

COLLEGE OF PAEDIATRICIANS NEWSLETTER



JULY 2016

FROM THE PRESIDENT

Dear Colleagues and Friends

This is my first newsletter as President, and it is long overdue. Professor Robin Green's shoes are really hard to fill!

I would like to pay tribute to Robin, our Immediate Past President, for his outstanding leadership and for fostering such a wonderful spirit of camaraderie in the Council. His quarterly newsletters were extremely well received not only by our members, but also by the President, staff and members of the Senate of the Colleges of Medicine. Under his leadership we managed to establish the new Comprehensive Clinical Assessment (CCA) as the clinical component of the FCPaed(SA) Part II, and we also tightened up the regulations for the subspecialist certificate examinations.



Prof. Robin Green

The new Council of the College of Paediatricians took office after the Senate meeting in October 2014, with many of the current councillors being re-elected, but with three new councillors in Prof Mariana Kruger,

executive head of the Department of Paediatrics and Child Health at Stellenbosch University, Dr Chris Sutton from the University of Limpopo (UL) in Polokwane, and Dr Simon Strachan, who is in private paediatric practice in Johannesburg. Prof Vic Davies is the Secretary of the Council, while Prof Haroon Saloojee joins me on the CMSA Senate. We recently also co-opted Prof Sanjay Lala from Wits. The new Council has had three meetings so far, with the paediatric registrars being represented by Dr Audrey Mbethe from UL. Her input has been invaluable and the discussion and debate in the Council meetings have been robust but positive. The Heads of the University Paediatric Departments who do not already serve on the Council were invited to the second meeting, and made a meaningful contribution to the discussion.

In this newsletter we pay tribute to Prof Mike Nazo, who passed away on 2 September 2015 and Dr Ralph Diedericks, who passed away on 7 May 2016. Both of them were esteemed and well-liked paediatricians, and examined for our College on a number of occasions. Thank you to Lungile and Alan for their wonderful tributes. We also acknowledge Professors Miriam Adhikari and John Pettifor, recipients of honours from our College at the last two graduation ceremonies. I have also included some information regarding our examinations.

Sharon Kling
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Obituary of the late Professor Zandisile Michael Nazo

Author: Dr Lungile Pepeta

Professor Zandisile Michael Nazo was born in Dongwe Location in Berlin, East London in January 1950. He did his primary education in Dongwe Primary School and then Tshabo Primary School. He matriculated from St Johns High School, Umthatha in 1969. He joined University of The North in Turfloop, Pietersburg and pursued Bachelor of Science in Pharmacy. However, in 1974, he changed his studies to Medicine at the then University of Natal. He graduated his MBChB degree in 1978.

Prof Zandisile Nazo did his internship at Cecilia Makiwane Hospital in 1979. In 1980 he was appointed as a Medical Officer in Paediatrics Department. This is where his love for children started. He left Cecilia Makiwane Hospital for King Edward Hospital where he was appointed as a registrar specializing in Paediatrics between 1982 and 1986. In 1987 Prof Nazo joined Wentworth Hospital as a Principal Medical Officer in Paediatrics. It was around the same time that he had a brush with the law as a political activist. He was detained for seven months. After this stint, he went ahead to complete his Postgraduate Paediatric training and obtained the Fellowship of the College of Physicians (FCP) in Paediatrics. In 1988 he came back home to serve in the Eastern Cape and started at Livingstone Hospital in Port Elizabeth. Prof Nazo showed his dedication to serve in rural areas when he, in 1989, moved from the bright lights of Port Elizabeth to Umtata General Hospital where he was appointed as a Paediatric Consultant. In the period between 1992-1995, he was appointed as Head of Paediatrics and Associate Professor by Mthatha General Hospital and Faculty of Medicine of the then University of Transkei (now Walter Sisulu University). In 1996-2003 Prof Nazo left the Public Sector to join

Private Practice. He continued to be associated with the University of Transkei as a part-time lecturer, examiner and consultant at Mthatha General Hospital. He also completed a Masters in Business Administration (MBA) degree. In 2004 Prof Nazo rejoined the Department of Health fulltime as a Principal Specialist in charge of the Neonatal and Critical Care Divisions in the Department of Paediatrics. In 2008 he was appointed as a Chief Specialist in Paediatrics and remained in-charge of the Neonatal Division and Paediatric ICU, the position he held until he was appointed as overall Academic Head of Clinical Department for Paediatrics & Child Health at Nelson Mandela Academic Hospital and Walter Sisulu University in 2012.

During his time as an academic, Prof Nazo co-authored the Eastern Cape Clinical Guidelines in Paediatrics and contributed a lot in undergraduate and postgraduate teaching at Walter Sisulu University. A number of Paediatricians have been produced during his time in Paediatrics at Walter Sisulu University.

Through his leadership, Prof Nazo worked with one of his colleagues Prof Sithembiso Velaphi, to introduce a program called 'Helping Babies Breathe', which rolled out training of nurses and doctors on resuscitation of newborn babies in under-resourced areas of the Eastern Cape. In spite of all these achievements, Prof Nazo remained humble, a man of integrity, and very supportive to the hospital, and the University. Prof Nazo was a member of many organisations, viz:

- ❖ Executive member of United South African Neonatal Association
- ❖ Ministerial Committee on National Perinatal Mortality
- ❖ Technical task team on Saving Babies
- ❖ Allergy Society of South Africa
- ❖ Critical Care Society of South Africa

- ❖ Priorities in Perinatal Care Association
- ❖ South African HIV Clinicians Society
- ❖ Infectious Diseases Society of Southern Africa

When he turned 65 years in January 2015, the Department of Health offered him extension of his service. He left at a critical time when Nelson Mandela Academic Hospital had just been designated as a Central Hospital.

Professor Nazo passed away on the second of September 2015. He is survived by his mother, wife, brother, two sisters, four children and grandchildren. May his soul rest in peace.



Prof Zandisile (Mike) Nazo

Tribute to the late Dr Ralph Diedericks

Eulogy delivered by Prof Alan Davidson at Ralph's funeral service on 14 May 2016

I am honoured to be asked to speak about Ralph here today. As a friend, a fellow music lover and a colleague I've certainly got more than enough material but given how well loved he is, it is a big responsibility. Many of you may have read Jimmy Atkins Facebook post and I want to start by citing the wonderful image he paints of Ralph's trademark lopsided grin. And on the same day I read that, Alvin Ndondo came up to me and said it's all so unreal ... All I can remember is his smile!

Apart from all his other qualities Ralph had a mischievous streak and knowing me to be a bit of a cry-baby at sad occasions he'd be tickled pink at the thought. Truthfully it wasn't much work. On reflection I wish I'd listened more attentively to his wonderful stories ... I suspect that's true for many of us. But in the event a large number of people have helped with these words.

So who is going to be here today I asked myself? ... Ralph's family, friends, colleagues, the German community, musos and patients and their parents. He touched many circles and many of you fit into more than one category ... he was after all the paediatrician's paediatrician. As unsiloed as Ralph was in his approach to life not many, I'm sure, know all of his rich and interesting history.

Ralph James Diedericks was born on Christmas eve 1948 in Athlone Street (literally over the road from the Red Cross Children's Hospital) to Richard and Olive Diedericks. In later years they moved to Lascelle Street and then General Street, Garlandale where he spent his childhood. He was the second youngest of 5 boys (Clive; Oscar; Basil; Ralph; Fritz). His eldest brother, Clive, also succumbed to pancreatic cancer in 1983.

He attended Alicedale Primary School and Alexander Sinton High School where he made many friends who also went on to become doctors. He was an academic and thoroughly enjoyed sketching in Biology, often having competitions with his peers. Tommy Blake was one of those friends and they also grew up in the same neighbourhood. Ralph was a keen athlete and enjoyed playing hockey, tennis and squash.

Music ran like a thread holding together every aspect of his life, and his love of music was absolutely infectious. Of course it was guitar first and foremost but he had catholic tastes and would put up with anything, with a few notable exceptions. Alanis Morissette for one ... ☺ He took up playing guitar at the age of 14 with his close friend, Jimmy Atkins. And he and Jimmy went on to buy their first decent guitars (Yamaha classics) together at Bothners when they were 16. Ralph told his son Jason that as a student he would often strum his guitar and read his varsity notes, and this is what kept him sane through the UCT years.

He graduated with an MBChB from UCT in 1972 and did his internship at Somerset Hospital. He married Sandra Meiring in 1973 and moved a year later to Port Elizabeth where he worked in obstetrics at Livingstone Hospital. His first child Carla was born in 1974 at Livingstone Hospital. This is also where he met Aziz Aboo, his dear friend and the man whom he considered to be a mentor. He moved to Durban in 1976 where he specialized in Paediatrics at King Edward Hospital. His eldest son Jason was born in 1979 at King Edward Hospital.

The family then moved back to Cape Town in 1980 and he established a private practice at City Park Hospital which he kept until 1994. He saw patients at Gatesville and did sessions at RCCH and Victoria Hospital which meant he did a fair bit of rushing around (with what sounded to me like a surgically implanted beeper) and of course

that he became known to people from all over town. And remained so for all these years ... just the other day I met a man whose unanticipated triplets were introduced to him by Ralph one at a time as they emerged.

In 1989 he met Anke Allgaier at City Park. She was over from Germany on a working holiday after graduating as a nurse but they only started to date when she returned two years later ... a long distance romance ensued with travels between South Africa and Europe, and Ralph even did a stint as a visiting paediatrician (unpaid nogal) in Freiburg in order to court her. That was the first time he saw Anke's childhood home in the Schwarzwald. Thus opened the German chapter of his life. Marian Jacobs, in her typical way (and I hope without a measure of buyer's remorse) said to me how much German do you have? Well, Ernst und Sigfrid, "Entschuldigen" but that's the best I can do today ...

Ralph was keen to explore paediatrics abroad further and in 1994 he moved to the UK, with Anke following soon after. Ralph worked at Barrow in Furness up near the Lake District, and then St George's Hospital in Tooting and Epsom Hospital south of London. He said he thoroughly enjoyed the experience and he certainly took full advantage of the live music on offer.

In 1997, the year Ralph's daughter Katja was born in the UK, he took up the job of head of paediatrics at Eben Dönges Hospital in Worcester. He built up the unit there pretty much from scratch and the service, particularly its outreach components, has gone from strength to strength ever since. And of course he played guitar with the local surgeon Riaan Dippenaar, and even took to jamming in the local Chinese restaurant once a week. I'm not sure if that gig paid much. His youngest, Alexander, was born in Worcester and as much as he enjoyed the work, Ralph was frustrated that his request

for a second consultant seemed to fall on deaf ears.

Late in 2002, just about the same time that the second post was about to be advertised Ralph interviewed successfully - to head up ambulatory and emergency paediatrics at The Red Cross Children's Hospital, and the rest is history. Their loss (though Anke says it was not without a good deal of soul searching) was our gain. Ralph, Anke, Katja and Alexander took up residence at 20 Roseberry Road and became part of our large and interesting family.

Heather Zar asked me to convey our deep appreciation for the many contributions that Ralph made to our department and to so many people over many years – in the emergency and child abuse services, in his role as a registrar coordinator and his wonderful mentorship of students, and as a human being who deeply cared about children, their families and his colleagues.

Heloise Buys honoured him at the department's 12h00 clinical teaching meeting yesterday. Very fitting for an iconic teacher. He was so very good at it first and foremost because he loved it so much and secondly because he never stopped being a student himself. That, I suspect was the secret of his almost galling youthfulness. He was part of our forty something music club (many of whom are here today) for many years and the boys only realised his age (jaws dropped I can tell you) in the year that he retired and only because of that piece of information.

Not only did he teach so well but it was his engaged style that turned so many of his students into lifelong friends. Equally true of his music as it is of medicine he was the consummate mentor to the end, sitting on his couch a few weeks ago doing baby steps guitar with Chris Scott. And it was one of his medical protégés from the Worcester crew, Ricky Dippenaar, who employed Ralph on his retirement and he and Shetil Nana had a

blast looking after Ricky's improbably tiny babies.

John Lawrenson remembers how Ralph welcomed him in Worcester when he came to do outreach as a very new paediatric cardiologist who'd trained as an adult sub-specialist. John says "He offered me respect I did not deserve given the vast difference in experience that each of us had and when he moved back to Red Cross, we loved getting his in-person referrals from S11 even if they came late on a Friday afternoon. If I close my eyes it is very easy to imagine him standing just behind my left shoulder in the echo lab watching me echo the patient."

Heloise also spoke yesterday about why patients and their families loved him so much. And it was because he listened so well, often distracted from the medicine, discussing minutiae in a way that made them feel at ease. Not that he wasn't an outstanding clinician, recognised as such by colleagues across the country and beyond. The president of the College of Paediatrics of South Africa, Sharon Kling said this week "Ralph played a really important role in our college, as educator, examiner and convenor. He had the most wonderful personality and was always caring and friendly. He will be sorely missed in paediatrics in South Africa."

He and I didn't speak much about politics ... didn't need to I suppose. He shouldered the burden of our history and the way that it touched his life with grace and resolve. As a young professional he suffered the institutional discrimination meted out to his generation with quiet anger but without bitterness, and later he made an enormous contribution to child rights advocacy through his work with the Children's Institute.

And it's my prerogative to add a few personal observations. Engaged as he was in the people around him, he seemed to have an endless capacity to make new friends. He was worldly, captivating and enormous fun to hang out with. He was patient

demonstrating a kind of old world charm with people ... sometimes waiting as you tried to find the words! But when the stakes were high he was no-nonsense. He gave us lots of rope, but too much BS and he called you out!

Marc Hendricks made a giant foldout greeting card for him on behalf of the UCT paediatric family in what turned out to be the last week of his life. When he dropped by to sign it Mark Richards said "I wish I'd told him that 10 years ago." Well it's never too late. If you can manage adversity with equanimity and grace, if you can make your colleagues and students feel special in the course of



Dr Ralph Diedericks

Examinations

This report spans four examination periods: second semester 2014 in Bloemfontein, first semester 2015 in Cape Town, second semester 2015 in Durban and first semester 2016 in Gauteng. The exam results are reflected below. There are three noteworthy issues:

everyday events and if you can show compassion, then you are saying it to Ralph.

In closing I'll cite some words from a song which I only played him once but I think they will work for us today.

If you love somebody enough, you'll follow wherever they go.

That's how I got to Memphis.

That's how we got to Memphis.

Hamba Kahle Ralph - We miss you already.

1. The FCPaed(SA) Part I examination attracts one of the highest numbers of candidates in the CMSA;
2. We successfully held the first Comprehensive Clinical Assessment (CCA) of the FCPaed(SA) Part II in Cape Town, and have now done 3 rounds of it;
3. We successfully converted the FCPaed I examination to a single MCQ paper for the first semester of 2016, and the pass rate was much higher than previously.

I wish to pay particular tribute to Prof Haroon Saloojee, who proposed the new CCA examination format and who almost single-handedly ran the Part I MCQ paper, and Prof Vic Davies who was the chairman of the CCA working group, and who put in a tremendous amount of time and work into this examination. The College of Paediatrics also houses a number of subspecialties, and candidates for the Certificate examinations account for a considerable workload.

I wish to thank all the convenors and examiners for their time and hard work, and for being prepared to be part of ensuring that the examinations are reliable and valid. To the successful candidates: welcome to the College of Paediatricians and its subspecialties!

EXAMINATION	WROTE (n)	ORAL (n)	PASSED (n)	% PASS
2nd SEMESTER 2014				
FCPaed(SA) Part I	100	-	59	59
FCPaed(SA) Part II	56	40	36	64
DCH(SA)	44	41	39	89
1st SEMESTER 2015				
FCPaed(SA) Part I	87	-	48	55
FCPaed(SA) Part II	53	43	33	62
DCH(SA)	37	35	30	81
2nd SEMESTER 2015				
FCPaed(SA) Part I	123	-	48	39
FCPaed(SA) Part II	76	63	51	67
DCH(SA)	53	51	46	87
1st SEMESTER 2016				
FCPaed(SA) Part I	136	-	113	83
FCPaed(SA) Part II	66	62	46	70
DCH(SA)	42	39	37	88

Fellowship *Ad Eundem*: Prof Miriam Adhikari

Miriam Adhikari obtained her M.B., Ch.B. from the University of Cape Town in 1969. She obtained the FCP in Paediatrics from the College of Medicine of South Africa in 1974, and her MD from the University of Natal in 1982 on “The Nephrotic Syndrome in African and Indian Children in South Africa”. She was the Head of the Department of Paediatrics and Child Health at the University of KwaZulu Natal (UKZN) from 2001 until her retirement in 2010. She is currently Emeritus Professor in the Department of Paediatrics and Child Health and Associate Dean in the Postgraduate Office at UKZN.

Miriam Adhikari has served the College of Paediatricians and the Colleges of Medicine with distinction throughout her career spanning many years. She has examined countless times in many different examinations of our College, including the FC Paed parts 1 and 2 and the Certificate in Neonatology. She also served as a Councillor of the College of Paediatricians from 2005-2008.

However, apart from these distinctions Miriam Adhikari has been a pioneer in children’s health and has served the children of South Africa, Africa and the world through her research (mostly in the fields of neonatology and paediatric renal disease), teaching and clinical service. Her CV bears testimony to her outstanding contributions in South Africa and internationally. Professor Adhikari was instrumental in ensuring that paediatric care in KZN reached every child, through her many outreach programmes.

Prof Adhikari is truly loved by her students, and colleagues, and is affectionately known as ‘Mamma’ by her Registrars. It was a singular honour to award Prof Adhikari a Fellowship *Ad Eundem* from the College of Paediatricians.

Author: Prof Sharon Kling

Honorary Fellowship: Prof John Pettifor

Professor John Morley Pettifor is currently Professor Emeritus and Visiting Professor, Faculty of Health Sciences, University of the Witwatersrand and Honorary Professorial Researcher, Wits/MRC Developmental Pathways for Health Research Unit, Department of Paediatrics, University of the Witwatersrand.

John Pettifor has served the College of Paediatricians and the Colleges of Medicine with distinction throughout his career spanning many years. His association began in 1972 when he was recipient of the Robert McDonald Medal for the most outstanding candidate in the examination for the Fellowship of the College of Physicians in Paediatrics. Between 1987 and 1994 he was Member of the Committee of the Faculty of Paediatrics of the College of Medicine of South Africa and between 2002 - 2005 he served as President of the College of Paediatricians of the Colleges of Medicine of South Africa. He was again active between 2005-8 as Council member of the College of Paediatricians. During many of these years he served on Senate as Senator. He has also examined in many different examinations.

However, apart from these distinctions John Pettifor has been a pioneer in children’s health and has served the children of South Africa, Africa and the world through his research, teaching and clinical service. He has been honoured by a number of local and International Societies. He is an A2 rated scientist of the National Research Foundation and has become legendary for his teaching and for the hundreds of International presentations as invited speaker in every part of the world.

The College of Paediatricians is proud to present this award of Honorary Fellowship to Prof John Pettifor.

Author: Prof Robin Green



Prof Adhikari receiving her Fellowship *Ad Eundem* from Prof Gerhard Lindeque, President of the CMSA



Prof Pettifor receiving his Honorary Fellowship from Prof Kling, with Prof Mike Sathekge, President of the CMSA, looking on, and Prof Haroon Saloojee applauding proudly in the background.

Snippets

- The College of Paediatricians website that served many registrars well with exam papers, model answers and other information, has been discontinued. Our sincere thanks to **Prof Alan Rothberg** for his tireless work over many years. His "Did you know" articles can still be accessed, via the website of the Department of Paediatrics and Child Health at the University of Pretoria: <http://www.up.ac.za/en/paediatrics-and-child-health/article/2224039/did-you-know-2016>. We wish to thank Prof Rothberg, and also congratulate him on his appointment as Extraordinary Professor in the Department.



Prof Alan Rothberg

- We welcome **Dr John Lawrenson**, cardiologist supreme, as an Associate Fellow of the College of Paediatricians.
- We also welcome **Professors Wilma de Witt** (University of Pretoria) and **Pierre Goussard** (Stellenbosch University) as Fellows by Peer Review of our College. Congratulations on this singular honour!

