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They say all great things begin with a single inspired thought. I, unfortunately, have run out of inspired thoughts and now find myself resigned to picking the old ones out of the pile of rubbish that now clutters my once empty head. So be prepared to bid farewell to Mr. Nice Guy and welcome back, with wide open arms, the good old, classically true to form, Manie. Right now you probably find yourself filled with a sense a dread, which some of you may confuse with excitement. Just remember, the Osler PSO HK are in no way liable for any form of injury or suffering which will probably arise as a direct result of reading this pitiful excuse for an editorial. I do, however, extend my sincerest apologies. And, truth be told, that apology is a lie. I really don’t care.

I unusually find myself suffering from a particularly nasty case of sudden brain death. Impossible? I beg to differ. I am in fact deceased, and have been for quite a while already, only I have yet to pay enough attention to what’s going on around me to notice. And all of this is not nearly as depressing or unpleasant as you might imagine it to be. When one finds oneself living in one’s own little delusionally derived universe, one finds that it is extremely easy (and immensely popular with the inhabitant of said universe) to declare oneself the most important person in said universe and subsequently change one’s name (the legality of which is questionable) to “The President of Awesome”. The aforementioned fact regarding one’s own universe and one’s presidential awesomeness make the scarcity of life, and my resultant deadness, much more palatable and is, in fact, what actually prevents me from noticing my own death. With that much “awesome” floating around in very close proximity to myself, I must admit that it is rather hard to see anything else.

Yes, I really like myself. But no more so than anyone else currently finding themselves living on this bluish green almost sphere we call Earth. Despite the immensity of my like for myself, I find it rather strange that there are very few others inhabiting this realm who shares my sentiments towards myself. Seriously, I’m a nice guy. Sometimes. On rare occasions. Ok, I’m not nice. Deal with it.

This little paperback “pseudo-magazine” type thing you currently hold in your hands is only my second attempt at this whole editing business which, in my glorified opinion dispensing capability, is much harder than you’d imagine at first glance. But, if I were to gauge my skills according to the comments received in response to the first edition, I am awesome. So awesome, that the true magnanimity of my awesomeness cannot be comprehended by your still primitive mind. Told you I really like myself, so don’t come crying to me and say you weren’t warned.

I can’t believe I’m saying this, but I think that’s about enough about me. On to more pressing matters of varying importance. A lot has happened since the last publication. Mostly good things, but not without a little bit of drama thrown in to give it that truly “proudly South African” quality. Were it not for some drama in the upper echelons of our country, we would be nothing more than a blip on the global radar. We would, in essence, be Botswana. Yes, Botswana is a real country. At least it was the last time I checked. As I’m sure all of you have noticed, the TSS has again upped its prices.

This, in conjunction with the eternal quest of the petrol price to reach the moon, has made getting through the month that little bit harder for all of us. Am I the only one finding myself planning my weekend giving special attention being given to how many kilometers I would have to drive? No more do we go out to eat; now we just give Mr. Delivery a shout and fork out a few bucks for delivery rather than get in our cars and burn up that precious liquid gold. I give it a few months before they start breaking into our cars, not to claim possession of our new sound systems, but to siphon the petrol out of our tanks and sell it on the black market.

But those of us who own petrol driven cars still have it easy compared to our diesel driving counterparts. My deepest sympathies go out to you guys. Seriously, stop being so damn environmentally friendly. So driving a diesel contributes less to global warming, but it’s eating a hole through your bank account. Trade up to a petrol engined car! It may be killing the planet but I guarantee you that you will be dead long before the planet is. I know what you’re thinking, what about the future generations? What about them!? Are they helping fill your tank each week? No. I have the utmost faith that, no matter how much we screw the environment up, the future generations will figure out a way to fix it. It’s human nature to work that little bit harder and be that little bit more productive when there’s something big on the line. Those of you who have exams looming or have just started exams can share that sentiment in its purest form. When do you do your most studying? At the very last minute!

In closing, I have a few things I’d like to voice to the general populace. Firstly, the elective students are our friends. Secondly, I reckon we could force Fedics into lowering their prices by simply exercising one of our constitutional rights. The Right to Protest. Peacefully. That means no guns, knives, broken bottles, brooms, suicide bombers, fluffy bunnies or Tupperware. What do you guys think? A one day boycott of all things Fedics. I have a good feeling about this. Lastly, as is suspected by a large percentage of our campus, I am in fact an escaped mental patient and should be shot on sight.

Thank you, now let’s go get brunch.

Manie
I want to know: why do patients lie?
Ever had that sickening feeling where you know you’ve asked the patient something like: “Have you ever had TB before?” “Do you drink alcohol?” “Have you been tested for HIV?”
The patient sits there and looks you dead in the eye and answers "no".
When the registrar arrives and asks the same question… “I have had TB three times before” or “I am HIV positive” or they sit there reeking of alcohol, but swear that they didn’t drink.
Why must you lie like that and either make me look like an idiot (when I know you are lying and it’s not like I can say "why are you lying" in front of the registrar) or make me sit there while you are clearly babelas and you haven’t showered?
House was right… Patients always lie. Stop it! Be honest, dammit!

Anisa Vahed
Huisdans, Medics Rally

The Art of Survival

Seeming as how Exams have come and gone for many of us, I’d like to enlighten everyone as to how I made it through them. It’s taken me 5 years to master this art. You know what they say, practice makes perfect.

Pre-Party Exam Effect: This entails one to get all dressed up and party all night long when a test/exam is approaching. Afterwards, when it comes to study time, it’ll induce a wave of uncontrollable studying and thus make sure you finish all the work. Note: this should not be done within 3-4 days before a test/exam, as the effect won’t be very efficient.

Post-Exam Party Effect: For some, exams are nauseatingly long. If the need to study eludes you, plan your post-exam party. This will get you excited as well as make you want to finish exams. This is pretty effective, but the planning part is not very efficient.

Please note: results are not guaranteed nor are the avoidance of her’s.

Happy studying & enjoy the holidays!!!!

Marvin Bailey
RAG/JOOL, Media & advertising

Doctor vs. Nurse - The Epic

Writing an article post 24our call is never an easy thing. Yet sometimes it is in these times, when our body’s only instinct is survival, that many things become clear to us. When working in hospital, one quickly becomes aware of the “special” doctor-nurse relationship. As we know, this should be a symbiotic relationship. However, it is seldom that we see this. Is it because doctors walk around (with heads more inflated than the “get well” balloons) demanding respect? While leaving a trail of fear in their footsteps? Many would argue that it’s just because nurses are lazy and don’t want to do what the doctor has requested.

But… could this conflict be traced further back in the history of the doctor? Back to the years when the doctor was just a medical student? The days when the nurse was considered to be higher than the doctor to be? The days when the nurse would shout, ignore and make the student fell absolutely insignificant?

Nurses were considered to be higher ranking compared to the student, which they interpreted as an excuse to treat them horribly, offer no help to and constantly shout at them.

We here to learn and often are unaware and as well not orientated. Don’t get me wrong, Nurses are good people…but mostly.

One could argue both points and the debate could go on forever. But the fact remains that as long as the Doctor-Nurse relationship remains in this conflict, it is the PATIENT who always suffers in the end.
Feedback

Got Bread?

Yes, we actually mean it! OSLER PSO implores you to donate a sandwich!

OSLER PSO has launched a new community outreach project for 2008. It’s called: ‘Got Bread? We have joined hands with many big companies and have become a provider to the Feedback Food Redistribution Programme.

What is Feedback all about?
Feedback is a non-profitable organisation that is committed to community development in South Africa through food redistribution. It was initiated in 2000 as a result of one woman’s efforts to redistribute excess food from Cape Town’s film sets to those in need. Today Feedback has grown from a simple NGO delivering food (which was able to only provide approximately 200 meals) to a national organisation which provides 14 million meals to approximately 205 beneficiary organisations in the Western Cape, Gauteng and KwaZulu Natal.

It’s an organisation that meets beneficiaries’ urgent food needs, while encouraging them to become self-sufficient in food provision. This is done through a process which includes nutrients workshops and the introduction of independent food sources such as vegetables gardens.

How does Feedback work?
Feedback collects good quality excess food- food that would have otherwise have been wasted from food outlets such as hotels, restaurants, farmers, food manufactures and redistributes the items they collect to community based beneficiary organisations in some of South Africa’s poorest communities. Every day Feedback trucks collect fresh produce and immediately deliver it to carefully assessed beneficiary organisations that, in the main, care for vulnerable children and those infected and affected by HIV/AIDS.

What efforts have OSLER PSO made?
We as OSLER PSO have decided to take the lead and contribute back to the community. The plan is that we will arrange a day of every month, and perhaps weekly, where the entire Tygerberg Campus can make their contributions. Anything, no matter how small, will make a huge difference. You can donate a sandwich, fruit, tin of food, sweets, juice bottles etc. You can even make a small donation of less than 50c! For every R1 that you donate, Feedback can deliver sufficient food to provide a meal to someone for who hunger and malnourishment is a way of life. So... it’s so easy and simple!

We look forward to your contribution this month. Help us feed hungry children and adults and become the solution to the problem!

“No act of kindness no matter how small will ever go wasted”
Saturday Morning 06h00:
The weekend started off rather early… Six o’clock on a Saturday morning early. It was dark and cold, and difficult to get out of bed. Eventually, I pried myself from the comforts of my warm bed, got up and got ready to go to campus. With no time for breakfast, I left my house and drove as fast as I could (so much easier with no traffic on the road) and what is usually a 15-20 minute drive, somehow became a seven minute drive. Amazing!

Saturday Morning 06h30:
Arrive at campus to meet Manie and Anisa and, whom I was later informed was, Dr. Heyns from Paediatric I.C.U. Next to arrive was Marvin and Dr Meyer (Anstea for those of you who have been on campus long enough to remember her as a Matie student). Last to arrive was Nayha, running on I.S.T (Indian Standard Time), MGD gave us breakfast and we were set to leave… At this point, some of you may be wondering where De Vos (Reinhard), Chamendran and Shaun are but let me put your mind at ease, Shaun did not attend the clinic (as there was only space for seven HK members), De Vos had to make a speech at his cousin’s 21st but does arrive later with Chamendran who injured his knee playing squash, basketball or badminton (I’m not too sure, but he plays so many sports, it get confused… It is one of the three though, more likely the aggressive badminton possibility).

The other students arrive at campus (in between all of this) and then we sat with the question of: “Who drives?”

Anstea was post-call and Dr. Heyns didn’t have his driver’s licence with him. So a HK member would have to drive. Now for those of you that know, driving with Anisa is an experience… laden with memories of thanking Mercedes Benz for their seatbelts and safety technology. Manie, if he could reach the pedals of the bus, would have driven. For fear of Marvin or Nayha’s driving, more Marvin than Nayha, I volunteered to drive.

Saturday Morning, Somewhere close to 09h00:
We arrive in Ceres and go straight to the clinic and get to work. There were very few patients so most of the day was spent waiting for more to arrive. I enjoyed it and felt good serving the community but was told that other clinics in this area have been much busier.

It is at this point that I need to mention how “awesome” our MGD clinics are. Not from a HK perspective, but comparatively. I have attended a Shawco clinic (UCT run) and the two are miles apart. This is not a Stellenbosch vs. UCT rivalry thing. The Shawco clinics operate in a mobile clinic setup; the examination rooms are small and on that particular day that I attended, the “van” (clinic area with examination rooms) was overcrowded with students that see two patients in two hours.

Now I know I’m being harsh when I say this, but our Third years are so much better with their history taking and the clinical examination of patients.

MGD has rooms or open halls (with screens provided for patient privacy) and have community clinics opened on weekends and a limit on the number of students attending the clinics. They also have a locum pharmacist dispensing the medication.

Saturday Afternoon, we closed the clinic just after 15h00 because there were no more patients to see and then headed to our accommodation for the night.

If I can give anyone travelling and lodging advice when going to Ceres, the Four Seasons is amazing.

We went for supper at one of the restaurants which had some seriously amazing food and most of the students attending were treated to a two course meal by MGD. I say two course, not because MGD is cheap, but there was seriously no space for a third course. It was during the meal that De Vos, Chamendran and Maria arrived.

Post-supper Saturday night: Not too sure what time:
We are back at our complex and having some HK bonding playing poker and A**hole for most of the night. Marvin has a light bulb moment and decides to braai. He and De Vos are the only two that take part but the rest of us decide that it’s time for bed (round 01h00).

Sunday Morning, Somewhere around 02h00:
Marvin and De Vos decide to knock on my window, asking me to come and join the braai and find out if we had tomato sauce for the boerewors rolls. BIG mistake on their part!
There are only two times when I should never be disturbed. 1) When I haven’t eaten and you are withholding food. 2) When I’m sleeping
I ignored them. That’s what you should do. You let the flies come towards the trap. Then Marvin decided to knock on the door and come into the room that I was sleeping in. This was the last straw. Now I cannot remember exactly what was shouted in his general direction (or the fact that I looked and possibly could have sounded rather “gambino” at the time) but he had that “dear looking into the headlights’ look on his face. I don’t think he expected such an eruption of emotion but it was his own fault and I’m sure he’s learnt his lesson and won’t be doing that again at our HK camp later on in the year. If I remember correctly, I also threatened De Vos with resignation because I was that angry.

Sunday Morning 08h00:
It is freezing cold in Ceres!! Now I can understand why they have snow. After breakfast at the lodge, we went to the clinic which was fuller than the day before and saw patients the whole morning. It was so much fun and everyone on the HK had good things to say about the clinic and learning a lot from Dr’s Meyer and Heyns.

Sunday Lunchtime:
We had lunch and left the chilly town (which is really beautiful this time of year with all the leaves lining the streets!) of Ceres and arrived at Campus around 17h00.
We, the HK of Osler, would like to thank Bobette, MGD, Dr’s Meyer and Heyns and other students in the clinic who made the weekend so enjoyable and a memorable experience for all their hard work and time that went into making the clinic possible and that all students should be encouraged to attend these clinics and take part in MGD initiatives.
For those of you curious to attend the MGD clinic, I urge you go speak to Bobette (Next to the TSR office) and find out when the next clinic will be.
As I have now attended an evening clinic and a weekend clinic, I guarantee that your expectations will be surpassed and you’ll enjoy practising primary medicine.

No HK members were injured during the MGD clinic held in Ceres. Not even Marvin.
Osler PSO this year brought 200 star-studded guests a Hollywood night filled with Oslertini’s, a delectable three-course dinner, gorgeous wine as well as a quintessential “happily-ever-after” moment for everyone.

When I first found out I was to be the HK organizing the House Dance for 2008 I was truly overwhelmed, and excited for the year which lay ahead. Since the beginning of our term, this year’s Osler PSO HK have brought you all the traditional events you have become so used to over the years, but with a bigger and better twist. Thus, the House Dance had to live up to that reputation. I decided to have the dance at Rusticana, which is known to always bring the quality and style that Osler PSO strives for in their functions.

Now I’m sure from the time you started hearing about the dance in e-mails, posters and that beautiful banner Manie and I spent hours fighting over painting. You probably either saw me sitting at the TSS selling tickets or running around looking like a crazy person. Yes, I tend to over-stress about things but I can’t help it. Planning this event took most of my free time and a lot research was done to make sure everyone was satisfied.

On the 18th April 2008 Rusticana hosted Osler PSO’s annual House Dance. Shortly after the 2008 Academy Award’s were aired on TV, Osler PSO decided to give guests their own chance to wear their glitziest outfit, work the red carpet, rub shoulders with our campus’s wannabe celebrities, and have an award winning evening filled with fun, laughter and some good old dancing through the night.

Guests were welcomed by a beautiful red carpet leading into the hall. Golden stars adorning the very floor they walked on had everyone believing they were walking on the Hollywood boulevard. Our very own “Oslertini” was specially made for the event which had every gentleman having his own “shaken-not-stirred” James Bond moment and every girl thinking she was a star in Sex and the City.

After the many thank you speeches done by myself, The Hollywood Hostess, I handed over to our larger than life Prim, De Vos. The Osler PSO HK opened up the dance floor gracefully with some of them getting really naaaaassty (Yes Marvin, get a room!). This still got everyone onto the dancefloor in a matter of seconds! The dance floor was never empty and neither was the photo corner.

I planned this event to so well that I landed up having two dates for the night. Yes I had two dates. I’m sure on the night it didn’t seem like I had two, as most of the night was spent with my Kanye West on the dance floor, while my average Joe (everyone was convinced he should be part of the Queer Eye for the straight guy) kept his chair warm at our table.

The hall looked magical after Imagine Events made sure the hall was decorated from floor to ceiling in Hollywood style décor. Oscar statues were lit up in the background with a Hollywood banner hanging over the tables. All the tables were decorated with rose petals and bowls filled with floating candles that gave the hall a rather romantic ambience.

continues on page 8
The three-course dinner was nothing but fabulous, with more than a few going back for seconds. The MFM DJ's were great, making sure everyone was satisfied on the dance floor, this includes the select few who, at the end of the night, danced to YMCA (yeah Dirk, Nick and Gideon, I saw you guys really enjoying that song). Our photographer was quite a character with him jumping into a few shots. If you’ve passed by the TSS lately you’d have seen the photos from the night and truly everyone looked like stars.

I can now, after the event, say that the night could not have been more perfect. Everything I had planned all unfolded without a bump, including our visit from Eskom, which had no effect on the happenings on the night (thanks to Rusticana for the generator which had everyone thinking there was no such thing as load-shedding).

Now I know this might sound like my thank you speech again, but they are well deserved. Once again thanks to Marika from Rusticana for all she did, as well as MFM and Digital Warehouse who made sure everyone had their moment in the limelight.

And last but not least the Osler PSO HK for helping me out with everything and for always being my stars in the sky.

A big thank you goes to my very own James Bond of the night, Manie, for always being the one saving me. He helped me from the start with all the creative ideas and without him, I would not have survived the past few months of planning.

Thank you to everyone that supported Osler PSO House Dance 2008. You all looked stunning! And without you the event wouldn’t have been such a success. As Marvin always says: the dance was **THE BEST!**
The closest I've ever gone near to wine was either passing it on the shelves in the bottle store or grabbing a box of it at Kaas en Wyn. So when I was told that Osler PSO would be going wine tasting to Simonsvlei and Landskroon I was pretty clueless of exactly what would happen.

I gladly went to the event as I was kindly asked to drive as the bus we booked could only seat 15 people and there were 20 of us scheduled to go. So we all woke up pretty early on a Saturday morning, luckily it hadn't started to get cold yet, and we all sat eagerly in front of the TSS waiting for the bus. For some of us 8 o'clock was way too early for us to get up especially after a hectic Friday night, never mind even thinking about having breakfast before leaving for wine tasting. Yet, we were all there awaiting the events of the morning.

Once our driver, in true Mitchell's Plain style, arrived with our bus and most of the students got in (with 5 of them cramming into my car) we headed off to our adventure. I have to say now that the driver really knew how to drive that bus, at times I could barely keep up. But we all arrived in one piece.

Shaun had organized walkie-talkies so the vehicles could communicate in true adventure style. Yet for some reason in my car, no matter how many buttons we all pressed, the closest we got to communicating with them was by waving to them. Unfortunately the response we got (and we hope we got one) we did not see, and the only reason for this was mostly due to the bus's windows being darkly tinted.

We arrived half an hour early at Simonsvlei. They hadn't even opened their doors yet, so this extra time gave all of us a bit of bonding time. And in true medical student style this entailed some us taking photos of the huge wine bottle that Simonsvlei has on their front lawn with the rest of us climbing and swinging on the kid's jungle gym.

Simonsvlei had really gone out of their way to cater for us. We arrived half an hour early at Simonsvlei. They hadn't even opened their doors yet, so this extra time gave all of us a bit of bonding time. And in true medical student style this entailed some us taking photos of the huge wine bottle that Simonsvlei has on their front lawn with the rest of us climbing and swinging on the kid's jungle gym.

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Simonsvlei had really gone out of their way to cater for us.
Louise Walker

So, what’s “hip” on campus at present? Apart from exams and end-of-block tests and pre-holiday excitement/exhaustion there is one thing that should be on everyone’s lips: ResEd.

Now I understand that, when speaking metaphorically, it is a bit tricky to have something on your lips if you do not know what it is (in contrast to speaking literally about, say, herpes). Fear not - read on and you will be adequately informed to feel confident enough to subtly drop the word ‘ResEd’ into your next campus-related conversation.

Lesson 1: What is resEd?
The name ResEd comes from the words Residence Education. It is a project instituted in several overseas universities (including Stanford University in the USA - Google it for more info) and basically aims to improve the academic and other successes of university students by bringing academics back into the residences. Another purpose of the ResEd project is to give PSO students a more concrete link to campus and campus life.

Lesson 2: How does this affect the University of Stellenbosch?
Residences have been grouped into geographically sensible ‘clusters’ of four residences and a PSO ward. The clusters are given names and nicknames and house committees are encouraged to work together on projects. Information, resources and ideas are shared within the cluster.

Lesson 3: What is the relevance for the Tygerberg Campus?
The four Health Science’s residences and the Osler PSO ward are grouped together, forming the Tygerberg Cluster. The student leadership structure is the Tygerberg Cluster Committee (TCC), made up of the Tygerberg Prims and one other house committee member per residence (HK for ResEd) as well as the TSR Chairman (or appointed surrogate) and the Tygerberg PK Chairman. From student housing’s side, management and supportive of the initiative is through the ResEd cluster co-coordinator: Mr. Noel Bekkers (the Kerkenberg residence warden).

Lesson 4: and?
Already Tygerberg has done super-awesome-ly well with ResEd. The first and only ResEd award given at Stellenbosch so far was for to the cluster with the best First Years’ Welcoming Programme in 2008 - and guess who got it... that’s right, TYGERBERG! Go us.

Lesson 5: more and?
For more senior students, the exciting part of ResEd comes in with the Think Tank. This is basically a group of senior students (under- and postgraduate) that live together ‘around a theme’. The theme will be adapted from one of the Millenium Development Goals and living ‘around the theme’ entails writing (and publishing) articles, holding workshops and discussions and lots of other cool stuff. For more info on the Tgb Think Tank, see the TSR Website (www.sun.ac.za/tsr) or contact Prof Ben Page (bhp@sun.ac.za) or Mr. Noel Bekkers (noelbek@sun.ac.za).

Tygerberg ResEd in summary:
S: (subjective) Tygerberg ResEd is well on its way to making a name for itself and creates great potential for better structural relationships on campus
O: (objective) the Tygerberg Cluster run by the TCC has already had great acclaim by winning the shield for the most ideal Welcoming Programme
A: (assessment) a young, dynamic, student-driven way of organizing campus/residence projects
P: (plan)
1. get people informed of and excited about ResEd
2. promote balanced students on our campus using the ResEd context
3. Establish the Tgb Think Tank for 2009.

“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”
“If you’re stumped, why not write an illegible prescription and hope the pharmacist comes up with something?”
Many of you would have seen the posters all over campus or heard about it, but not many students actually know what the Osler support campaign is actually about.

Right now you’re probably thinking what is it all about? Well, the Osler support campaign is a new portfolio that started this year. The main objective is to take existing student support structures and services that are available on campus and promote them to the students of Tygerberg.

By now your will be asking yourself why did it start? The problem with being on a small campus, like Tygerberg, is that it is very easy to become isolated in your surroundings. Many students get so caught up in their studies that they become totally disconnected from everything else around them, later finding themselves in a dark, cold world all alone, feeling helpless when confronted with personal or social dilemmas.

Even though there are support facilities and they are readily available on our campus often at no charge even, the problem is that hardly anyone knows about them. I only found about the Student Health center on the 2nd floor TSS late in my second year. This is a more common problem with the Osler PSO students who do not live on campus and therefore are often not well orientated as to what services are on campus.

I started the Osler Support campaign because I felt that there were a large percentage of students who were in need of good support, but never received any because of lack of information and knowledge about the services that are available.

Over the years there have been many students who have dropped out Tygerberg campus, not the type that realized that they were studying the wrong course in their 1st week, but the type that dropped out because they could not cope with personal or social issues along with the high demand in the courses. Many of these students would have benefitted well from the support structures we have available and I believe that many of them would still be here if they had known, and received the help and support when they were in desperate need.

The problem with studying anything in the medical field is that there is a stereotype people have about you. People often forget that medical students are just like any other student. We also have financial problems, social problems, relationship problems and we definitely even have stress. We are not machines that have no feelings and, NO, we do not have all the answers (although there are the few who like to think that they do).

Depression is a big problem on our campus. Everyone knows about those gloomy days when you walk on campus, it’s overcast, all the benches outside the TSS are empty and there’s a weary feeling about in the atmosphere. Statistics say that medical students have one of the highest suicide rates amongst all the courses. I believe that for every person who is lost from the medical field be it due to dropping out or anything else, is one lost to many.

I hope that with the efforts of the Osler Support Campaign we will be able to help and empower all the students who are in need. You know who you are and we just want you to know that you are not alone.

My sub-committee and I will be working around the clock to achieve our vision and, although it’s new ground for all of us, we know that if we contribute to the support and help of even one student then our efforts will not be in vain.

Keep your eyes and ears open for the next installment we have lined up, which will be focused more on psycho-social support.

Keep safe.