

# Brief Curriculum Vitae: Pat Mayers

## Associate Professor and Acting Head of Division

Division of Nursing and Midwifery, Faculty of Health Sciences, University of Cape Town

**Academic qualifications:** D Phil (Psychology)(US); M Sc. Med (Psychiatry) (UCT); Certificate in Marriage Guidance & Counselling UNISA; BA (Cur) (Nursing Education (cum laude) and Community Nursing Science (UNISA) , Diploma in Midwifery; Diploma in Psychiatric Nursing (cum laude); BA Verpleegkunde (US).

**Professional Registration:** South African Nursing Council: General Nurse, Midwife, Psychiatric Nurse, Community Nurse and Tutor. SANC Registration number: 11210796

**Work address:** Division of Nursing and Midwifery, School of Health and Rehabilitation Sciences, Faculty of Health Sciences, University of Cape Town, 7925 Observatory, South Africa

Telephone: + 27 21 406 6464; Fax: + 27 21 406 6323; Cell: 0824672302

E-mail: [Pat.Mayers@uct.ac.za](mailto:Pat.Mayers@uct.ac.za)

### Academic responsibilities:

**Previous Masters and PhD in Nursing Programmes** convenor until end 2012.

**Course convenor:** Theoretical Foundations of Nursing Practice, Co-convenor for MPH (UCT)- PPH 7053S Public Health and Human rights; UCT: Co-convenor for the Train the Trainer programme in Health and Human Rights [annual short course]; Health and human rights (PG Diploma module)

**Supervision of Postgraduate Students:** Supervise/co-supervise PhD and MSc Nursing students in Nursing and MSc students in the School of Health and Rehabilitation Sciences. M Sc graduates supervised/co-supervised: 28; PhD graduates: 1.

**Specialisation and Research Interests:** Mental health, HIV and primary health care; psychosocial support of nurses in practice; guideline development and training for nurse practitioners; educational outreach; qualitative methodology; ethics and human rights in health care; disability and social inclusion.

### Institutional and Departmental Responsibilities

Former chairperson: Doctoral Quality Assurance Committee for School of Health and Rehabilitation Sciences till end 2013. Member of the Faculty Course work and Dissertation committee; Equity portfolio representative on selection committees in the Faculty of Health Sciences; Undergraduate Admission Review committee – transformation portfolio representative; UCT Adult Learner Sub-committee. Advisor in the UCT Discrimination and Harassment office. Mentor advisor and support person for UCT residence mentors.

### External examining

Masters/PhD Theses in Public Health, Palliative Care, Psychology and Nursing.

HIV and AIDS nursing programme, University of the Free State; Advanced Psychiatric Nursing Practice, University of Stellenbosch;

## Current research interests

Primary health care nurse support and mentorship; human rights and health ; caring for community based carers; sexual assault; adolescent pregnancy ; health worker trianing for health committees.

## Publications

- Isaacs, W, Duma, S., & **Mayers, P.** (2013). Registered nurses' role in diagnosing childhood Tuberculosis in South Africa. *Africa Journal of Nursing & Midwifery*, 15(1), 42-54.
- Uebel, K., Fairall, L., van Rensburg, D., Mollentze, W., Bachmann, M., Lewin, S., Zwarenstein, M., Colvin, C., Georgeu, D., **Mayers, P.**, Faris, G., Lombard, C. & Bateman, E. (2011). Task shifting and integration of HIV care into primary care in South Africa: The development and content of the streamlining tasks and roles to expand treatment and care for HIV (STRETCH) intervention. *Implementation Science*, 6(1), 86.  
<http://www.implementationscience.com/content/pdf/1748-5908-6-86.pdf>
- Zwarenstein, M., Fairall, L. R., Lombard, C., **Mayers, P.**, Bheekie, A., English, R. G., et al. (2011). Outreach education for integration of HIV/AIDS care, antiretroviral treatment, and tuberculosis care in primary care clinics in South Africa: PALSA PLUS pragmatic cluster randomised trial. *BMJ*, 342. Retrieved from <http://www.bmj.com/content/342/bmj.d2022.full.pdf>. doi:10.1136/bmj.d2022
- Mash, B., Rhode, H., Pather, M., Ainslie, G., Irusen, E., Bheekie, A. & **Mayers, P.** (2010 ). Evaluation of the Asthma Guideline Implementation Project in the Western Cape, South Africa. *Current Allergy & Clinical Immunology*, 23(4), 154-161.
- Fairall, L., Bachmann, M., Zwarenstein, M., Bateman, E. D., Niessen, L. W., Lombard, C., Majara, B., English, R., Bheekie, A., van Rensburg, D., **Mayers, P.**, Peters, A.C., Chapman, R. (2010). Cost-effectiveness of educational outreach to primary care nurses to increase tuberculosis case detection and improve respiratory care: economic evaluation alongside a randomised trial. *Tropical Medicine and International Health*, 15(3), 277-286.
- Mayers, P.**, Keet, N., Winkler, G., & Flisher, A. J. (2010). Mental Health Service Users' Perceptions and Experiences of Sedation, Seclusion and Restraint. *International Journal of Social Psychiatry*, 56(1), 60-73.
- Pallangyo, E., & **Mayers, P.** (2009). Experiences of informal female caregivers providing care for people living with HIV in Dar es Salaam, Tanzania. *Journal of the Association of Nurses in AIDS Care*, 20, 481-493.
- Mash, B., Rhode, H., Pather, M., Ainslie, G., Irusen, E., Bheekie, A., **Mayers, P.** (2009). Quality of asthma care: Western Cape Province, South Africa. *SAMJ*, 99, 892-896.
- Macleod-Downes, L., Albertyn, R. & **Mayers, P.** (2008). Factors determining the vulnerability of women to sexually transmitted HIV: a literature review. *Health SA Gesondheid*, 13(3), 69-82.
- Mash, B., **Mayers, P.**, Conradie, H., Orayn, A., Kuiper, M., & Marais, J. (2008). How to manage organisational change and create practice teams: experiences of a South African primary care health centre. *Education for Health (online)*, 21(2), 14 pages. Retrieved from <http://www.educationforhealth.net>
- Leonard, A., & **Mayers, P.** (2008). Parents' lived experience of providing kangaroo care to their preterm infants. *Health SA Gesondheid*, 13(4), 16-28.
- Warden, J., **Mayers, P.** & Kathard, H. (2008). The lived experience of being a speech-language therapist in the South African Western Cape public health service. *South African Journal of Communication Disorders*, 55, 49-62.

- Stein, J., Lewin, S., Fairall, L., **Mayers, P.**, English, R., Bheekie, A., et al. (2008). Building capacity for antiretroviral delivery in South Africa: A qualitative evaluation of the PALSA PLUS nurse training programme *BMC Health Services Research*, 8, 240. Retrieved from <http://www.biomedcentral.com/content/pdf/1472-6963-8-240.pdf> doi:10.1186/1472-6963-8-240
- Mayers, P.** (2007). A human rights approach to mental health care - the Mental Health Care Act 17 of 2002. *Africa Nursing Practice*, 1(1), 28-30.
- Mash, B., **Mayers, P.**, Conradie, H., Orayn, A., Kuiper, M., Marais, J., et al. (2007). Challenges to creating primary care teams in a public sector health centre: a co-operative inquiry. *SA Family Practice*, 49(1), 17a-e.
- Mash, R., Ainslie, G., Irusen, E., **Mayers, P.**, & Bheekie, A. (2007). The dissemination and implementation of national asthma guidelines in South Africa: The use of outcome mapping. *SA Family Practice*, 49(5), 5-8.
- Mayers, P.** (2007). Introducing human rights and health into a nursing curriculum. *Curationis*, 30(4), 53-60.
- Gillespie, R., Kyriacos, U., & **Mayers, P.** (2006). The critical care nursing workforce in Western Cape hospitals - a descriptive survey. *SA Journal of Critical Care*, 22(2), 50-56.
- Duncan, M., Alperstein, M., **Mayers, P.**, Olckers, L., & Gibbs, T. (2006). Not another multi-professional course! Part 1: rationale for a transformative curriculum. *Medical Teacher*, 28(1), 59-63.
- Mayers, P.**, Alperstein, M., Duncan, M., Olckers, L. & Gibbs, T. (2006). Not another multi-professional course! Part 2: nuts and bolts of designing a transformed curriculum for multi-professional learning. *Medical Teacher*, 28(2), 152-157.
- Olckers, L., Gibbs, T., **Mayers, P.**, Alperstein, M., & Duncan, M. (2006). Early involvement in a multiprofessional course: an integrated approach to the development of personal and interpersonal skills. *Education for Primary Care*, 17(3), 249-257.
- Bheekie, A., Buskens, I., Allen, S., English, R., **Mayers, P.**, Fairall, L., et al. (2006). The Practical Approach to Lung Health in South Africa (PALSA) intervention: respiratory guideline implementation for nurse trainers. *International Nursing Review*, 53(4), 261-268.
- Mayers, P.**, Parkes, B., Turner, J., & Green, B. (2005). The lived experience of registered nurses who assist with termination of pregnancies in a tertiary level hospital. *Health SA Gesondheid*, 10(1), 15-25.
- Fairall, L., Zwarenstein, M., Bateman, E., Bachmann, M., Lombard, C., Majara, B., Joubert, G., English, R., Bheekie, A., van Rensburg, D., **Mayers, P.**, Peters, A. & Chapman, R. (2005). Effect of educational outreach to nurses on tuberculosis case detection and primary care of respiratory illness: pragmatic cluster randomised controlled trial, *BMJ*, 331, 750-754.

#### Chapter in book

- Mayers, P.** (2006). The immune system and infectious disease. In J. Bruce & E. Stellenberg (Eds.), *Nursing Practice in South Africa*. Cape Town: Elsevier.
- Mayers, P.** (2005). Supporting Health Professionals at Primary Care level. In L. Becker (Ed.), *Group work in South Africa: Contemporary Perspectives*. Cape Town: Oxford University Press.

#### Published conference proceedings

- De Villiers, T., Khalil, D., & **Mayers, P.** (2010, 27-29 October). *Violence among nurse learners: a descriptive study examining nurse learners' experience of violence*. Paper presented at the Proceedings of the second International Conference on Violence in the Health Sector - From

Awareness to Sustainable Action, De Meervaart, Amsterdam, Netherlands. ISBN 978-90-5740-089-6.

### Recent Conference Presentations

- Fourth International Conference on Human Rights Education: *Global Convergence and Local Practice: The Scope and Depth of Human Rights Education Reexamined*. Taipei: November 2013. Paper: Health and Human rights in a Nursing curriculum.
- International Conference on Human Rights Education and Training for the Civil and Public Service, Dublin Castle, Ireland, December 2013. Paper: Health and human rights: the learning and working environment
- STTI biennial conference, Indianapolis, USA. November 2013. Poster: Nurses' experiences of guideline implementation in Primary Health Care Settings in the Free State Province, South Africa.
- 7th Annual International Conference of Principals of Health Training Institutions, Jinja, Uganda. June 2013. Paper: Principals as Scholars: The need for professional Development
- World Association for Infant Mental Health conference, 2012. Poster (D Bissessur, M Pascoe and P Mayers): The communication between low-risk low birth weight premature infants and their mothers in the first year of life: A description of four cases.
- Networking for Education in Healthcare conference, Cambridge, UK. September 2012. Paper (P Mayers, L London, L Baldwin-Ragaven, B Najaar): Training the Trainer in Health and Human Rights.
- 

### Reviewing Activities

Member of the Scientific Committee for the Nursing Education Tomorrow [NET] annual conference 2007 to date.

Member Editorial Board: Nurse Education in Practice

Member of Review Panels for the following journals:

- Nurse Education in Practice
- JANAC [Journal of the Association of Nurses in AIDS Care]
- Health SA Gesondheid Journal
- Curationis [SA nursing journal]
- International Journal of Qualitative Methods
- Nurse Education Today
- BMC Health Services Research (associate editor)

### Professional Memberships

Member of the Motivational Interviewing Network of Trainers [MINT]; Registered Motivational Interviewing Trainer; Member of the Association of Nurses in AIDS Care; SA HIV Clinicians Society (Associate Member).

### Involvement in the field of communication in organisations, human rights and health

I have a keen interest in community healing and transformation and have experience in facilitation and mediation during the community disruption and xenophobia. I worked as a mediator in communities, relocation centres and camps during a xenophobic crisis in the greater Cape Town area.

I have a keen interest in human rights and health and in organisational communication, and have participated in the following programmes:

- **Centre for Conscious Leadership:** Change, stress and complexity in today's world of work: learning and reflecting together. December 2013
- **Grubb Institute Organisational Analysis workshop,** Surrey, UK. Passion Purpose Potency: Releasing untapped resources in people and organisations, November 2011.
- **Equitas International Human Rights Training Program,** Montreal, Canada, June 2011.
- **HREA on-line health and human rights course,** September – November 2011.

### **Other Interests and Involvement**

Member of a Group Analytic Reading group, Cape Town. Board member of Centre for Group Analytic Studies, Cape Town

Member of Lifeline/Childline, Western Cape. Current board member. Previously vice-chairperson (1999-2000 and 2010) and chairperson (2001-2002). Involved in telephone counselling, organisation and running of training courses for the local community.

National board member: Childline South Africa

Trustee for the Etafeni Day Care Centre Trust – an NGO which aims to support children infected and affected by HIV/AIDS in Nyanga, Cape Town;

Member of Rotary Club of Cape Town and past club president (2010-11).

Member of the Network of Motivational Interviewing Trainers (MINT) and a registered MI trainer.