

Breast Course for Nurses 2018

As the year winds down and comes to a close, we look back on the activities of the Breast Course for Nurses through 2018.

Courses

1. Marondera, Zimbabwe:

- Day 1 – +/- 80 health care providers attended day 1 of the BCN, more than we ever imagined! Thank you to Joseph, Enia and Esther for helping with the organisation of the course.

Read more here: <http://www.jennyedge.co.za/2018/04/breast-course-for-nurses-marondera-day-1.html>

- Day 2 – Even though there was a nationwide doctors strike going on at the time of the course, many doctors attended day 2 along with oncology trained registered nurses. In the afternoon, while the doctors went through biopsy techniques, Lieske ran a parallel session focussed on lymphoedema management together with Junior and Faniso, local lymphoedema therapists. Thank you to all that attended, the sponsors, organisers and of course, Dr Anna Nyakabau, who is the local driving force behind arranging the courses in Zimbabwe.

Read more here: <http://www.jennyedge.co.za/2018/04/breast-course-for-nurses-day-2-marondera.html>

- Day 3 – a short session was held for registrars where case studies were discussed and debated. Breast cancer is a disease that should be treated by a multi-disciplinary team, therefore discussing and debating the management of cases is vitally important and a learning curve for all.

2. Cape Town, South Africa:

- Day 1 – this course was unique in that there were a variety of medical disciplines attending from both the private and public sector. Lectures were presented by specialists in the field.
- Day 2 – Dr M Heunis and Dr R Burger from Tygerberg joined for day 2 along with a variety of other specialists. The course was held at the new Chris Barnard hospital. Thank you to all the sponsors and those that attended the course.

Read more here: http://www.jennyedge.co.za/2018/06/breast-course-for-nurses-cbmfh_9.html

Marondera, Zimbabwe: March 2018

Day 1:



On our way to day 1 of the course – Chenjerai, Dr Edge and Sr Lieske



The entrance of Marondera Provincial Hospital



First lectures of the day



Some of the sponsors of the course



Full house!



Enia, Dr Nyakabau, Joseph and Dr Edge



Lots of information to absorb



Enia, Saverea and Joseph



Palliative Care discussions

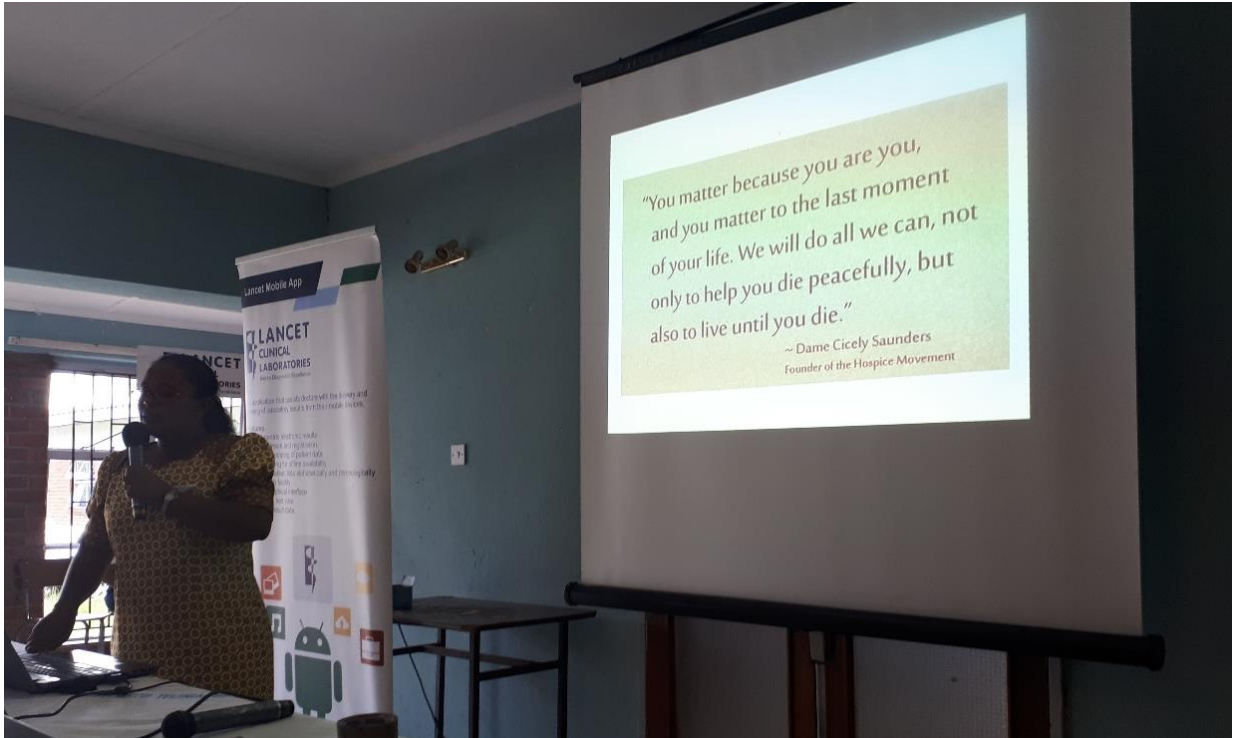
Day 2:



Beginning of day 2



Dr Nyamhunga giving a lecture



Dr Tererai discussing palliative care



Discussing case studies



Junior Mavu demonstrating lymphoedema bandaging



Enia with a bandaged arm



Lieske, Faniso and Junior - registered lymphoedema therapists



Sr Lieske, Matron Julliet Hungwa and Dr Anna Nyakabau



Chenjerai from Island Hospice



Dr Anna Nyakabau, Dr Jenny Edge and Dr Maita Mvere

Day 3:



Registrar case discussion session

Cape Town, South Africa: June 2018

Day 1:



Good biopsy specimen!



High levels of concentration!



Dr Dittrich explaining cytology techniques

Day 2:



Palliative care case studies



Lecture by Dr Marc Maurel



Practicing some lymphoedema exercises



Happy group!

News from 2018

- Pink Cricket – Every year, one of the cricket games raises funds for a breast cancer project. This year, the money went to Charlotte Maxeke Hospital. The BCN is one of the outreach programmes run from Charlotte Maxeke Hospital. Dr Edge joined Dr Sarah Nietz at the game. Over R1.6m was raised!

Read more here: <http://www.jennyedge.co.za/2018/02/pink-cricket-2018.html>

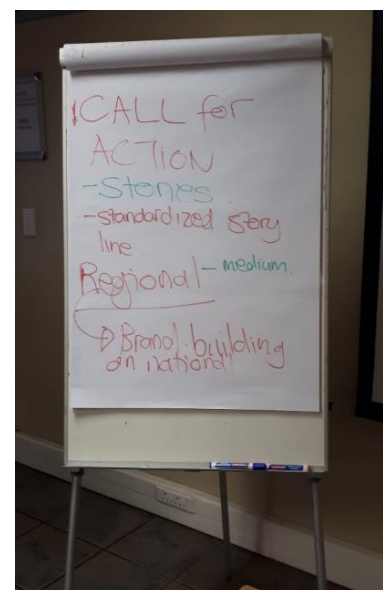
- Cancer Alliance 2-Day Meeting – the Breast Course for Nurses attended the 2-day Cancer Alliance meeting held in Durbanville. More than 25 various cancer related groups attended this meeting. Information was shared and plans were set up about going forward and future projects. The aim of the Cancer Alliance is that all cancer related groups collaborate with the ultimate goal of better cancer care for all in South Africa.

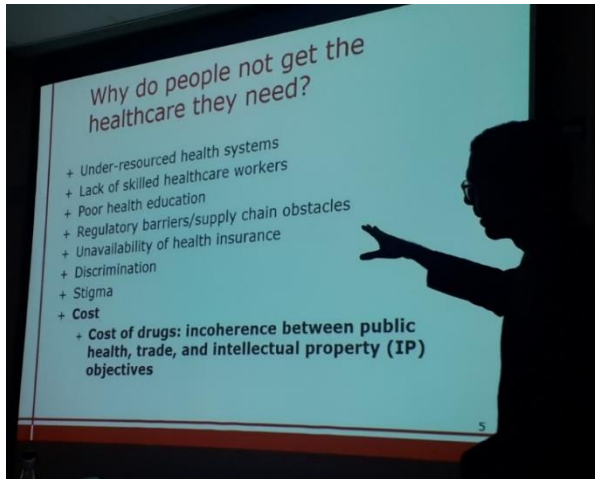


Representatives of the various Cancer Alliance groups

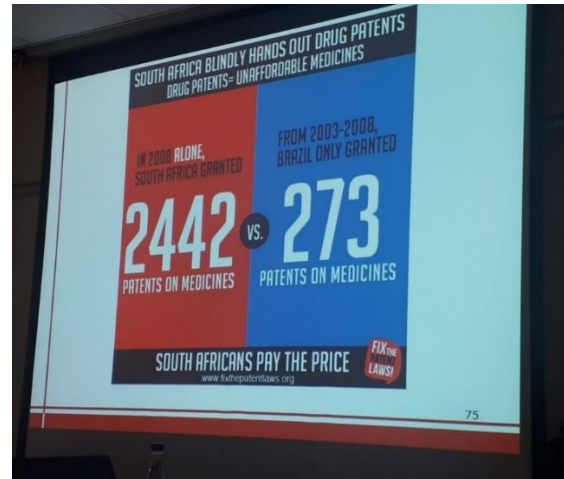


Linda Greeff sharing the photo voice project





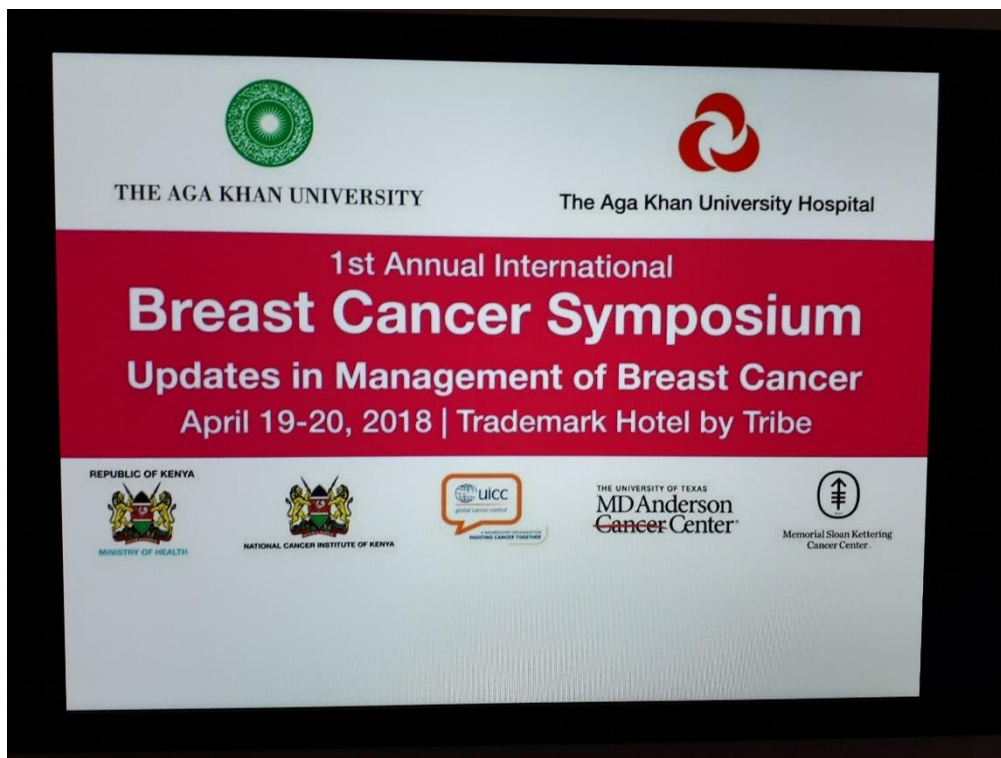
Section 27



Fix the Patent Laws

- 1st Annual International Breast Cancer Symposium – Sr Lieske attended the first ever breast cancer symposium in Nairobi, Kenya. Local and international medical professionals attended the event. On day 1, Sr Lieske gave a talk about CAM usage in breast cancer patients from a South African perspective. On day 2, she presented a session about lymphoedema and its management, especially the management in rural or poorly resourced areas. The BCN material was used and LAOSA’s details were shared with those that attended the session.

Read more here: <http://www.jennyedge.co.za/2018/05/kenyas-1st-annual-international-breast.html>



Breast Cancer Symposium

DAY 2	
TIME	EVENT
8:00 am	Chairs: Dr John Weru, Dr Sayed Ali Updates on palliative care for advanced breast cancer Dr Sriram Yennu, Palliative Care and Rehabilitation Medicine, MD Anderson
8:15 am	Local perspectives on palliative care for breast cancer Dr John Weru, Palliative Medicine Physician, Aga Khan University Hospital
8:30 am	Pain management Dr Suresh Reddy, Anaesthetist, MD Anderson
8:45 am	Fertility after breast cancer treatment Dr Khadija Warfa, Gynaecologist, Aga Khan University Hospital, Nairobi
8:55 am	Techniques of fertility preservation in women with breast cancer Dr Alfred Murage, Obstetrician Gynaecologist and Fertility Expert
9:05 am	Updates on psychosocial support for breast cancer patients Phillip Odiyo, Faraja Cancer Support Trust
9:15 am	Role of counselling support for cancer patients: The Family Dr Mohamoud Merali, Counselling Psychologist, Aga Khan University Hospital
9:30 am	Updates on nutritional supportive care for breast cancer Esther Kerina, Dietician, Aga Khan University Hospital
9:40am	Complementary and alternative medicine use in breast cancer patients: A South African experience Lieske Wielgin, Consultant, Breast Course for Nurses, South Africa
10:00 am	Question and answer session
10:15 am	TEA BREAK
10:45 am	Chair: Prof. Ronald Wasike/Dr Ahmed Komen Updates on patient advocacy - Coalition building for increased impact Benda Kithaka, Co-founder, Women 4 Cancer, Early Detection and Treatment
11:00 am	Local perspectives on patient advocacy David Makumi, Chairman, Kenya Network for Cancer Organizations
11:15 am	Updates on policy for breast cancer Dr Joyce Nanjala Nato, Country Representative, World Health Organization
11:30 am	Local perspectives on policy for breast cancer Dr Alfred Karagu, CEO, National Cancer Institute, Kenya
11:45 am	Question and Answer session
12:00 pm	Cancer research - Update on collaborations and opportunities Dr Shubhra Ghosh, Director, Global Programmes, MD Anderson Dr Shahin Sayed, Pathologist, Aga Khan University Hospital Dr Mishka Kohli, National Cancer Institute, USA
1:00 pm	LUNCH BREAK

1st Annual International Breast Cancer Symposium Updates in Breast Cancer Management	
DAY 1	
TIME	EVENT
3:00 pm	WORKSHOPS
	TRACK 1: SURGICAL PATHOLOGICAL WORKSHOP Prof. Zahir Moloo, Dr Miriam Mutebi, Dr Rose Ndumia, Dr Victoria Mango, Dr Shahin Sayed, Dr Elizabeth Sutton, Dr Jonathan Wawire, Breast Course for Nurses representative
	Core biopsy techniques Image guided biopsies Specimen handling, diagnosis, reporting and common pitfalls
	TRACK 2: ONCOLOGY NURSING WORKSHOP Tayreez Mushani, Joyce Marete, Grace Kirathe, Margaret Barton, David Odada, Lieske Wielgin & Breast Course for Nurses
	Clinical breast examination Lymphedema discussion
	TRACK 3: PALLIATIVE CARE AND WORKSHOP Dr John Weru, Dr Ali Sayed, Dr Sriram Yennu
	ECHO palliative care Africa Pain treatment in breast cancer
5:00 pm	Refreshments

Programme



Lymphoedema Session



Cancer Care in Kenya





From Left: L Wegelin, T Mushani, M Barton-Burke, M Mutebi, S Mwanzi

- MySchool – the BCN registered as a MySchool beneficiary. This is a simple and easy way for people to assist with sponsorship as once they add the BCN as a beneficiary, a simple swipe of a card when shopping at any of the registered outlets, allows a portion of the funds to go to the BCN. An individual can have 1, 2 or 3 beneficiaries loaded to their account. Please see below for more details on how you can add the BCN as a beneficiary.

Read more here: <http://www.jennyedge.co.za/2018/04/myschool-application-breast-course-for.html>



- Project ECHO – Dr Oliver Bogler of project ECHO was visiting from the USA. A meeting was held about the use of the ECHO model for distance education within the BCN. The ECHO model makes distance learning easy by using an interactive video system to interact with individuals in their local settings. There is going to be a detailed 2-day session in February 2019 where various local medical practitioners will be educated on how to use the ECHO model.



- Keedo Project – Nelia Annandale, the founder of Keedo clothing approached the BCN during the course of 2018 regarding commencing a form of breast clinical screening project for all of the factory workers within Keedo. With some time and thought, the project evolved to become a much larger initiative including many of the brands that fall under the Cape Union Mart group. The project commenced at the Cape Union Mart head office in Cape Town and then proceeded to the Keedo factory. Further details to follow.

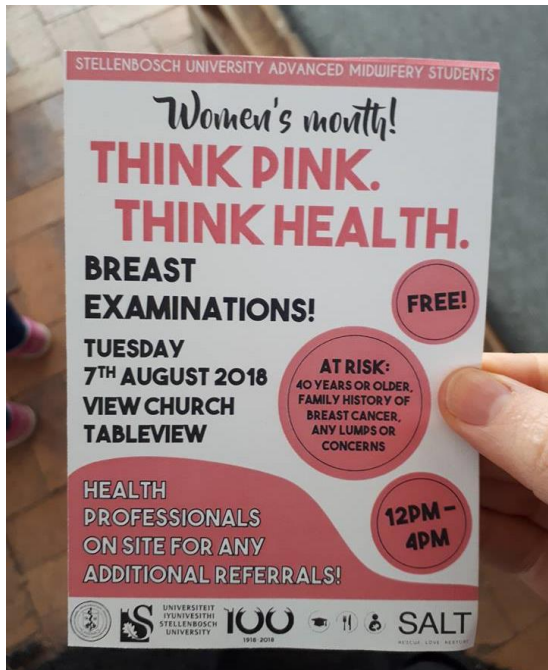


Nelia in the Keedo factory

- Clinical Breast Examination Project – this project was run by the advanced midwifery students of Stellenbosch University, View Church and SALT. The event was open to the public. A few talks were given including a session on breast self-examination by Sr Lieske. Nomafrench Mbombo, the health minister of the Western Cape also attended the event. Just over 150 women were examined. Thank you to the midwives, SALT and Dr Doreen for including the BCN in this event.

Read more here: <http://www.jennyedge.co.za/2018/08/clinical-breast-examination-project.html>

A video of the event: <https://www.facebook.com/breastcourse4nurses/videos/274328183347660/>



Invitations



2 of the advanced midwife students



Sr Lieske, Dr Doreen and Sr Melanie

- Stellenbosch University: Breast Care Course – The Breast Care Course will commence at Stellenbosch University in February 2019. This is a registered short course in the speciality of breast care. Currently, the course is open to registered nurses and doctors. Further information and registration details are in the links below:

Information: <https://shortcourses.sun.ac.za/courses/c-10/2019-5175.html>

Registration: <https://shortcourses.sun.ac.za/application-form.html?offeringid=6ca05ba8-3d8e-e811-9d66-0050568000ff>



Breast Care: Module 1

Estimated cost: R5001 – R10 000

Field Of Study: Nursing

Department Name: Nursing and Midwifery

Objectives:

The purpose of this competency certificate is to enable the health care worker to confidently assess patients with breast problems in a registered breast clinic / unit. The course is in line with the guidelines of the new Breast Health Policy.

The objectives of the course are to:

Expand the knowledge of health care worker with regards to breast health management.

Expand the clinical skills competency of the health care worker with regards breast clinical investigations.

Enable a health care worker to competently categorise a patient as having a malignant, indeterminate or benign lesion.

Enable to health care worker to appropriately refer a patient with a breast problem to have the appropriate further investigations.

Entry Requirement: Advanced Certificates/Diploma/or Equivalent Qualification

Certificate Type: Competence

Duration: 4 months

- Cape Union Mart Head Office – This was the first group of women who received clinical breast examination under the Keedo initiative. Over 60 people received a risk assessment and depending on their score or their family history, certain of them went on to have a clinical breast examination.

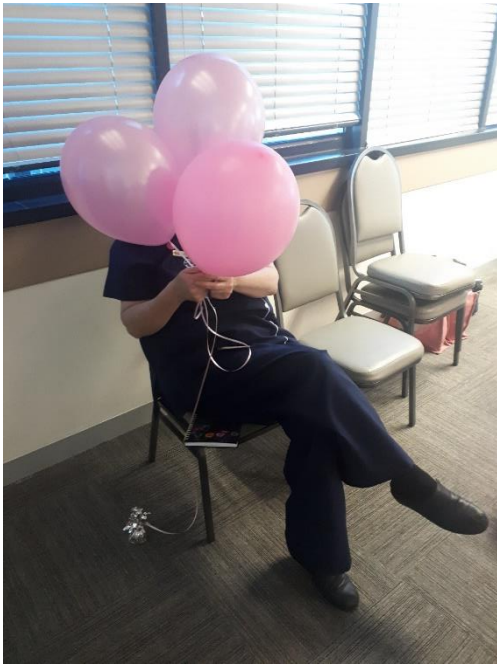


The Cape Union Mart head office group at the talk by Dr Edge



Dr Lindi Martin explaining the assessment process

- CBMH Breast Cancer Awareness Day – this year, the awareness project was over 2 days. Various talks were presented. Sr Lieske spoke on day 2 about the signs and symptoms of breast cancer and how to perform a breast self-examination.



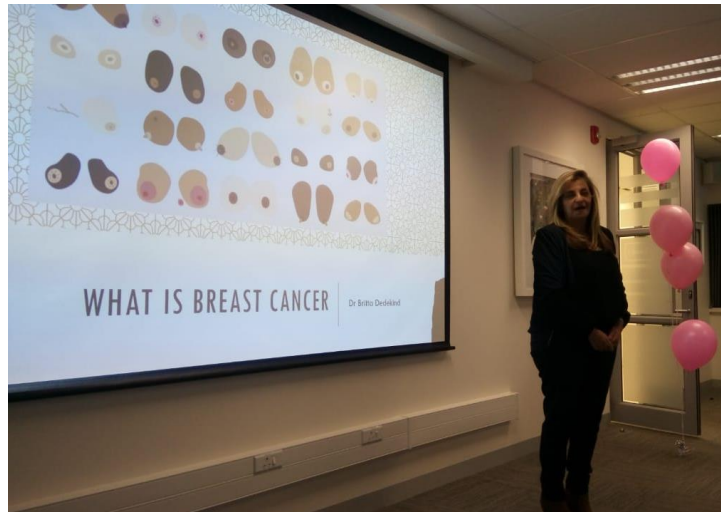
Guess who?



Nadia and Maryan



Astrid and Kate speaking about lymphoedema



Michelle Norris

Breast Cancer Awareness Day Netcare Christiaan Barnard Memorial Hospital



Sr Lieske Wegelin



Sr Shelly from the chemotherapy department

- Tygerberg Radiation Oncology: Breast Cancer Symposium – this symposium was held at the radiation oncology department of Tygerberg. Dr Edge spoke about the importance of upskilling health care workers and Sr Lieske spoke about the role of the nursing sister in breast cancer management. Thank you to Dr Heunis for this educational programme. Many staff and managers attended the morning event.

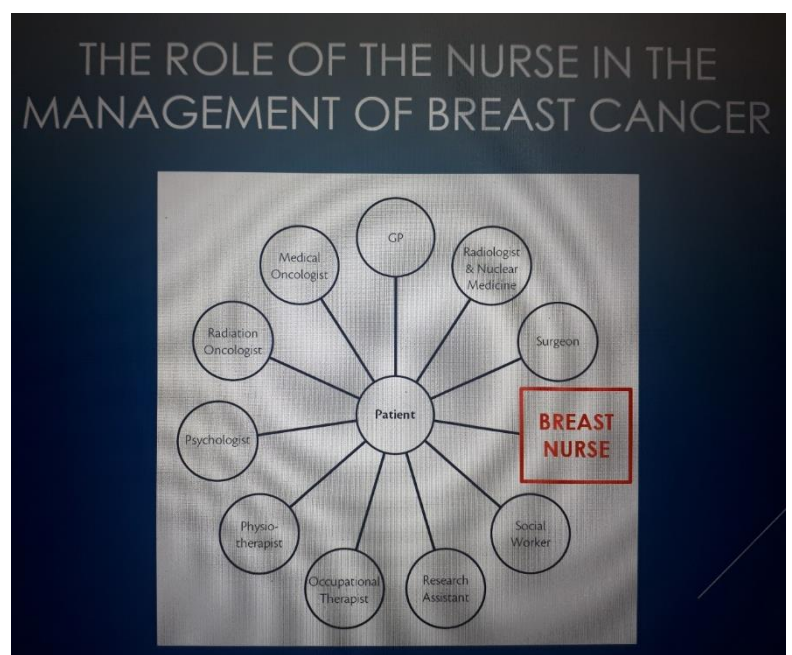
**Radiation Oncology: Nursing
Breast Cancer Symposium
Programme**

"Breast Cancer – Let your faith be bigger than your fear"

Date : 26 October 2018
Venue : Lecture Hall, Ground Floor, Gene Louw Building
Time : 08:30-12:00

Programme Director: Dr Magda Heunis

08:30 – 09:00	Registration	
09:00 – 09:15	Welcome	Ms. S. Henry (Deputy Manager: Nursing)
09:15 – 09:45	"The Importance of upskilling health care worker"	Dr. Jenny Edge (Surgeon)
09:45 – 10:15	"The role of the nursing sister in the management of breast cancer"	Sr. Lieske Wegelin
10:15 – 10:35	TEA BREAK	
10:35 – 11:10	Personal Reflection	Ms. Christine Kilching (Patient)
11:10 – 11:40	"The use of endocrine therapy in the treatment of hormone sensitive breast ca"	Mr. Quinton Barber (AstraZeneca Representative)
11:40 - 11:55	Questions & Answers	
11:55 – 12:00	Closing	Ms. L Paterson (Assistant Manager: Nursing)



- Project Mangaliso – The project that started within Keedo was named “Project Mangaliso” which translates to “project miracle” This project is being done in conjunction with Stellenbosch University. The aim is to educate the women working within the factories of the Cape Union Mart group, do a risk assessment of the women that meet specific requirements and then provide clinical breast screening to those with a higher risk. The outcome will be to see if there is a benefit to providing breast clinic examination to women that do not go for regular screening. Day 1 of the project started with a talk given by Sr Lieske. She spoke about signs and symptoms of breast cancer and how to perform a breast self-examination. Following the talk, the dies working within the factory were screened by Dr Lindi Martin and those that me the inclusion criteria for the study went on to receive a clinical breast examination done by Sr Lieske Wegelin. Day 2 was similar and there will be a 3rd day in 2019 to ensure that all the women have a chance to participate.



Nelia and Craig



Waiting for everyone to arrive for the presentation



Nelia speaking to the first group



Pamphlets for Project Mangaliso



Lindi ready to do the risk assessments



Signs and symptoms and Self-examination



Thank you to Veronique for all her assistance with the project logistics

- **AGM 2018** – The annual AGM was held in November. It was attended by Dr Jenny Edge, Dr Paul Whitehead, Prof Dave Woods, Dr Ronelle de Villiers, Sr Karen Hill and Sr Lieske Wegelin.

Future plans

- Please remember to add the Breast Course for Nurses as a beneficiary for the MySchool project. If you are unsure on how to do so, please contact Sr Lieske (details in the “contact us” section).
- The Breast Care Course through Stellenbosch University will commence in February 2019. Please see the details within the newsletter for more information or contact Sr Lieske with any questions. If you would like to donate towards assisting a student with funding for the course, please let us know.
- The BCN will be joining with StellMed in 2019 to link in with certain of their courses.
- The BCN has had meetings re training nurses on a provincial and national level within South Africa. Watch this space...
- Dr Edge’s new book, the “Handbook for the Management of Breast Cancer in a General Hospital” co-authored by Dr Ines Buccimazza will be published in early 2019 through van Schaiks.

Thank you

The Breast Course for Nurses would not be possible without the help of sponsors! Many thanks to the following people (in no specific order) that have helped in many various ways.

- Dr Jenny Edge
- Dr Paul Whitehead
- Dr Irene Boeddinghaus
- Dr Britta Dedekind
- Dr Johann Raats
- Dr Marc Maurel
- Dr Ronelle de Villiers
- Prof Dave Woods
- Dr Magda Heunis
- Dr Riette Burger
- Dr Anna Nyakabau
- Margot van der Wielen

- Sr Lieske Wegelin
- Sr Karen Hill

- Lancet Laboratories
- Dig-It
- Pathcare
- Netcare CBMH
- Cancer Alliance
- Reach for Recovery

- Michelle Norris
- Kate Brinckmann
- Astrid Koch
- Suzi Davey
- Chris Tilney
- Jean-Claude Smith
- Gadija Kippie
- Nadia Abrahams
- Linda Greeff
- Carol van der Velde
- Maryan Haefele
- Individual Sponsors
- Tony Brutus
- Brad McWalter

Contact us



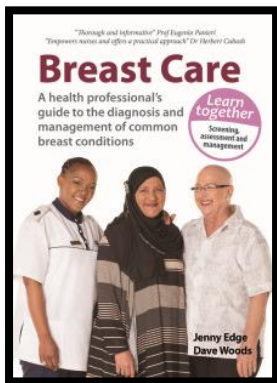
Facebook: Breast Course 4 Nurses



Email: lieskewegelin@gmail.com



Dr Jenny Edge's blog: www.jennyedge.co.za



Breast Care book:

<http://bettercare.co.za/learning-programmes/breast-care/>