

## **Paediatric Pulmonology Training at Red Cross Children's Hospital**

I am Dr. Hellen T. Aanyu, a Paediatrician from Uganda. I work in the Department of Paediatrics and Child Health of Mulago National Referral Hospital/Makerere University College of Health Sciences. I trained in Paediatric Pulmonology and Allergology during my stay at the Red Cross Children's Hospital in Cape Town. This training opportunity was made possible through collaboration between my home institution and the University of Cape Town/Red Cross Hospital with funding from the African Paediatric Fellowship Programme (APFP).

The process of fulfilling the requirements before taking up the training was facilitated by APFP and from my experience, I realized that this process is lengthy and one needs to start preparations as early as possible to avoid any delays.

The Paediatric Pulmonology Department at Red Cross Children's Hospital is quite established and comprises experienced staff members. It is involved in the management of all forms of paediatric respiratory diseases. The unit serves patients from near and far and because it is a referral centre, a variety of conditions are seen, thus providing good exposure for a trainee.

Learning is through the various activities that the department is involved in including guided patient care (In and Out patients) in form of during-and-after ward round discussions, topical reviews, journal club sessions, workshops and joint meetings with the Paediatric Pulmonology department from Tygerberg Hospital. In addition to what I was exposed to at the Red Cross Hospital, I had the chance to get more exposure in the management of complicated TB by attending sessions at the specialized TB hospital (Brooklyn Chest).

The departmental team was very supportive and guided me through my training which enabled me acquire skills that will be most useful on return home. Initially, I was able to spend more time and focus on management of asthma and other allergic conditions in children (Allergology). This has enhanced my knowledge on the subject and will greatly improve my management of the children with these conditions.

I appreciate the overall exposure and training I have received. I know that my approach to management of patients is going to improve.

My heartfelt gratitude goes to all who helped me through this training and, above all, to God who made it possible.

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**Dr Hellen Aanyu Tukamuhebwa: March 2010 – February 2011**