

SCHOOL OF CLINICAL MEDICINE NEWSLETTER



EDITORIAL

Dear Colleagues

We are well into the second quarter of the year and autumn is upon us. All our Undergraduate programs are underway.

Both staff and students are enjoying the opportunity to get back on to campus and see one another face to face. More than 80% of both staff and students have uploaded their COVID vaccination certificates - in line with the Wits Mandatory Vaccination Policy. Remember to get your booster shots - there are vaccination sites on Main and Education Campus.

Once again, our Staff have excelled in their different fields - congratulations to each one!

Happy reading!

Prof Daynia Ballot
Head of School



UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG



100
YEARS



FACULTY OF
HEALTH SCIENCES



WITS
SCHOOL OF
CLINICAL
MEDICINE

STAFF
ACHIEVEMENTS -
2

STAFF
PROMOTIONS - 4

STAFF
NRF RATINGS - 6

COMMUNITY
PAEDIATRICS NEWS - 9

FACULTY STAFF OFFICE
HOURS AT CHBAH - 10

FORENSIC
MEDICINE AND
PATHOLOGY - 11

SOWETO
COMPREHENSIVE
CANCER CENTRE - 15

CHBAH PICKET - 17

WITS SPORT &
HEALTH NEWS - 18

SCHOOL GSRC
NEWS - 20

WITS JOURNAL OF
CLINICAL MEDICINE - 21

STAFF ACHIEVEMENTS

CONGRATULATIONS TO:

Dr Shakeera Holland with her appointment as Academic Division Head - Forensic Medicine

Dr Aubrey Makgotloe with his appointment as Acting Head of Department - Neurosciences

Ms Aviwe Mgobozi with her appointment as Acting Academic Division Head - Clinical Associates



DR SHAKEERA HOLLAND MBCHB, MMED, FCFORPATH, DMH

Current position: Head Clinical Unit: Diepkloof Cluster, Forensic Pathology Services, Gauteng.

Dr Holland grew up in a family where she was taught by example that a life worth living is a life used to better society. This is the foundation of her choice to study medicine.

She started her Specialty as a Registrar in Forensic Pathology at WITS in 2003. Her involvement included teaching, training and co-ordination of the Undergraduate Medical and Law students and Postgraduate Registrar and Forensic Science teaching, training and supervision.



She has been a member of the Council of Forensic Pathologists of the CMSA since 2008, with active involvement in the teaching, training and examination of doctors aspiring towards the acquisition of Diplomas and Specialist qualifications.

Forensic Pathology is a unique speciality which incorporates medicine and the law. The core function of their practice is the medico-legal investigation of unnatural deaths. Their findings are key components of the legal investigation and prosecution of criminals as well as contributing to the identification of mitigating measures and strategies in preventing unnatural deaths. She is driven by a passion to make a positive difference in our Society, by being an active part of the fight for Human Rights through the creed of Justice for All.

Her quest is towards a leadership role in the production of Forensic Medical and Science graduates who are competent and contribute to the Art and Science of Forensics in a

meaningful way, armed with strong values and a pristine sense of justice. This requires a sound level of excellence in both service delivery and academia. Dr Holland is looking forward to contributing positively to the profiles of excellence of both Forensic Medicine and Science and ultimately that of WITS University.

"If you tremble with indignation at every injustice then you are a comrade of mine".
Ernesto Che Guevara

DR AUBREY MAKGOTLOE

Dr Makgotloe began his specialty training in Ophthalmology as a registrar in the Wits group of teaching hospitals in 2001, during which time he was awarded: The Sam and Nora Cohen Award for the young researcher of the year, Best Registrar paper presented at the annual congress of the Ophthalmological Society of South Africa, the Elie Dahan Ophthalmic Surgery Award and the TetJe Pattison award for Ophthalmology. He became a member of the Golden Key International Honour Society in 2005.

He then joined the Division of Ophthalmology on a joint appointment, initially based at St John Eye Hospital as a consultant, and later at Charlotte Maxeke Johannesburg Academic Hospital (CMJAH) as a senior consultant in the vitreoretinal unit. He is the current Academic Head of the Wits Division of Ophthalmology and the Clinical Head of CMJAH Ophthalmology.

He is very passionate about the training of young specialist in South Africa, evidenced by his involvement in the Colleges of Medicine of South Africa (CMSA) as the current President of the College of Ophthalmologists, Chair of the Board of Examiners in the College of Ophthalmologists, the Hon Registrar of the education committee of the CMSA, a Senator and member of the board of the CMSA.

He continues to be involved in the prevention of blindness caused by retinal disorders, as a member of the Scientific and Medical Advisory Board of RETINA SOUTH AFRICA.



MS AVIWE MGOBOZI

Ms Mgobozi is the Acting Head of Division of Clinical Associates, in the Department of Family Medicine and Primary care. She has been training clinical associate students for 9 years.

She completed her Bachelor's degree in Clinical Medicine Practice in the first cohort of clinical associates at Wits University in 2011. She worked as a clinical associate at Jubilee Hospital in 2012. She further completed a Post Grad Diploma in Health Science Education at Wits in 2016 and a Master of Philosophy in Health Professions Education at Stellenbosch University in 2019.

She is currently pursuing her PHD in Health Professions Education. She served as one of the founding members in PACASA (Professional Association of Clinical Associates in South Africa) 2014- 2017. Her interests are in 21st century medical education, innovative teaching methodologies, inter-professional education, and professional identities.



STAFF PROMOTIONS

CONGRATULATIONS TO:

Dr Pascaline Fru with her promotion to Associate Professor

Prof Lisa Micklesfield with her promotion to Research Professor



ASSOCIATE PROFESSOR PASCALINE FRU

Prof Fru completed her Ph.D. in Biochemistry at the University of Pretoria in 2012. She then took up a collaborative postdoctoral fellowship with the University of Pretoria and the South African Council for Scientific and Industrial Research.

In 2015, she joined the Department of Surgery as a Researcher. Her research niche is on inflammatory diseases with interest in drug discovery and development for pancreatic cancer and in identifying immunometabolic markers with translational potential in both pancreatic cancer and acute pancreatitis. The identification of immunometabolic markers can help with monitoring disease progression and inform management.



She is very passionate about mentoring and postgraduate supervision. Having recently obtained a Postgraduate Diploma in Higher Education to add to her accolades, she aspires to integrate aspects of curriculum development, teaching and learning and to continuously question and make improvements on how postgraduate supervision, assessment and the process of feedback can be harnessed to improve on graduate attributes.

She enjoys academic citizenship and currently serves on various committees within the School and Faculty and externally. She is an Editorial Board Member of the World Journal of Gastroenterology, and a reviewer for various journals. She enjoys stimulating collaborations, training of aspiring clinical and basic scientists and beyond the lab, travel, adventure, and family time.

RESEARCH PROFESSOR LISA MICKLESFIELD

Professor Micklesfield completed her PhD at the University of Cape Town in 2004 and after completing her postdoctoral training at UCT and Wits became a Senior Researcher within the SAMRC/Wits Developmental Pathways for Health Research Unit (DPHRU).

She is currently Deputy Director within DPHRU and her research focuses on non-communicable diseases and the life-course, with an emphasis on the role of physical activity. Musculoskeletal health has been a



common theme throughout, with her earlier research focusing on the bone health of ultra-endurance athletes, then onto children and adolescents, and then more recently shifting across to osteoporosis and sarcopenia in the aging adult.

Working closely with colleagues in SAMSON (Sub-Saharan Musculoskeletal Network) it has become evident that osteoporosis and fragility fractures are more common in sub-Saharan Africa than originally thought (Lancet Global Health commentary published in 2018), and the effect of HIV and menopause are important considerations in the trajectory of musculoskeletal health in our populations. This research, and other work examining diabetes risk in South African men and women, has also highlighted that internationally accepted cut-offs for diseases such as sarcopenia and diabetes may not be appropriate for our populations.

Longitudinal data on a middle aged Sowetan cohort of men and women (referred to as MASC, the Middle-aged Soweto Cohort) will provide the opportunity to predict later NCD outcomes, and Professor Micklesfield's role as the Soweto lead on the H3A AWI-Gen (Africa Wits-INDEPTH Partnership for Genomic Research) project will allow for the comparison of urban South African data to that of other sub-Saharan African countries that are rapidly transitioning. Central to this work is examining the biological, environmental and behavioural determinants of multi-morbidity, specifically musculoskeletal multi-morbidity.

Professor Micklesfield has also explored and described physical activity at various stages in the life-course including pregnancy, infancy, adolescent trajectories, as well as early and middle adulthood. This is not only with regard to disease risk and outcomes, but also aetiologically in understanding what determines this health behavior in our communities and context. These “upstream determinants” of physical activity are core to her work with the Global Diet and Activity Research Network and collaborators in sub-Saharan Africa, the Caribbean and the UK. This network has been successful in becoming an NIHR Global Health Research Group (2021-2025) for the project ‘NIHR Global Health Research Group on Diet and Activity – a syndemic approach to the prevention of diet and physical activity related NCDs’. Professor Micklesfield has published 147 papers and 3 chapters.

STAFF NRF RATINGS

CONGRATULATIONS TO:

Prof Frederick Raal with his A1 NRF Rating
Prof Kevin Behrens with his B2 NRF Rating



Prof Frederick J. Raal

MBBCh (cum laude), FRCP, FRCPC, FCP(SA),
Cert Endo, MMED, PhD, DSC
Head, Division of Endocrinology & Metabolism
Director, Carbohydrate and Lipid Metabolism
Research Unit

Professor Derick Raal is Professor and Head of the Division of Endocrinology and Metabolism at the University of the Witwatersrand, Johannesburg. After obtaining his MBBCh degree cum laude in 1981, he obtained his Master of Medicine and then his PhD in 2000. Professor Raal has received numerous post-graduate awards including the TH Bothwell Research Prize, the FJ Milne award, and the University of the Witwatersrand Vice Chancellor's Research Award in 2015.



He has authored or co-authored over 350 original articles and book chapters and has reviewed for several international journals including the New England Journal of Medicine, the Lancet, Circulation, and Atherosclerosis. He is on the Editorial Board of Atherosclerosis and is a Board member of the International Atherosclerosis Society.

Professor Raal is particularly interested in lipids and lipid disorders and has been integrally involved in the management of familial dyslipidaemia, particularly heterozygous and homozygous familial hypercholesterolaemia (FH). The major focus of his research remains the clinical, biochemical, genetic and therapeutic management of this condition and he continues to conduct studies with novel therapies such as PCSK9-inhibitors and ANGPTL3-inhibitors in this patient group.

Prof Kevin Behrens

He is the Director of the Steve Biko Centre for Bioethics in the School of Clinical Medicine, Faculty of Health Sciences.

He holds a Masters in Applied Ethics for Professionals and a PG Dip in Health Sciences Education from Wits, as well as a D Litt et Phil in Public Philosophy and Ethics from University of Johannesburg.

His research output is mainly in the field of African ethics, specifically applying salient sub-Saharan African moral philosophical notions to issues in



bioethics and environmental ethics. This is an under-explored sphere of research, and he is pleased that his work has contributed to redressing the relative lack of attention that has been given to the contribution that African thought can make to ethics discourse in these two closely-related, overlapping areas of applied ethics.

His work in environmental ethics arises mainly from his Doctorate. In this work, he seek to develop an attractive and plausible African environmental ethic, which he had named African Relational Environmentalism. Some of his articles address African Environmental Holism, Moral Considerability, Obligations to Future Generations, Greenhouse Gas Emissions and Climate Change, and the Moral Obligation to Preserve Biodiversity. Many of these have been published in the leading, highest-impact journals in the field including Environmental Ethics, Environmental Values, Ethical Perspectives and the Journal of Global Ethics.

Some of his work in bioethics also considers issues through the lens of African thought. This includes papers like “A Critique of the Principle of Respect for Autonomy, Grounded in African Thought”, “Towards an Indigenous African Bioethics” and “Hearing sub-Saharan Voices in Bioethics”. Another set of articles focuses on practical normative issues of relevance to our context: virginity testing, traditional male circumcision, and “normalising” surgeries for intersex infants. Teaching bioethics in Africa is also addressed in “Great expectations: Teaching Ethics to Medical Students in South Africa” and “Toward an Africanized Bioethics Curriculum”. Much of this work has been published in the top Bioethics journals globally, including the Cambridge Quarterly of Healthcare Ethics, Journal of Medical Ethics, Theoretical Medicine & Bioethics, BMC Medical Ethics and Developing World Bioethics.

As the recent award on an NRF B-rating suggest, this work has come to enjoy significant international recognition and has been widely cited, both in Africa and beyond. Some of his articles are included as set readings in curricula in the USA, UK and other countries in Africa. In the decade since completing his doctorate, work in African Bioethics and Environmental Ethics has experienced significant growth and he is very pleased to have been a part of this development.



DIVISION OF COMMUNITY PAEDIATRICS NEWS

MBBCh students excel in changing children's lives Since 1979. The Division of Community Paediatrics has offered the Dallas McKenzie prize to a final year MBBCh student who has made a distinguished contribution in the field of Child Health. The award recognises an activity or set of activities that a student may have undertaken during his/her undergraduate career that promoted the health and well-being of a child or group of children.

In 2021, we were once again amazed at the wonderful work done by our health science students that largely goes unrecognised within the faculty.

The 2021 prize-winner was Justin Carlse. While in MBBCh II, Justin volunteered to teach life and physical sciences to grade 8 and 9 learners in Diepsloot.

Recognising the huge unfulfilled need, he started his own non-profit organisation the next year - EduLift SA - together with fellow students, and within months the organisation was offering weekly classes to 240 students in various grades and in multiple subjects. A partnership with Crawford College Lonehill allowed use of their classrooms, with their learners also serving as tutors.



The Covid-19 pandemic forced a halt to the initiative, but Justin redirected his efforts to starting the Edulift SA “Meals for Life” programme in April 2020. The project targets homeless individuals and vulnerable children.

Over a seven-month period in 2021, Meals for Life delivered over 43 000 meals. Most incredible is that Justin managed to do all of this while successfully completing



his MBBCh degree! Check out the organisation's website: <https://eduliftsa.org>

However, Justin was not the only student who made such wonderful and heart-warming contributions to children's lives. Certificates of Achievement were also awarded to Aluwani Nedzinwani, Bhavisha Amrat and Raheema Adam. More on their efforts in the next newsletter.

Prof Haroon Saloojee
Academic Division Head
Division of Community Paediatrics
Department of Paediatrics and Child Health



FACULTY STAFF - OFFICE HOURS AT CHBAH

Faculty Registry are available at CHBAH - Learning Centre from Monday to Thursday every week and the office hours are from 8h00 - 16h00. The staff member for the Registrar's Office will also deal with first level bursary queries.

The Faculty Human Resources Officer will be at CHBAH - Learning Centre on Wednesdays for the entire day. Please also note the following contact details for:

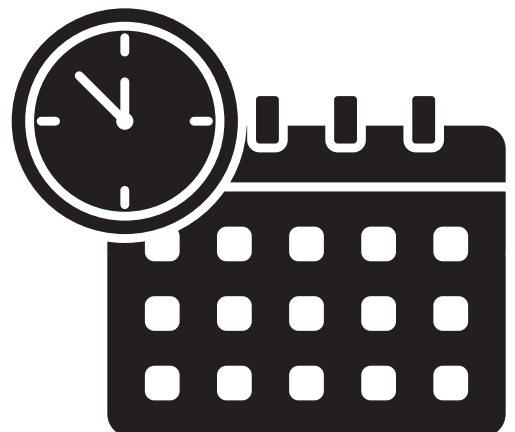
General Human Resources queries

Zamaimba
Zama.Zimba@wits.ac.za
0117172733

and

Bursaries and Joint staff matters

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FORENSIC MEDICINE AND PATHOLOGY

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BHSc(Hons) in Forensic Sciences students working in the Human Decedent Identification Unit at the Johannesburg Forensic Pathology Services Medico-legal Mortuary

Introduction

Forensic medicine is a cross sectional discipline dealing with medical, paramedical, and natural scientific knowledge dealing with all matters relating to medical evidence and its application to the Law or legal processes. The speciality has unfolded based on an astute understanding of broad medical processes and pathology and its involvement in legal issues and proceedings. Our department focuses primarily on educating and exposing medical and scientifically minded individuals to the medical assessment and evaluation of deceased individuals who have died due to sudden, unexpected or unnatural causes of death. The field aims to contribute scientific and medical evidence towards the ethical, legal, and operational requirements in the speciality of Forensic Medicine and Pathology.

Personal Profile

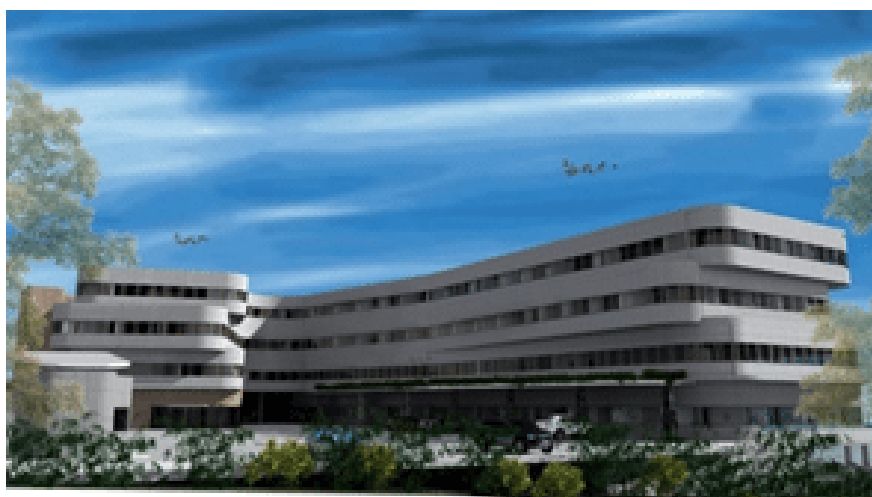
The academic department personnel are closely associated with the routine operations of the Department of Health Forensic Pathology Services (DOH FPS) and are mostly

based off campus at eight medico-legal mortuary (MLM) facilities throughout Southern Gauteng. A core administrative team have offices on the 3rd floor of medical school (Rooms 3B23-3B30), but staff can mostly be found off campus at the Johannesburg FPS MLM in Hillbrow (next to the old medical school building) and the Diepkloof FPS MLM in Soweto (next to Baragwanath Hospital).

Dr Shakeera Holland is the Head of Department with over 15 years' experience within the unit and is ably supported by a team of assistants and scientists covering a variety of disciplines (tophonomy, entomology, toxicology, anthropology). Dr Craig Keyes has a keen interest in taphonomy and is course coordinator for our postgraduate Honours, MSc (Med) and PhD courses; Mr Lawrence Hill focuses on entomology and plays a keen role in operational requirements for the department; Mrs Ildi Wainer is experienced in toxicology and also assists in the MMED coordination of registrars; Ms. Allison Gilbert has a background in entomology and biology and oversees the Human Decedent Identification Unit organised from the JHB FPS MLM; Ms. Tracy Reindorp has a background in Forensic investigation and oversees photographic requirements, training, and X-ray imaging. All administrative queries and departmental support is managed by Mrs. Elsie Nyanga from the medical school offices.

Within the next 24 months we are all however looking forward to the move to our new JHB FPF MLM facility which is currently being built and project managed by the Gauteng DOH on the Helen Joseph Hospital precinct, and which will also house our departmental academic functions, state of the art teaching units, autopsy suites, as well as state of the art discipline specific laboratory amenities.

Students that are currently enrolled in the Department include 14 Honours, 11 MMED, eight MSc (Med) and two PhD.



Architect's depiction of the new Johannesburg Forensic Pathology Services Medico-legal Laboratory (completion due on 24 January 2023).

Academic Profile

There are two primary academic streams of teaching which occur within the department: (i) Specialist training of medical doctors in Forensic Pathology conducted

within the Department of Forensic Medicine (minimum of 3 years) and a rotation undertaken in the Department of Anatomical Pathology (1 year); . Also as part of their specialist training medical doctors are expected to complete an MMED research project in order to fulfil the requirements of the HPCSA and College of Medicine of South Africa. ; and (ii) scientific training in forensic sciences which is modular focused in the Honours full time, 1-year program and subject-targeted research for Masters (2-3 years) and PhD (3-4 years). The modular Honours program is designed to provide a comprehensive introduction to Forensic Science exposing the students to a multitude of perspectives and ultimately providing a solid foundation in the theory and practice of the various fields within the Forensic Science spectrum. In this mode the student can then subsequently pursue Masters and PhD programmes within Forensic Science with confidence and insight. Numerous diverse projects are undertaken on an ongoing basis by several students of either medical or scientific backgrounds skilfully supported and encouraged by both scientific and medical professionals.

Departmental publication topics have been borne out of numerous projects; these include themes pertaining to scavenging activities and patterns by local wildlife under local conditions; descriptive burn injury cases; incidences of mob justice from the east rand of JHB and modelling temperature variation using Monte Carlo simulation to highlight the problems associated with post-mortem interval estimation of refrigeration of the body; maceration techniques in skeletal preparations for anatomical evaluations; description of fracture patterns in victims of intimate partner homicides; electrical burn victims in a forensic population; and histopathological findings in paraquat poisoning cases.

We strongly encourage the affiliation of projects to encompass sub-disciplines and other areas of medicine, hence numerous collaborative projects are undertaken jointly with other Departments within Wits University (Chemistry, Anatomical Sciences, Radiology), the South African Police Service (SAPS) Forensic Science Laboratory (FSL), the International Committee of the Red Cross (ICRC), the National Institute of Occupational Health / National Health Laboratory services, and Lancet Laboratories, amongst others.

Student working on a toxicology based experiment



Regular conference (both national and international) presentations are undertaken across various disciplines and proudly Dr Craig Keyes has excelled and been awarded numerous awards over the years for his presentations and articles published.

Activities

HUMAN DECEDENT IDENTIFICATION UNIT: A proud flagship of the department is the Human Decedent Identification Unit (ID Unit) program managed by Ms Allison Gilbert. The ID unit was created to help with the identification of the unknown deceased at the JHB FPS MLM under the auspices and support of the ICRC and associates with the Victim Identification Centre of the SAPS. The ID unit focuses on both primary (e.g. DNA, fingerprints, dental records) and secondary forms (e.g. tattoos, scars, piercings, and clothing) of identification to gather as much information as possible. Ongoing workshops and training are arranged to extend the training and teachings of the unit. The ID Unit was also featured on Carte Blanche (<https://youtu.be/tmzwlyRawEo>).



Carte Blanche interview of Wits science staff at the Johannesburg Forensic Pathology Services regarding the identification of the deceased



2021 Human Decedent Identification Workshop for Forensic Pathology Officers

Workshops

The Department of Forensic Medicine and Pathology, in collaboration with the International Committee of the Red Cross, will be hosting its annual Human Decedent Identification Workshop again this year (04-08 July 2022). A variety of international speakers (from South Africa, United Kingdom, Canada, Australia and France) will present on the forensic techniques used for evidence collection, standard operating procedures, and best practices related to the identification of the deceased. The workshop will also include a practical component on the collection of primary and secondary identifiers from unidentified decedents at a medico-legal mortuary. The workshop is intended for forensic practitioners, researchers, and postgraduate students with an interest in forensic science and the humanitarian applications.

SOWETO COMPREHENSIVE CANCER CENTRE BUILT TO SERVE

4 FEBRUARY 2022 - WITS UNIVERSITY

A new cancer centre at Chris Hani Baragwanath Academic Hospital is set to serve the community.

The newly built Centre at CHBAH (Bara) - a Wits teaching hospital - began operations in June 2021 and was launched officially in November 2021.

The Soweto Comprehensive Cancer Centre provides chemotherapy and radiation services that were not previously available at Bara. Furthermore, the Centre brings early detection and prevention facilities closer to the community.

New-Soweto-Comprehensive-Cancer-Centre-at-Bara-provides-chemotherapy-and-radiation-services.



As the third largest hospital in the world, Bara serves not only Soweto, but is also a referral facility across Africa. In 2021, Bara had to deal with an influx of some 700 oncology patients who had to be transferred from Charlotte Maxeke Johannesburg Academic Hospital (CMJAH – Charlotte Maxeke) after a fire there destroyed oncology facilities.

The fire prevented critical, lifesaving cancer treatments that were previously available only at Charlotte Maxeke. This threatened the lives of hundreds reliant on routine chemotherapy and radiation, while cancer advanced in patients recently diagnosed who could not access the care they needed. Prior to the new Centre, no dedicated oncology ward – and limited radiology facilities – existed at Bara.

The new Centre thus heralds a milestone in public-private partnerships. It is supported by Wits Faculty of Health Sciences and Gauteng Department of Health oncologists and healthcare workers, and funded by the Bristol Myers Squibb Foundation. The Gauteng MEC for Health, Nomathemba Mokgethi, launched the Centre officially.

The Gauteng MEC for Health Nomathemba Mokgethi officially launches the Soweto Comprehensive Cancer Centre at Baragwanath Hospital.



Funding enabled the provision of two oncologists, medical officers, oncology nurses, pharmacy assistants, and a centre manager. The Wits Faculty of Health Sciences provided training in palliative care to 13 oncology nurses and to pharmacists.

Professor Paul Ruff, then Head of Oncology at Wits University (who retired at the end of 2021 after some 20 years) said at the launch that by November 2021 the Centre was seeing 30 to 40 cancer patients, three times a week.

Wits-Head-of-Oncology-Prof-Paul-Ruff-at-launch-of-Comprehensive-Cancer-Centre-launch-November-2021



Ruff indicated that early detection is the most important aspect of cancer care and that healthcare workers need to create awareness of this. Lung cancer, for example, is the fifth most common cancer and can only be cured if diagnosed early. The Centre at Bara thus heralds “a new era in cancer care, control and prevention” said Ruff.

At Wits University cancer research, teaching and learning is established, pioneering and ongoing through the Division of Oncology in the Internal Medicine Department in the School of Clinical Medicine.

The Cancer Genomics Research Unit in the Sydney Brenner Institute for Molecular Bioscience aims to discover genetic variants that are driving the development of oesophageal, breast and cervical cancer in African populations. The Non-Communicable Diseases Research Division (NCDRD), launched in 2017 within the Wits Health Consortium, comprises specialists, epidemiologists, molecular biologists, and the National Cancer Registry dedicated to tackling non-communicable diseases such as cancer, diabetes, heart disease, and depression, in South Africa.

The Integrative Cancer Biology Research Laboratory in the School of Molecular and Cell Biology researches the molecular mechanisms of drug resistance and cytotoxic compounds in various cancer types.

CHBAH PICKET

Chris Hani Baragwanath Academic Hospital is the largest teaching hospital on the Wits Circuit. A number of serious problems culminated in a crisis at CHBAH in March 2022. The fire at Charlotte Maxeke Johannesburg Academic Hospital and the COVID pandemic significantly increased the patient load on CHBAH. Additional healthcare workers appointed during the COVID pandemic helped to ease the load. The Government announcement that these posts would be terminated, would precipitate a staffing crisis. In addition, Gauteng Health did not pay suppliers, so food supplies ran out and waste removal was interrupted.

Doctors and Nurses brought food for patients and waste piled up in the hospital premises. The Medical Advisory Committee of CMJAH, led by Prof Yasmien Jeenah, staged a picket outside CHBAH to highlight their hospital's crisis and to ensure the authorities found solutions rapidly.



From L to R: Professors Martin Smith and Daynia Ballot showing their support at the CHBAH picket

WITS SPORT AND HEALTH (WISH) NEWS



WiSH recently hosted its first congress at the Hilton Hotel Sandton. 160 delegates representing multiple disciplines attended. 3 International Speakers headlined the faculty: Prof Jon Drezner, from the University of Washington, Seattle, Dr Jane Thornton, ex-Olympic rower and sports medicine physician from London, Ontario, Canada and Dr Joanne Kemp, sports physiotherapist from La Trobe University in Melbourne, Australia.

Topics were divided into two streams, “Head-to-Toe” of sports medicine and “Beyond Sport”, looking at broader issues related to sport and exercise medicine. Session highlights included the opening address by Prof Drezner “Sport and Exercise Medicine: A vision for the future”, “Equity in Sport” featuring WiSH’s Dr Siyabonga Kunene talking on the Para-athlete and some excellent practical workshops including “The Hip and Groin” (Joanne Kemp and Dr Helen Millson), “Assessment of the Runner” (Lauren Brown and Parys Edwards) and “Return to Play after COVID-19” (Dr Lee Pillay, Prof Ferande Peters, Dr Nivesh Sewlell, Dr Claudio Do Vale and Gareth Divine). The multi-disciplinary input from the panels presenting on posterior shoulder instability and knee cartilage injuries were of a particularly high standard.

Former National captain and Tottenham Hotspurs player Bongani Khumalo held the audience in the palm of his hand talking about “The Player’s Perspective”, while there was standing room only for Dr Ross Tucker’s talk “Sex, Drugs and Sporting Gold. A discussion of sport’s most controversial challenge – the divide between men’s and women’s sport.”

Fun was had at the wine tasting presented by Cederberg Estate and the Congress Dinner at Papas on the Square.

The excellent attendance and enthusiastic interaction between delegates and faculty was an indication of how much in-person interaction has been missed during the pandemic! Every session was of well-attended and a credit to the excellent clinicians and researchers within the WiSH network.

Thanks to the main sponsor Acino Pharmaceuticals, the trade who supported the meeting and the WiSH Manco for their contributions.

WiSH plans to host this congress biennially.

Prof Jon Drezner shares his vision for sports and exercise medicine.





WiSH Congress 2022 delegates listen attentively.



Dr Jane Thornton, Western University,
Ontario, Canada



Dr Joanne Kemp, La Trobe University, Melbourne,
Australia

Research Update

WiSH recently published a landmark paper in the British Journal of Sports Medicine (BJSM) “Small steps, strong shield: Directly measured, moderate physical activity in 65 361 adults is associated with significant protective effects from severe COVID-19 outcomes. This is the first paper to use measured physical activity data to show a protective association between physical activity and adverse outcomes from COVID-19. The paper is freely accessible . A follow up study on the effect of physical activity on COVID-19 vaccination is under review.

WiSH is currently engaged in over 20 research projects including 7 international

collaborations. The most recent study is the Children's Head Injury Longitudinal Study in Sport (CHILDS-Sport). This is a two-year longitudinal study evaluating diagnostic salivary biomarkers in youth concussion.

Webinars and Podcasts

The popular WiSH webinar series continues. Previous webinars can be viewed: <https://www.wits.ac.za/wish/wish-webinars/>. In addition, WiSH has some excellent podcast interviews with leaders in the field of sport and exercise. These can be downloaded: <https://www.wits.ac.za/wish/podcasts/>



SCHOOL GRADUATE STUDIES & RESEARCH COMMITTEE NEWS

2022 MMED FUNDING

The School of Clinical Medicine MMed fund is intended to support MMed postgraduate research within the School.

The MMed funding can be utilized for conference registration fee (not travel expenses) and research-related expenses to support an MMed project budget.

Applicants may only apply for funding if their MMed proposals have been approved by the Departmental Assessor Group and HREC clearance has been obtained.

A successful individual may only apply once in a 2-year cycle.

There will be four deadlines per annum:

28 February 2022

31 May 2022,

31 August 2022

30 September 2022

The application is available online: [SOCM MMed Fund Application](#)

Kindly liaise with Boipelo.Kgosinkwe@wits.ac.za if you experience any problems with the online application.

WITS JOURNAL OF CLINICAL MEDICINE

The Wits Journal of Clinical Medicine is a peer-reviewed, Open Access scientific research journal published triennially, and was established to provide a forum to showcase scientific research from the School of Clinical Medicine at the University of Witwatersrand, Johannesburg as well as from other institutions nationally and internationally. Please note that Volume 4, Issue 1, March 2022 is now available online.

The Wits Journal of Clinical Medicine is now PUBMED Central accredited!

Submissions are welcomed and the journal has a particular focus to encourage clinical and translational research especially from new academics, including students, registrars, fellows and junior consultants.

The Wits Journal of Clinical Medicine also provides a space where the various Departmental Research Day abstracts can be shared.

WJCM publishes original papers, review papers, case reports and letters to the editor. Send your manuscript to: PAM SINGH (pam@wjcm.co.za). For more information, visit the official website of the journal: <https://journals.co.za/content/journal/wjcm>

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Prof Pravin Manga (Editor)



SUBMISSION OF CONTENT

The newsletter will be published bimonthly and we welcome all content, staff (academic & professional) achievements, profiles, and student events and achievements. Photos are always welcome. Should you wish to submit any content for publication, kindly send it to: Rita.Kruger@wits.ac.za by 30 May 2022.

*(Please note that due to space restrictions content may be edited)