

The Discovery Foundation
Creating a healthier South Africa



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Foreword by Vincent Maphai, Chairperson of the Discovery Foundation



The Discovery Foundation was established to contribute towards improved healthcare in South Africa. The intention was to boost the healthcare sector in specific and targeted ways. After extensive research, this independent Foundation was set up in 2006 with the specific goal of training 300 medical specialists for South Africa's public sector over a 10-year period – an investment of more than R100 million. The Foundation's vision is to address specific areas of need through a series of awards for fellowships, research grants and further training. The focus remains on the development of specialist skills in South Africa's public sector.

The road to building capacity in our healthcare sector is long and arduous. There are no quick fixes. For the Discovery Foundation, the initial challenge has been to raise awareness of the awards in the medical fraternity and to ensure that the awards address the relevant areas of need. With the generous support from different stakeholders we were, however, able to lay a solid foundation and increase the impact of the Discovery Foundation Awards. We have witnessed an increase in the number of applications for funding from exceptional candidates. For this year's awards, we received 115 applications compared to 59 received in 2009.

More importantly, although in relative infancy, the Foundation is already impressed with the results of the first recipients' work in their respective fields. Some recipients have completed their academic research and further specialist training in areas where South Africa desperately needs additional expertise and resources. During our forthcoming annual Discovery Foundation Alumni conference, we will learn more from these recipients on their progress, study results and achievements.

Congratulations to our new recipients for their phenomenal achievements. We are proud to work with you and wish you well for this next important part of your careers.

Vincent Maphai
Chairperson
Discovery Foundation

Overview of the Discovery Foundation Awards

Through the Discovery Foundation Awards we build resources that will benefit the future health and wellbeing of all South Africans

For 2010, the Discovery Foundation made 35 awards in four categories. These awards will benefit healthcare in South Africa through financial support for Academic Medicine and research, specialist and sub-specialist training, rural healthcare and healthcare service delivery, innovation and training.

The four award categories are:

The Discovery Foundation Academic Fellowship Awards

This award aims to address shortfalls in medical training and research in the field of Academic Medicine. It gives the recipient the opportunity to take on a 12- to 18-month period of fulltime study and research for a Masters degree (by dissertation or thesis), publish research or take on research leading to publication. It will also generally improve his or her training in a chosen field of specialisation.

The Discovery Foundation Sub-specialist Awards

The Discovery Foundation Sub-specialist Awards intend to encourage outstanding black medical graduates to take on specialist training in disciplines other than Family Medicine in South Africa.

The Discovery Foundation Rural Fellowship Awards

Grouped into three sub-categories, these awards aim to attract and retain medical skills and doctors in rural areas by facilitating access to resources and opportunities to develop professionally.

The Discovery Foundation Excellence Award

The Discovery Foundation Excellence Award aims to boost organisations that display excellence in service delivery, training and innovation to benefit South African healthcare, particularly if they strengthen human resources in the sector.

Recipients of this year's Discovery Foundation Awards

We are pleased to announce the 2010 Discovery Foundation Awards recipients:

The Discovery Foundation Academic Fellowship Awards

- Dr Survana Buldeo
- Dr Graham de Bever
- Dr Marcelle Erasmus
- Dr Rob Freercks
- Dr Carla Freeman
- Dr Kerusha Govender
- Dr Diane Gray
- Dr Bongwiwe Hlatshwayo
- Dr Nazeer A Mohamed
- Dr Mosa Moshabela
- Dr Karin Richter
- Dr Phumla Sinxadi
- Dr Kiran Sukeri
- Dr Hilgaard Visser
- Dr Amir Zarrabi

The Discovery Foundation Sub-specialist Awards

- University of Stellenbosch and Tygerberg Hospital – Reproductive Medicine Department

- University of Cape Town (Groote Schuur Hospital) – Obstetrics and Gynaecology Department
- University of Cape Town (Red Cross War Memorial Children's Hospital): Department of Paediatrics and Child health – Division of Paediatric Pulmonology
- University of Free State – Paediatric Pulmonology Department
- University of KwaZulu-Natal – Paediatric Nephrology
- University of the Witwatersrand (Donald Gordon) – faculty of Health Sciences Adult Critical Care
- University of Stellenbosch and Tybergerg Hospital – Department of Cardiology
- University of Stellenbosch and Tygerberg Children's Hospital – Developmental Paediatrics Department
- University of Pretoria – Paediatric Nephrology Department

Discovery Foundation Rural Fellowship Awards

Individual award

- Dr Bernhard Gaede
- Dr Richard Cooke

Institutional award

- Zithulele Hospital – Resource Centre
- University of KwaZulu-Natal Unit: Centre for Rural Health Programme – Quality Improvement for Maternal and Neonatal care
- Tintswalo Hospital – Resource Centre and professional development for doctors
- University of Stellenbosch – Family Medicine Department

Distinguished visitor's award

- Tonga Hospital: Paediatric Nursery
- Dr Kenneth Kaunda District Hospital – Psychiatry and Mental Health Department
- Eshowe District Hospital – Orthopaedic, Surgical and Paediatric Departments
- Ngaka Modiri Molema Health District – Internal Medicine Department

Discovery Foundation Excellence Awards

- Epilepsy South Africa

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Discovery Foundation Academic Fellowship Awards

Dr Survana Buldeo

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of KwaZulu-Natal; Diploma in Tropical Medicine and Public Health (DTMH), University of Witwatersrand; Fellowship in Clinical Pathology, College of Medicine of South Africa



Dr Buldeo is a Clinical Pathologist at the Charlotte Maxeke Academic Hospital branch of the National Health Laboratory Services. Previous experience includes working at Prince Mshiyeni Memorial Hospital and Pretoria Academic Hospital.

Dr Buldeo's research involves investigating the use of flow cytometry and induced sputum in diagnosing Tuberculosis in HIV infected individuals in a Tuberculosis endemic setting such as Johannesburg. Dr Buldeo hopes to pursue a career in Clinical Immunology, a speciality which South Africa does not currently offer.

The Discovery Foundation Award helps make these initiatives possible.

Dr Graham N de Bever

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Cape Town



Dr de Bever's previous work experience includes doing his Medical Internship at Groote Schuur Hospital in Cape Town and his Medical Community Service at Rob Ferreira Hospital in Nelspruit and the Red Cross War Memorial Children's Hospital in Cape Town. He is currently working as the Neuropsychiatry Medical Officer at Groote Schuur Hospital in Cape Town.

His research interests include the effects of substances on the brain and its function. He is part of the team at UCT's Department of Psychiatry doing functional MRI scans on methamphetamine users with psychosis. His personal dissertation involves a meta-analysis on the effects of cocaine use on the brain. The Discovery Foundation Award makes this research possible.

He is doing his Diploma in Child Health through the College of Medicine of South Africa and plans on doing his Diploma in Mental Health later this year, going on to specialise in Child Psychiatry with an interest in research.

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Dr Marcelle Erasmus

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Pretoria

Dr Erasmus is a registrar in National Health Laboratory Services at the University of Pretoria. Her previous work experience includes working as a senior medical officer at the Department of Health in Gauteng.

Her research involves the genetic diversity of HIV in vivo: South African patients with low pre-treatment viral loads. The Discovery Foundation Award makes this research possible.

Dr Erasmus hopes to contribute to the field of HIV medicine in South Africa. She is studying towards her MMed degree in medical virology.



Dr Rob Freercks

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Cape Town; Fellow of the College of Physicians of South Africa (FCP), Colleges of Medicine of South Africa

Dr Freercks is a senior registrar in nephrology at Groote Schuur Hospital at the University of Cape Town. His previous work experience includes working as a medical registrar at Groote Schuur Hospital, community service officer at Helen Joseph Hospital and internship at the Chris Hani Baragwanath Hospital in Johannesburg.

His research involves vascular calcification and its effects on central aortic and ambulatory blood pressure in a South African-dwelling dialysis population. The Discovery Foundation Award makes this research possible.

Through his work, Dr Freercks hopes to complete his specialisation in nephrology, focusing on the colliding epidemics of chronic kidney disease and cardiovascular disease.



Dr Carla Freeman

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Cape Town



Dr Freeman is a registrar in psychiatry at the University of Cape Town. Her previous work experience includes working as a medical officer in Carletonville and Johannesburg.

Her research involves using structural MRI and diffusion tensor brain imaging (DTI) to examine the separate and combined structural effects of methamphetamine abuse and HIV infection on the brain. The Discovery Foundation Award makes this research possible.

Through her work Dr Freeman hopes to sub-specialise in the field of neuropsychiatry and provide an enhanced clinical service to patients through the acquisition of scientific knowledge and understanding.

Dr Kerusha Govender

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of KwaZulu-Natal



Dr Govender is a registrar at the National Health Laboratory Services. Her previous work experience includes working as a medical officer in paediatrics at King Edward VIII Hospital.

Her research involves evaluating using real-time polymerase chain reaction (PCR) in diagnosing cytomegalovirus (CMV) pneumonitis in HIV positive children. The Discovery Foundation Award makes this research possible.

Through her work Dr Govender hopes to improve managing this type of pneumonia as improvements are unlikely to come from the developed world, where CMV pneumonia is now rare. She is studying towards her MMed degree in medical virology.

Dr Diane Gray

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Cape Town; Fellowship of the Royal Australasian College Paediatrics (FRACP)



Dr Gray is a consultant paediatrician and respiratory fellow at Red Cross War

Memorial Children's Hospital in Cape Town. Her previous work experience includes working as a paediatrician in the Paediatric HIV service at Groote Schuur Hospital in Cape Town; an MRC research fellow at the School of Child and Adolescent Health, University of Cape Town; as a senior paediatric registrar at Royal Darwin Hospital in Darwin, Australia; and as a paediatric registrar in various hospitals in New Zealand.

Her research involves investigating the impact of primary isoniazid (INH) prophylaxis on tuberculosis (TB) incidence in HIV infected children taking highly active antiretroviral therapy (HAART). The Discovery Foundation Award makes this research possible. In addition, the Discovery Foundation Award will also enable Dr Gray to complete her sub-specialisation in paediatric pulmonology, an area with a dire shortage of trained specialists.

Through her work Dr Gray hopes to bring clear preventive and management strategies to clinical teams in overburdened paediatric clinics, so contributing to the health of South African children.

Dr Bongwiwe Hlatshwayo

Bachelor of Medicine and Bachelor of Surgery (MBChB), Medunsa



Dr Hlatshwayo is a paediatric registrar at Dr George Mukhari Hospital in Pretoria. Her previous work experience includes working in community service at Ellisras Hospital, Pretoria.

Her research involves the association between iron deficiency anaemia and academic performance of children, focusing on Grade Two pupils in the Winterveldt region in Tshwane North. The Discovery Foundation Award makes this research possible.

Through her work Dr Hlatshwayo hopes to improve the academic potential of all resource-poor South African children.

Dr Nazeer A Mohamed

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of the Witwatersrand; Fellowship of the College of Physicians of South Africa (FCP), Colleges of Medicine of South Africa

Dr Mohamed is a Fellow in Endocrinology and Metabolism at Charlotte Maxeke Johannesburg Academic Hospital. He has an interest in critical care medicine and also works in the hospital's Intensive Care Unit. His previous work experience includes working as a registrar at various hospitals in Johannesburg including Chris Hani Baragwanath Hospital.

His research involves alterations in Vitamin D status in the Intensive Care Unit and its impact on mortality and morbidity in critically ill patients. The Discovery Foundation Award makes this research possible.

He is studying towards his MMed in Internal Medicine and hopes to follow a career in Academic Medicine.

Dr Mosa Moshabela

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of KwaZulu-Natal; Master of Medicine in Family Medicine (M Med Fam Med), University of Limpopo; College of Medicine South Africa (Dip HIV Man (SA), CMSA)



Dr Moshabela is a senior lecturer at the University of Witwatersrand School of Public Health and is the director of their rural AIDS and Development Action Research Programme. He recently qualified as a Family Medicine specialist.

His previous work experience includes working as a project director for Rivoningo-Lesedi Project, decentralised sub-district-wide HIV and AIDS services of the Perinatal HIV Research Unit in Mpumalanga.

He is studying towards his doctorate at the University of Witwatersrand. His research involves patterns of health system usage among people living with HIV and AIDS in rural South Africa. The Discovery Foundation Award makes this research possible.

Through his work Dr Moshabela hopes to improve the quality of care and cultures of service delivery, increase access and usage of healthcare, and to improve health outcomes of rural people.



Dr Karin Richter

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Pretoria



Dr Richter is a consultant medical virologist at the University of Pretoria. Her previous work experience includes working as a medical officer at the Infertility and Reproductive Endocrinology Clinic at Pretoria Academic Hospital and as the pathologist in charge of the diagnostic laboratory until the end of 2009.

Her research involves a simple, affordable and clinically accurate human papillomavirus (HPV) test for cervical cancer screening in low resource settings. The Discovery Foundation Award makes this research possible.

Through her work Dr Richter hopes to help towards preventing cervical cancer and training others in this.

Dr Phumla Sinxadi

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Cape Town and Diploma in Anaesthesiology (DA), College of Medicine of South Africa



Dr Sinxadi is a registrar in clinical pharmacology. Her previous work experience includes

working as a resident medical officer at Hartswood Hospital in the UK and as a medical officer in Port Elizabeth.

Her research involves pharmacogenomics and pharmacokinetics of antiretroviral medicines and their association with metabolic complications in HIV-infected black South Africans. The Discovery Foundation Award makes this research possible.

She is studying towards her MMed in clinical pharmacology at the University of Cape Town.

Dr Kiran Sukeri

Bachelor of Medicine and Bachelor of Surgery, Walter Sisulu University, FCPsych (Colleges of Medicine of South Africa)



Dr Sukeri is the Principal Specialist Psychiatrist at the East London Mental Health Unit, East London Hospital Complex in the Eastern Cape.

His previous work experience includes working as a registrar at the East London Mental Health Unit, The Child and Family Unit (Red Cross War Memorial Children's Hospital) and The Neuroscience Institute (University of Witwatersrand). He was the first person to graduate as a psychiatrist from the Walter Sisulu University.

Dr Sukeri is actively involved in the training of under- and post-graduate medical students. He is currently working towards an MMed degree.

His research involves evaluating mental health systems in the Eastern Cape according to the World Health Organization Assessment Instrument for Mental Health Systems. The Discovery Foundation Award makes this research possible. Through his work, Dr Sukeri hopes to contribute towards improving mental health services in the Eastern Cape.

Dr Hilgaard Visser

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Pretoria



Dr Visser is a senior registrar at the Department of Orthopaedic Surgery at the Steve Biko Academic Hospital at the University of Pretoria. Previous work experience includes working as a medical officer at the university and as a general practitioner for several years.

His research involves expanding knowledge on septic arthritis, particularly in the HIV-infected population. The Discovery Foundation Award makes this research possible.

Dr Visser will complete his MMed degree this year.

Dr Amir Zarrabi

Bachelor of Medicine and Bachelor of Surgery (MBChB), University of Pretoria; Fellowship of the College of Urologists of South Africa (FC Urol SA), Colleges of Medicine of South Africa



Dr Zarrabi is a registrar in urology at the University of Stellenbosch and Tygerberg Hospital. His previous work experience includes working as a registrar in general surgery at Groote Schuur Hospital in Cape Town and in community service at Eersterivier Sickbay in Khayelitsha.

His research involves clinical application of a computer assisted gantry system for gaining rapid and accurate calyceal access during percutaneous nephrolithotomy. The Discovery Foundation Award makes this research possible.

Through his work Dr Zarrabi hopes to bring the valuable resources of public hospitals and their academic institutions to the patients in the private sector.



Discovery Foundation Sub-specialist Awards

University of Stellenbosch and Tygerberg Hospital Reproductive Medicine Department



Tygerberg Hospital is a tertiary hospital that acts as a teaching hospital in conjunction with the University of Stellenbosch's Health Science Faculty. As one of the sub-specialities offered, the Reproductive Medicine programme mainly aims to appraise the role of ultrasound in reproductive medicine and in tackling childlessness, the accurate diagnosis of reproductive organ disorders, ovarian stimulation monitoring, oocyte pick-up techniques and revising embryo culturing. As a leading research centre, the hospital has a special interest in endoscopic surgery for the treatment of severe endometriosis. The hospital is also world renowned for its research into male infertility.

Dr Viola is the fellow who will train further at the Reproductive Medicine Department. She completed her post-graduate studies in the field of Obstetrics and Gynaecology at the University of Buenos Aires in 2007. She is married to a South African citizen and applied for a Fellowship at Stellenbosch University in 2009. She formally commenced her studies on 1 July 2009 in the field of Reproductive Medicine.

University of Cape Town (Groote Schuur Hospital) Obstetrics and Gynaecology Department



The sub-specialist unit of Maternal and Fetal Medicine is at Groote Schuur Hospital at the University of Cape Town.

The provincial government of the Western Cape has not funded training in the department. Trainees have had to come from outside the department. The HPCSA has accredited the unit for sub-specialist training. The specialist, who is at the University of Limpopo, will train within the sub-specialist unit of Maternal and Fetal Medicine at Groote Schuur Hospital at the University of Cape Town. After completing his training, he will return to his post. The programme enjoys the input of ultrasonologists, neonatologists and geneticists.



Dr Muse is a specialist obstetrician and gynaecologist working as a consultant at Dr George Mukhari Hospital and University of Limpopo (Medunsa Campus). He previously worked as a principal medical officer at Ga-Rankuwa Hospital. He is the co-ordinator of the fourth year obstetric and gynaecology programme and co-ordinates the final year medical examination. He has a particular interest in medical termination of pregnancy and recently supervised a master's thesis on urogenital fistulae.

University of Cape Town (Red Cross War Memorial Children's Hospital): Paediatrics and Child Health

Paediatric Pulmonology Department

The Division of Paediatric Pulmonology at Red Cross War Memorial Children's Hospital at the University of Cape Town offers comprehensive training in respiratory-related conditions in children encompassing clinical care, research, education and advocacy. Respiratory illness is the major cause of morbidity and mortality in children in South Africa and Africa, accounting for approximately 40% of hospital admissions.

The division is responsible for the care of children with acute respiratory illnesses, complicated respiratory conditions and chronic respiratory conditions. These include illnesses such as pneumonia, tuberculosis, HIV-related respiratory illnesses, asthma, chronic lung disease, cystic fibrosis and sleep-related breathing disorders. In addition, the division has a very active research programme that focuses on childhood TB, pneumonia, HIV-associated illnesses and asthma. The division is therefore highly productive with a long track-record and history of contributions to clinical care, research, advocacy and advancement of care.



The research trainee will work on a randomised controlled trial of isoniazid (INH) preventive therapy in HIV-infected children taking highly active antiretroviral therapy (HAART). An initial study of HIV-infected children not on HAART found a 60% reduction in mortality and a 40% reduction in children on INH. The current study will extend this work by evaluating the efficacy of this strategy in children on HAART, to provide further evidence for INH as an effective public health intervention in HIV-Infected children.

Dr Gray is a consultant paediatrician at Groote Schuur Hospital in Cape Town and will continue her specialisation in paediatric pulmonology at the Red Cross War Memorial Children's Hospital. Her previous work experience includes working as a senior registrar at Royal Darwin Hospital in Darwin, Australia and as a paediatric registrar at various hospitals in New Zealand.

University of Free State Paediatric Pulmonology Department

The Department of Paediatrics and Child Health, as part of the Academic Hospital Complex in Bloemfontein, services over 250 000 children of the southern regions of the Free State at secondary care level. However, it is responsible for the tertiary care of almost one million children from the whole of the Free State and Northern Cape Province. The department manages up to 13 000 outpatient visits a year between the two main hospitals of the Academic Hospital Complex.



Of the 40% secondary level and 18% tertiary level paediatric admissions, the department of paediatrics and healthcare's 45% of intensive care unit admissions are because of lung problems. The department will send one candidate to the Department of Pulmonology at the Red Cross Children's Hospital in Cape Town.

Dr Alexia Kappos is the fellow who will train further at the University of Cape Town's Red Cross War Memorial Children's Hospital. She is currently a specialist paediatrician at the Department of Paediatrics of the University of the Free State. She is one of four consultants in the General Paediatrics ward at Pelonomi Hospital, where she serves in an advisory and teaching capacity for clinical assistants and intern doctors. She is also involved with the training and examining of fourth and fifth-year medical students in the field of paediatrics. She was previously a clinical assistant in the same department. Her interests include Tuberculosis and especially respiratory



diseases associated with HIV. Also of interest to her are chronic respiratory diseases in young children, including asthma. Currently she is involved as a project leader of a research project that looks into two specific HIV-associated respiratory infections in exposed infants in Pelonomi Hospital.

University of Kwazulu-Natal Paediatric Nephrology

The Paediatric Nephrology Unit is a division of the Department of Paediatrics at the University of Kwazulu-Natal with sub-specialist services based at Inkosi Albert Luthuli Central Hospital and King Edward VIII Hospital in Durban. This unit offers tertiary nephrology services to the Kwazulu-Natal province and presently has its first Paediatric Nephrology fellow in training. Services include training – both undergraduate and postgraduate, comprehensive clinical nephrology, research and outreach to provincial hospitals.



Dr Naicker is a fellow in Paediatric Nephrology at Inkosi Albert Luthuli Central Hospital in Durban. Previously she was the paediatric registrar of training at the University of Kwazulu-Natal in the various Durban metropolitan hospitals. She has a special research interest in HIV associated nephropathy in children and is committed to establishing and maintaining a successful chronic renal programme for children in Kwazulu-Natal.

University of the Witwatersrand (Donald Gordon)

Faculty of Health Sciences Adult Critical Care



Wits Faculty of Health Sciences plays a significant role in producing sub-specialists within the country, producing half of the total number of sub-specialists produced each year. Wits Donald Gordon Medical Centre is the first private, academic hospital in South Africa, set up in 2002.



The sub-specialty of critical care (adult) can be entered from the specialities of Internal Medicine, Surgery, Obstetrics and Gynaecology and Anaesthesiology. Most enter from Internal Medicine and Anaesthesiology. The trainee will be based at first at the Wits Donald Gordon Medical Centre, the only closed ICU in the private sector offering liver transplantation. The trainee will gain another dimension to their training with this opportunity.

Dr Morford is a Specialist Anaesthesiologist. He completed his FCA examinations and registrar training at the end of 2009. He is currently a Fellow in Critical Care in the ICU at Wits Donald Gordon Medical Centre.

University of Stellenbosch and Tygerberg Hospital

Department of Cardiology



The Division of Cardiology of Stellenbosch University and Tygerberg Hospital has a vision of being the premier training and research centre in cardiology in Africa. The Division of Cardiology was the first established sub-speciality in the institution and the first in the hospital to gain recognition as such from the Health Professions Council of South Africa (HPCSA). In 2009 they saw more than 2 000 inpatients and nearly 5 500 outpatients.

The University of Stellenbosch and Tygerberg Hospital holds two posts of 35 funded cardiology training posts in the country. HPCSA approved six training posts for the unit of which only two have funding. This is because of the association realising the need to bring training capacity in line with the need for equal distribution of training posts across the country. The award will go towards creating a much-needed extra funded post for the next training cycle.

The department is currently recruiting a fellow.

**University of Stellenbosch and Tygerberg Hospital
Developmental Paediatrics
Department**



The Division of Developmental Paediatrics of the Department of Paediatrics and Child Health of Tygerberg Children's Hospital is a tertiary referral unit attached to the University of Stellenbosch. The development clinic sees over 500 children a year. Their ages range from early infancy to late adolescence.

The Western Cape is not training any paediatricians as developmental specialists. This unit at the Tygerberg Children's Hospital is associated with the University of Stellenbosch and works with children with disabilities. The department offers a telephonic consultation service and helps certain facilities on outreach visits.

The award will go towards increasing the number of approved sub-speciality training posts in developmental paediatrics. The department is currently recruiting a fellow.

**University of Pretoria
Paediatric Nephrology
Department**



The Paediatric Nephrology Unit at Steve Biko Academic Hospital was accredited training status by the Health Professions Council of South Africa (HPCSA) in September 2009 which means that sub-specialisation in paediatric nephrology can now be undertaken in this unit. Having obtained a post number from the HPCSA however, did not guarantee a salary for the aspirant trainee as the post is not funded by the Gauteng Provincial Department of Health. The Discovery Foundation came to the rescue by awarding a fellowship to the first applicant for this training post, Dr Patience Sigwadi. The award will go towards the training programme, which is a two-year full-time one, with both academic and clinical parts. The programme aims to prepare the candidate to practise paediatric nephrology competently in a South African setting.



Professor Ida van Biljon has been a registered paediatric nephrologist since 2003 and will head the training programme.

Dr Sigwadi is currently a full-time paediatric consultant at 1 Military Hospital. She qualified with a Bachelor of Medicine and Bachelor of Surgery (MBChB) at the University of South Africa. She did her Internship at Pretoria Academic Hospital and her community service year at Skinner Street Clinic. She completed her specialisation as a general paediatrician at the University of Pretoria in 2009 and during this period already developed a keen interest in Paediatric Nephrology.

Dr Sigwadi aims to start her Paediatric Nephrology subspecialisation under Professor van Biljon at the Steve Biko Academic Hospital in the near future.

Discovery Foundation Rural Fellowship Awards

Individual award

Dr Bernhard Gaede

MB BCh, M.Fam.Med

Dr Gaede is a Family Physician working at Emmaus Hospital in KwaZulu-Natal. He proposes to take sabbatical leave to work towards completing his PhD. His research project title that the award would support is 'Civil Servant and professional – understanding the challenge of being a public service doctor in a plural health care setting in rural South Africa'. His study would explore the experience of working in the public sector as a doctor and how doctors relate to patients, the employer and strands of the multi-faceted healthcare system, such as private health and traditional medicine.



Dr Richard Cooke

*B.Bus.Sci (Finance) UCT,
MBChB Wits, M Med (Family
Medicine) US.*

As Managing Chief Medical Officer, Dr Cooke has worked at Madwaleni District Hospital for five years, situated in a deep rural setting on the Wild Coast in the Eastern Cape. Dr Cooke aims to use the award to take a sabbatical to work on:

1. refreshing specific skills as a senior specialist in Family Medicine
2. Family Medicine advocacy, including accreditation of district hospitals as training sites
3. researching improvements in the Madwaleni HIV programme
4. assessing the feasibility of setting up a multidisciplinary training centre in the Madwaleni region.

This award will benefit clinical training and self-development as well as increased sustainability of improved quality of healthcare delivery at Madwaleni Hospital and surrounding areas.





Institutional award

Zithulele Hospital Resource Centre

Zithulele Hospital is a rural district hospital in the Eastern Cape. It follows an innovative approach to the continuing professional development of its multidisciplinary team through building partnerships with the University of Cape Town's Departments of Primary Health Care, Family Medicine, Health and Rehabilitation Sciences and Disability Studies.

It will use the award to create a resource centre and accommodation to enable partnering with UCT for building the capacity of employees and to set up an academic fund to further support continuing professional education. The resource centre will help improve the existing journal club and strengthen the culture of learning. Accommodation will enable hosting more students, therefore nurturing future rural healthcare professionals.

University of KwaZulu-Natal Unit Centre for Rural Health Programme – Quality Improvement for Maternal and Neonatal care

The department has supported districts in Northern KwaZulu-Natal in improving:

1. quality of antenatal care – integration with PMTCT
2. managing labour
3. quality of newborn care.

The department works with and has consultants in Cape Town and Limpopo who were instrumental in setting up the Limpopo Initiative for Newborn Care (LINC).

The unit has set up a neonatal outreach team to work with hospital teams towards improving newborn care in rural district hospitals through improving infrastructure and building capacity of healthcare professionals. It is currently working in the Zululand District. Its funding is for:

1. training and accrediting quality newborn care in the Zululand district. This is the main activity for 2010.
2. a similar outreach to another district, either in KwaZulu-Natal or the Eastern Cape.



Tintswalo Hospital

Resource Centre and professional development for doctors

Tintswalo Hospital in Acornhoek, Mpumalanga is a rural district hospital near Wits Rural Facility. It has a long history of academic involvement from the University of Witwatersrand and more recently the University of Pretoria, which hopes to develop a District Health Sciences College based at the hospital. Wits University already runs large public health projects based at the hospital and all Wits fifth-year medical students rotate through the hospital for their public health block to expose them to the realities of rural areas. Both universities have rotated small groups of final-year Family Medicine students through the hospital as well. In addition, part of the University of Pretoria's Clinical Associate programme is also based at Tintswalo. Tintswalo is getting accreditation to train registrars in Family Medicine as well as interns.

To support these student programmes and to support and retain the doctors working at Tintswalo, an electronic resource centre with internet access will be set up for the doctors and an additional one for the medical students and clinical associate students. Regular consultant visits will be established to improve standards and patient care as well as the attendance of courses to facilitate further learning and professional development for hospital doctors.

University of Stellenbosch

Family Medicine Department

The George Training Complex for family physicians extends over a large rural area in the Western Cape. Because of its more rural remote nature, it has to work hard at attracting registrars and family physicians from the more urban training sites. Still it offers a rewarding training opportunity for family physicians.

The training complex is part of the 2010 Health Plan to strengthen developing a sustained district health system in South Africa.

It will use the award to develop the complex further towards improved medical education of family physicians in rural areas. The goal is to attract a new cadre of family physicians.

Distinguished visitor's award

Tonga Hospital Paediatric Nursery

Tonga Hospital is a 136-bed hospital in Eastern Mpumalanga near Komatipoort, having opened in 1999. It delivers up to 360 babies each month, but has no nursery. Nursing neonatal babies under two kilograms takes place in a room designed for small babies who should be kept on the mothers' chest.

A paediatrician, Dr Barry Spies, visits the maternity unit every three weeks as part of a rotational visit to outlying hospitals. His expertise and care has truly made a difference in the health and successful growth of the neonatals.

The award will help Dr Spies to continue his visits and help to set up a vital nursery at the hospital.

Dr Kenneth Kaunda District hospital Psychiatry and Mental Health Department

The Dr Kenneth Kaunda District Hospital comprises four sub-districts: Potchefstroom, Klerksdorp, Wolmaransstad and Ventersdorp. The psychiatric and long-term care hospital for patients with mental and physical disabilities, Witrand, is in Potchefstroom and has experienced the services of generalist doctors and part-time psychiatrists. However, in the district there are 36 clinics, health centres and many mobile clinics for outlying patientcare, where most of the mental healthcare is done with little support for personnel.

This institute will use the award to take on the services of a psychiatrist for one year to add value, help, mentoring and provide training.

Professor Clifford Allwood is the retired academic psychiatrist who has agreed to take on this role.

Eshowe District Hospital Orthopaedic, Surgical and Paediatric Departments

Eshowe is a district level hospital serving rural Zululand. Its uniqueness is the greater level of services it offers compared to those expected of a district hospital. It serves about 120 000 people and has 460 in-patient beds of which 120 are surgical beds. It sees about 70 emergency cases a day and 30 surgical outpatients each day. While chief medical officers lead the Medical, Obstetrics and Gynaecology, Anaesthetics and Family Medicine Departments, the Surgical and Paediatric Departments lack direction and leadership. Although the hospital has a well-run internal medicine department, it also lacks the specialist support in Internal Medicine from the regional referral hospital.

With the award, it will enlist the services of a paediatric, surgical, internal medicine or orthopaedic specialist to visit each week or month. The specialist will do ward rounds for problem patients, teaching ward rounds to the junior doctors and support the emergency department and outpatient clinic.

Ngaka Modiri Molema Health District Internal Medicine Department

The Ngaka Modiri Health District is one of four districts in the North West province. The health delivery in the district involves a network of 85 clinics and community health centres that are linked to six level-one hospitals.

It will enlist Professor Yosuf Veriava as a visiting doctor for one year for the hospital's Internal Medicine service delivery programme. The professor will lead and support the district part time and will add value in delivering non-infectious programmes to service users at medical OPDs and clinics. He will also offer mentorship to senior generalists, local family medicine registrars and medical interns. The award will improve patient care, as well as onsite and distance learning in the district by fostering the existing relationship between the province and the University of the Witwatersrand.



Discovery Foundation Excellence Award

Epilepsy South Africa

Founded in 1967, Epilepsy South Africa is a registered non-profit organisation dedicated to improving the quality of life of those living with and affected by epilepsy. It achieves its aims through public awareness, education, lobbying and advocacy initiatives, as well as providing quality, accessible care and integrated holistic support services. Epilepsy SA has a deep-seated commitment to give quality, needs-directed services, ensuring maximum organisation effectiveness and impact as well as long-term sustainability.

The award will help to set up a direct service point in the Eastern Cape. Developing the project was in response to needs identified through site visits and online counselling services. The project will target people with epilepsy and other disabilities in the economically active population, including development of children and youth with disabilities and a focus on HIV and AIDS. It will offer training and capacity-building directly to people with epilepsy and indirectly through capacity-building to ensure continued services.



The Discovery Foundation
Creating a healthier South Africa



Notes

A series of 20 horizontal dotted lines for taking notes.

