

FMHS Academic Clothing and Accessory Manual

MARCH 2022



Stellenbosch

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Part A
SU / Faculty Academic Wear

Introduction

Stellenbosch University's Faculty of Medicine and Health Sciences (FMHS) is committed to attaining excellence in the three areas that constitute its core business, namely facilitating transformative learning and teaching, conducting world-class research with measurable impact and engaging meaningfully with the communities we serve.

Its vision positions the FMHS as the leading research-intensive health sciences faculty in and for Africa. The mission of the FMHS is to lead by facilitating transformative, life-long learning; creating, sharing and translating knowledge that enhances health and health equity; and co-creating value with and for the communities it serves. Its values are inclusivity, compassion, accountability, respect, excellence and equity (ICARE²).

In a highly competitive healthcare education space, smart and professional student uniforms form part of the FMHS' differentiation. In the interests of protecting the SU brand, fostering a sense of belonging and pride among our students, staff and alumni and improving the administrative processes involved, we have decided to streamline existing student academic wear in clinical and other training environments.

Overview

The FMHS is home to 15 academic departments, which in turn hosts Senate-approved 18 centres, bureaus and institutes. Our undergraduate academic offering includes degrees in Medicine (MBChB), Physiotherapy, Occupational Therapy, Speech-Language and Hearing Therapy, Nursing and Dietetics. We also offer Masters programmes in more than 90 areas, including Sport Science, as well as a variety of Doctoral programmes.

The Medicine and Health Sciences programmes (i.e. MBChB I – VI, Physiotherapy and Speech-Language and Hearing Therapy, Dietetics, Occupational Therapy and Nursing) each have distinct uniform requirements.

Embroidery vs screen-printing

Embroidering

Embroidering is not as simple as screen printing, since, in the case of embroidering, the needle stitches through the material, which is why there are restrictions when this method is used. So take into consideration that, the more complex your design, the more difficult it is to embroider and the greater the risk that the quality will be compromised; the more solid your design, with fewer curves, the easier it is to embroider. This is why ONLY THE EMBROIDERY VERSION of the SU endorsement mark may be used. Also take the size and the font type of your design into consideration. The smaller your design, the more difficult it is to embroider. This is why A MINIMUM WIDTH OF 40 MM applies when the embroidery version of the SU endorsement mark is used. The plainer the font, the better it embroiders. This is why only the University's approved corporate font, Raleway, may be used for writing. The material of your garments also needs to be relatively strong for it to hold when the needles are stitching through it. For business shirts, uniforms and golf shirts, embroidery is therefore generally the best choice. Embroidery on such garments is also perceived to be more prestigious. Embroidery is generally best for caps and outerwear, too.



Screen printing

Screen printing is a great process for larger orders of printed garments (10+) and larger designs. Screen-printed garments also wash well and maintain the print quality for some time. As mentioned above under Cost, when screen printing is done, one colour at a time is applied and cost therefore increases with each additional colour, since a new mesh screen is required for each separate colour. A design with four colours, for example, needs four screens. This can make screen printing in many colours uneconomical if only a small run of garments is required: digital printing might then be a cheaper option. A MINIMUM WIDTH OF 45.5 MM applies when the screen-printing version of the SU corporate brand mark is used.



Minimum width: 45.5 mm For t-shirts and lightweight garments, screen printing is the best choice. Embroidery is often too "heavy" for t-shirts and you may notice puckering around the design because the stitching creates tension. Screen printing has a "softer handle" than embroidery, so it is much better for larger designs. In summary: • Embroidery is the best choice for business shirts, uniforms, golf shirts, caps and jackets. • Screen printing is the best choice for t-shirts and large designs.

Ordering and purchasing processes

- Selected academic fit ranges will be made available to each department
- General academic fit ranges will be available at the Matie Shop on loan
- Each department will be responsible for arranging student fittings
- Department to complete the order form (academic / general clothing and or general accessories) and sent to matieshoptyg@sun.ac.za
- There will be two opportunities for departments to place orders at student prices – 1st Jan and Feb and 2nd May and June
- Any additional items required throughout the year can be purchased at the Matie Shop retail price
- The general fitting ranges to be sent back to the Matie Shop
- Matie Shop places order with the relevant supplier
- Items will be delivered to the Matie Shop and the cost will be levied against the student account. Students who cannot pay via student account can pay via alternative methods like EFT or Snapscan
- The Matie Shop will then inform the department that items are ready for collection
- Student to collect items already charged against the student account, or paid via EFT/Snapscan

Uniform colour recommendations

The following recommendations apply for training scrubs/uniforms/clothing for students studying at the Faculty of Medicine and Health Sciences to commence in 2022.

SCRUB/UNIFORM COLOURS

Only the following colours may be used for FMHS programme scrubs:



Black
19-4205 TP



Navy
19-4013 TP



Raspberry
17-1831 TP



Maroon
19-1726 TP



Charcoal
19-0405 TP

Branding

Stellenbosch University has launched a new, monolithic logo. The new logo/brand direction will replace any existing logos and insignia. The SU logo (horizontal) must be prominently embroidered onto the scrubs/uniform left side pocket of the clothing item with the name of the programme (e.g. PHYSIOTHERAPY or MBChB) embroidered below on the opposite side.

Name badges

The new logo to be used on all student name badges commencing in 2022.

Customised scrubs/uniforms

Students may order customised scrubs with their names on it in the following colours only:



Black
19-4205 TP



Navy
19-4013 TP



Raspberry
17-1831 TP



Maroon
19-1726 TP



Charcoal
19-0405 TP

Academic Programme Clothing Requirements

Bachelor of Science in Dietetics (Years 1 – IV)

Customised crossover blue scrubs (top, blue pants and/or skirt)

Branding

Pocket/left side of chest.
Name of programme right
side of chest.



Navy
19-4013 TP

Academic Programme Clothing Requirements

Bachelor of Nursing and Midwifery (Years 1 – IV)

Charcoal pants/charcoal skirt
Customised maroon v-neck top
with charcoal trim
Black tracksuit pants

Branding

Pocket/left side of chest.
Name of programme right side
of chest.



Black
19-4205 TP



Maroon
19-1726 TP



Charcoal
19-0405 TP

Academic Programme Clothing Requirements

Bachelor of Nursing and Midwifery (General)

- Charcoal or maroon blouse
- Charcoal gilet
- Charcoal or maroon short sleeve jacket
- Charcoal jacket

Branding

Left side of the chest



Maroon
19-1726 TP



Charcoal
19-0405 TP

Academic Programme Clothing Requirements

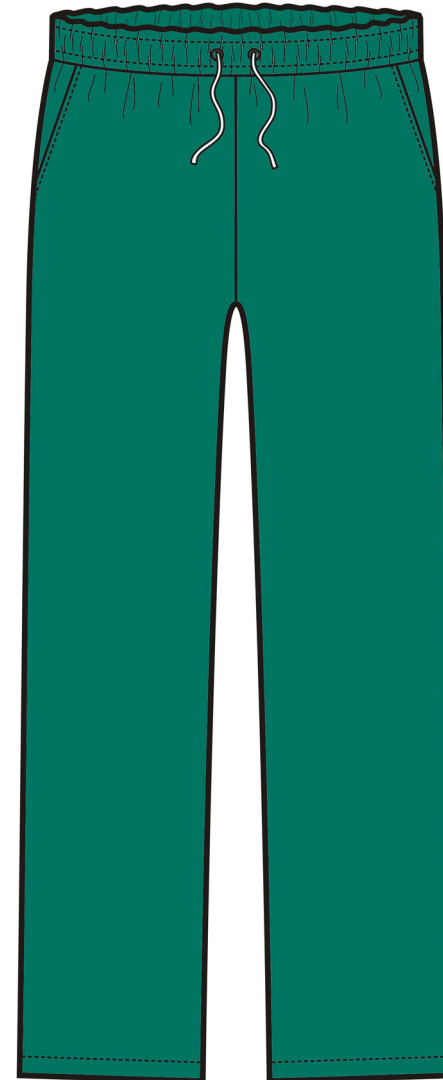
Bachelor of Occupational Therapy (Years 1 – V1)

Customised crossover bottle green scrub top with white trim and bottle green pants.

Branding

Pocket/left side of the chest

Name of programme right side of chest



Academic Programme Clothing Requirements

Bachelor of Science in Physiotherapy (Years 1 – IV)

Customised crossover navy blue scrubs with white trim
Navy blue pants
Black shorts

Branding

Pocket/left side of the chest
Name of programme right side of chest



Navy
19-4013 TP



Black
19-4205 TP

Academic Programme Clothing Requirements

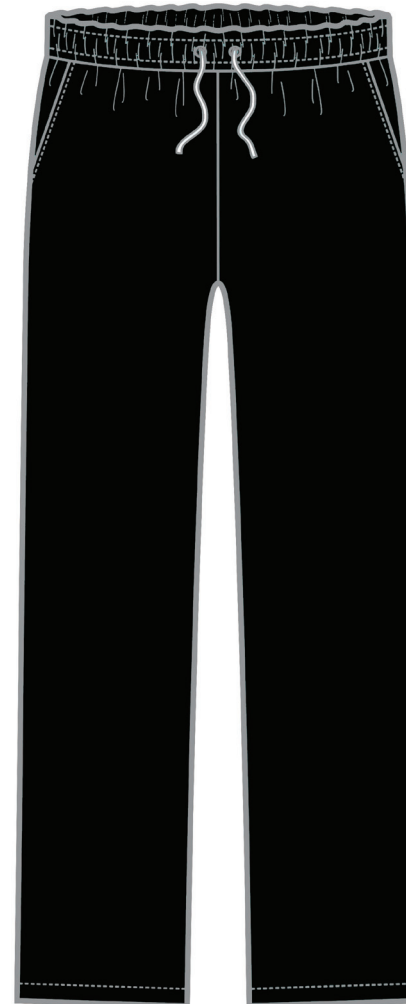
Bachelor of Speech-Language and Hearing Therapy (Years 1 –V1)

Customised black crossover scrubs top
with beige trim
Black pants

Branding

Pocket/left side of the chest

Name of programme right side of chest



Black
19-4205 TP



Beige

Academic Programme Clothing Requirements

Bachelor of Science in Sport Science (Honours), Bachelor of Arts in Sport Science

Vest

Long sleeved t-shirts

Short-sleeved t-shirt

Maroon hoodie

Black softshell jacket

Black shorts

Black, grey and white golf t-shirts –
(Sport Science Honours Programme)

Branding

Pocket/left side of the chest
Name of programme on right
side of chest



T-shirts: Sport Science Undergraduate Programme

Golf t-shirts: (Sport Science Honours Programme)

Academic Programme Clothing Requirements

Bachelor of Surgery, Bachelor of Medicine (Years I – VI)



Branding

Pocket/left side of the chest

Name of programme right side of chest

V-neck scrub tops and pants in the following colours only:

- Black
- Navy-blue
- Raspberry
- Maroon
- Charcoal

White short sleeved clinical coat
White long sleeved clinical coat,
White lab coat
White v-neck studs coat
Scrub cap



Black
19-4205 TP



Navy
19-4013 TP



Raspberry
17-1831 TP



Maroon
19-1726 TP

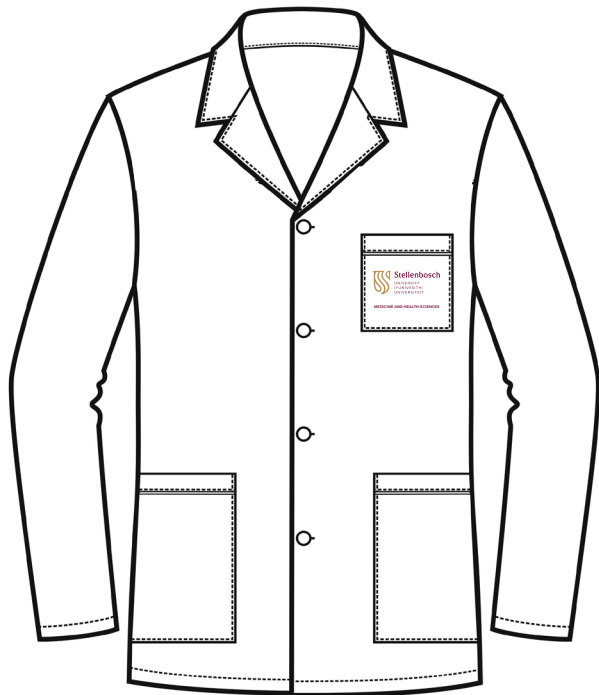


Charcoal
19-0405 TP

General Academic Clothing Requirements

Bachelor of Surgery, Bachelor of Medicine (Years I - VI) Overcoats

- White overcoat with collar and buttons and band at the back (short-sleeved)
- White overcoat with collar and buttons and band at the back (long-sleeved)
- White lab coat with collar and buttons (long-sleeved and long body length)
- White v-neck coats with studs (long-sleeved and long body length)
- SU Logo on breast overcoat pocket



General Academic Clothing Requirements

Collared t-shirts

Collared t-shirts (golf t-shirts) to be made available in black, grey maroon and navy blue with the SU logo on the left. The faculty name should be embroidered on the opposite side.



Black
19-4205 TP



Navy
19-4013 TP



Maroon
19-1726 TP



Charcoal
19-0405 TP

General Academic Clothing Requirements

Exercise clothing

- Sports/exercise vests in grey or maroon with SU logo on breast
- Short-sleeved vests/t-shirts in grey or maroon with SU logo on breast
- Shorts (male/female) in black. The faculty name should be embroidered on the opposite side.



Black
19-4205 TP



Maroon
19-1726 TP



Charcoal
19-0405 TP

General Academic Clothing Requirements

Winter jackets

- Softshell jacket with SU logo in black and the wording 'MEDICINE AND HEALTH SCIENCES' on the opposite side

Outer Shell: Panelled with Softshell bonded fabric

Inner Lining: Techno lining



Black
19-4205 TP

General Academic Clothing Requirements

Hoodies

- General faculty-hoodie with SU and FMHS logo as well as the wording MEDICINE AND HEALTH SCIENCES to be made available in charcoal or maroon.
- No programme-specific hoodies will be allowed.



Maroon
19-1726 TP

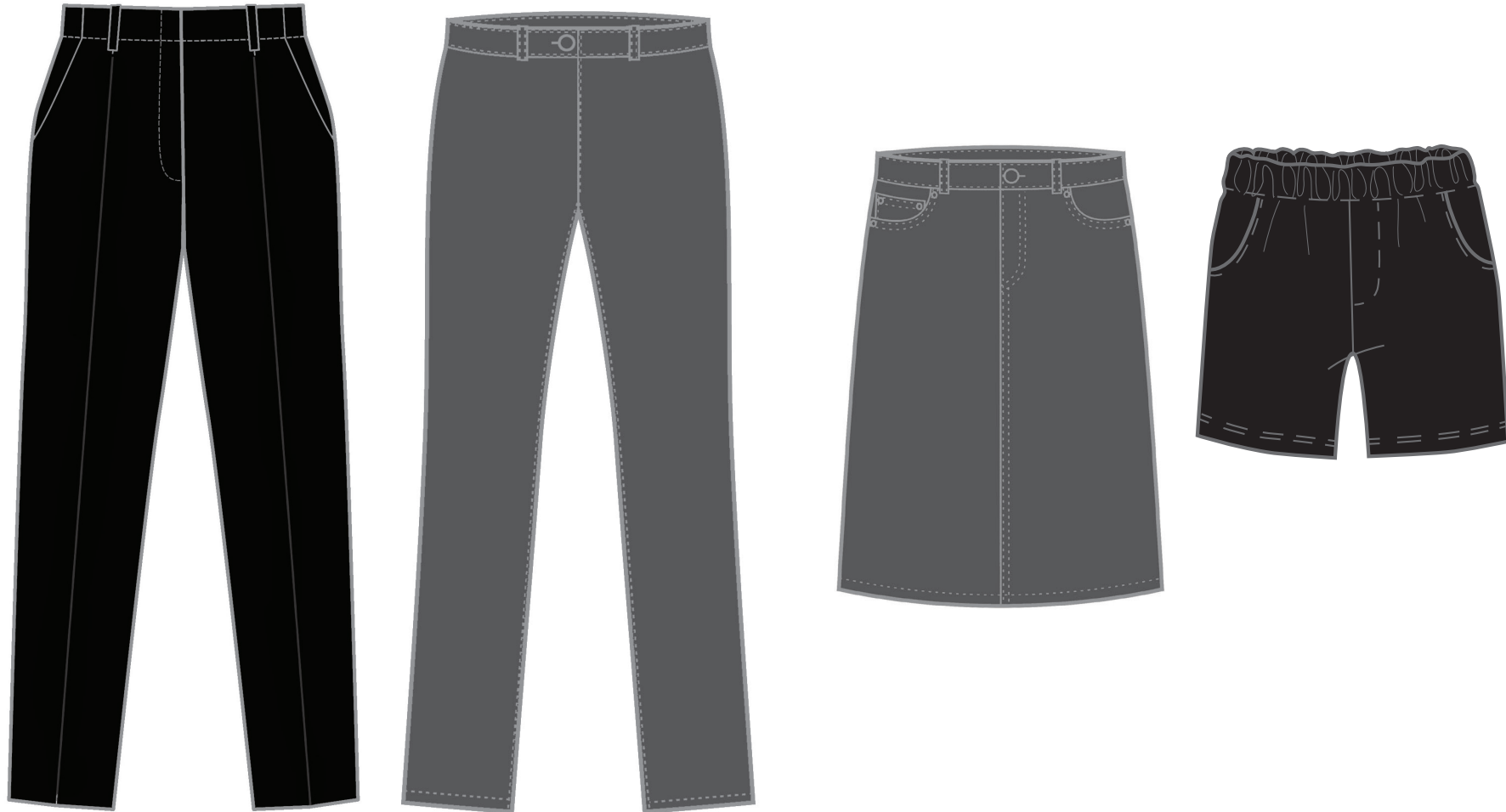


Charcoal
19-0405 TP

General Academic Clothing Requirements

Chino pants, slacks, skirts and shorts

Students may purchase their own at retail stores. These images serve as a guideline.



Co-Branding with Third Parties

Access to and use of the Stellenbosch University brand and artwork is subject to the acceptance of and compliance with these terms of use, otherwise companies may not proceed to access or use same.

Access to the artwork (i.e. logos, etc.) is permitted only for those persons as authorised from time to time by Stellenbosch University. Any unauthorised access to the Artwork will constitute a criminal offence in terms of section 86 of the Electronic Communications and Transactions Act, No. 25 of 2002.

All external third party entities that wish to sponsor and/or co-brand with SU-related entities on clothing must contact and liaise with the Faculty of Medicine and Health Sciences' corporate communications and brand coordinator, **Florence de Vries** on **florenced@sun.ac.za** or **021 938 9505**.



Part B

SU / Required Academic Accessories

Stethoscopes

For MBChB students, an Adult stethoscope is required. That would be the Littman Classic III or Welch Allyn Professional Adult stethoscope.

Physiotherapy and Nursing students need a basic stethoscope, such as a budget nurses stethoscope, or the better quality Lightweight stethoscopes of Littmann or Welch Allyn.

LITTMANN STETHOSCOPES



Lightweight Stethoscope:

Lightweight and Select Stethoscopes are ideal for taking blood pressure readings and making limited patient assessment. They're entry-level models that provide essential features such as tunable diaphragms.



Classic Stethoscope:

Classic Stethoscopes are dependable clinical tools for physical assessment and monitoring of your patients, one long shift after another. The popular model for students are the Classic III stethoscope. This stethoscope offers both Adult and Paediatric function, on the chest piece, as well as the bell function.



Cardiology Stethoscope:

Cardiology Stethoscopes provide outstanding acoustic sensitivity to help you perform detailed diagnostic auscultation. The most popular model is the Cardiology IV. This stethoscope offers both Adult and Paediatric function, on the chest piece, as well as the bell function.

WELCH ALLYN STETHOSCOPES



Lightweight Stethoscope:

When weight and economy are of primary concern, the Lightweight is the stethoscope to choose. Ideal for taking blood pressure readings and making limited patient assessment.



Professional Adult Stethoscope:

Welch Allyn Cardiology is one of the most comfortable and versatile general-use stethoscopes manufactured today. Its acoustics allow for accurate auscultation of cardiac, pulmonary and vascular sounds.



Cardiology Stethoscope:

Welch Allyn Cardiology stethoscope for students – Harvey Elite Cardiology stethoscope. Interchangeable. Adult and paediatric diaphragm chestpieces, with a fixed bell section. Dual tubing.



Hi Care Nurses Stethoscope:

The Hi Care nurses stethoscope is a budget stethoscope, used by nursing staff mostly, to take blood pressure readings of patients.

Diagnostics instruments - Otoscopes

The Speech-Language and Hearing therapy students, require an otoscope during their studies. Any of the Welch Allyn sets below, could be used.

POCKET LED OTOSCOPE:



The Pocket LED Otoscope is the most durable pocket-style otoscope on the market today, designed to hold up through your training and into practice (based on rigorous drop test versus leading competitors). Examine your patients in style, with four colour options to choose from, and optional handle and window bumper accessory kit.

POCKETSCOPE OTOSCOPE:



Welch Allyn PocketScope Otoscope with Throat Illuminator is small, convenient and easy to use with bright, white halogen light.

POCKET JUNIOR OTOSCOPE SET:



The Pocket Junior otoscope is lightweight and compact providing halogen illumination with fibre optic light transmission. Requires 2 AA batteries (not included). Set comes with the Otoscope head, handle, set of specula and soft carry bag.

Diagnostic sets

The MBChB students require both an ophthalmoscope and otoscope during their studies. Any of these following Welch Allyn diagnostic sets could be used.

HOSPITAL CLASSIC DIAGNOSTIC SET:



Professional Plus Diagnostic set with C-Cell battery handle, 2.8V Halogen Ophthalmoscope and Otoscope, in Hard case.

PANOPTIC™ PRESTIGE LITHIUM ION DIAGNOSTIC SET:



The Panoptic ophthalmoscope makes this rechargeable lithium-ion powered diagnostic set one of the most advanced. The PanOptic Prestige Lithium Ion Diagnostic Set consists of 1 X Macroview otoscope with throat illuminator, 1 X Panoptic ophthalmoscope, 1 X Lithium-ion rechargeable battery handle, 1 X Base unit and charger, 1 X Hard carry case. The PanOptic Ophthalmoscope offers a 5 X larger field of view and 26% more magnification vs. traditional ophthalmoscope. The MacoView Otoscope features twice the field of view and 30% more magnification than traditional otoscopes.

B Nursing Programme

EQUIPMENT BAG:



An equipment bag is available for students registered in the B. Nursing programme to use during clinical practice for learning sessions. This is a sling bag containing one each of the listed items:

- Adult stethoscope (basic)
- Blood pressure cuff with manometer
- Nurse's watch with second hand
- Stainless steel operating scissors
- Digital Thermometer
- Pupil torch
- Safety goggles
- Examination gloves (1 pair)

The following additional items are recommended for nursing students to purchase:

CIRCUMFERENCE BODY TAPE MEASURE:



Measuring tape for measuring body circumferences as well as height, with an automatic roll-up.

MUAC TAPE MEASURE ADULT:



MUAC tapes are used to measure the upper arm circumference of children and adults.

BMI TAPE MEASURE:



The BMI tape measure is used to calculate an individual's body mass index.

POCKET OTOSCOPE WITH TONGUE BLADE HOLDER:



An instrument used to examine the interior of the ear.

PATELLA HAMMER – TAYLOR:



An instrument used to test deep tendon reflexes.

Physiotherapy bag

A Physiotherapy bag has been compiled for the Physiotherapy students. This consists of a sling bag, plus the following equipment included in it:



- Professional dual head deluxe stethoscope
- Safety goggles
- Patella hammer Taylor
- Goniometer - 20cm
- Gait Belt
- Eye Liner pencil Black
- Measuring Tape - Soft (not included in image)
- Latex Gloves - Powder Free (not included in image)
- Coconut Oil - 250ml - in a solid state (not included in image)

GONIOMETER:



This measuring tool is used by Physiotherapy students, to measure range of motion.

MBChB student requirements

Other items that MBChB or other students might require during their studies, are listed below:

WELCH ALLYN PENLITE:



For quick and effective evaluation of the pupillary reflex. Bright, white halogen light for true tissue colour rendition. Durable solid brass construction. With on/off switch. Uses 2 AAA batteries.

SOFT TAPE MEASURE:



A standard dress making or body measurement tape measure, 1.5m length. Measurement in cm's and mm's. Made from durable plastic material.

DIGITAL THERMOMETER:



A portable Digital thermometer for taking patient temperatures. LCD display.

DISSECTION KIT:



Basic dissection kit used for anatomy practice. A set is supplied at dept. Anatomy - billed as part of course fee.

Additional sets or scalpel blades and handles are also available for purchase.

HI-CARE DIAGNOSTIC PENLIGHT WITH PUPIL GAUGE:



Budget pupil torch with printed pupil gauge and ruler. Cool light. Chrome plated casing. Pocket clip press activator switch. Uses 2 AAA batteries.

TOURNIQUET:



Quick release tourniquet. This would be used when taking blood samples.

GESTATIONAL WHEEL:



Pregnancy due date calculator.

TUNING FORK:



For MBChB students, a tuning fork is required for the Weber and Rinne test. The recommended tuning fork to use, is a 512Hz with a base.

MBChB student requirements

Other items that MBChB or other students might require during their studies, are listed below:

GLOVES:



All students will be using disposable gloves when working with patients or during anatomy practise. Nitrile gloves are recommended. These gloves are latex and powder free, for sensitive hands. Nitrile gloves are also highly elastic and puncture resistant.

BLOOD PRESSURE MONITORS:

Budget Hi Care range:



A hand aneroid for taking blood pressure measurements, are used by Nursing and MBChB students.

MASKS:



Disposable masks for use in clinical work. Various types are available.

PROTECTIVE EYEWEAR:



Protective eyewear should be used for personal safety by students of various professions. The safety glasses provide protection against fluids (blood, or droplets from sneezing or coughing) splattering into a student's eyes. Various types are available. Some with adjustable arms and one for wearing over existing spectacles.

PATELLA HAMMERS:



Budget pupil torch with printed pupil gauge and ruler. Cool light. Chrome plated casing. Pocket clip press activator switch. Uses 2 AAA batteries.

WELCH ALLYN DURASTOCK QUALITY RANGE:



This integrated-style gauge features a FlexiPort cuff-mounted design that's compact and lightweight. In use, the gauge can be rotated to any orientation desired by the clinician. With gear-free DuraShock™ technology, you can count on these aneroids to remain in calibration longer than traditional aneroids, providing more accurate readings over time and a lower lifetime cost.

TB-MASKS:



N95 / KN95 respiratory masks are recommended for use with TB patients. The N95 mask reduces exposure to particles including small particle aerosols and large droplets. These masks have a 95% filtration efficiency.

Self defence items

For the personal safety of students on campus and when working at clinics or at hospitals, the purchase of self defense items are recommended. A range of pepper sprays and tazers are available.



Contact

For brand-related queries:

Please contact **Florence de Vries** on **florenced@sun.ac.za** or **021 938 9505**

For procurement related queries:

Please contact **Petro Keown** at the **Matie Shop Tygerberg** on **021 938 9040**
or **matieshoptyg@sun.ac.za**