

2020

International year of the nurse & midwife

Invest in Nursing and Midwifery

There is no greater value for money in life than investing in nurses and midwives

Why nursing & midwifery?

With the advent of the Covid-19 pandemic in South Africa and the rest of the world, the value of Nurses and Midwives as a major investment in the healthcare infrastructure of the country, has once again been illustrated.

Today, nurses find themselves on the frontline in the battle against Covid-19 and many have lost their lives saving the world from this pandemic. While this is commendable, it is also not surprising as they are the backbone of any health care system. They are the largest occupational group in the health sector, accounting for approximately 59% of the health professionals.

As we observe the International Year of the Nurse and Midwife, let us take stock of those courageous many men and women who provide high quality, respectful treatment and care. These are people more often take the leading role in community dialogues to address fears and questions about health, and in many instances, collect data for clinical studies.

Quite simply, without nurses, there would be no response. This is a wakeup call to the world on the unique roles nurses and midwives play, and ensure they get the necessary support they need to keep the world healthy. An investment in the profession, through quality education, positive practice environments and regulatory structures that honour the profession will go a long way.

This group of health professionals makes a real difference by helping save lives, bringing happiness to individuals and their families, and comfort to those in need. While caring for patients fighting for their lives can be a challenging experience, nurse-midwives still report a high level of job satisfaction.

For nurse-midwives, each day is different and involves tackling a diverse set of challenges – from consultations many patients with unique health concerns. Often, the workday feels like an adrenaline rush. Indeed, most nurses embrace the challenges that come with the profession, yet they remain dependable, passionate, patriotic and courageous – the world needs us now more than ever!

Being a midwife is a big responsibility that requires one to have certain attributes that are considered essential to the profession. To mention a few: Communication is key; listening skills; empathy; intuition; patience; teamwork and observation skills are all critical attributes. You are required to be physically and mentally fit in order to keep up with the rigors of being a midwife – comfort with the human body, and its fluids, is a necessity.

As we observe International Nurses and Midwives Day, an important day in our calendar, despite the not so jovial environment due to the ongoing fight against Covid-19, we need to take a moment and celebrate the outstanding work done by our Nurses and Midwives.

THANK YOU, NURSES & MIDWIVES!



Prof Doreen Kaura
(Head of Social Impact: The Department of Nursing and Midwifery Stellenbosch University), spoke to a few of these nurses and midwives, and this is what they had to share:

“ I became a nurse and midwife so that I can make a difference in people’s lives by supporting them when they are in need. I just wanted to help the lives of patients, women and neonates and reassure them when they have lost hope. Being able to meet their physical, spiritual and psychological needs gives me hope for humanity that others can depend on me when in need. Nursing and midwifery is my true passion. I am dependable honest and practice ethical behaviour which is required by the profession that gives me a high level of job satisfaction even through all the challenges in nursing and midwifery. **”**

- Nondiyasi Mpotololo

Chief Professional Nurse, Advanced Midwife and Neonatal nurse and Clinical facilitator department of Nursing and Midwifery, FMHS, SU



“ The day I was introduced to midwifery, I knew I wanted to experience the fulfillment that comes with caring and supporting women in their reproductive life, and being part of the artistic work that midwives do in their everyday life to help women with the experience of giving birth is what I never wanted to miss. **”**

- Nosipiwo Juqu

“ Nursing is in my blood. My grandmother was a nurse and so was my mom. My mom is the most caring person I know and I wanted to be exactly like her. I couldn’t think of a more rewarding and satisfying career than nursing. My father encouraged me to study nursing and told me that my nursing degree would be my passport to the world. Little did I know how very true his statement would be? I started my nursing career 20 years ago as a student nurse at Stellenbosch University. I have worked in various disciplines and I have travelled the world. I have been to 95 countries and worked with more than 50 nationalities. I have worked with the most amazing nurses who have also become my best friends. I have cared for the most amazing human beings during their happiest hour and their darkest hour. I cannot think of a more rewarding and satisfying career than nursing. **”**

- Frances de Lange

Professional Nurse, Junior lecturer,
Department of Nursing and Midwifery



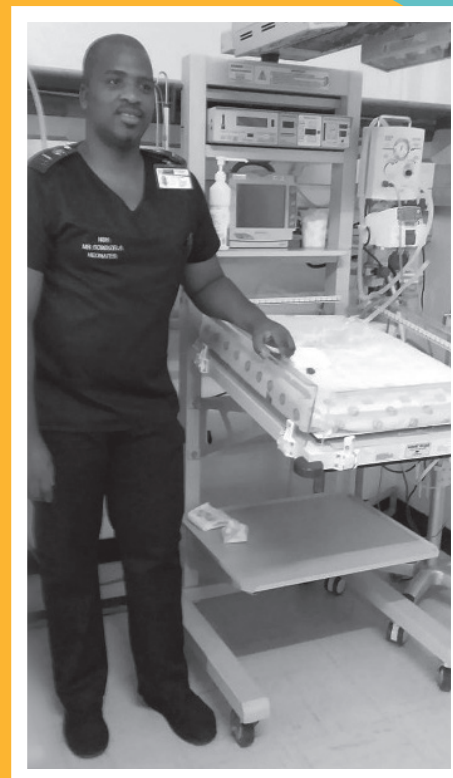
“ I began thinking about choosing nursing & midwifery as career that I can take back in high school when I was doing grade 10 but I was in denial because where I live which is Eastern Cape in Lusikisiki Town. Midwifery was popularly known as a job for women because they just busy providing bedpans and also feeding the patient nothing interesting. I continued with my studies and realized that I was good in biology. Further while caring for my family and friends the community told me that I had a good heart.

I completed and passed with a bachelors. However I had to take a gap year because I had no money for my studies since I am an orphan. I got a bursary to do nursing and midwifery in 2010 and I enjoyed every day during the four years. On completing the community service in 2014, I begun working in the neonatal unit. This made me a confident midwife at work and a dedicated father at home as I am great with my children.

Working as a male nurse-midwife was a challenging thing at first as it is difficult to win over patients and clients by convincing them that you are competent. However, due to my caring attitude, my life was so much easier. **”**

- Siphiwe Somdizela

Professional Nurse, Advanced Midwifery and Neonatal Nursing student at the department of nursing and Midwifery, FMHS, SU



“ In all honesty, nursing was initially not my first choice. Yet, nursing chose me. To be the one patients trust, the one next to the patient’s bedside 24 hours a day, the one providing information so that the doctor can make the diagnosis, to save lives and be part of the backbone of healthcare. **”**

- Santel de Lange

Professional nurse, Lecturer –
Department of Nursing and Midwifery

“ At a very young age, I can recall being very intrigued by the whole conception of pregnancy and as I pursued a career in nursing I came across doing my very own delivery for the very first time and I was instantly drawn to this amazing feeling and held on to it. It was an enigma of sorts. A special kind of passion that I live with everyday... ”

- Misha Cieverts



“ I started my nursing career in 1986 as an assistant nurse. I am still a nurse as nursing has taught me valuable life lessons I now have a masters in nursing and enjoy teaching and mentoring other nurses. Nursing has taught me to be grateful in the midst of all the challenges nurses and midwives are facing. Nursing is an art and a science and holistic approach in providing nursing care to communities to attain, maintain and recover optimal health and quality of life. I love being a nurse and midwife. ”

- Beatrice Africa

Chief Professional Nurse, Mowbray Maternity Hospital

“ I am a Nurse Educator and sincerely believe that the Professional Nurses we train will excel in leadership and innovation whilst being compassionate carers, now, more than ever. I am proud of every single one of them. ”

- Danine Kitshoff

Lecturer, Department of Nursing and Midwifery, Stellenbosch University



2020
International year of
the **nurse & midwife**