

POSTGRADUATE STUDENT SKILLS

STUDENT NAME:	Tick if accomplished	
<i>Optional: Clinical Pharmacology course (16 credit module)</i>		
<i>Optional: Honours student mentorship (indicate number of students)</i>	N =	
Ethical consent: Sub-study application under Umbrella-study		
Obtained and interpreted medical history, medication status: <i>e.g. education, economic, marital, family history, health (cardiometabolic, inflammation, renal function, arthritis, cancer, reproduction)</i>		
Dietary intake and questionnaire		
Good Clinical Practice (GCP) course to ensure: <i>Respect for the dignity of persons; Beneficence and non-maleficence and Justice</i>		
¹Observed/²Interpreted Collection of psychosocial battery measures: <i>Measures with known heritability: Life orientation, Personality</i>	1	2
<i>Predictors of developing/worsening hypertension: Coping, Depression, Cognitive distress</i>		
<i>Moderating effects of the environment: Fortitude, Mental Health, Self-regulation, Job stress</i>		
¹Observed/²Interpreted anthropometry measurements <i>Height, Body mass, Waist circumference, Physical activity</i>		
¹Cardiovascular assessments, ²download and ³interpretation of data Resting Blood Pressure [<i>Riester CE 0124® & 1.3M™ Littman® II S.E. Stethoscope 2205</i>]		
<i>*Finometer [Finapres Medical Systems®]</i>		
12-lead resting ECG [<i>NORAV PC-ECG 1200®</i>]		
24 ambulatory BP & -ECG [<i>Cardiotens® & Cardiovisions 1.19®, Meditech</i>]		
Pulse Wave Velocity and Pulse Wave Analysis [<i>Sphygmocor EXCEL, AtCor</i>]		
Laboratory skills (sample handling and analyses)	1	2
24h Urine/blood/saliva/hair: ¹ collection/ ² sampling/ ³ aliquoting/ ⁴ waste material	3	4
Rapid tests (cholesterol, glucose, urine dipstick and blood type)		
Laboratory analyses of samples (ELISA, RIA, ECLIA, etc.)		
Whole blood HIV status [<i>PMC Medical, Daman, India; Pareekshak test, BHAT Bio-Tech, Bangalore, India</i>]		
¹Accomplished training & ²measuring of ultrasound Carotid Intima Media Thickness (CIMT) [Sonosite Micromaxx®, SonoSite Inc., Bothell, WA]	1	2
³Retinal Vessel Assessment & ⁴Data download & interpretation (Imedos®)	3	4
Statistical analyses	1	2
¹ Normal distribution & T-tests, ² General linear models, ³ Multiple regression analyses		3
⁴ ROC analyses; ⁵ prospective data analyses and risk prediction	4	5
Successful grant/funding application/s: NRF¹/MRC² South Africa	¹ N =	² N =
Prepared, submitted, handled a rebuttal & published manuscript in a peer-reviewed journal	N=	

*Including sympathetic nervous system (SNS) responses (acute mental laboratory stressors e.g. cold pressor & colour-word-conflict)

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