

Breast Course for Nurses 2016

Another exciting and busy year has passed for the Breast Course for Nurses! This is an update on all the activities that the course has been involved with throughout 2016!

Courses

1. Harare, Zimbabwe:

- Train the trainers – The Breast Course for Nurses held the first ever train the trainers course in Zimbabwe. Prof D Woods joined for this. The students were involved throughout the day and had to give micro-lectures. They were given lectures to prepare overnight for the course following the next day. They all did very well! A total of 30 health care workers completed the train the trainers course.

Read more here: <http://www.jennyedge.co.za/2016/04/train-trainers-course-zimbabwe.html>

- BCN Module 1 – This day was mostly presented by the train the trainers group that had been given lectures to prepare. The health care workers that attended module one included care workers, patient advocates and registered nurses. A total of 95 people were trained.

Read more here: <http://www.jennyedge.co.za/2016/04/module-1-breast-course-for-nurses-harare.html>

- BCN Module 2 – This day was designed for registered nurses and doctors. The topics of the normal breast, breast cancer, palliative care and breast imaging were covered to name a few. We were joined by Dr Kumirayi, Dr Ndrukwa, Dr Chifamba, Ms Tsikai and Dr Mvere. A total of 86 people were trained.

Read more here: <http://www.jennyedge.co.za/2016/04/module-2-breast-course-for-nurses-harare.html>

- BCN Module 3 – This day was designed specifically for doctors although we did have a few oncology sisters present. Prof Mutasa, Dr Kumirayi, Dr Ndrukwa and Dr Mvere joined for the day. A total of 46 people attended.

Read more here: <http://www.jennyedge.co.za/2016/04/breast-course-for-nurses-module-3.html>

In summary, the course was run in a different format this time to accommodate the various health care providers from patient advocates through to doctors. Dr Anna Nyakabau was the driving force behind the course, thank you! Primrose and Nyasha ensured all the administration was sorted out and ready. A big thank you to Dr Costa Maonei of Novartis for his assistance. There were many people behind the scenes that made the week in Zimbabwe possible. Please see the below link regarding the sponsors!

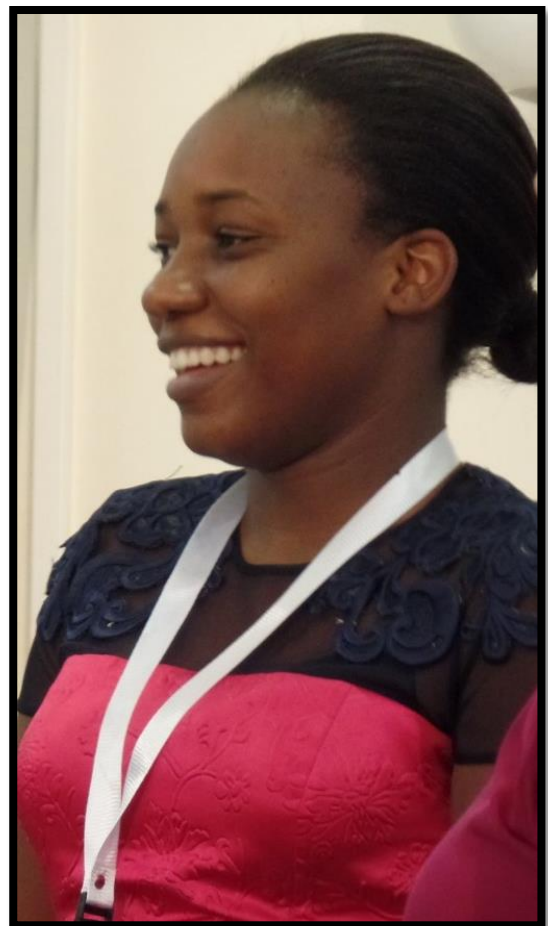
Read more here: <http://www.jennyedge.co.za/2016/04/the-people-behind-breast-course-for.html>

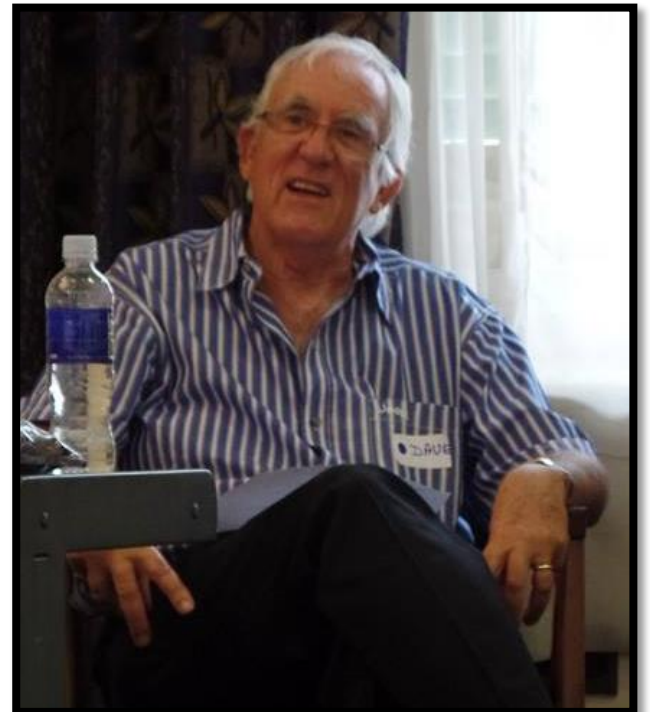
2. Johannesburg, South Africa: This was the follow up 2 day course that was started in 2015. This course was run externally by Dr Sarah Nietz at the Charlotte Maxeke Hospital. Sr Sheila Correia and Michelle Norris went to Johannesburg to assist with the course. Thank you to everyone that assisted with this course including Dr Phakati, Dr Walter, Dr Ritz, Dr Haberfeld, Dr Sparaco, Dr Naicker, Jennifer Blenkinsop, Candice Kuschke, Sr Davis and Novartis. A total 42 health care workers were trained.

Read more here: <http://www.jennyedge.co.za/2016/05/breast-course-for-nurses-johannesburg.html>

Harare, Zimbabwe: April 2016

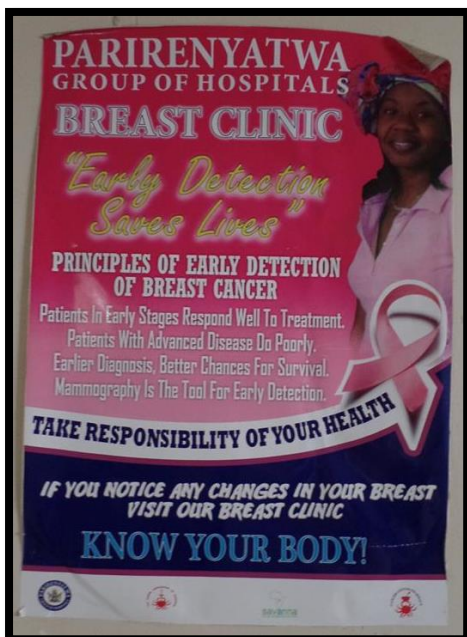
Train the Trainers:







BCN Day 1:





BCN Day 2:





BCN Day 3:





Sentinel Lymph Node Biopsy Workshop:





Johannesburg, South Africa: May 2016





News from 2015

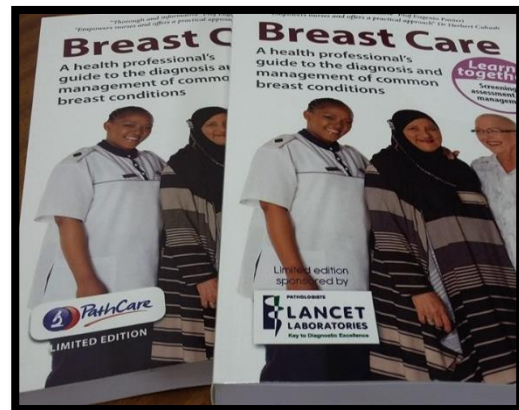
- Dr Jenny Edge, as part of an initiative of the Breast course for Nurses, commenced a screening project at the Christiaan Barnard Memorial Hospital. Any women over the age of 40 that are admitted to the hospital are offered a free breast examination if they have not had any form of breast screening in the preceding year.

Read more here: <http://www.jennyedge.co.za/2016/02/to-screen-or-not-to-screen-debate.html>

- Sr Lieske qualified as a lymphoedema therapist through the Lymphatic Education of Africa under the ILWTI. The course was instructed by Suzi Davey. She will now be able to cover the section regarding lymphoedema in the Breast Course for Nurses.



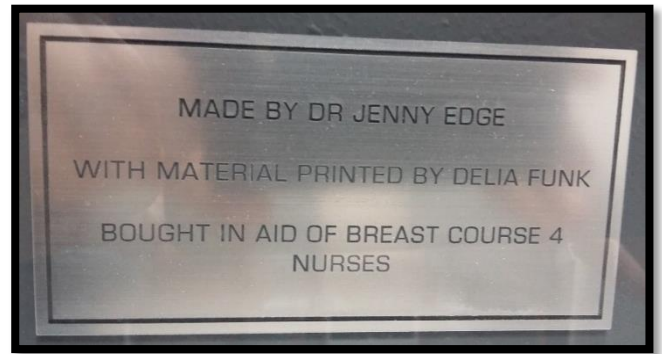
- The Breast Course for Nurses was approached by SHAWCO of UCT and went to teach breast clinical examination to the 2nd year medical students. Each of the students received a sponsored Breast Care book (sponsored by Pathcare and Lancet).



- The annual fundraiser for the Breast Course for Nurses was in July. It was held at the Atlantic Imbizo conference centre. Dr Edge gave a talk about the activities of the Breast Course for Nurses and then had a discussion about adult education. Various people gave their opinions about the matter including Prof Dave Woods, Joy Crane, Merunisa Mohammed, Josie Edge and Sr Karen Hill. A delicious lunch was served and the auction followed. We were fortunate enough to have Ariella Kuper as the auctioneer. She was excellent with auctioning the various donated items for the event. Thank you to all the sponsors.

Read more here: <http://www.jennyedge.co.za/2016/07/breast-course-for-nurses-annual.html>





- Dr Edge spoke at the Reach for Recovery open meeting about the various methods of imaging. Reach for Recovery are one of the support groups that form part of the community networking and support part of the Breast Course for Nurses.



- The first ever Cancer Survivors Conference was held in September. This conference was organised by Linda Greeff. Many organisations were represented at the conference and the Breast Course for Nurses was there too. There were talks given by various people. Dr Edge spoke about the Natra/Nutraceutical industry.

Read more here: <http://www.iennyedge.co.za/2016/09/cancercare-cancer-survivors-day.html>



South Africa's first ever!
Cancer Survivors' Summit 2016
10 September 2016

Book your FREE seat! Ticket holders ONLY will be permitted entrance

Dear Cancer Survivor

You and your caregivers are invited as special guests to South Africa's first Cancer Survivor Summit. Join us in celebrating life with other Cancer Survivors and caregivers like yourself. The day will be filled with a stimulating program and will include topics such as:

- New developments in treatment of cancer
- Special session for parents that have children with cancer
- Facts about complementary therapies
- The value of exercise and cancer
- Inspirational survivor stories
- Sexuality and cancer
- Nutrition and cancer
- Gratitude as a tool against fear
- A special session about caring for the caregivers
- Cannabis and cancer care

This is a wonderful opportunity to network with other survivors and caregivers, to ask questions and learn new facts, to celebrate with others that understand the journey you are on, to be empowered by new knowledge and skills and to be inspired by feel-good survivor stories... and much more.

We have planned a special celebration concert that will get you dancing! So reserve your place now!

Click on this link to book your FREE seat: <http://qkt.io/INwEcV>

Donations will be welcomed, and will be in aid of Cancer Alliance

10 September 2016 from 8h30 to 15h00
His People Church, N1 City, Goodwood

This is a free event, but it's important reserve your place:
www.quicket.co.za or call Joleen on 021 944 3609

A light lunch with coffee or hot chocolate will be provided

cancercare[®]
by GVI Oncology

- Dr Britta Dedekind gave a talk to the students of Stellenbosch for their breast cancer awareness drive. The Breast Course for Nurses was there too to share information about the course and how the students could get involved.



- As part of October Breast Cancer Awareness Month, Dr Edge gave talks at the Christiaan Barnard Memorial Hospital to healthcare providers and she also spoke to the staff in charge of fundraising for Red Cross Hospital for their breast cancer awareness day.



- Each year, Michelle Norris, the marketing manager of Netcare Christiaan Barnard Memorial Hospital, arranges a breast cancer awareness day for the staff and public. Michelle is a huge help with the Breast Course for Nurses and will always go out of her way to assist where needed with the course. Various organisations were present including LAOSA, Pathcare, Morton+Partners, Lancet, Virgin Active, Reach for Recovery and of course the Breast Course for Nurses. This year, we invited a few patients to share their experiences. They were not given a specific topic and could choose what part of their journey they wished to share. It was an inspiring session!

[Read more here: http://www.jennyedge.co.za/2016/11/young-women-discussing-their-decisions.html](http://www.jennyedge.co.za/2016/11/young-women-discussing-their-decisions.html)





- The Breast Course for Nurses joined Reach for Recovery for a morning of yoga practice at Dr Edge's house. It was lovely to have a bunch of ladies together of all ages and backgrounds enjoying a peaceful morning together.



- Dr Edge spoke at the South African Menopause Society conference held in Woodstock. She spoke about the ongoing debate regarding mammography and breast screening.
- The Breast Course for Nurses received a very generous donation from Mr G du Plessis. Thank you for the donation that allows the Breast Course for Nurses to continue to grow. Without support, donations and sponsorship, the course would not be able to continue.

Future plans

- A course is due to be held in Johannesburg in March. Please contact Lieske (lieskewegelin@gmail.com) should you wish to attend or be involved.
- The Breast Course for Nurses is planning to hold another course in Zimbabwe during the course of the year.
- The Breast Course for Nurses will be training all of the Medicross nurses in the Cape Town area during the first half of the year.

Thank you!

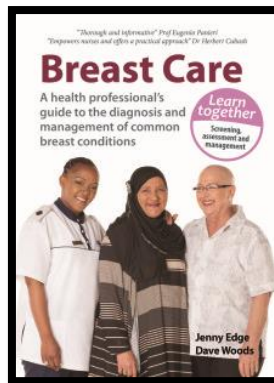
The Breast Course for Nurses would not be possible without the help of sponsors! Many thanks to the following people (in no specific order) that have helped in many various ways:

- Dr Jenny Edge
- Dr Anne Gudgeon
- Dr Ronelle de Villiers
- Dr Paul Whitehead
- Dr Judith Whittaker
- Dr Anna Nyakabau
- Dr Miata Mvere
- Dr Sarah Nietz
- Dr Costa Maonei
- Dr Paul Skoll
- Dr Annetjie Scheepers
- Dr Irene Boeddinghaus
- Dr Elmin Steyn
- Dr Dennis Allard
- Dr Britta Dedekind
- Dr Clare Nesor
- Dr Kumirayi
- Dr Ndrukwa
- Dr Chifamba
- Dr Phakati
- Dr Walter
- Dr L Ritz
- Dr Haberfeld
- Dr Sparaco
- Dr Naicker
- Prof David Woods
- Prof Mutasa
- Sr Sheila Correia
- Sr Lieske Wegelin
- Sr Karen Hill
- Sr Tumeka Nojoko
- Sr C Davis
- Pathcare
- Lancet Laboratories
- Novartis
- Dig-It
- Nexion
- BARD medical
- Morton and Partners
- Bergman, Ross and Partners
- Atlantic Imbizo Conference Facility
- Netcare CBMH
- Bakwena Spa
- Cape Heritage Hotel
- Arabella Hotel and Spa
- Honey Badger
- Universal Mail Link
- Michelle Norris
- Anna Richerby – Beloved Beadwork
- Cynthia Katz
- Michelle Liao
- Ariella Kuper
- A Swart
- D Moller
- H Vivier
- Candice Kuschke
- Jennifer Blenkinsop
- Nyasha
- Ms Tsikai
- Priscilla Lazarus
- Chris Tilney
- Ian Black
- Brendan Marshall
- Jean-Claude Smith
- Gadija Kippie
- Nadia Abrahams
- Maryan Haefele
- Salome Meyer
- Primrose Mafundu
- Mrs Colleen Crosier
- Mr G du Plessis
- Individual sponsors

Contact us

- The Breast Course for Nurses is very proudly on Facebook and Twitter! These sites are continuously updated and should be used to stay up to date with the Breast Course for Nurses! The website is updated every few months therefore it is more reliable to stay up to date via social media.

-  Facebook: Breast Course 4 Nurses
-  Twitter: @breastcourse
-  Email: info@breastcourse4nurses.co.za or lieskewegelin@gmail.com
- Breast Care book: <http://bettercare.co.za/learning-programmes/breast-care/>



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