Health and Healing: Nursing in South Africa
Presenter: Dr. Angel Kelly

• Joined Rutgers September 2012
• Faculty School of Nursing
• Doctorate in Clinical Nursing Practice
• In private practice as a Nurse Practitioner specializing in Women’s Health, Obstetrics & Gynecology
• Research Focus - community based projects improving health disparities by using community based mentors
Why South Africa? Why not!
Health Issues Affecting South Africans

- Entire country severely affected by HIV epidemic
- 2\textsuperscript{nd} highest rate of HIV in the world
- 1,000 deaths a day to AIDS
- 1.2 million children orphaned
- 5\textsuperscript{th} worst TB affected country
- Critical shortage of health care workers
- 72\% of population live in rural areas with little access to health care, most without piped water and electricity
Shanty Towns
Traveling Abroad: The Course Health and Healing in South Africa

Course Description

Course designed to introduce the baccalaureate nursing student to health and healing in South Africa which culminates with an 11-day trip traveling from the southern most point of the African continent to the northern most point of the country all the while exploring the history, culture, geography, and health care systems of the South African population.
Course Objectives

• Examine the historical, political, and cultural background of South Africa that shape present day health care delivery

• Identify current health issues and epidemiological factors including the impact of socio-cultural, economic, legal, and political factors influencing the health of South Africans

• Examine nursing roles in South African health care facilities

• Engage in collaborative practice experiences and community health service learning projects with South African nursing agencies

• Identify strategies to support future health initiatives for South Africans
Course Work
Prior to the Trip

• In-Class Session 1 – Historical Overview of South Africa
• In-Class Session 2 – Apartheid in South Africa
• In-Class Session 3 – Health Issues, Practices, and Resources in South Africa
• Assigned Readings
  – Participation In Class Discussion
• Experiential Learning Activity
  – Written report completed on a journal, article, movie or cultural event that displays student learning of South African history, culture, and the environment of health
When do we go? Where do we go? For how long do we go?

- During Rutgers spring break week
- 11 day trip traveling from the southern most point of the African continent (Cape of Good Hope) to the northern most point of the country (Tropic of Capricorn)
What do we do there? A lot!

- Clinical Experiences
- Service Learning Experiences
- Academic Experiences
- Activity Days
Clinical Experiences

- Chris Hani Baragwanath Public Hospital
- Morningside Private Hospital
- Mothers 2 Mothers NGO
- St. Joseph’s Home for Children
- Carel du Toit School for the Deaf
Service Learning Days

• Kalksteenfontain Primary School
• Langa Township
• Vision Child Youth Center
Academic Days

• Robben Island
• Apartheid Museum
• Constitution Hill
• Hector Pieterson Museum
• District Six Museum

"It is said that no one truly knows a nation until one has been inside its jails."
Activity Days.....aka FUN DAYS!

- Kruger National Park Safari
- Boschendal Wine Tour
- Table Mountain Hike / Gondola Tour
- Camps Bay
- Cape of Good Hope
- Cape Town Waterfront
- Sylvia’s Home Restaurant
Course Work

After to the Trip

• In-Class Session 4 – Reflections on South Africa

• Reflection Photo Journal
  – Photo journal documenting the student’s observations and experiences and how the trip influenced their ideas of nursing, their nursing career and other impacts upon their life
Faculty Implications of Teaching an Experiential Learning Abroad Course

- Expands international relationships with colleagues
- Increases international scholarship opportunities including teaching abroad, research opportunities and publication opportunities, grant opportunities
- Increases depth of student relationships
- Personal fulfillment – my life will never be the same!
Rutgers nursing students spent an afternoon with South African nursing students comparing both healthcare and education among their respective countries.
A few of my favorite pictures...