

REPORT BY DR. POLLY OKELLO (MBChB, MMed)

MY TRAINING IN PEDIATRIC NEPHROLOGY AT REDCROSS WAR MEMORIAL CHILDREN'S HOSPITAL, CAPE TOWN BETWEEN SEPTEMBER 2010 AND AUGUST 2011

INTRODUCTION:



The Red Cross War Memorial Children's Hospital had relatively humble beginnings when it opened in 1956, but today it is a cornerstone of pediatric health care, and the only stand alone specialist children's hospital dedicated entirely to children in southern Africa. The hospital plays a major role in training new pediatric specialists in association with University Cape Town's (UCT) Health Sciences faculty through its African Pediatric Fellowship Program (APFP). It is regarded as South Africa's leading centre for post graduate specialist pediatric medical and surgical training.

SKILLS/ EXPERIENCE GAINED:

- In and out patient management of renal disease eg
 - Urinary tract infection
 - Hypertension
 - Transplant patients
 - Patients with chronic kidney disease (CKD)
 - Patients on dialysis
 - Multicystic dysplastic kidney
 - Autoimmune diseases affecting the kidney eg SLE
 - Nephritic / nephritic syndrome
 - Haemolytic uremic syndrome
 - Voiding dysfunction
 - Polycystic kidney disease
 - Rare conditions like
 - Hyperoxaluria
 - Cystinosis

- Pseudohypoaldosteronism
 - Takayasu's arteritis
 - Renal calculi/ nephrocalcinosis
 - Use of immunosuppressive therapy
 - Etc
- Specific skills
 - Performing renal biopsies – using both the magnum and the Temno
 - indications, performance and understanding of complications
 - Insertion of various peritoneal dialysis catheters – including the Kimal and the Cook
 - Urinalysis – interpretation of various urine test results
 - Interpretation of renal function tests and other blood tests
 - Interpretation of radiological studies – ultrasound, radio-isotopic and urodynamic studies of urinary tract
 - Interpretation of basic renal histopathology
 - Commencement of dialysis
 - choosing most appropriate form and commencing paediatric peritoneal, hemodialysis and/or hemodiafiltration including appropriate access, fluid prescriptions and complications
 - Continued care for patients on dialysis – both hemo and peritoneal
 - Management of renal transplant patients
 - Specific knowledge of monitoring growth and nutrition in children with renal disease
 - Understanding the importance of a multidisciplinary team and effect of chronic disease on the rest of the family
 - Administrative skills

AIMS:

- Set up a fully functional dedicated pediatric renal unit at my place of work ie Kenyatta National Hospital (KNH)
- Apply my expertise in treating children with renal disease in Kenya and its neighbours
- Educate general practitioners, general paediatricians and other cadres of doctors on management of common renal diseases such as UTI, nephrotic syndrome etc
- Establish a pediatric nephrology training program in Kenya
- Attend renal conferences, both international and local regularly
- Keep in touch with my mentors
- Offer mentorship to any doctor willing to learn nephrology

FINALLY:

I wish to thank

- my employer for facilitating this training
- African Pediatric Fellowship Program (APFP)
- my mentors in Kenya (Dr Admani Bashir, Dr Doris Kinuthia)
- my mentors in South Africa (Dr Peter Nourse, Dr Priya Gajjar, Dr Paul Sinclair, Prof Mignon McCullogh)
- the rest of the wonderful staff at Red Cross Hospital
- Nicole and Avril, administrators whose efficiency is outstanding
- the friends I made in Cape Town - for making it bearable being away from home
- and finally and most importantly, my wife and daughters for their unwavering encouragement and support

Glory be to God.

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