour. The colour of your conference room says a lot about your company's brand. When you're considering the office furniture, think about the best hues to accent your space. Blues can elicit calming and comforting vibes, while greens and yellows can add boosts of vitality and energy. Orange sits right in between with a balance of warm and lively. Or, go for a bold statement with shades of red. When picking your colour palette, be sure to account for lighting. Some colours will appear drastically different under fluorescent bulbs and natural sunlight.

To finalize your conference room, don't forget to add artwork for the office! Options with a bold accent or unusual design can spark creativity or go for an eco-friendly option that's easy on Mother Earth. If you are looking for some decorations for your workspace, you might want to pick up a motivational poster. These posters feature motivational quotes that can help give you inspiration, which can make it easier for you to get your work done. Here at HBPC, we sell a wide variety of motivational posters, each with their own unique quotes and pictures. There's a lot to choose from, so it should not be hard to find one that suits your tastes. If you are looking for something more practical, we also sell calendars that have a motivational quote for each month.

Purchase New Office Furniture

One last thing you can do to get ready for the New Year is to buy some new office furniture to use. There is a good chance that you have been using the same furniture in your office for a couple years now. You want to be as comfortable as possible while you are working, so you should look into buying some new furniture for the office when the New Year starts. If your office chair is looking a bit old, consider buying a new one so you can have something comfortable to sit on for the rest of the year. Pick up a new work desk if the one you have right now is looking a bit shabby. Updating your furniture is one of the best things you can do to get ready for the New Year.

TAKING STOCK OF WHERE WE ARE: WITH 2025 ON THE HORIZON!





"All change starts with SELF, Change starts with ME"

Article published by Dr Augusta Dorning in October 2024

ealthcare has been abuzz with anticipation and possibility in 2024!

In South Africa, our President signed the National Health Insurance Act, Act 20 of 2023 into law! As the months draw on now, we see so much developing around this groundswell.

On our Continent many countries such as Ethiopia, Kenya, Ghana and Zambia are making headway with implementing Universal Health Coverage (UHC).

Back home in South Africa, what we know for sure is that there is going to be a lot to do to get us ready for the new system.

So, knowing the context, where do you stand?

Are your skills -fit and attitude-ready for what needs to happen to provide equitable access to healthcare to every citizen of South Africa.

If you work in the public healthcare sector, are you helping to build and strengthen the system, to grow skills, to be aware of the critical success factors for an extraordinary patient experience?

If you work in the private healthcare sector, are you personally having collaborative conversations with your colleagues in the public sector. We all live in communities where we co-exist and there is no better place to start than in our own community.

But as you know, all change starts with SELF. Change starts with ME – I need to be the change I wish to see, as Mahatma Ghandi said.

An exercise in reflection that I always recommend is that contained in YearCompass.com. Conceptualised in 2012, this process has been central to helping people take stock– millions of them.

The process helps you design your ideal self. With a set of carefully selected questions and exercises, The Year Compass helps you uncover your own patterns and design the ideal year for yourself. By completing the exercise, you will learn from your mistakes, celebrate your victories and set out the path you want to walk. All you need is a few hours and the booklet (it is available free of charge to download and print out, or to use electronically).

If, during the process, you would like to engage further with either a coaching or mentoring process, look out for my invitation to partake in one (1) of six (6) pro bono opportunities. The invitation will feature on my LinkedIn page called "Extraordinary Talent of Africa".

All the best for 2025 and I look forward to being in conversation with you again!



Article by Dr Augusta Dorning

The Healthcare Executive, Speaker, Multi Award Winning Leader, Influencer, Serendipiter, Author, Academic, Executive Coach and Mentor who is passionate about people and bringing healthcare to every person in Africa!



Boost Your Brand in 2025 on a Budget!

"You can create a strong brand presence on a budget, and position your business for success in 2025"

Article by Shaun Koneight published on 06 October 2024

s a start-up business owner, your venture's success heavily depends on how visible and memorable your brand is.

But building that kind of visibility doesn't need to break the bank. In fact, with right strategies, you can create a strong brand presence on a budget, and position your business for success in 2025.

Quote: "Your brand is what people say about you when you're not in the room." – Jeff Bezos
By focusing on low-cost brand awareness strategies, you can reach your target audience effectively, even with limited resources.

Let's explore some practical steps to help your start-up stand out and thrive in the competitive market.
5 Practical Tips for Start-Up Business Owners:

Leverage Social Media: Being consistent with your social media presence is key. Post regularly, engage with your audience, and showcase your expertise in your industry. Use platforms like LinkedIn, Instagram, and Twitter to build your brand's identity and connect with potential clients.

Collaborate with Micro-Influencers: Micro-influencers have a more engaged and authentic audience. Partnering with influencers who resonate with your target market can create genuine word-of-mouth promotion without the high cost of celebrity endorsements.

Encourage Word of Mouth: Word of mouth is still one of the most powerful tools for brand growth. Encourage satisfied customers to share their experiences and incentivize referrals. A simple discount, free product, or shout-out can motivate customers to spread the word.

Attend Local Events: Your community can be your biggest asset. Attend or sponsor local events where you can network and introduce your brand to people who may become customers, partners, or supporters.

Create Valuable Content: Sharing valuable content like tips, advice, and stories can help position you as an expert in your industry. Blog posts, newsletters, and video content allow you to offer something helpful to your audience, which in turn strengthens their trust in your brand.

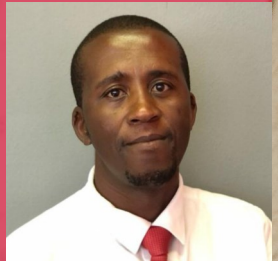
Ready to take your brand to the next level without breaking the bank? Let me help you create a customized strategy to boost your brand's visibility and attract more clients in 2025!

Reach out to me today for a personalized session. If you found this newsletter useful, please share it with your network and recommend my services to a friend who might need them.

Don't forget to subscribe for more actionable insights to help your business thrive!

Shaun Koneight
Empowering Start-Ups with Expert Business Planning, Proposal Writing, Brand Awareness Strategy & Top of Mind Marketing Strategy.

Connect @ LinkedIN





Article by Dr Nomntu Melitafa (PhD)

Nurse Leadership and Patient Expectations: Part 2



ntroduction

The patient-centred leadership involves mastering leadership qualities, which every nurse can acquire. The goal is to provide patient-centred care and establish partnerships with patients and their families while also improving the efficiency and effectiveness of care to maintain high-quality standards.

Personal and Behaviour Related Barriers

The kind of nurse-patient relationships established between nurses and patients and their caregivers will affect how they communicate.

Since nurses and patients may have different demographic characteristics, cultural and linguistic backgrounds, beliefs, and worldviews about health and illnesses, nurses', patients', and caregivers' attitudes can affect nurse-patient communication and care outcomes.

For instance, differences in nurses' and patients' cultural backgrounds and belief systems have been identified as barriers to therapeutic communication and care.

The patients' beliefs and cultural backgrounds might be affected in communication with nurses. Also religious beliefs might impact communication, example, some patients refused a blood transfusion and Muslim patients refused female nurses to attend to them because of their religious beliefs.

Then, when nurses and patients, have misconceptions about one another due to conflicting belief systems, dissatisfaction about the care provided, or patients' relatives this might interfere the care process, nurse-patient communication, nurse-patient relationship and patient-centred care are affected.

Furthermore, when nurse-patient communication is affected, patients fail to observe nurses' recommendations regarding the health issues or advices then negative attitudes kick in and misunderstanding.

Bad attitudes or disrespectful behaviours between nurses and patients can inhibit nurses' ability to provide person-centred care. The above mentioned problems, provide evidence on how nurses and patients' behaviours can affect nurses' ability to communicate and deliver patient-centred care effectively.

Additionally, when nurses fail to listen to patients' concerns, they can coerce patients to obey their rules and instructions or fail to provide patients with the needed information, nurse-patient communication and patient-centred care practices suffer and nurse's attitudes can constrain care outcomes.

On numerous occasions, due to high workload, inadequate time, poor remunerations, and shortage of personnel, some nurses can develop feelings of despair, emotional detachment, and apathy towards their job, which can lead to low self-esteem or poor self-image, with negative consequences on nurse-patient interactions.

The significance of effective communication on care, overcoming the above personal and behaviour related barriers to patient-centred care and communication is crucial.

Nurses, patients, need to reflect on the consequences of their behaviours on the care process. Thus, overcoming these barriers begins with embracing the facilitators of patient-centred care and communication, which we turn to in the next section.

"Bad attitudes or disrespectful behaviours between nurses and patients can inhibit nurses' ability to provide person-centred care"

Article by Dr Nomntu Melitafa (PhD)
Nelson Mandela University
Eastern Cape Province,
South Africa





"My business life hasn't affected my family life at all, in fact it has made us to be more closer, since most of the time I work with my fiancé"

Lebogang Nthite
A Go-getter

Who is Lebogang Nthite?
Lebogang Nthite, is just a farm girl, from the dusty roads of a village called Madidi in the North West Province, a mother of one, a nurse by profession and a Nursepreneur.

How has your early life been?
I grew up like any other child, we're five siblings and am the fourth one in the family.

Do you have a nickname?
I don't have a nickname.

Who is your first Love?
God the Almighty.

What games did you enjoy the most while growing up?
We used to enjoy playing a hide and seek game.

What do you do first thing in the morning?
I pray every morning, before I do anything else.

What personal strengths would you like to motivate your admirers with?
'Be bold and be a go-getter'.

Who do you spend most of your time with?
I spend most of time with my fiancé.

Who is your celebrity crush?
I don't have a celebrity crush.

How would someone get your special attention?
I always give attention to straight talkers.

What is your favourite dish?
Macaroni and mince, that's my favourite dish.

What are your favourite moments?
My favourite moments, it's when I am in the business practice, doing my job, regardless.

What is your favourite car brand?
Jeep is my favourite car brand.

What is your favourite sport?
Football.

What career did you choose and why?
I chose nursing as a career, because I love taking care of others and seeing them getting healthy because of the comfort that I give.

What ranks did you go through to be where you are currently?
I started as a caregiver, then enrolled myself to become a staff nurse, later in 2018 I enrolled for diploma in nursing, now am busy studying for my degree in community development.

Do you think your career was the best choice and why?
My career was and it's still my best choice. I always loved nursing even before I began with my career.

If you could, what would you change in the world?
I would reduce the crime rate in our country.

If you were to write a book about yourself, what would you name it?
It would be named "My journey as a Nursepreneur"

What are some of the mistakes you wish you could have avoided in life?
Taking gap years during my study career.

What is the name of your company and what is its specialty?
The name of my company is Le'flora Wellness Clinic, we specialize in expanded program for immunisation and managing childhood illnesses, I am also a founder of Nurse's Vision Holds Power; it's a platform for nurses looking for empowerment and guidance into becoming Healthpreneurs

How did you come up with the name for your company?
Le'flora Wellness Clinic, I named it after my late mom Florence, she was a very strong woman, who left everything just to be a stay home Mom to raise us.

What made you decide this type of business?
I decided this type of business, because of the area I was in, Rosettenvile, I saw how our fellow African brothers were struggling to be assisted in our own government clinics, then I decided to give them the services at an affordable price.

How did you know that you had the right idea?
I believe in my ideas more than anything else.

What was your key driving force to become an entrepreneur?
To serve the nation.

What kind of values exist in your organization?
"A healthy child is a healthy community."

Where do you see your company in five years?
I see my company having five more branches across the country, currently, we have three branches around Gauteng.

How many hours do you work on average, per day?
I work eight hours per day in the office, but I always carry my office work home to continue with admin duties.

How has your business life affected your family life?
My business life hasn't affected my family life at all, in fact it has made us to be more closer, since most of the time I work with my fiancé.

What motivates you in your entrepreneurial journey?
Knowing that my patients believe in my abilities as a nurse and am never compared with other health practitioners.

What are your principles?
One of my principles, "never change your goals, rather change your plan".

How do you define your success?
Success.. the fact that you are not on the same spot you were yesterday, to me you have succeeded.

"If Nursepreneurship is a long road, then start today"

What service(s) or product(s) do you offer?
Our services are: baby immunisations, family planning, circumcision, wound care, HIV testing, mother and childcare, Pap smear and general medical checkups.

Does technology work for your business and how?
Technology works for my business, of late I am no longer using manual files for patients, everything is digital.

Who has been your greatest inspiration?
Lerato Mthunzi, she has always been my greatest inspiration.

What is your greatest strength?
My greatest strength is believing in myself.

What is your greatest weakness?
My weakness is believing anything that people say about themselves, I never doubt what people say about themselves.

What piece of advice would you give to those who want to become entrepreneurs in your sector?
My advice to upcoming Nursepreneurs is that 'get yourself a mentor, acquire knowledge and do your research.

If you had a chance to start your career over again, what would you do differently?
If I were to start my career again would enrol straight for degree in nursing.

What would you say are the top three skills needed to be a successful nursing leader?
My top three skills of being a leader 1, be ready to share with your followers 2, continue looking for a better tomorrow 3, to give your followers a chance to make changes in the organisation, it's never about the leader, it's about a team.

What is your daily slogan?
"If you want to go fast go alone, but if you want to go far go together".

How do you describe your leadership in one word?
The Last.

What is your advice to the young nurses?
My advice to them, is that if Nursepreneurship is a long road, then start today.



Article by Tang See Kit, published by www.channelnewsasia.com on 18 February 2024

Never Too Old: She's been a nurse for six decades, but this 81-year-old doesn't want to quit



“You have to be very observant and react quickly”

In the fourth part of a series on elderly who choose to spend their golden years working, CNA speaks to SGH nurse Loke Lye Chan, who says the thought of retiring never crossed her mind.

SINGAPORE: Enter one of the rooms in the basement of Singapore General Hospital’s (SGH) main building and a constant clanking and rattling of metal greets you.

One side of the room is filled with metal shelves, each neatly stacked with packages of varying sizes. Each package contains a complex set of surgical tools, with the heaviest weighing 10kg. These shelves are grouped according to departments, as seen from a myriad of signs such as orthopaedic, ENT surgery, neurosurgery, plastic surgery and dental.

Beyond the maze of shelves are washers, sterilising machines, trolleys and busy healthcare workers in scrubs. This is where employees of the sterile supplies unit work round the clock to clean, assemble and pack surgical equipment used by operating theatres and procedure rooms throughout SGH, and even the nearby heart and eye centres. One of them is senior enrolled nurse Loke Lye Chan, who makes sure that sterile surgical tools reach the hands of those who require them to save lives every day.

Madam Loke has been working at SGH for six decades, but the 81-year-old said the thought of retirement never crossed her mind. “If I’m healthy, I will continue to be a nurse,” she told CNA in an interview earlier this month. “My job is very professional and I like my job very much. If not, I wouldn’t work until today.”

It seemed like a good opportunity given how nursing is a “very noble” profession, she recalled. While unsure if she would make the cut, she decided to give it a shot.

Then just 20 years old, she made it through the selection process and went through training for nearly two-and-a-half years at the now -demolished Thomson Road Hospital.

Some days could drag on but the second eldest of seven children did not think it was unbearable. “After I got (the training), I was very happy,” she said. “It’s not tough. It’s okay, you just have to be patient and tolerant.”

Upon graduation, Mdm Loke joined SGH and started with a short stint at the wards. This was where one of the most memorable experiences in her career happened. A delirious patient mistook her for someone else and threatened to punch her. “I screamed and ran away but he chased after me. Luckily, my colleagues came to help,” she recalled.

The episode, while frightening, did not make her have second thoughts about becoming a nurse. Soon after, she was transferred to the hospital’s operating theatres where her responsibilities included monitoring and caring for patients before and after surgery. She had to be on her toes all the time there as life-and-death situations could occur anytime, especially for patients who had just undergone surgery.

“One time there was a patient who suddenly turned blue (in the face) ... No time to be nervous or what, you just do what you need to do,” she said.

“You have to be very observant and react quickly. If not, people die.”By then, Mdm Loke realised that she had fallen in love with nursing.She has always been a helpful person, eager to extend a helping hand to strangers in difficulties or care for those around her.

This job fitted her personality like a glove and brought her great joy when patients under her care got better and eventually be discharged.

“Looking after patients makes me happy,” said Mdm Loke, noting that empathy is at the heart of good nursing. “You must always put yourself in the patient’s shoes. If you cannot do that, there’s no point in becoming a nurse.” To read more on this story visit www.channelnewsasia.com.

Mastering Nursing Interviews: Tips for a Successful Nurse Job Interview

Article by Nigel Cameron-Davies: Director & Senior Consultant, Mednurse, published on 7 October 2024

Nursing is a rewarding but demanding profession. It requires not only medical knowledge and technical skills but also compassion, patience, and the ability to work under pressure.

When it comes to landing a nursing job, the interview process can feel challenging.

Interviews are your opportunity to show that you have what it takes to handle the responsibilities of being a nurse.

Having worked as a nurse recruiter for close to 8 years, I've seen what works and what doesn't in interviews.

In this article, I'll share practical tips to help you prepare for your nursing interview, so you can confidently present yourself as the right candidate.

1. Understand the Role and the Employer

Before your interview, it's important to know the job and the employer. Different nursing roles—like working in an emergency room, ICU, or maternity ward—come with their own challenges. It's important to research and understand the specific responsibilities and expectations of the job you're applying for.

Read the job description: Make sure you fully understand what's required for the role.

Learn about the healthcare facility: Whether it's a hospital, clinic, or specialist unit, take time to understand its mission and values. You'll want to show the interviewer that you align with their goals.

Know the department or ward:

If you're applying to work in a specific unit like a Neonatal Intensive Care Unit (NICU), read up on best practices and the latest advancements in that area. This shows that you're committed to the job.

By researching the role and the employer, you'll be better equipped to answer questions and show you're genuinely interested in the job.

2. Prepare for Common Interview Questions

Nursing interviews often include a mix of questions about your clinical skills, how you handle pressure, and your personality. It's important to prepare answers that show you're both skilled and compassionate. Here are a few common questions and tips on how to answer them:

a. "Tell me about yourself."

This is usually the first question you'll get in an interview. Focus on your nursing experience, your education, and why you're passionate about nursing. Keep it short and to the point, highlighting why you're a good fit for the role.

Example answer:

"I've been a registered nurse for five years, working mostly in the ICU. I enjoy working in fast-paced environments and am passionate about patient care. I'm looking for an opportunity to continue developing my skills while contributing to a dedicated team."

b. "Why did you become a nurse?"

Interviewers want to know what motivates you. Be honest but try to tie your answer to qualities that make you a good nurse, like empathy, hard work, and dedication.

Example answer:

"I became a nurse because I've always wanted to help people. I saw how nurses made a difference in my family's lives when my grandmother was ill, and I wanted to do the same for others."

c. "Can you tell us about a time you had to deal with a difficult patient?"

Nurses often deal with difficult patients or family members, and interviewers want to know how you handle such situations.

Use the STAR method—Situation, Task, Action, Result—to structure your answer.

Example answer:

"A few months ago, I had a patient in the oncology unit who was very anxious and upset about his treatment. His family was also worried and would constantly ask questions. I made sure to listen carefully to their concerns, explained everything in simple terms, and reassured them that we were doing everything we could. Over time, they became more comfortable and trusted our care."

d. "How do you handle stress at work?"

Nursing can be stressful, and interviewers want to know that you can manage the pressure. Explain the strategies you use to stay calm and focused on the job.

Example answer:

"I prioritize my tasks by urgency and try to take short breaks when I can. I also rely on my team for support, and after my shifts, I like to relax by exercising or spending time with family to recharge."

3. Show Your Clinical Skills

Besides talking about your personality, you'll need to prove that you have the right nursing skills for the job. Be prepared to discuss key areas of your nursing practice, such as:

Patient assessment: Explain how you assess and monitor patients' conditions.

Medication administration: Talk about your experience with common medications and how you ensure proper dosages.

Wound care: Show that you understand wound care protocols, especially in units where infection control is crucial.

Documentation: Explain how you maintain accurate and complete patient records.

It's a good idea to share specific examples from your experience. For example, you might describe how you quickly responded to a post-op patient showing early signs of infection, ensuring timely intervention.

4. Teamwork and Communication Skills Are Key

Nursing is a team effort. You need to communicate effectively with doctors, nurses, patients, and their families. Interviewers will want to see that you can work well with others and handle conflicts professionally.

Be ready to share examples where you:

Collaborated with a team: Describe a situation where you worked with a team to provide excellent patient care.

Communicated with patients and families: Talk about how you explain medical information in ways that patients and their families can understand.

Resolved conflicts: If you've had to deal with conflicts among colleagues or patients, explain how you resolved the issue calmly and professionally.

Example answer for teamwork:

"In the ICU, teamwork is critical. One night, we had three new admissions within an hour, all in serious condition. I coordinated with my fellow nurses, the doctors, and respiratory therapists to ensure each patient got the care they needed without delay. Clear communication and teamwork helped us manage the situation effectively."

Interviewers want to know what motivates you. Be honest but try to tie your answer to qualities that make you a good nurse, like empathy, hard work, and dedication.

Example answer:

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Nurses often deal with difficult patients or family members, and interviewers want to know how you handle such situations. Use the STAR method—Situation, Task, Action, Result—to structure your answer.

5. Be Ready for Scenario-Based Questions

Many nursing interviews will include scenario-based questions. These questions test how you would handle real-life situations on the job. The interviewer might ask, for example, how you would respond if a patient went into cardiac arrest or how you would manage multiple patients at once.

When answering, focus on patient safety, staying calm under pressure, and following proper procedures.

Example answer for a medical emergency:

"If a patient went into cardiac arrest, I would immediately call for assistance and start CPR. Once help arrived, I would work with the team to stabilize the patient and ensure all steps were documented properly."

6. Body Language and Presentation Matter

How you present yourself in an interview is just as important as what you say. Keep these tips in mind:

Eye contact: Make eye contact with the interviewer to show confidence and attentiveness.

Posture: Sit up straight and avoid crossing your arms, which can seem defensive.

Dress professionally: It is always best to interview in your uniform, however if you are a scrub sister dress in business attire to show you take the process seriously.

Uniform reflects professionalism to the profession!

A positive, confident attitude can make a big difference in how you're perceived during the interview.

7. Ask Thoughtful Questions

At the end of the interview, you'll usually be given a chance to ask questions. This is a great opportunity to show that you've done your research and are truly interested in the position. Avoid questions that could easily be answered by looking at the company's website. Instead, ask thoughtful questions like:

What are the main challenges this department faces?

Can you tell me about the orientation and training program for new nurses?

How is success measured in this role?

Are there opportunities for continuing education or advancement within the hospital?

These questions show that you're thinking about how you can contribute to the team and how the hospital can support your growth.

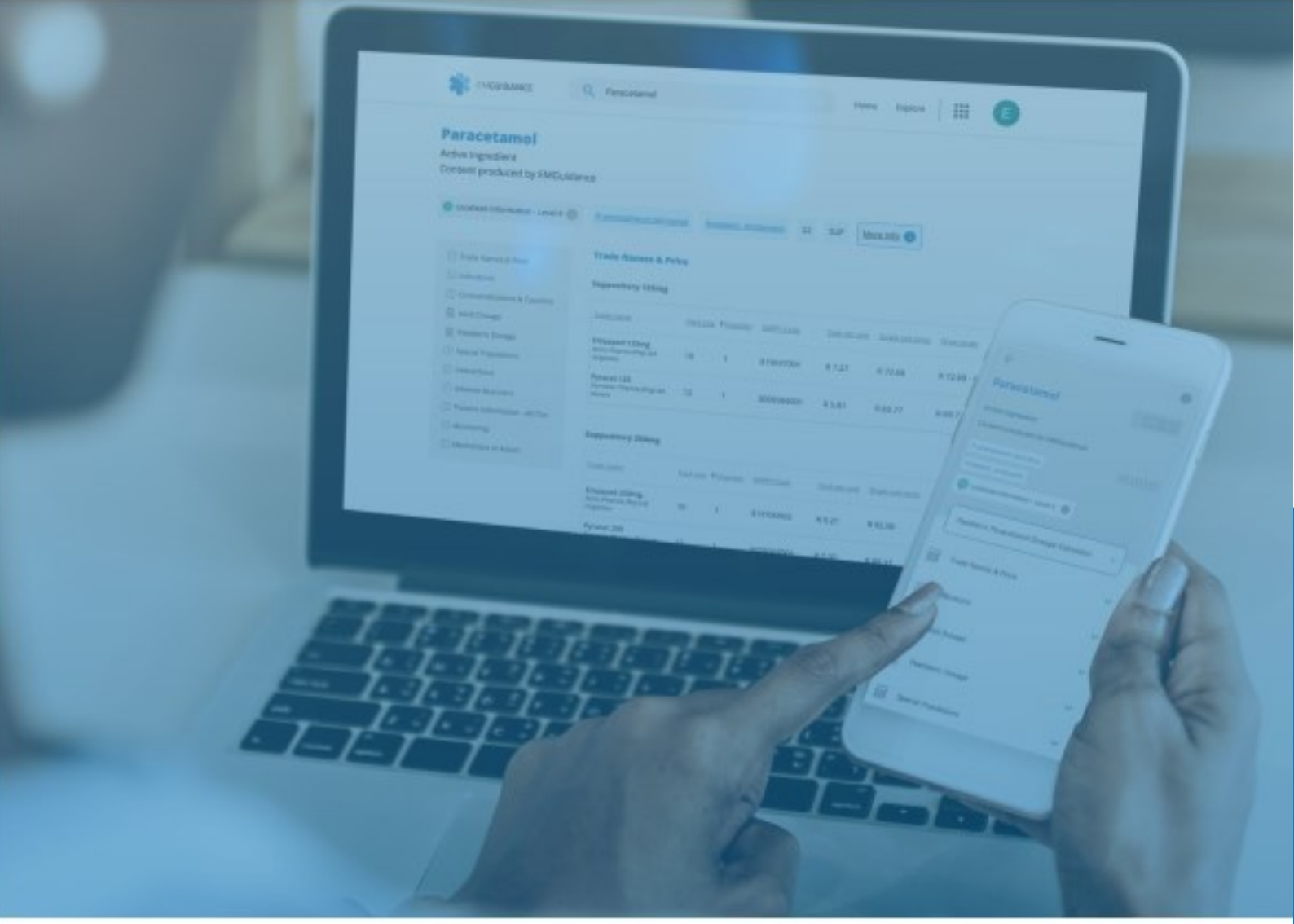
When to Ask About Salary?

Salary is an important part of any job, but timing is key. It's best to wait until the employer brings up the topic, or to ask after they've shown interest in hiring you. If they haven't mentioned salary by the end of the interview process, it's okay to ask politely.

You can ask a question like, "Could you provide more information on the compensation package for this role?" This keeps the conversation professional and focused on the full package of benefits, not just the base salary.

Article by Nigel Cameron-Davies
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Western Cape Province, South Africa





Empower Your Nursing Career with **EMGuidance**

The Free Platform Helping Nurses Thrive in Their Practice

Every nurse begins their career with a passion to make a difference. Whether it's administering life-saving treatments or offering comfort at a patient's bedside, nurses are the frontline heroes that patients rely on. But even the most experienced nurses can face moments of uncertainty, when they don't have all the answers at their fingertips.

Making the right decision in these critical moments requires confidence, knowledge, and access to reliable information. That's where EMGuidance, a free-to-use platform for healthcare professionals, steps in. With its range of clinical tools and resources, EMGuidance ensures that nurses are always empowered to provide the best possible care.

EMGUIDANCE

Your Trusted Partner in Patient Care

Patients trust healthcare professionals to know exactly what to do, but behind every confident decision is a wealth of knowledge that needs to be readily available. For nurses, the pressure to balance a heavy workload, provide optimal care, and make swift decisions can be overwhelming. However, with EMGuidance, the right information is never out of reach.

Consider Nurse Lerato. She's midway through a shift, facing a prescription for a medication she's unfamiliar with. The clock is ticking, and she needs to make sure the medication is safe for her patient. With EMGuidance, Lerato quickly inputs the medication name and instantly receives crucial details: dosage guidelines, medication interactions, and potential side effects. Armed with this information, Lerato confidently administers the medication, knowing she's providing the best care possible.

EMGuidance offers nurses the resources they need to thrive in their roles:

- **Medicine Information:** Access over 1,500 medicine information monographs, including local trade names and pricing, ensuring you're well-informed on every prescription.
- **Clinical Guidelines:** Get the latest clinical protocols relevant to South Africa, developed in collaboration with leading medical institutions, societies and the National Department of Health.
- **Interaction Checker:** Ensure patient safety with the built-in medication interaction checker, preventing harmful combinations.
- **Medical Calculators:** Use tools like BMI calculators, vaccine catchup calculators and IV flow rate calculators to make precise, data-driven decisions in patient care.
- **Offline Access:** Even in low-connectivity areas, EMGuidance has you covered with offline access to downloaded guidelines.
- **Continuous Learning:** Continue your professional development with courses and CPDs helping you stay current while you work.

A Free Platform for Nursing Stars

EMGuidance is more than just a resource—it's a platform that empowers nurses to make informed decisions and deliver the highest quality care. Best of all, it's free for healthcare professionals, ensuring that every nurse, no matter where they are in their career, has access to the tools they need.

Start Your Journey Today

EMGuidance is available on both mobile and web, designed to support you in every shift, every ward, and every patient interaction. Sign up today and join the growing community of healthcare professionals who are transforming their practice with the power of EMGuidance. Because with the right tools, you can become the nursing star you were destined to be.

Sign Up and Win!

As a special offer, we're giving nurses even more reason to sign up. Simply sign-up to EMGuidance and send us the phrase "NursingStars" through the chat feature and you'll be entered into a draw to win a R1000 Takealot voucher! This is your chance to enhance your practice and get rewarded for it. Competition ends 20 December 2024. T's &C's apply.

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TJ Baloyi

A survivor, Father, Nurse, Model and a Contestant of Mr SA 2024



"I learned at a young age that there's no way to go but upward"

Who is Tshimane Joseph Baloyi?

Tshimane Joseph Baloyi, was born in 1991 in Bela Bela, Limpopo, South Africa and grew up in Moloto, in the Mpumalanga Province. I grew up in a nuclear family, my father was always on the road so at home was mostly my mother and my paternal uncles. I lost my father at age 12 and my mother when I was 15 years old. I can say one thing about myself, I grew up in survival mode. And that's why I must always keep on moving because I learned at a young age that there's no way to go but upward.

What is your birth month?

December.

Who is your lifetime friend?

Given Mahlangu

Who is your lifetime neighbour?

Given Mahlangu

Who is your lifetime colleague?

Sendry Nkuyusa

What is your soul food?

Pap, spinach and beef stew, you know Mama style.

What is your favourite garment?

I basically don't like clothes, so I feel comfortable in tank tops and track pants.

What do you like the most between sunrise and sunset? Why?

Sunset, it gives me rest, hope and a chance to prepare for fight and survival throughout a new day.



"I can say one thing about myself, I grew up in survival mode"

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

Sunday, it's a calm day where I get to relax and just focus on me and my inner peace, it is also a day where I feel like being home and just bond with family.

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

I love talking to myself. I cannot finish a day without having spoken to myself, furthermore, it would be Given, my friend.

What are your values?

Integrity, dignity, respect, protection, sense of self, intelligence, and willingness.

What is your favourite spot?

Home.

Why did you choose nursing?

Prior my application I was idling and it felt as time wasting, besides, I had just become a father, so all in all I was doing it for my son as much as I was doing it for myself, but yeah... he was my motivation.

Who is your role model?

Thomas Mfundisi Baloyi (my father)

How were your college days?

The first six months were the best and then I met someone and dated her, well.. yeah... from that time onwards it was just neutral, I never enjoyed much of it for the next two and half years, it was just okay. Although my final year was the busiest with me being a senior student and part of the student representative counsel, but it was the best .



"So all in all I was doing it for my son as much as I was doing it for myself"



o you recall any naughtiness?

During my college years I can say that I was more focused on completion. However all the naughtiness involved lying to managers during placement and altering off duties so we could have all weekends-off. And you know, alcohol in class after those busy weekends, and sneaking it in to the residence.

What was the prevalent college culture then?

I think what brought us together was college activities and alcohol. Well, more responsibly we loved doing it exclusively but then the residence didn't allow alcohol. So, it would have to be outdoors and again, Sundays were the best times for that.

What kind of student were you?

I was quiet, calm, and reserved but still, the most reliable and participative one.

What remarkable lesson did you take with you from the college?

After all is said and done, it's always me against the world. "And in whatever you do, just don't forget to live and have fun while doing it".

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

I started my Community Service on 02/01/2019. It was a feeling I couldn't explain, as I was ready to be a nurse. Besides, I came across characters I wish I met them during my college years. Being in a ward, with such amazing colleagues, subordinates, and patients was spectacular. I was with a team that was always available, reliable and would make a work environment a tolerable place.


"I was quiet, calm, and reserved but still, the most reliable and participative one"

ow old were you when you became a nursing professional?

I was 27 years old.

What is your current role in nursing?

I am a Clinical Assistant/Scrub Nurse

What is your greatest skill?

Leadership and am self-initiative, being patient care or representative. Besides, I am model.

What is the hardest experience about being a passionate community serving nurse?

The hardest experience is the lack of support from the department of health and the treatment from management and community. We have served with no acknowledgement and appreciation for years.

In your current position, what are you passionate about?

I am currently practicing to be more independent and co-dependent, and I am surrounded by the best and supportive team. The procedures we do in practice, so yeah, I enjoy the days where we are doing gastroscopies and colonoscopies. It's an experiential learning.

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

I am qualified as a registered nurse, been a shift leader and of late our senior always delegates me to be the acting Operational Manager when she is on leave.

What highest rank have you achieved?

The acting Operational Manager, although it is short lived experience but most proud moment.


"We have served with no acknowledgement and appreciation for years"

ow do you handle stressful issues?

I don't crack my head when under pressure or stress but at the same time I don't want to be interrupted when I'm in the zone. I'm a chess player, so every move is always thought through. Hence, the key is always to remain calm and let it fall into place.

What are your professional values?

Loyalty, honesty, professionalism, respect, teamwork, trustworthiness, goal driven and again in whatever I do I just breathe and have fun.

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

I have always been firm and fair and still had fun while doing it. And yes, not everyone would like me for doing what I do, as it is impossible to please everyone, but we should we should keep it real.

Do you think nursing management is universal? Why?

No its not, I believe that the nursing management as a whole is autocratic and bias. Look at the current situation in public hospitals; we are understaffed, undervalued, undermined and overworked yet also not appreciated all in the name of "nursing is a calling, and not a profession" but only when it's suitable for them.

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

Growth, as individuals and as professionals we just want everyone to grow and be happy with what they have become.

Are you achieving them?

I believe I am well on my way. Although it is taking me a while but I'm consistently stepping that ladder up. Besides, I completed NIMART and Dispensing course. Even though my future in healthcare is bright but this course is not subjected to nursing only. And whoever will follow in my footsteps I wish them nothing but the best.



"I have always been firm and fair and still had fun while doing it"

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

No, you see, I never wanted to lead anyone, I just wanted to lead with them. No man is an island.

How do you describe your leadership in one word?

Democratic.

What exceptional role do you play in the nursing sector?

I am the change I want to see.

What exceptional role do you play in your community?

I have always wanted to be the beacon of hope, more especially in my community. I am pursuing to use my profession and my modelling career to prove to the young ones that anything is doable. Even though my pursuit is already evident, however I have to work harder to prove more. My main aim is to be their role model that will utter a phrase "never give up" with some proof.

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

In most cases, as nursing professionals, we are being undervalued, undermined, overworked and unappreciated.

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

The two groups need to come together and re-evaluate their goals and intentions for the better future and relations.

How can trust be established between the two groups?

A government that puts its people first is a government that will listen and mend the differences between the two. Also its support to all the public servants referred to as "essential workers" is essential. Governments are to step up and play a crucial role in this regard.



"I am pursuing to use my profession and my modelling career to prove to the young ones that anything is doable"

as nursing changed for the better?

Yes, it has, the governing body is constantly trying to embellish that structure.

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

If we persevere and unite, there is no way we cannot achieve that, so yes, I do see that possibility.

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

The application of quality and effective communication

How can young nurses keep rekindling their passion?

They should not be held down, no matter what. Instead they should explore all opportunities and if it no longer serves the purpose they should let go and accept change and growth.

What higher education should one acquire to reach a level?

A diploma or a degree in nursing

What is your advice to the nursing leadership?

Rather than telling nurses to go back to basics, they should also accept modern change and growth.

Always remain calm because no matter what you do to alter the situation, fate always prevails, and instead of wasting time in trying to achieve what you cannot be, rather have fun and do what must be done to be able to adapt to the change that is coming. Change will always come, accept it and deal with fear later, whilst adapting. "Hardest choices require, the strongest will." by Thanos.

What is your advice to the young nurses?

Keep growing.

What is your advice to the nursing students?

Don't allow the current system to demoralise you.

How do you perceive the future of nursing?

At this rate natural selection isn't favourable to our profession, either a future without nurses or with mediocre nurses. I will be until change and growth is allowed to keep nurses in the profession.

"Change will always come, accept it and deal with fear later, whilst adapting"





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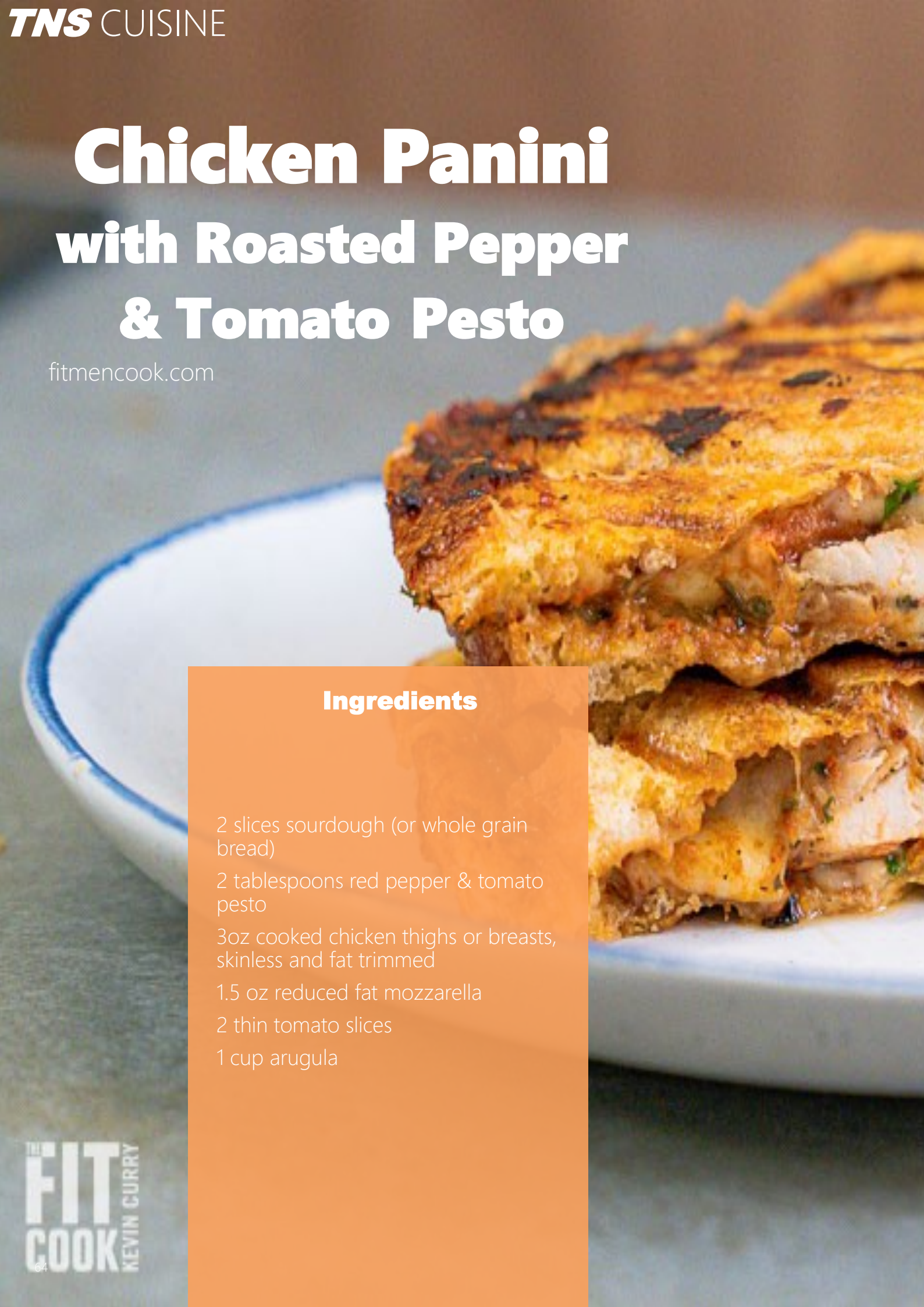


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Go to Settings to activate Windows

enursingstarsmagazine.co.za

Chicken Panini with Roasted Pepper & Tomato Pesto

fitmencook.com



Ingredients

2 slices sourdough (or whole grain bread)

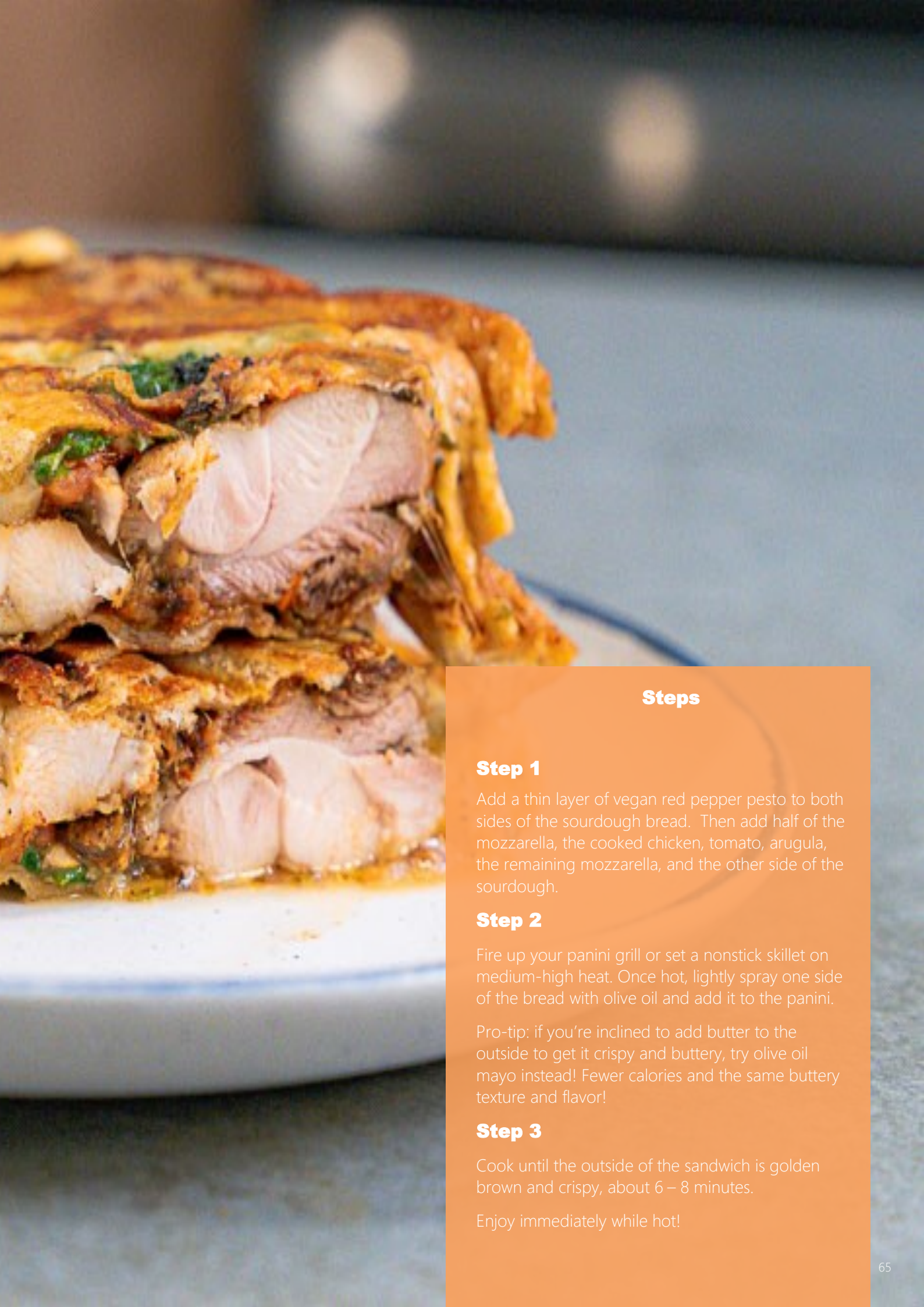
2 tablespoons red pepper & tomato pesto

3oz cooked chicken thighs or breasts, skinless and fat trimmed

1.5 oz reduced fat mozzarella

2 thin tomato slices

1 cup arugula



Steps

Step 1

Add a thin layer of vegan red pepper pesto to both sides of the sourdough bread. Then add half of the mozzarella, the cooked chicken, tomato, arugula, the remaining mozzarella, and the other side of the sourdough.

Step 2

Fire up your panini grill or set a nonstick skillet on medium-high heat. Once hot, lightly spray one side of the bread with olive oil and add it to the panini.

Pro-tip: if you're inclined to add butter to the outside to get it crispy and buttery, try olive oil mayo instead! Fewer calories and the same buttery texture and flavor!

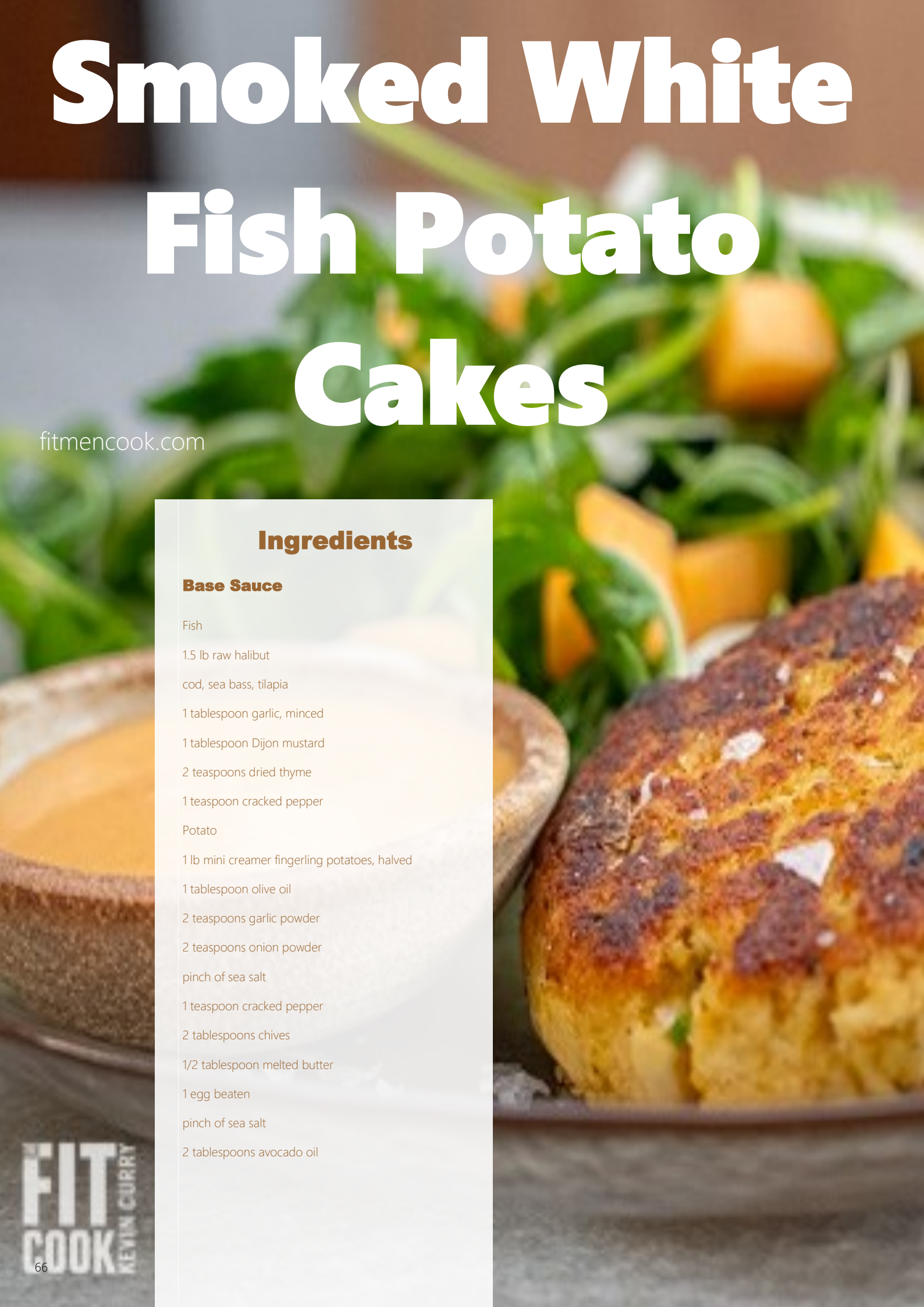
Step 3

Cook until the outside of the sandwich is golden brown and crispy, about 6 – 8 minutes.

Enjoy immediately while hot!

Smoked White Fish Potato Cakes

fitmencook.com



Ingredients

Base Sauce

Fish

1.5 lb raw halibut

cod, sea bass, tilapia

1 tablespoon garlic, minced

1 tablespoon Dijon mustard

2 teaspoons dried thyme

1 teaspoon cracked pepper

Potato

1 lb mini creamer fingerling potatoes, halved

1 tablespoon olive oil

2 teaspoons garlic powder

2 teaspoons onion powder

pinch of sea salt

1 teaspoon cracked pepper

2 tablespoons chives

1/2 tablespoon melted butter

1 egg beaten

pinch of sea salt

2 tablespoons avocado oil



Steps

Step 1

Set a grill on 300F and add your choice of wood for smoking. I used hickory.

Note: if you don't have a grill, set the oven to 350F/176C.

Step 2

Place the potato halves on parchment paper, season and toss together in oil. Then wrap potatoes in the parchment, and then wrap the parchment in foil.

Place on the grill to cook and soften for about 30 minutes.

Step 3

Rub the seasonings all over the fish and place on a soaked wooden plank. Set the fish on the grill away from the heat, not directly above it, and begin smoking for 25 – 30 minutes or until cooked through.

Alternatively, place the fish in a baking dish and bake in the oven for 20 – 25 minutes or until cooked through.

Step 4

In a large mixing bowl, add the cooked potatoes and mash while hot. Set aside to cool until you can comfortably touch it with your hands.

Flake the fish, without the skin, into the mixing bowl and gently mash together using a fork. Then add the remaining ingredients to a bow. Use your hands to mix all the ingredients to make a batter.

Step 5

Use an ice cream scoop to measure out 12 fish cakes equally. Roll them into a ball, then flatten them. Place in the fridge to harden before cooking them in a skillet.

Step 6

Place a nonstick skillet on medium-high heat and when hot, add oil. Add potato cakes and cook on each side until golden brown, about 4 minutes per side. Then place on a cooling rack. Enjoy with a side salad and sauce like chipotle aioli.



Mixed Seafood Poke Tower with Light Spicy Mayo Sauce

fitmencook.com



Ingredients

Creamy Spinach Topping

1 tablespoon olive oil

1/2 medium white onion, finely diced

2 teaspoons garlic and herb mixAdd to cart

mixed dried herbs

1 tablespoon garlic, minced

1/3 cup low sodium chicken broth

1 tablespoon arrowroot

corn starch

6oz (1/2 can) lite coconut milk

8oz reduced fat cream cheese

3/4 cup reduced-fat parmesan, grated

4 cups fresh spinach, no stem

1.5 cups frozen spinach, thawed and squeezed to expel moisture

sea salt & pepper to taste

Wellington

1 lb center cut salmon, divided into two 8oz pieces

1 tablespoon dijon mustard

small pinch of sea salt

2 teaspoons fresh cracked pepper

10oz puff pastry, divided into 2 equally sized sheets

phyllo dough

1 whole egg, lightly beaten + 1 tablespoon water

1 1/2 tablespoons raw honey

maple; coconut sugar

3 tablespoons water

add more or less depending on your desired consistency

Optional & Garnish

2 teaspoons sesame oil

green onion, chopped on a bias

sesame seeds

Steps

Step 1

Set a skillet on medium-high heat and add oil and onion once hot. Sauté for about 2 minutes, then add the herbs and garlic and "bloom" the spices for 1 minute.

Step 2

Reduce the heat to medium. Pour in chicken broth, reducing it to about 5% of the liquid. Let almost all of the broth evaporate.

Pro tip: Squeeze some lemon juice (1/2 lemon) in as the broth reduces—it's a good substitute for adding white wine.

Step 3

Sprinkle arrowroot over the onions and stir for 1 minute. Pour in the lite coconut milk and stir, then slowly sprinkle in parmesan, stirring consistently so that the cheese does not clump. Add the chopped spinach and cover for 1 – 2 minutes, or until the spinach wilts. Continue stirring until all of the liquid has been absorbed or evaporated leaving a sticky, cheesy paste in the skillet.

Remove from the skillet and place in a bowl and set in the fridge to chill for at least 10 minutes.

Step 4

Set air-fryer to 400F/204C. Alternatively, set the oven to 420F/216C.

Step 5

Remove any skin from the salmon and divide into two equal 8oz pieces. Rub the dijon on top of the filets and add some cracked pepper on top.

Portion out 10oz of puff pastry and divide into two equal parts. Lightly dust the countertop or butcher block when you handle the dough and gently stretch out the dough using your hands or a rolling pin.

Step 6

Place 1 fillet in the middle of the pastry sheet, add 1/2 of the creamy spinach topping, or enough to cover the top of the salmon. Use your finger or a brush to apply a thin layer of egg wash around the inner perimeter of the puff pastry dough.

Fold one end of the puff pastry over the other to cover the salmon, and use your fingers to firmly press down to seal it closed. Use a knife to lightly cut a shallow diagonal pattern over the top, which will help when the salmon expands and moisture needs to be released.

Repeat.

Step 7

Brush the tops with the remaining egg wash and place them on a baking tray lined with parchment paper, or place a sheet of parchment inside the air fryer on which to rest the salmon.

Step 8

Air fry BOTH for at least 20 minutes, ensuring that at the halfway mark it is not burning. If you are cooking one wellington at a time, then reduce the cooking time to 15 – 20 minutes.

Step 9

Remove from the oven and allow the wellingtons to cool slightly. Then slice them in half and enjoy with a fresh mixed greens garden salad..

Feta Fried Eggs over Sweet Potato Hash Brown

fitmencook.com





Ingredients

140g raw sweet potato, peeled and grated

russet potato

You can use any variety potato

spray oil

1 tablespoon arrowroot powder

cornstarch

1 teaspoon cracked pepper

2 tablespoons feta, crumble

2 whole raw eggs

Garnish

1/4 ripe avocado, slices

1 tablespoon garlic chili crisps

2 tablespoons parsley, finely chopped

Steps

Step 1

Peel then grate the sweet potato into a mixing bowl. Spray with olive oil and dust with the arrowroot. Use your hands to toss the sweet potato in the arrowroot – it should be somewhat sticky.

Step 2

Set a nonstick skillet on medium-high heat. Once hot, lightly spray with olive oil then add the sweet potato.

Note: the flatter and more spread out the sweet potato is in the pan, the crispier it gets.

Step 3

Cook the sweet potato for 5 – 6 minutes, flipping throughout to prevent burning.

Step 4

Once the edges are seared and the sweet potato has slightly changed colour, add the feta crumble and crack 2 eggs on top.

Step 5

Cook until the egg white is cooked through, about 3 minutes, then remove from the skillet.

Step 6

Garnish and enjoy immediately while still warm. BANGIN!!

Quick Refried Black Bean Quesadillas

fitmencook.com





Ingredients

spray avocado oil

1 green bell pepper, sliced

1 red bell pepper, sliced

juice from 1 lime

Beans

1 tablespoon avocado oil (or olive oil)

1 tablespoon garlic, minced

1/2 cup diced onion

1 teaspoon smoked paprika

2 teaspoons cumin

1 1/2 cans (638g) no salt added black beans, drained (1 can = 425g, 1/2 can = 213g)

1 cup water (or more as needed)

sea salt to taste

4 low carbohydrate wheat tortillas

1 1/2 cups Mexican cheese blend

Steps

Step 1

Set a nonstick skillet on HIGH heat. Once hot, spray with a little avocado oil then add the sliced peppers. Allow them to rest in the skillet without stirring for about 2 minutes , or until you smell and see the peppers begin to sear. Then immediately begin stirring the bell peppers in the skillet. Squeeze in fresh lime as they sear to help with the softening. Remove from the skillet.

Step 2

Place the skillet back on the heat and reduce it to a medium. Once the skillet has cooled down, add the oil, garlic and onions. Caramelize the onions with the garlic for about 2 -3 minutes, or until the onions have turned brown and translucent.

Step 3

Then add just 1 can of black beans – SAVE the remaining portion – and stir it up. Add in the seasonings and then begin to MASH the black beans using the spatula. Continue stirring and mashing until all of the black beans have been mashed up to create a fragrant black bean paste. Reduce the heat in the skillet if needed.

Step 4

Then SLOWLY pour in a few tablespoons of the water, then continue stirring. Continue this as needed until you create a smooth black bean paste.

Step 5

Add the remaining black beans and fold them into the paste. Season to taste with sea salt & pepper, and garnish with fresh cilantro.

Step 6

Build the quesadilla. To one side of a whole wheat tortilla, add a small amount of cheese, then the refried black beans, then some peppers, then a bit for cheese. Fold it close. Repeat.

Step 7

Set a nonstick skillet on medium-high heat, and once hot, spray it with avocado oil.

Add the quesadilla and cook for about 3 minutes on each side, or until one side becomes golden brown with crispy edges. Flip and cook on the other side.

Step 8

Enjoy with fresh guacamole!



Protein Chia Pudding

fitmencook.com

THE FIT COOK KEVIN CURRY



Ingredients

Blend Mix

1 orange, peeled

1/4 cup fresh orange juice

1/2 cup almond milk

I used chocolate almond milk to exaggerate the flavour

1 scoop chocolate protein powder

1 tablespoon cacao (or dark chocolate powder) *

Add-ons

4 tablespoons chia seeds

2 tablespoons cacao nibs *

Garnish (optional)

dehydrated orange slices

Greek yogurt and cream cheese mix

Steps

Step 1

Add the "Blend/Mix" ingredients in a blender or mixing bowl until well incorporated.

Step 2

Add the mixture to a bowl and add the "add-ons" ingredients.

Step 3

Pour the mixture into an airtight container like a jar and store in the fridge for at least 2 hours or overnight.

Step 4

When ready to eat, top with optional ingredients – Greek yogurt & cream cheese mix, crushed dehydrated oranges.

Enjoy!

How to keep safe on this coming New Year's Eve

Firework safety tips:





Even though fireworks are beautiful and exciting to watch, they can also be potentially dangerous. Fireworks can cause damage to your property, harm your family or pets. When you buy fireworks to use this festive season make sure that: you only buy fireworks from authorised dealers and shops displaying the relevant permits from the South African Police Service (SAPS), you always accompany your children if they want to buy fireworks if they're younger than 16, and the fireworks are sold in sealed packages, as received from the suppliers.

1. Make sure that your children and their friends are supervised at all times when around fireworks.
2. Keep pets at home, in a safe, interior room to avoid exposure to loud sounds. Make sure they have an ID in case they run off.
3. Don't discharge fireworks indoors.
4. Never keep lit fireworks in your hand, as this could lead to severe injuries.
5. Fireworks are not allowed in residential areas. Only discharge fireworks at designated sites away from people, animals, homes and cars. Check with your local municipality before igniting fireworks.
6. If a firework doesn't ignite, don't attempt to re-light it. Wait at least 15 minutes before you try again.
7. Keep a bucket of water or fire extinguisher nearby in case of a malfunctioning firework.
8. Sparklers can be just as dangerous. Always light sparklers one at a time and wear gloves. Never hold a baby or child if you have a sparkler in your hand. Put finished sparklers with the hot end down in a bucket of water as soon as they have burnt out.
9. Only light 1 firework at a time.
10. Don't make your own fireworks.
11. Only use fireworks as directed by the instructions printed on the package.
12. Make sure that your clothes are not close or hanging over the fireworks when you ignite them.
13. Don't light fireworks inside any type of container.
14. The Community Fire Safety By-law prohibits the use of Chinese lanterns.
15. Never discharge fireworks whilst under the influence of alcohol.

Tips by www.westerncape.gov.za

Afolabi Deborah Eniola

Her 'Me Time' is for Her Inner Care

Afolabi Deborah Eniola, is young dedicated and passionate registered nurse who bagged her RN certificate from one of the best nursing institutions in Nigeria, Obafemi Awolowo University Teaching Hospital College of Nursing in 2023 where she was awarded best student in Mental Health Nursing.

She is a health technology enthusiast and a goal oriented nurse who is passionate about changing the narrative of nurses in the healthcare system especially in this part of the world, the Global South, to build capacity for personal and professional development and a enthusiast.

Currently, she holds so many leadership roles and is a core member of Trailblazing Nurses Nexus which seeks to celebrate, foster communication and empower nurses to do exploits.

Furthermore, Afolabi is the follow-up coordinator at NurseEmerge, a nursing organization that enlightens people on the pathway of specialty to venture into. She is a SDG 5 advocate (gender equality) and a social media manager.

Her goal is simply to leave a positive mark or impact in the lives of others.

"My 'Me time' means a lot to me, more especially because I have a very busy schedule; at work and at my private space.

I usually plan my 'off-duty' schedule a night before, and then just follow through as planned.

Among others, I start my day by spending time in the morning devotion. I study the Word of God as part of my personal development.

Thus, I respect every moment I get to spend away from my workplace as it serves to give one some space to rejuvenate.

Hence, it is my priority to look after my mental and emotional health, while doing by all means to evade stress-causing issues.

Moreover, due to my personal commitments it becomes difficult for me to be in a space of total relaxation. But I am trying by all means to practice inner-care when am off duty.

Hence, each hour counts. For example, after my devotion, I do the house chores, spend two hours online interacting with my social media family, and if need be, I do some errands. And then I spend my afternoons pampering myself either through munching some delicacies, while watching some interesting content. Furthermore, taking a nap in my couch is my personal culture. All that combined help me to rejuvenate.

However, I still need to improve in ensuring to spend my 'Me Time' to the fullest. Furthermore, I will have to go for a vacation once or twice in a year."


“I respect every moment I get to spend away from my workplace”
OLAYEMI
JIMOH



Spending this Christmas alone?

Don't stress...Here are a bunch of ideas:



"Does it really matter what I do all day?" Eh, yes and no. Here's the thing about spending Christmas alone: because it's a day that has been imbued with a lot of meaning and mythology, you will basically remember what you did on a solo Christmas for at least the next 3-5 years and potentially forever. So whatever you decide to do, you should do something that feels, if not special, then at least intentional.

1. Do things that feel distinctly Christmas-ish.
If not being able to participate in your favourite Christmas traditions is going to make you feel particularly sad or lonely, well...just do the traditions alone!

2. Do a puzzle.
Maybe a Christmas one! Maybe a regular one! Maybe both, if they are on the smaller side! Puzzles are both relaxing and stimulating, and are a great way to pass time and forget about the outside world.

3. Work on your hobbies.
It's a great day to catch up on whatever hobby you can lose yourself in, and that brings you joy and fulfilment! If you don't already have a hobby, you can get some ideas here and here.

4. Eat yummy food.
Even if you aren't eating a traditional Christmas meal, eating something delicious and a little special can be very uplifting. And cooking or baking is an activity in itself! (It's also totally reasonable to order in, or to go to a restaurant.

5. Clean the crap out of your apartment.
Not only is cleaning super therapeutic, but being super productive on a day when everyone else is literally doing nothing can give you an extra lil' mood boost.

6. Go for a stroll or a ride.
Getting some fresh air and winter sky may make you feel better (and it will likely not make you feel worse). So if you can easily and safely get out for a walk or a stroll or a ride, do it! If you can't, consider whether there's another way you can move your body and/or be outside for a bit.

7. Take a bath.
I am not a fan of baths, but I understand that this opinion is not the norm. Anyway, if you go this route, it would be a good time to treat yourself to some Kneipp bath oil or the like.

8. Indulge in some skincare.
I didn't, like, get the sheet mask craze for a while, but now I'm totally on board. It really does feel nice and pampering!

9. Light some candles.
Whether you are sad or happy, candles just feel right for this occasion. So do Christmas lights, so if you're on the fence about whether or not to put up a tree, definitely put up the tree!

10. Wear pajamas all day.
Wear pajamas all day. But not, like, the outfit you slept in. No! Get up, wash your face, brush your teeth, take a shower (or at least put on clean underwear), and then put on fresh clean jammies. If you think wearing Christmas jammies all day sounds fun, do that! I'm a big fan of the old-school flannel pajama shirt and pants. But really, you should just wear whatever pajamas or soft clothes you feel really safe and comfortable in.

www.buzzfeed.com

Nurse Exodus: A Symptom of a Broken System, Not a Workforce Shortage



"Nurses are often expected to care for more patients than they can safely and effectively manage, leading to increased workload, fatigue, errors, and adverse outcomes"

"Nurses are facing unprecedented levels of stress, burnout, dissatisfaction, and moral injury due to the systemic failures of the healthcare system"

Article by Ali Fakher, BSN, RN,
published on December 14, 2023

For decades, we have heard about the looming "nursing shortage" that threatens to undermine the quality and accessibility of healthcare.

However, this term is misleading and inaccurate. It implies that there are not enough nurses to meet the demand, and that the solution is to recruit and train more nurses. But this is not the case.

The reality is that there are plenty of nurses, but many of them are leaving the profession or working in suboptimal conditions. This is not a shortage, but a workplace crisis.

Nurses are facing unprecedented levels of stress, burnout, dissatisfaction, and moral injury due to the systemic failures of the healthcare system. Some of the factors that are driving nurses away include:

Understaffing: Nurses are often expected to care for more patients than they can safely and effectively manage, leading to increased workload, fatigue, errors, and adverse outcomes.

According to a 2019 survey by the American Nurses Association, 87% of nurses said that staffing levels affect their ability to provide quality care, and 54% said that they have considered leaving their current position due to staffing issues.

Low pay: Nurses are not compensated fairly for their skills, education, and experience, especially compared to other healthcare professionals. The median annual salary for registered nurses in the US was $75,330 in 2020, while the median annual salary for physicians and surgeons was $208,000.

Moreover, nurses often face wage stagnation, pay cuts, and lack of benefits. Lack of respect: Nurses are often undervalued, underappreciated, and disrespected by their employers, colleagues, patients, and the public.

They face discrimination, harassment, violence, and abuse on a regular basis. They are also excluded from decision-making processes and leadership roles that affect their practice and the healthcare system.

A 2018 study found that only 30% of nurses felt that their opinions and expertise were respected by physicians, and only 27% felt that they had a voice in policy and planning.

These factors, along with many others, have created a toxic and unsustainable work environment for nurses, resulting in high turnover, absenteeism, and attrition rates.

According to the Health Resources and Services Administration, the US will have a projected shortfall of 510,394 registered nurses by 2030. This is not because of a lack of supply, but because of a lack of retention.

The nurse exodus is a symptom of a broken system, not a workforce shortage. It is a crisis that affects not only nurses, but also patients, families, communities, and the entire healthcare system.

It is a crisis that requires urgent and comprehensive action from all stakeholders, including policymakers, administrators, educators, researchers, and the public.

As a Nurse, I am committed to raising awareness and advocating for solutions to address this crisis. I believe that nurses are the backbone of healthcare, and that they deserve respect, recognition, and support for their vital role.

I also believe that nurses are the key to transforming healthcare, and that they have the potential to lead the way towards a more equitable, efficient, and effective system.

If you share these beliefs, I invite you to join me in this mission. Let's start by changing the narrative from "nursing shortage" to "workplace crisis". Let's acknowledge the root causes of the problem, and the impact it has on nurses and society.

Let's demand action and accountability from those who have the power and responsibility to make a difference. And let's celebrate and amplify the voices and stories of nurses who are making a difference every day.

Together, we can create a better future for nursing and healthcare.

"These factors, along with many others, have created a toxic and unsustainable work environment for nurses, resulting in high turnover, absenteeism, and attrition rates"

Article by Ali Fakher, BSN, RN,
from Hodeidah, Al Hudaydah Governorate, Yemen
A UN Nurse & Global Health Innovator, NurseHack4Health Winner and an Advocate for Nursing Empowerment & Digital Health Solutions
@linkedin.com/in/ali-fakher-rn





"I am that kind of a leader who leads from behind"

Senzeni Banda

A leader has a vision and a purpose

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

I am Senzeni Banda, a registered nurse, from Oshakati, Oshana, Namibia. I have been a Mentor for our company's intern graduates, I am also part of the team responsible for orientating the company's new employees and helping them to intergrade well.

What kind of an overall leadership do you provide to the above spheres?

I am that kind of a leader who leads from behind, whilst cheering my followers or subordinates. Thus, mine is to guide and influence them towards achieving a common goal.

What kind of role does the wellness unit play at your organization?

'Wellness' plays a very important role that seeks to accomplish the following: improved employees' health and challenging them to take charge of their own health, especially during the wellness days organized every 3 months to do baseline checkups like Blood pressure, Body mass index, cholesterol, hemoglobin, and HIV rapid tests.

How did your schooling define leadership?

My schooling defined leadership as the authority or the management that is exemplary, that leads by example.

What is your personal understanding about leadership?

My personal understanding about leadership is that it maintains interconnectedness or interdependence at the workplace such that every employee matters, as treating followers or subordinates with respect creates efficiency and a great output.

From your explanation, what is your definition of a perfect leadership?

A perfect leadership is the ability to motivate, influence and empower those under your leadership. Cheer them as they become the better version of themselves without feeling threatened as a leader.

What is a required balanced leadership?

I can say a balanced leadership entails a leader who has a vision and a purpose, emotional intelligent, great communication skills and excellent decision making.

'A nurse is there when we are born, is there when we are on our sick bed, is also there when we take our last breath on earth'. It is one of the most rewarding and fulfilling profession of all time. Hence, nursing leadership ought to be continually enhanced to remain competent at all cost.

Building Bridges in Healthcare Education

EMPOWERING HEALTHCARE PROFESSIONALS

Bridging the Gap within Healthcare Education through Learning Excellence, Innovation and Mentorship

ABOUT US

Building Bridges in Healthcare Education is an NGO specialising in mentorship and up-skilling healthcare practitioners in South Africa.

We are dedicated to empowering healthcare professionals through targeted sponsored education and mentoring programs.

Our initiatives focus on bridging skill gaps, enhancing clinical competencies, and fostering leadership qualities among healthcare practitioners.

By providing comprehensive mentorship and cutting-edge upskilling opportunities, we aim to strengthen the healthcare workforce, improve patient care, and contribute to the overall health and well-being of communities across South Africa.

Building Bridges in Healthcare Education

WHAT WE OFFER

TRAINING AND EDUCATION

Providing sponsored, approved, innovative training and education programs and integrating medical advancements with practical, hands-on experience, thereby ensuring excellence, confidence and efficacy in healthcare.

FUNDING AND MENTORSHIP

Securing funding to provide robust mentoring programs for healthcare practitioners, offering effective support and guidance including, management, administration and nursing care.

HEALTHCARE EDUCATION CONSULTANCY

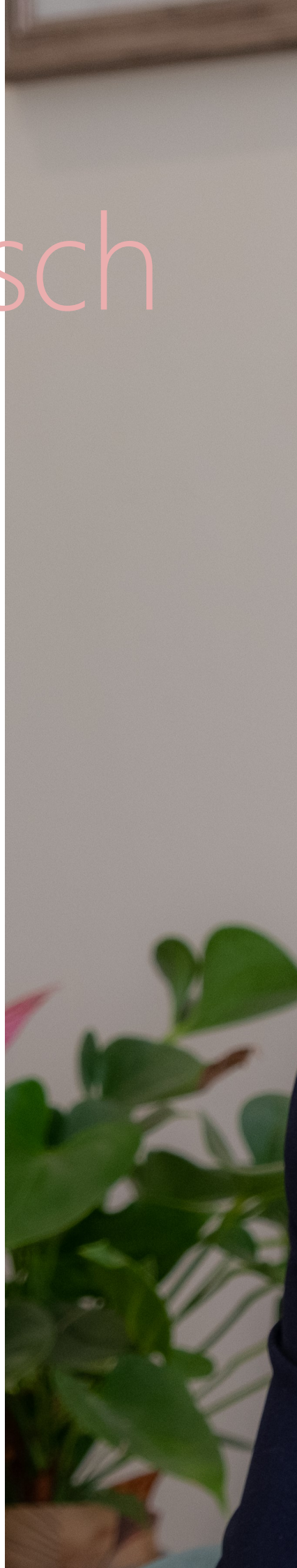
Identify and leverage opportunities for improved medical practices within hospitals and private practices. By conducting thorough assessments and providing expert guidance

CONTACT US

Website: https://www.buildingbridges-healthcare.org
Email: info@buildingbridges-healthcare.org

Sr. Erika Janutsch

The exploring manager



What is your position?
I am the Healthcare Manager of a Lifestyle Retirement Estate in the Northern suburbs of Cape Town

Name a few of your responsibilities.
In a nutshell, I am responsible for coordinating all the healthcare services in the retirement village. One of the reasons I love my work is the variety of responsibilities – my job description is broad, and whilst I have a supportive head office team, I have a high degree of autonomy.

In our retirement village, we offer a spectrum of services aimed at supporting our residents to remain as independent as possible. Unlike in a clinic or hospital, I can develop long-term relationships with our residents. Some of my specific responsibilities are:

- Ongoing assessment of our residents to evaluate physical, psychological, emotional and functional status
- Monitoring of chronic age-related conditions through clinic services – and referring to other healthcare professionals where necessary
- Support and assistance in emergency situations
- Coordination of home-based care services
- Training of staff and health education for residents
- Shift arrangement, leave planning and payroll summaries

We offer restorative care, palliative care, memory care and frail care, so on a daily basis, I use my administrative and educational training as well as my clinical knowledge and skills.

There is a lot of psychiatry, some emergency – and even midwifery (when a member of the housekeeping staff went into labour)!

In combination of your schooling and your current position, what is management?
There are a lot of formal definitions for management. But I like to think of my management role as an opportunity to use my skills and resources to support and empower my team, to "do the job" with excellence - and to represent my company's vision and values.
I am so thankful for my training at Wits University.

We were trained to be proud of the nursing profession and to do everything with excellence and be fully equipped and confident members of the multidisciplinary team – it was just assumed we would go on to be in leadership and management roles.


"We have clear lines
of communication
and I also ensure,
by all means,
to involve my
team in every
decision-making"

o you have a mentor? Who is it?
I am blessed to call Lynda Smith (Career and Life Coach 50+, Longevity Advocate and Social Entrepreneur) a friend. Our paths crossed a few years ago and she generously shared her years of wisdom and experience with me.

Attending her online course on navigating the next chapter of life was very valuable in helping me identify my strengths – and my weak spots - and my values.

This helped me articulate what was important to me – and where I actually wanted to go. I have a clear set of personal values and vision that guides my practice.

I have had many opportunities to observe other people in management positions – good and bad! These observations have helped me shape what kind of manager I have become.

What is the greatest challenge you have faced on the job? How did you overcome it?
My greatest challenge is to balance all the different aspects of my role – administrative, clinical, relational etc. and to maintain a healthy work - life balance.

Sometimes, my to-do list is sometimes longer at the end of the day than it is at the beginning of the day, and my solution was to work late or to "catch up" at home.

I always said that my family was my priority, but I went through a phase when I was not living that out; my workload was increasing, and it was affecting me and my home life.

It took time – and a change of company – to break the cycle of overworking. Now, I intentionally plan to relax and to do things I enjoy in the evenings and over the weekend – spend time with friends and family, read, cook, study.... and I am still one hundred percent committed to my work.

What do you personally enjoy most about working as an assistant manager?
I can make a difference in people's lives. I can do it on a one-to-one basis, but I have the position to affect a larger sphere of influence. It is incredibly fulfilling to use my knowledge to improve lives.

Sometimes it is just the small interactions through the day that make a difference, but sometimes it is using my experience and expertise to guide a family to making decisions in a situation where there are no simple or perfect solution.

How is your relationship with your colleagues and a team that you lead?
Whilst my direct responsibility is for the healthcare team, I work alongside the Estate Manager, Clubhouse Manager, administrator and front of house staff. We are one team – with one goal. Mutual respect is the foundation of successful teamwork and every member's contribution is valued, irrespective of job title.

How would you define your management style?
My management style...? Hmmm. I think I am naturally a better leader than I am a manager. I am a "big picture" thinker and know what I want to achieve.

A big part of my role is to create an environment where my team feel valued, respected and appreciated.
I understood long ago that "happy carers make happy residents" – and that by grounding a team in a strong company identity, and then giving them space to use their strengths (within their scope of practice) – magic happens!

I love working with a diverse team with a blend of gifts and strengths. My job is helping to identify those strengths and then give opportunities for growth and development – this is effective and efficient management.

What do you need to improve on to get to the next level?
The next level... that is a tricky one. I am not sure I want to get to the next level - at least not in terms of title, money etc. They are not what motivates me. I do love the idea of using what I know and what I have learned to promote nursing – and the quality of care for older South Africans. Currently, I am in a position where I have a little more space to think and be creative again... so watch this space.

What is the best way that health institutions can use to offer feedback to or get ideas from their clients?
Be visible. Accessible. I have an open-door policy and invite communication and encourage feedback from my residents and their families. Genuine person-centred care must accommodate ongoing conversations.

What kind of skills and training should the nursing management hopefuls seek out?
Most importantly – you decide what kind of nurse you will be; what kind of manager you will be. Have a personal mission statement.

Know who you are and why you do what you do. When things get tough, you go back to your mission statement. For me - I believe that every person has inherent worth and value - no matter their age or level of ability or disability.

My personal mission statement is to do everything to enhance a person's quality of life, give quality care and create a quality environment in which my team will thrive.

These values keep me focused. Know your strengths and your weaker areas; enhance your strengths, use them to strengthen the team – and work on your weaknesses so that they do not hold you back. And keep asking the question: "how can I do this better"?

What career achievements are you most proud of?
I had an opportunity to be part of the project team constructing a care centre in a new retirement village. I researched evidence-based design in long-term care as well as legislative requirements and gave input into furnishing and features of the building.

Even more fulfilling, I was able to build a wonderful team with a strong set of core values and identity. I loved using my experience, creativity and knowledge to make a difference.

What are your personal career goals?
South Africa's aging population is growing rapidly – and yet our long-term care sector is neither structured or resourced to ensure quality care or quality of life for our older people – or a quality work environment for the staff.

I am interested in joining like minded people to explore solutions to this looming crisis. We need a complete paradigm shift – that can make the change from an institutional model to a sustainable model that supports quality of life. And we need to train a multidisciplinary workforce who can do this.

What daily performance goals are you setting for yourself?
The challenge here is that urgent tasks crowd out the important tasks.

eople's needs don't always comply with my plan for the day! However, I have realized that unless I intentionally set time aside – I will never get to my goals. I have a file of journal articles and training material to read through "when I have time" – I am reading through one article a day. I have also volunteered to review some of our company documentation to be more accurately reflect our vision and mission statements. I set time aside at the start of each day - before the busyness starts – to work on these.

What is the most required characteristic from a nursing manager?

Kindness. Compassion. Competence. And a love of people. We are in the people industry first and foremost. Incidentally, I also hire for character. Skills can be taught – but character is what defines a good nurse or carer.

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

A fear-driven, punitive environment is an unhealthy one. Growth and trust – and excellence – occur where staff feel safe enough to admit mistakes and be given the tools to learn from them. Evidence is the pictures!

Indicate your management style in one word

Collaborative. Value based (I have two).

What is a perfect management style (opinion)?

In this sector, it is not enough to be a good manager – able to meet operational objectives – we need managers who also have strong leadership qualities.

With this in mind, I believe that Servant Leadership is the one to be emulated - a good leader is a good server! If we want our residents to be cared for, we must demonstrate genuine care for the people who work with us.

Everyone needs to be acknowledged. Everyone wants to know that their contribution is meaningful. Everyone wants to be valued as a person, an individual – not just an employee or a resource (I really dislike the term "Human Resources").

Who are you mentoring currently? (specifics)

I have four excellent ENA's working with me – experienced, competent and eager to learn. They have different work backgrounds, different strengths and different personalities – but a shared vision for enhancing quality of life, delivering quality care and contributing towards a quality environment.

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

I would expect them to bring their unique selves, skills and personality to the position – and then use their position of influence for the good of the people they work with and for.

What advice would you give to nursing management hopefuls?

Nursing management is a wonderful opportunity as well as a responsibility. We need compassionate, competent nurse leaders and managers. Don't be that nurse who does the bare minimum. Learn all you can. Ask questions.

Become a specialist in your area. Observe managers you work with: what qualities do you admire? You decide the nurse you become – and the manager you become. Start now. Practice integrity and excellence now.











Akwaowo Akpan

A versatile visionary and a sexual and **reproductive health enthusiast**

Akwaowo Akpan is a Nigerian registered nurse. He has been practicing for over four years across the clinical, public, and occupational health (offshore and onshore) settings.

With his background in nursing, a great eye for detail, a dedication to scientific integrity, and a desire to translate complex medical information into simple, concise, and accurate material, Akwaowo excels at creating a wide range of medical documents, educational materials, and study summaries.

He sold over 20 thousand words in articles, social media, and newsletters in 2023 alone. He is also a health communicator who has designed and implemented campaigns to promote healthy behaviours, created materials like brochures, posters, and videos that provide information about health topics, and utilized social media platforms to reach and engage target audiences with health-related content.

He delivers presentations to various audiences, including community groups, healthcare professionals, and policymakers, and facilitates workshops on health topics, such as nutrition, stress management, and disease prevention, collaborating with community organizations, schools, and healthcare providers to promote health initiatives.

Akwaowo Akpan hosts "The Intimate Matters Podcast", a podcast on YouTube that explores the many shades of gray regarding sexual health, debunking the myths and providing all the information you need to make confident choices.

He also offers voiceover and virtual assistance services, locally and remotely. Akwaowo Akpan is an ardent believer in God and knows that all he comes from God.

When thinking of your career, what makes you wake up in the morning?
The knowledge that the services I render, have and can influence decisions and choices positively for optimal health and well-being.

What is your greatest purpose for your nursing career?
My purpose is to impart appropriate health knowledge to individuals of all ages and impact on the nursing profession positively.

What is your vision about your career?
My vision is to be a subject matter expert in the sexual and reproductive health niche and also one of the most sought-after freelance nurses coming out of Africa.

Where do you visualize yourself in the next three years?
As a global health speaker/communicator, educator, and remote worker.

What is your optimism about the future of nursing?
My optimism about the future of nursing is the fact that more nurses are coming to know their value as individuals and as professionals.

What is your fear about the future of nursing?
There lurks fear in me that nurses may repeat the mistakes of the previous generation - maybe in a different form.

How do you deal with issues that scare you?
Jordan Peterson said "The only way out is through ..." I face fear because that is the best way to get it over with.

Where do you see nursing in 10 years?
I envision increased innovation in nursing within the next 10 years with more adoption of technology, robotics, and AI. Nurses must position themselves for this innovation.

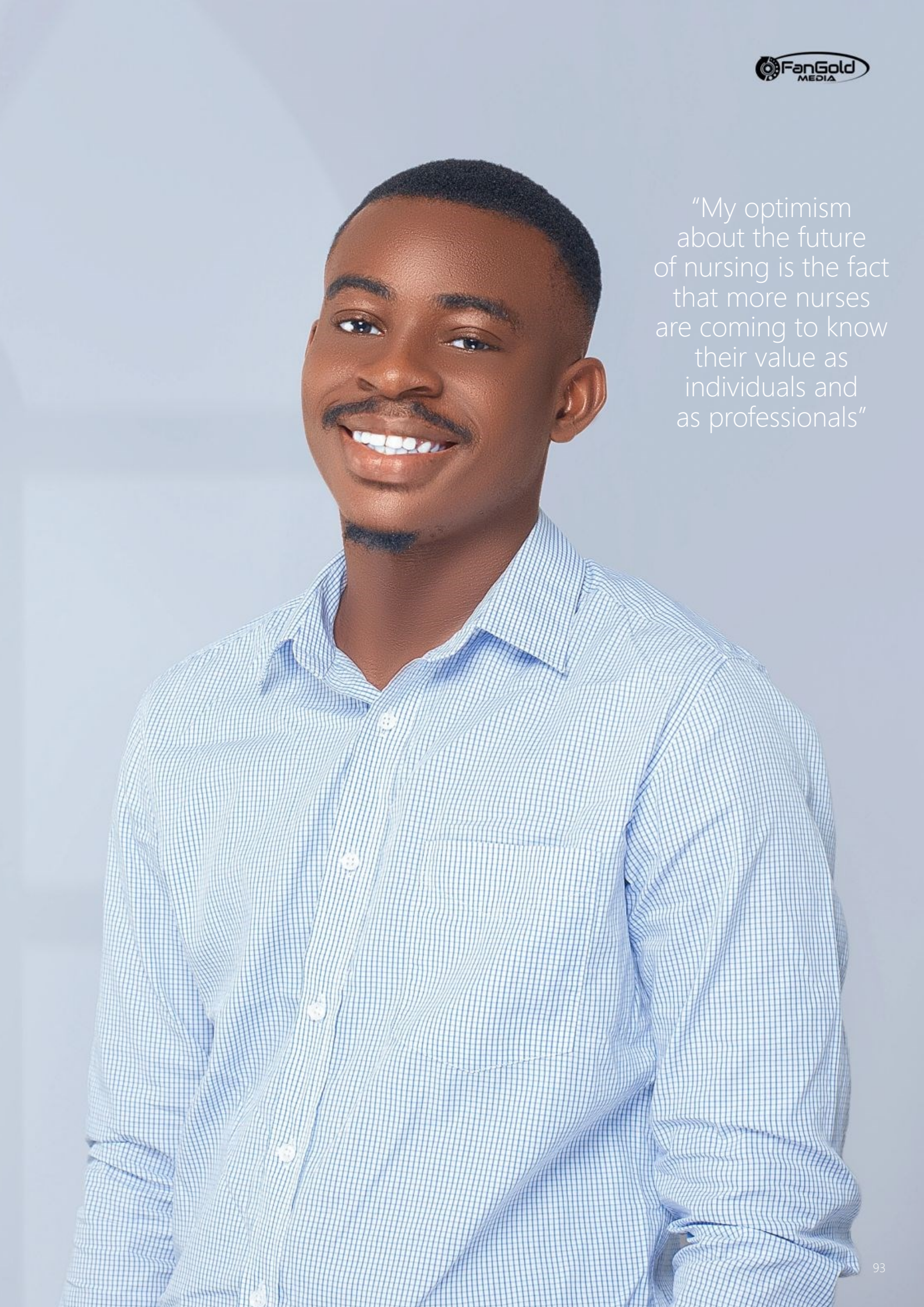
What one 'need' and one 'want' will you strive to achieve in the next twelve months?
I need to publish a paper in an international journal as an author, collaborator, or contributor. I want to speak at health events on the state, national, regional, continental, or world stages.

What does the realistic future of nursing look like?
The realistic future of nursing looks very diversified - more nurses will branch out from the current specializations to create new and needed specializations which will mostly be away from clinical space.

Will the next generation face the best or the worst in nursing? Why?
The best in my opinion, because they will have resources available to them which were not available for previous generations.

What role are you playing in shaping the future of nursing?
I play the role of an innovator, trying to utilize and apply skills and knowledge acquired from nursing in other aspects of human endeavour, especially communication.

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


"My optimism about the future of nursing is the fact that more nurses are coming to know their value as individuals and as professionals"





Dr Asha Sewnunan

Nursing research allows the profession to grow

briefly share about your academic background.

My nursing journey started in Gauteng Province in 1987 at the Coronation Hospital & College of Nursing, currently known as Rahima Moosa Mother & Child Hospital. I completed the newly implemented R425 Diploma in Nursing with honours.

My passion for Midwifery led me to complete the Advanced Diploma in Midwifery and Neonatal Nursing Science, which I passed with Honours at King Edward VIII Hospital Nursing College in 1996. I continued my BA Cur nursing degree through Unisa, passed with cum laude, majoring in Nursing Education and Nursing Administration.

On commencement of my role in the academic/ lecturing field, I completed my Master's Degree in Health Sciences with clinical research in Midwifery through UNISA. To finalize my academic role, I completed my Doctorate in Nursing through the Durban University of Technology with multi-method clinical research related to maternal health.

I am currently in the academic field having had multiple roles (Lecturer, Head of Department, Program Director, Quality Assurance Manager) for 24 years and counting.

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

Nursing is an evolving science with continuous innovative medical care, diagnostics, and management. Research enables nurses to keep updated with the changing times, by generating new knowledge. Nurses' participation in research contributes to the development of evidence-based practices and policies that improve the quality of patient care and population health outcomes.

Nursing research allows the profession to grow, be relevant, and build dynamic leaders with patient safety at the forefront.

"Knowledge, skills, and attitudes all play a vital role in grooming an empathetic and caring nurse"

What has your study/research been focusing on?
My study focused on analyzing the implementation of the Essential Steps in Managing Obstetric Emergencies (ESMOE) guidelines by midwives. This included identifying gaps, challenges, and successes of its implementation by the midwife at the different levels of healthcare facilities.

For South Africa to achieve the SDG (Goal 3.1) to reduce maternal mortality to less than 70/100000 Live Births, it needs a collaborative effort in providing effective and skilled care to all women.

What is a pivotal point of your research?
My study identified the challenges midwives faced in reducing preventable maternal deaths in selected health facilities in KZN. Despite midwives receiving training on the ESMOE guidelines, they faced many barriers to its successful implementation, including lack of staff and resources, lack of efficient transport, and poor skill sets. To overcome these challenges, leaders and policymakers need to take drastic steps to find appropriate resolutions.

What do you seek to achieve through your findings?
The ultimate purpose of my study resulted in developing a practice framework and implementing relevant interventions into midwifery training, thereby improving relevant knowledge and skills in providing quality emergency obstetric care. Midwifery training should include a short course on ESMOE that is specifically designed for midwives', in stabilizing, managing, and prompt referral of obstetric emergencies to the next level of care, thus reducing preventable maternal mortality rates.

As a PhD Graduate, what contribution are you making in the Nursing field?
As an experienced clinician and academic I strive to keep updated with current evidence-based practices which I impart to my colleagues and students.
I am engaged in quality assurance projects, policy development, and research activities to continuously improve education and training which directly affects improved patient care. I motivate and encourage students to engage in self-improvement and to strive to become lifelong learners.

If you may write or have written a book how could it improve the Nursing Curriculum?
I have been and am currently engaged in curriculum development. New nursing curriculums and training programs are always evolving; therefore, the focus should be competency-based rather than content-based.

Nurses need to be aware of best practices, emerging trends, and technologies in health care. Knowledge, skills, and attitudes all play a vital role in grooming an empathetic and caring nurse.

I encourage innovative teaching strategies, making the learner responsible for their learning by using methods such as case studies, simulation-based scenarios, blended learning, research and flipped classrooms to name a few. Correlation of theory to practice, effective communication skills, analytical thinking, and problem-based learning should be part of all curriculums.

Nursing education should move away from being traditional lecture methods only and encourage students to be self-directed learners. I am in a process of writing a midwifery textbook.

If you were to play a role in nursing guidelines/ policies what would be your priority and why?
Nursing in SA is still too traditional and lacks innovation due to the many constraints in our healthcare system. Benchmarking with the international platform would drastically improve our health care. As much as our policy and guidelines should make patient care and safety our utmost priority, it is also important to keep up with the trends of change, such as improved technology, and moving away from being only paper-based.

The role of nurses in global health is growing, with increased involvement in international health initiatives, disaster response, and addressing global health disparities. A priority would be including nurses in developing guidelines, and policies and giving them the autonomy they deserve.



"I am in a process of writing a midwifery textbook"


"The legal aspect of my job is what drew me to my specialty because I was in interested in patient advocacy"

Silvia Aninye

The CEO at Weber
Legal Nurse Consulting Inc

What is your specialty?
Silvia Aninye specializes in Legal Nurse Consulting. She has extensive experience in medical malpractice liability cases and has worked as a Legal Nurse Consultant for over 14 years. Additionally, she has clinical experience in Medical-Surgical Units and Pediatrics.

Is there something specific you would like to know about her work or expertise?
Silvia Aninye offers comprehensive arbitration and mediation services. She has been a FINRA Arbitrator since 2018 and is also certified in mediation in California. Her expertise in legal nurse consulting complements her arbitration and mediation work, providing a unique perspective on medical malpractice and healthcare-related disputes.

Would you like to know more about how her services might benefit a specific situation?
Mediation is a process where a neutral third party, called a mediator, helps disputing parties reach a mutually acceptable agreement. Here's a general overview of how it works:
Introduction: The mediator explains the rules and goals of the mediation process.
Opening Statements: Each party presents their side of the dispute without interruption.
Joint Discussion: The mediator facilitates a discussion between the parties to clarify issues and explore possible solutions.
Private Caucuses: The mediator may meet with each party separately to discuss their positions and interests more candidly.
Negotiation: The mediator helps the parties negotiate and find common ground.
Agreement: If an agreement is reached, the mediator helps draft a settlement agreement.

What is your role in Nursing?
Silvia Aninye plays a multifaceted role in nursing. She is a Legal Nurse Consultant, leveraging her clinical expertise to assist in legal cases, particularly those involving medical malpractice. Her background includes working in Medical-Surgical Units and Pediatrics, which provides her with a broad clinical perspective.

In addition to her consulting work, Silvia is also involved in arbitration and mediation, helping to resolve disputes in the healthcare field. Her unique combination of clinical and legal knowledge makes her a valuable asset in both nursing and legal contexts.

What motivated you to pursue your specialty?
The legal aspect of my job is what drew me to my specialty because I was in interested in patient advocacy.

How did you reach a level of being a Nurse Specialist?
Silvia Aninye reached her level of specialty through a combination of education, clinical experience, and specialized training.



"Unlike general nurses who primarily focus on patient care, Silvia works closely with legal professionals on medical malpractice cases, providing expert opinions and analysis"



> "Silvia's detailed analysis of medical records and malpractice cases often uncovers patterns and insights that can inform broader healthcare practices and policies"

ere's a brief overview of her journey:

Education: Silvia obtained her nursing degree, which provided her with a strong foundation in clinical nursing.

Clinical Experience: She gained extensive experience working in Medical-Surgical Units and Pediatrics, which helped her develop a broad clinical skill set.

Specialized Training: Silvia pursued additional training in legal nurse consulting, which involves understanding the intersection of healthcare and law.

Professional Development: She became a certified mediator in California and a FINRA Arbitrator, further expanding her expertise in dispute resolution.

Years of Practice: With over 14 years of experience as a Legal Nurse Consultant, Silvia has honed her skills in medical malpractice liability cases and other healthcare-related legal matters. Her dedication to continuous learning and professional growth has enabled her to excel in her field.

How do you differ from a General Nurse?

Silvia Aninye differs from a general nurse in several key ways due to her specialized roles and extensive experience:

Legal Nurse Consulting: Unlike general nurses who primarily focus on patient care, Silvia works closely with legal professionals on medical malpractice cases, providing expert opinions and analysis.

Arbitration and Mediation: Silvia is certified in mediation and serves as a FINRA Arbitrator, roles that involve resolving disputes outside of the courtroom. This is a unique skill set not typically found in general nursing.

Broad Clinical Experience: While general nurses may specialize in one area, Silvia has experience in both Medical-Surgical Units and Pediatrics, giving her a wide-ranging clinical perspective.

Professional Development: Silvia has pursued additional certifications and training beyond standard nursing education, enhancing her expertise in both legal and clinical fields.

Years of Specialized Practice: With over 14 years as a Legal Nurse Consultant, Silvia has a depth of experience in the intersection of healthcare and law that goes beyond the scope of general nursing practice.

These distinctions enable Silvia to contribute uniquely to both the healthcare and legal fields.

What other opportunities can you explore as a Specialist?

Silvia Aninye has a wealth of opportunities she can pursue in the legal field, thanks to her extensive experience and unique skill set. Here are some potential avenues:

Expert Witness: Silvia can serve as an expert witness in medical malpractice cases, providing testimony based on her clinical and legal expertise.

Legal Nurse Consulting: She can continue to expand her consulting services, assisting attorneys with case preparation, medical record review, and identifying testifying experts.

Arbitration and Mediation: With her certification in mediation and experience as a FINRA Arbitrator, Silvia can take on more roles in dispute resolution, particularly in healthcare-related cases.

Education and Training: Silvia can offer training programs for aspiring legal nurse consultants, sharing her knowledge and experience to help others enter the field.

Podcasting and Public Speaking: She can leverage her expertise by participating in podcasts, webinars, and conferences, discussing topics related to legal nurse consulting and healthcare law.

Writing and Publishing: Silvia can write articles, books, or guides on legal nurse consulting, medical malpractice, and dispute resolution, contributing to the body of knowledge in her field. These opportunities allow Silvia to leverage her diverse skills and continue making significant contributions to both the healthcare and legal industries.

How do you contribute towards nursing research?

Silvia Aninye contributes to nursing research primarily through her work in legal nurse consulting and her involvement in medical malpractice cases. Here are some ways she makes an impact:

Case Analysis: Silvia's detailed analysis of medical records and malpractice cases often uncovers patterns and insights that can inform broader healthcare practices and policies[1]. Educational Contributions: By teaching and training other legal nurse consultants, Silvia disseminates valuable knowledge and best practices, which can influence research and clinical standards.

Publications and Presentations: Silvia shares her findings and experiences through articles, podcasts, and conferences, contributing to the body of knowledge in both nursing and legal fields.

Advocacy and Policy Development: Her work in arbitration and mediation helps shape policies and protocols that improve patient care and legal processes in healthcare. Silvia's unique blend of clinical and legal expertise allows her to provide valuable insights that bridge the gap between nursing practice and legal standards.

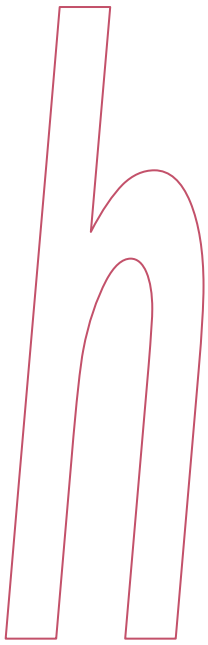
Silvia Aninye has also written two books one for nurses and one for lawyers and are published for purchase on Amazon. The first one for nurses is called Defense Medical Exams made easy: An easy guide for LNCs and the second is Independent Medical Exams: A guide in the use of nurses. Silvia has also done numerous podcasts and has a training program for nurses to become defense medical observers.

Silvia Aninye co-authored the book "Defense Medical Exams Made Easy: A Painless Guide for LNCs" with Patricia Iyer. This book provides a comprehensive guide for legal nurse consultants, covering everything from preparing for defense medical examinations to report writing and business strategies.

Silvia Aninye also has a defense medical Observer training program that can be accessed at www.weberacademy.com and Silvia Aninye also created an app that stream lines the process of doing defense medical exams and can be located at https://weberapp1.com

Anneline Moodley

Leading with Compassion



How many staff members are you responsible for?
In the bustling realm of leadership, where challenges and responsibilities intertwine, my approach as a leader to management is both heartfelt and transformative. With around 400 staff members under my guidance, I embody the virtues of positive leadership, goal-setting, and hard work.

What virtues do you endorse among your staff members?
My philosophy is not merely about managing tasks but about nurturing a thriving team culture where each member feels valued and empowered.

What causes your day to be hectic?
Balancing the Scales: The Art of a Hectic Day My days are filled with a whirlwind of activities: analyzing data, planning quality projects, organizing leadership events, and engaging with my team.

When do you knock off?
Yet, despite the chaos, I maintain a clear boundary between work and personal life. Once home, I immerse myself in my role as a parent, focusing on my son and our shared goals. This separation is crucial for my well-being and helps me recharge for the next day's challenges.

How often do you take your workload home with you?
Maintaining Boundaries: The Importance of Work-Life Balance. While I diligently avoid taking work home, I do dedicate my personal time to external responsibilities with the Forum for Professional Nurse Leaders.

This commitment reflects my broader passion for leadership and professional development, yet I ensure that it does not encroach on my family time.

How do you ensure that your meetings with your team bring forth effective results?
Fostering Effective Communication: The Key to Successful Meetings In meetings, I prioritize clear communication, timely follow-ups, and adherence to deadlines. These elements are fundamental in ensuring that each meeting yields productive results and that my team remains aligned with our goals. My approach underscores the importance of structured and empathetic leadership.

How do you deal with misunderstandings between your team members?
Navigating Team Dynamics: Addressing Misunderstandings When misunderstandings arise, my strategy is simple yet profound: I simply talk it out. Understanding that these conflicts often stem from emotional undercurrents, I approach each situation with the sensitivity of a nurturing leader.

"My leadership style is a blend of compassion, structure, and inspiration"


“In meetings,
I prioritize clear
communication,
timely follow-ups,
and adherence
to deadlines”



"My leadership journey has been shaped by a blend of positive and negative experiences"

I address conflicts with empathy and a focus on finding constructive solutions. By understanding different perspectives and fostering open dialogue, I work to resolve issues in a way that strengthens my team. My role is not just to manage but to support my team as a family, showing concern and empathy akin to a mother's care.

What emotional intelligence strategies do you usually apply if need be?

Harnessing Emotional Intelligence: Patience and Recognition Emotional intelligence is at the heart of my leadership style. I practice patience, active listening, and I let my team to take the lead on projects.

My approach is not only about guiding but also about celebrating the fruits of their hard work. Recognition is a key component of my strategy, reinforcing a positive and motivating work environment.

What is your coaching approach?

Supportive Coaching: Empowering Through Encouragement: My coaching philosophy is grounded in support and encouragement.

What tone of voice do you apply when you are feeling vexed?

By providing a nurturing environment, I empower the team to grow and succeed. This supportive approach fosters a culture of mutual respect and drives collective achievement.

Who do you run to when you are faced with work-related pressures?

Managing Stress: The Human Side of Leadership When faced with work-related pressures, I turn to my biggest supporter—my mother. This personal touch highlights the human side of leadership, reminding us that even the most accomplished leaders have their own sources of support and solace.

What is this exclusive personality do you, subconsciously, influence your subordinates with?

Leading by Example: The Power of Resilience In the journey of leadership, the path is often shaped by the experiences we encounter along the way. For many leaders, their style is influenced by a mix of inspiring role models and challenging situations.

Reflecting on my own journey, I've realized how crucial these experiences have been in molding my approach to leadership. Having worked under both exemplary and less effective leaders, I chose to become the leader I always wanted to be—one who inspires, empowers, and leads with integrity.

What qualities are you imparting towards your team?

I lead by example, demonstrating the values I wish to see in my team. Whether it's setting high standards, showing resilience, or practicing humility, I ensure my actions align with the principles I advocate.

One of the most compelling aspects of my leadership is her ability to influence through personal example. Having risen from humble beginnings, I bring a unique perspective to my role. My journey from the lowest ranks to a position of leadership serves as a powerful testament to perseverance and resilience.

Imparting Wisdom: A Message of Possibility My anticipated impartation to my team is both motivational and practical: "If I can do it, so can you." This message reflects my belief in the potential within each team member and my commitment to helping them realize it.

My leadership style is a blend of compassion, structure, and inspiration. By maintaining a balance between professional responsibilities and personal life, fostering effective communication, and leading by example, I create a work environment where my team can thrive. My story is not just about managing a large team but about making a meaningful impact through empathy and dedication.

My leadership journey has been shaped by a blend of positive and negative experiences. These lessons have been instrumental in defining my approach to leadership.

By choosing to adopt the best practices from those who inspired me and consciously avoiding the pitfalls of ineffective leaders, I am committed to creating a positive and impactful environment for my team. My goal is to lead with integrity, empower my team, and foster an atmosphere where everyone can thrive. This is the leader I wanted to be, and it is the legacy I aim to build.

"I lead by example, demonstrating the values I wish to see in my team"

Sandisile Zwane

Playing around with every piece of clothing in her closet

"I come from a very small but strict family that taught me how to behave myself"

Who is Sandisile?

Sandisile Nomfundo Zwane is a 28-year-old beautiful lady who was born and bred in a small town in KZN called Dannhauser. She was raised by her mom and grandmother, therefore uSandisile is umtwana kaGogo (Granny's Baby). I was raised through prayer and always taught to acknowledge my ancestors.

I come from a very small but strict family that taught me how to behave myself, as a girl and as a child, around the elders. I did my primary and high school level through Dannhauser Secondary School (DSS) and I completed my matric in 2013.

Furthermore, I studied nursing through Durban University of Technology whereby I obtained my Bachelor of Technology in Nursing Science degree in 2019.

However, I was unfortunate as I couldn't attend the graduation ceremony due to Covid-19, I just saw my name sliding through the TV screen while locked down at home.


"In as much as
I am photogenic
and take a lot of
pictures but I'm
also camera shy"

thus, between August 2020 and August 2021 I did my community service at Verkeerdevlei Tshepong Clinic in the Freestate Province.

My experience there was by far the best one I have ever had; from the management, colleagues, the workplace environment to the community at large and all other stakeholders involved. It was just a beautiful experience, I learnt a lot including a new language; South Sotho.

Post Comm Serve I was unemployed and was actively looking for a job, applying for any post that came before my eyes. It was the most stressful 5 months of my life.

In February 2022 I received a phone call from Proactive Health Solutions inviting me for an interview, I was over the moon, I prepared myself, the day came, and the rest is history.

Therefore, since March 2022 I have been employed as an Incapacity & Disability Assessor at Proactive Health Solutions and my stay has been bliss.

Initially I did not even know what an Incapacity and Disability Assessor does but through training and thorough mentorship I now know the work like a palm of my hand.

Furthermore, I am currently registered and studying towards a master's degree (research thesis) in Nursing and I am hoping to complete it before the end of 2025.

"In as much as I am photogenic and take a lot of pictures but I'm also camera shy"

Are you into fashion, modelling, advertising, makeup art or photography?

Not professionally. Fashion, yes, I just love it. I have heard a few people telling me that I should go for modelling, but it has never been my thing. In as much as I am photogenic and take a lot of pictures but I'm also camera shy. Besides, I am not a type of a person who likes being out there for people to just focus on, anxiety would drop me on the floor.



don't even own an eyebrow pencil; I'd look like a clown if I were to try applying a makeup on my own. Hence, I always go to professional makeup artists when in need of a makeup.

What makes you so photogenic?

I really don't know, I just try to be myself when in front of a camera lens, there is not much to it and I don't even use any of the editing apps.

What inspires your stylish looks?

I just like looking good. I love elegant outfits and enjoy playing around with every piece of clothing in my closet and I always come out looking stylish.

What are your goals for your trendy looks?

I have been dressing up just for a 'look good' feeling and to be comfortable, but maybe it would be nice to model for a certain clothing brand.

What is your secret about your elegance?

There's no secret honestly, I just dress up to feel good because when you look good you also feel good.

How often do you exercise or go to the gym?

I sometimes exercise at my place but I'm not consistent I just lack discipline, and laziness takes the better of me when it comes to it. I am working on it though. I don't even have a gym membership anymore.

Would you model any kind of clothing at all?

Yes, I would.

What is your go-to outfit?

Bodycon dresses and heels, they fit any occasion.

Do you like shopping for new clothes?

Yes, it's very therapeutic.

Do you read fashion magazines? Why?

No, I don't buy them.

What is your most valuable piece of jewellery?

I'm not big on jewellery, I don't even own expensive ones, all that I have I like but there's absolutely nothing I'd have sleepless nights for losing them.

Is nursing your corridor or your destiny? Why?

A bit of both. I am not one to nurse patients from the bedside, it's not what I enjoy. However, helping people with matters of health is part of my destiny.

Where do you see yourself in ten years from now?

I see myself happily married, with 3 beautiful children, staying in a mansion, and driving my dream car. I also see myself as a director of multiple practices and in addition, I would love to keep myself busy through sharing the knowledge that I acquired through the years by showing other young nurses that nursing is not all about bedside nursing or primary health care, but it is broader than that.

"I just dress up to feel good"





Byredo Makeup Colour Stick Set - Chin of Gold, Sick Pink, La Scéne

Good things come in threes. Colour Stick, the universal product for eyes, lips and cheeks, arrives for the first time in a trio of best-selling shades. Chosen to create the perfect colour harmonies€‹, the multi-use sticks can be applied instinctively with fingers or a brush - build, blend, contrast and combine for endless experimentation.



Westman Atelier Super Loaded Liquid Drops

The quickest way to get compliments on your skin. This lightweight sheer complexion enhancer adds life to your skin in an instant. Multidimensional pearls reflect light for a "you-look-well" glow— while letting true skin show through for a uniquely real finish.


ETERNITY
FOR MEN
AQUA
eau de toilette spray
vaporisateur
CALVIN KLEIN
3.3 FL OZ
100 ml e

For Men



For Men

Details and Care

Calvin Klein Eternity Aqua, launched in 2010, evokes a sense of cool confidence that is both modern and classic. Zesty, sweet and fresh, the cologne opens with an invigorating and clean blend of lotus, cucumber and citrus notes with hints of green and aquatic aromas.

Delightfully herbaceous, the scent starts to rev up the charm factor with an inviting heart of lavender, plum, cedar and pepper. The woody finish of sandalwood, guiac wood and patchouli creates a sense of rugged refinement and allure, making this fragrance a versatile option for daily wear whether preparing for a day of work or hanging out with friends.

Fragrance Family

Woody, aquatic

Scent Notes:

Top Notes: cucumber, lotus, citruses, green notes

Middle Notes: cedar, lavender, pepper, plum

Base Notes: guaiac wood, musk, patchouli, sandalwood


ETERNITY
FOR WOMEN
eau de parfum spray
vaporisateur
CALVIN KLEIN
3.3 FL OZ
100 ml e
ETERN
eau de parfum
vaporisateu
Calvin Kle

For women



For Women

DETAILS AND CARE
Experience a renewed sense of passion with a feminine fragrance that embodies the spirit of everlasting romance. Eternity, a timeless Calvin Klein fragrance for women, was initially launched in 1988. It features a sophisticated blend of zesty mandarin orange, vibrant green notes and alluring rose and freesia.

The aroma has an unexpected twist of sage spice, which adds depth and complexity to the floral and fruity composition. With its versatile appeal, Eternity compliments any occasion, offering an intimate and captivating scent that will turn heads.

FRAGRANCE FAMILY
Fresh

SCENT NOTES:
Top Notes: Bergamot, Mandarin, and White Lily
Middle Notes: White Rose, Carnation, and Violet
Base Notes: Sandalwood, Amber, and Musk

www.perfume.com


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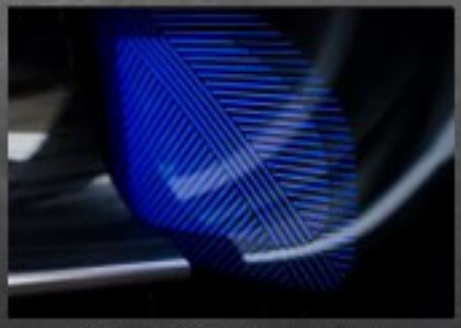
Refinement

IN EVERY DETAIL

Every feature in the new OMODA C9 reflects its high-end craftsmanship and refined design.



Armrest Box with Refrigeration and Heating



Ambient Interior Lighting



Driver Seat 6-Way Electric Adjustment with Memory Function



Integrated Fragrance System



Sony Premium Sound System



Heated & Ventilated Front Seats with Cushions and Backrests



FOOD MATTERS



Welcome to Food Matters Catering – where culinary artistry meets impeccable service.

Step into a world where every dish tells a story, and every event becomes a memorable feast.

Our gallery is a visual celebration of the exquisite culinary creations and impeccable presentations that define our commitment to elevating your dining experience.

Explore a tapestry of flavours and designs that showcase the passion and precision we bring to every event.

Whether it's an intimate gathering, a corporate affair, or a grand celebration, our gallery is a testament to the art of catering that transforms occasions into extraordinary moments.

https://www.foodmatters.co.za

ANNO 1691

ASARA

WINE ESTATE & HOTEL









feel at home with us.

Surrounded by vineyards and with superb views, our small luxury boutique hotel offers 41 rooms and suites + 3 Appartements in 3 wings across the estate. Choose between different room categories or enjoy your stay in one of our self-catering apartments.

Serenity redefined in our rooms

Experience the charm and allure of one the most revered destinations in the world from the luxury of our hotel, its extravagant suites and self-catering apartments. The verdancy of the landscape's rolling vineyards, valleys and mountain ranges engulf every viewpoint, as you get to enjoy our world-class wines. Comprising of 35 beautiful rooms, 3 lavishly appointed suites and 3 spacious apartments., our luxury boutique hotel is the perfect place to retreat to, as you savour the ambience of the Stellenbosch wine region.

Paradise with ASARA

Situated at the helm of the hotel, adjacent the outdoor swimming pool and restaurant spaces, our Shiraz wing includes the luxury Suites, alongside the Signature, Feature, Executive and Courtyard Rooms. All beckoning you in to your own secluded sanctuary, optimising on the views of the surroundings.

Where Sustainability meets Luxury

Settled amongst the pristine garden and meandering walkways, overlooking the serene freshwater dam, the vineyards and the mountains, our Cabernet & Merlot wings are immersed in the tranquillity of the estate's grounds. Our green initiatives including but not limited to: We buy local, safe Water & Energy, recycle and limit waste where possible,

www.asara.co.za/www.booking.com





THANDA ISLAND

PRIVATE MARINE RESERVE







Set in Tanzania's Shungimbili Island Marine Reserve and surrounded by its own coral reef, Thanda Island is one of the truly exclusive tropical islands in the world.

Eight hectares in size, one kilometer in circumference and 350 meters wide, the Island features only one private villa with five suites and two rustic Tanzanian Bandas and is a sanctuary to enjoy in complete seclusion with family and friends.

Depending on the season, guests can swim with the gentlest giant of the ocean, the whale shark, and may watch turtles nesting and their eggs hatching.

Marine conservation is at the core of the Island's offering and guests are encouraged to get involved in a range of projects, such as marine wildlife monitoring or awareness workshops with villagers on neighboring Mafia Island.

On the Island, guests can rejuvenate and enjoy a variety of water sports or island activities as they explore this remarkable destination, where shades of turquoise infuse the days and tropical spices the nights. .

www.lhw.com







The Benefits of Holiday Family Photoshoot



"Taking family photos during Christmas is more than just a simple click of a camera"



Christmas is a time of warmth, love, and cherished traditions. One tradition that has become increasingly popular is taking family photos during this festive season. The act of capturing those memorable moments in photographs can hold immense significance and provide a plethora of benefits. Here's why taking family photos during Christmas is not only a wonderful idea but also essential:

Preserving Precious Memories: Christmas brings families together, creating memories that will last a lifetime. Whether it's decorating the tree, opening gifts, or sharing a meal, these moments are fleeting. Family photos freeze these cherished memories in time, allowing you to relive them again and again.

Documenting Growth: Children grow up so quickly, and one of the most beautiful aspects of family photos is seeing how everyone has changed over the years. Christmas photos offer a unique opportunity to see how your family has evolved from one year to the next.

Creating a Tradition: Taking annual Christmas photos can become a cherished tradition in itself. Everyone can look forward to this special time each year, making it a moment of togetherness that binds the family even closer.

Expressing Love: Christmas is a time of love and giving. Family photos provide an opportunity to express your love for one another. The warmth and affection captured in these images can be a beautiful testament to the love shared within your family.

Sharing with Distant Relatives: Not everyone can be together for the holidays. Sharing your Christmas photos with relatives who couldn't make it can help bridge the gap and make them feel included in the celebration.

Creating Keepsakes: Christmas photos can be turned into delightful keepsakes. From framed prints to custom holiday cards, these images can be shared with loved ones and become tangible tokens of your family's bond.

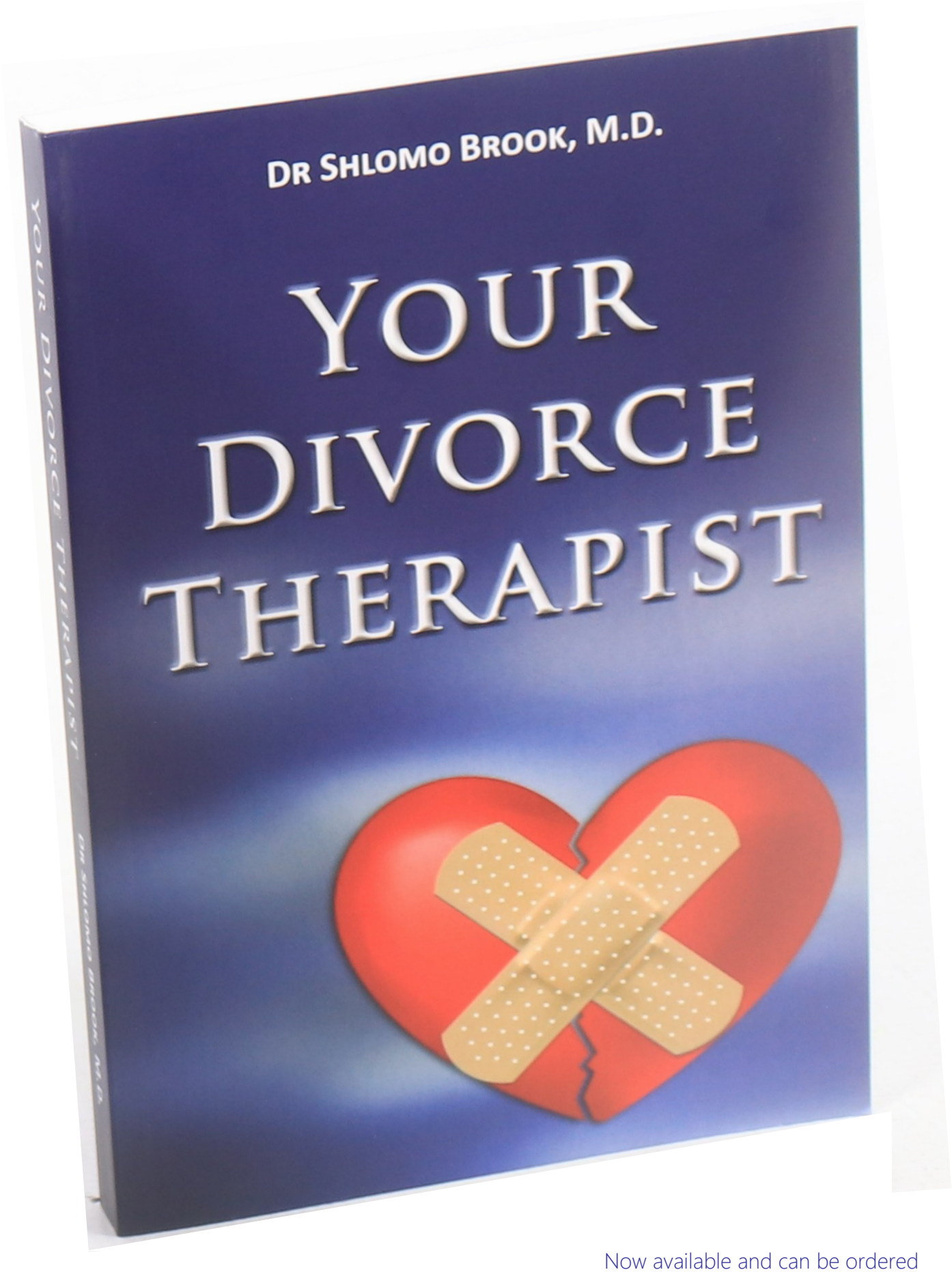
Boosting Holiday Spirit: The process of preparing for a Christmas photoshoot can be a fun and heartwarming activity. It encourages family members to engage in holiday-themed preparations, from decorating to choosing festive outfits, which can significantly boost the holiday spirit.

A Lesson in Gratitude: Reflecting on the year that's passed and the joys of the holiday season can be an excellent opportunity to teach children about gratitude and the importance of family bonds.

In conclusion, taking family photos during Christmas is more than just a simple click of a camera. It's a way to capture the essence of the season, create lasting memories, and express your love for one another. It's a tradition that not only brings the family together but also provides tangible and heartwarming mementos that can be cherished for generations to come. So, this Christmas, don't forget to capture the magic and warmth of your family in photographs – it's an essential part of the holiday celebration.



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