



Department of Paediatrics and Child Health
University of Cape Town

41st Annual UCT Paediatric Refresher Course

13 - 16 February

Vineyard Hotel, Newlands, Cape Town

2018



- Ambulatory Paediatrics
- Child & Adolescent Psychiatry
- Child Development



UCT PAEDIATRIC REFRESHER COURSE 2018 – SPEAKERS BIOGRAPHICAL SKETCHES



Dr Alison Bentley

Dr Bentley is a GP who has only worked in sleep medicine since her internship in 1986. She has a PhD in Restless Legs Syndrome and has published peer-reviewed research and magazine articles on many aspects of sleep medicine. She has been lecturing on the sleep of babies and children since she had her own children starting 30 years ago. She still gives about 10 talks per year to parent groups and is relearning the development of sleep in children with her 14 month old granddaughter. Currently she works in private practice at Donald Gordon Medical Centre in Parktown, Johannesburg and as an independent medical research coach.



Dr Astrid Berg

Astrid Berg is a Psychiatrist, Child & Adolescent Psychiatrist as well as a Jungian Analyst. She is an Emerita A/Professor at the University of Cape Town and A/Professor Extraordinary at the Stellenbosch University. She consults and teaches at the Parent-Infant Mental Health Services and is co-convenor of the newly established M Phil degree in Infant Mental Health at Stellenbosch University. She is currently one of the Board of Directors of the World Association for Infant Mental Health.



Keri Delpont

Keri Delpont is the director of Autism Western Cape, and has been involved with the organization since 2007. Keri is passionate about autism, with particular interests on inclusion and access to resources, as well as parent empowerment. She has worked as a teacher for a number of learners with various levels of support needs over the years, and moved into the education and outreach portfolio of AWC in 2014. She now leads a team of nine dynamic women at Autism Western Cape, with the vision of optimising the potential of the autistic individual, their families and communities through a comprehensive approach that ensures integration and inclusion in society.



Prof Petrus de Vries

Prof Petrus J de Vries is the Sue Struengmann Professor of Child & Adolescent Psychiatry at the University of Cape Town. He is the Director of the Adolescent Health Research Unit (AHRU) at UCT and Founding Director of the Centre for Autism Research in Africa (CARA) at UCT. His research programmes have a particular focus on child & adolescent mental health and neurodevelopmental disability in low-resource environments, particularly in low- and middle-income countries.

He trained in Medicine at Stellenbosch University before he moved to the UK where he trained in Psychiatry, Child & Adolescent Psychiatry, and completed a PhD in Developmental Neuroscience. He returned to South Africa in 2012. Prof de Vries is on the National Executive Committee of Autism South Africa, and is President-Elect of SA-ACAPAP (South African Association of Child & Adolescent Psychiatrists and Allied Professions).



Dr Kirsty Donald

A/Professor Donald is a Paediatric Neurologist with an interest in the developmental disabilities as they manifest and are managed in resource limited settings such as South Africa. Specific interests include the preventable causes of neurodisability such as alcohol and methamphetamine exposure, organophosphate poisoning and the neurological and neurocognitive complications of HIV. She leads a clinical service which sees approximately 4000 children with developmental problems and neurodisability every year. Professor Donald is secretary of the South African Paediatric Neurology and Development Association. She is actively involved in current research projects across all of the fields listed above with collaborations locally and internationally and has over 60 peer-reviewed publications. She is involved with both undergraduate and post-graduate supervision and training.

Gill Douglas

Initially studied at UCT obtaining a BSc (Nursing). Worked for some years in the Eastern Cape. Completed an MSc at WITS in community paediatric nursing. Returned to the rural eastern Cape and worked in the field. Became more involved in counselling during the early years of the emergence of HIV/AIDS, prior to ARV's. Returned to Cape Town to complete an MA in Clinical Psychology. Worked in private practice and consulted to various NGO's. Presently employed at RXH in the Division of Child and Adolescent Psychiatry, providing consultation and liaison psychology services to the wider hospital. Completed a PhD in Psychology at the end of 2017.



Dr Nico Enslin

I studied physiotherapy and then medicine at University of Pretoria. This joint interest in neurology has lead me to pursue a career in Neurosurgery. I specialized at University of Cape Town and completed my neurosurgical training there, after which I did short fellowships in functional neurosurgery at various European neurosurgical units. I completed a year fellowship in Paediatric neurosurgery at Red Cross Children's hospital in Cape Town, and this is where I am currently working as a consultant neurosurgeon.

My special interests are functional neurosurgery: Epilepsy surgery, spasticity surgery and movement disorder surgery

Dr Karen Fieggen

Dr Karen Fieggen trained as paediatrician and subsequently as medical geneticist at UCT. She is privileged to work as a subspecialist medical geneticist leading the clinical team of medical genetic doctors, genetic counselors and genetic nurses in providing medical genetic services to both children and adults. Her interests include monogenic disorders in South Africa and the holistic care of children with genetic disorders.



Dr Lauren Franz

Dr Franz is a Child and Adolescent Psychiatrist and Assistant Professor of Psychiatry and Global Health at Duke University and an Honorary Senior Lecturer in the Division of Child & Adolescent Psychiatry at UCT. She was born in South Africa and trained in Medicine at Stellenbosch University, completed her internship in Namibia, and her community service in rural KwaZulu-Natal. She then moved to the USA for training in Public Health, Psychiatry, Child & Adolescent Psychiatry and Global Health. Dr Franz has several ongoing research studies in the field of child and adolescent mental health and neurodevelopmental disorder that are being conducted with colleagues in the Division of Child & Adolescent Psychiatry at UCT. Her research is supported by the National Institutes of Mental Health and the Duke Global Health Institute.



Kath Megaw

Kath is a Clinical Dietitian (with special interest in Paediatrics) who has been in private practice for the past 18 years. After qualifying as a Dietitian, Kath studied further internationally and gained specialist experience in Paediatric and special needs Dietetics. However, what qualifies Kath more than all her years of study is her 3 children who constantly challenge her theoretical paradigms and help her put her theory into practice. Kath is passionate about helping families navigate through a wealth of nutritional information that is available to them. Kath's private national and international practice, around the country and world, is not only built on assisting her little patients with their nutritional needs but also offering support to moms and dads. Kath speaks at various baby and toddler seminars around the country and runs workshops on infant and childhood nutrition. She writes frequently for leading magazines and has co-authored the book Feeding Sense and recently released her new book 'Real food, happy, healthy children: the low carb solution for the whole family.' with Quivertree in 2015. What's also exciting is that she co-authored "The Low-carb solution for diabetics" with Vicky de Beer which was published and launched in the UK in September 2016 thus further expanding the practice internationally. All the Dietitians that work under Kath Megaw and Associates either have further international qualifications in Paediatric nutrition or they have interned under Kath Megaw for the past 2 years or more. This has created a very specialized Clinical dietetic practice with an exclusive focus and special interest in Paediatric nutrition.

Kath sits on three international boards including the European board for feeding premature infants.

Most recently Kath co-authored the book weaning sense with Meg Faure and this book remains on the top ten best seller list. It also recently won a prestigious award and was named top family cookbook in the international Gourmand awards and will be competing in China in 2018 for the world award against 215 countries. We are doing a regular segment on espresso show and do regular fb vlogs on recipes in the book.



Dr Peter Nourse

Affiliation: Division of Paediatric Nephrology, Red Cross War Memorial Children's Hospital, School of Child and Adolescent Health, University of Cape Town.

Dr Nourse is a Paediatric Nephrologist working at Red Cross Hospital. He is the Southern African representative for the International Children's Continence Society. Dr Nourse has 15 years experience in looking after children with kidney diseases.



Dr Simon Picktone-Taylor

Completed Medicine at UCT in 1993. Specialized in General Adult psychiatry and did a fellowship in Child & Adolescent Psychiatry at University of California San Francisco. Has worked with gender diverse youth in the USA and UK and started the Gender Identity Development Service within the DCAP at Red Cross Children's Hospital in 2012, where he is an honorary senior lecturer. He is part of the World Professional Association of Transgender Health and has been invited to be part of their revision of their standards of care. He works in the Boland at the Neuro Diversity Centre which specialises in helping young people and adults with Autistic Spectrum Disorder.



Dr Mark Richards

Dr. Mark Richards is a general Paediatrician at New Somerset Hospital working in both general paediatrics and neonatology. He is subspecialty trained in paediatric neurodevelopment but probably learnt most of how not to parent from his own children. He is currently researching non-invasive ventilation use in smaller hospitals.

David Rosenstein

David Rosenstein is a clinical psychologist and cognitive behavior therapist (CBT) specializing in the treatment of anxiety and obsessive compulsive spectrum disorders in children, adolescents and adults. He completed his PhD in Psychiatry in 2015, investigating the effects of early life trauma on the development of social anxiety disorder using brain imaging, genetics and neurocognitive testing. David is also a Director at Cape Behavior Therapists, a group of psychologists and psychiatrists who specialize in delivering state of the art behavioral and cognitive therapy interventions, which include several third wave CBT interventions such as ACT and DBT. David also provides psychotherapy (CBT/ACT) supervision at the Department of Child and Adolescent Psychiatry at Red Cross Children's Hospital.



Dr Fiona Schulte

Dr Fiona Schulte is a child & adolescent psychiatrist and trained psychotherapist with a special interest in infant mental health and parenting. She recently left her position as a sub specialist consultant at Red Cross Children's

Hospital and is now working full time in private practice ("The Cape Doctors", Vredehoek), aiming to provide holistic and emphatic care for mentally ill children, adolescents and young adults. Dr Schulte is a senior lecturer in the Department of Psychiatry at UCT.



Prof Chris Scott

Prof Chris Scott (South Africa)

Christiaan Scott is a Paediatric Rheumatologist at Red Cross War Memorial Children's Hospital. After training in Paediatrics at UCT he completed a fellowship in Paediatric Rheumatology in Leuven, Belgium in 2007/2008. He has been in his current position since 2009. He is now one of only 7 paediatric rheumatologists in South Africa, with a special interest in juvenile arthritis and systemic lupus erythematosus. He teaches paediatrics and rheumatology to medical students and has established a post graduate training programme for paediatric rheumatology at UCT. His unit has research collaborations with a number of international universities and he is also the South African coordinator for the Paediatric Rheumatology International Trials Organisation (PRINTO), which runs a number of international collaborative studies



Dr Jeff Waugh

Dr. Waugh is a physician scientist specializing in abnormal movements in children. He is the originator of the Pediatric Movement Disorders Program at Harvard University, and current director of the Pediatric Dystonia Brain Imaging Laboratory there. He moved to Dallas, TX, in the fall of 2017 to establish the Movement Disorders Program at the Children's Medical Center of Dallas. He is the author of 29 peer-reviewed articles and chapters, focusing on movement disorders and the practice of child neurology. He has three daughters, aged 11, 7, and 5.



Dr Tony Westwood

Tony Westwood is a children's doctor. He works for the Western Cape Department of Health and the University of Cape Town. The main hospital he works in is New Somerset Hospital in Cape Town.

Dr Christiaan van Woerden

Christiaan van Woerden is a Dutch paediatrician (MD PhD, registered HPCSA medical practitioner), certified practitioner Solution-Focused Therapy, currently working at the outpatient department of Red Cross Children's Hospital. In the past eight years, he has acquired experience through training in Solution-Focused Brief Therapy in Amsterdam, Netherlands (E de Wolf) and Milwaukee, USA (Y Dolan, A Lutz). He is an associate at the Institute for Solution-Focused Therapy. He performs implementation research of the Solution-Focused Approach in medical consultations at the Child Health Unit with Dr. J. Shea (University of Cape Town), and the Dept of Global Child Health (University of Amsterdam). He recently taught two workshops at the Department of Child and Adolescent Psychiatry, two workshops for family physicians, paediatric nurses and paediatricians at the Child Health Unit. He is delighted to share the best of his knowledge, experience and Solution-Focused tools to other medical professionals.



Prof André Venter

Prof André Venter is the Academic Head of the Department of Paediatrics and Child Health at the University of the Free State. He is a Neurodevelopmental Paediatrician, with a passion for children with developmental delay and other handicaps.

Prof Venter is fascinated by the way the brain works and factors that influence the way we learn, think and concentrate. He was very fortunate to be awarded the Katherine Swallow Fellowship which enabled him to do a PhD in Child Development at the University of Alberta in Canada in the early 90's.

He never considered the Free State his academic home, but after being head hunted in 1996, he has been the academic head of the department now for more than 20 years. He enjoys teaching, making difficult neurological concepts easy for students, both undergraduate and postgraduate. He also has an entrepreneurial spirit, which has led him to be the project leader of many successful projects, like the Beds of Hope campaign, the Children Wing campaign and currently the MACAH foundation and the establishment of a Mother and Child Academic Hospital in the Free State. He is the founder, chairman and immediate past president of the Paediatric Association for Neurology and Development in South Africa (PANDA SA) and was also the founder president of the African Neurology and Developmental Association (ACNA). He was awarded for his work by being elected Bloemfonteiner of the year in 2008 as well as a National Management Award from the Kovsie Alumni 2008. He received a life time award for teaching Paediatric Neurology in 2012 as well as a Panda SA life time achievement award for his contribution to Neurosciences in South Africa.



Dr Wendy Vogel

Dr Wendy Vogel is a child and adolescent psychiatrist and the head of the Child and Adolescent Psychiatry service at Red Cross War Memorial Children's Hospital and UCT. The clinical service consists of a busy out patient service, consultation-liaison service and an in-patient ward for children under the age of 13 years. The out patient service includes specialist services such as the neuropsychiatric clinic, infant mental health service and gender identity service. She has a particular interest in children with neurodevelopmental disorders such as autism, ADHD and Tics disorders.

She also has an ongoing interest in service development, ensuring that all children and adolescents with mental health problems have access to appropriate mental health services. Services need to be accessible, evidence based and efficient. She supervises and teaches undergraduate and post - graduate students.



Prof Liesl Zuhlke

Prof Liesl Zuhlke is a paediatric cardiologist and researcher at Red Cross War Memorial Children's hospital. She is the director of the Children's Heart Disease Research unit and conduct research in Congenital and rheumatic Heart Disease. She has a MPH in clinical research methods and her PhD focused on outcomes of symptomatic and asymptomatic rheumatic heart disease. Her current interests include grown-up congenital heart disease (GUCH),

global health, quality improvement and health economics. Thus she is currently in the second year of an MSc in Health Economics, Quality improvement and management of Cardiovascular Sciences at the London School of economics.