

DEPARTMENTS OF PSYCHIATRY UNIVERSITY OF THE WITWATERSRAND



GUEST LECTURER - PROF MARK GOLDBLATT

On the 16th May 2018, Prof Goldblatt (an exWitsie-graduating class of 1981) who is currently an Associate Professor of Psychiatry, Harvard Medical School and a Clinical Associate, McLean Hospital (Boston, USA) was hosted by the Department. He gave a lecture entitled "Psychodynamics of Suicide: Understanding Errors in the Treatment of Suicidal patients". It is hoped he will return in 2019 to share further insights into psychotherapeutic aspects of patient care. ■



Photo (from left): Mark Goldblatt, Christopher P. Szabo (Academic Head - Department of Psychiatry)

CONTINUING EDUCATION

Prof Ugash Subramaney successfully completed the recent Association for Medical Education's ESMEA Online course. ■



Essential Skills in Medical Education Assessment

ESMEA Certificate

This is to certify that

Ugasvaree Subramaney

*has been awarded the ESMEA Certificate in Medical Education
on completion of the
ESMEA Course and the ESMEA Report
15 January - 6 April 2018*

XX May 2018

Trudie Roberts
AMEE President

Katharine Boursicot
Course Director

STERKFONTEIN PSYCHIATRIC HOSPITAL FILM FESTIVAL



Spotlight is a critically acclaimed film released in 2015. The film is named after the Boston Globe's investigative journalistic team, reported to be the oldest unit of its kind in the United States. The film documents their work on uncovering the sexual abuse of children by Catholic Priests in Boston. Work which shocked the world and resulted in the team receiving the Pulitzer Prize for Public Service in 2003. Cardinal Sean O' Mally of the archdiocese of Boston made the following statement after the release of the film, "the media's investigative reporting on the abuse crisis instigated a call for the church to take responsibility for its failings and to reform itself, to deal with what was shameful and hidden."

One of the reasons for having chosen this film is that South Africa has recently had its Child Protection Week which is held from the 28th of May to the 1st of June. Also, the film brings to light the discussion of the culture of silence, the abuse of power and the challenges of following our ethical code and implementing the Child Protection Act as it is intended. This has recently been a topic of discussion following the reporting of alleged child sexual abuse by a school security guard and subsequently alleged sexual abuse conducted by an investigating officer. As a result, larger systemic

issues within our society have been debated.

Child sexual abuse has been found to have correlations with several mental health issues, in later life. One of these mental health issues, is that of substance abuse. South Africa has a rate which is 14% higher than international norms. Survivors of childhood sexual abuse are found to have higher rates of suicide and suicide attempts. Depression has been found to be more prevalent than in contrast with the general population. It has also been reported that there are higher rates of psychotic disorders and personality disorders. The most recent South African statistics show that 33% of girls have been victims of childhood sexual abuse and 0.1% of boys - it should be noted that this is the largest gender disparity in the world, which in the view of several academics, can only be explained through the under reporting of sexual abuse.

Once again, the film festival stimulated difficult but important debates amongst clinical staff and as an event continues to be relevant as an annual event within the academic calendar.



Barry Viljoen

Barry Viljoen is a clinical psychologist at Sterkfontein Hospital **Correspondence: viljoen.barry7@gmail.com**

DEPARTMENT OF PSYCHIATRY - ANNUAL RESEARCH DAY 2018 - 30TH ANNIVERSARY



On the 20th June 2018, the Department of Psychiatry held the 30th anniversary of its annual research day. This stage presents registrars, consultants, and allied workers with a platform to present the results of their research projects towards master's and doctorate degrees. Held in the Marie Curie Lecture Theatre, a venue named after an individual who has made tremendous contributions to science and health care, this year's edition presciently had Professor L. Rispel as a guest speaker. Professor Rispel, who has done astounding work in the public health space, presented a talk entitled *'Mental Health, accountability, and influencing health policy: what is the role of research?'*



Gagu Matsebula

Professor C.P. Szabo, the Department's Academic Head exhorted those in attendance to continue with rigorous research, which has been shown to have a positive impact in patients' lives. This was during his presentation wherein he gave an overview of the thirty preceding years of Departmental Research Days.



From left: Professors Szabo and Rispel

With the support of Sandoz, Novartis, Dr. Reddy's, Sanofi, Aspen Holdings and Lundbeck – the event was organized by the second-year psychiatry registrars under the tutelage of Professor AB Janse van Rensburg. Professor Janse van Rensburg also gave an overview of the scope of MMed research output during the period 2008 – 2017 as well. Mrs H. Perrie and Associate Professor J. Scribante were the adjudicators for the event, and they awarded the prize for the best presentation to Dr S. Moodley for her research entitled, *'A qualitative study of mentally ill women who commit filicide in Gauteng, South*

Africa'. The supervisor for this study was Professor U. Subramaney.

THE COMMITTEE MEMBERS WERE:

- Dr. F. L. Y. Goga
- Dr. B. Hart
- Dr. F. Marcus
- Dr. J. Bouwer
- Dr. K. Pitsoane
- Dr. S. Ngcobo
- Dr. S. Valabdass
- Dr. S. Litnaar
- Dr. S. Osche
- Dr. P. Vythilingum - Naidu
- Dr. T. Kalane
- Dr. G. S. Matsebula

OTHER PRESENTERS AND THEIR SUPERVISORS WERE AS FOLLOWS:

| PRESENTER | TITLE | SUPERVISORS |
|---------------------|---|---------------|
| Galvin L. (MMed) | Prevalence of contraceptive use among female health care users of child-bearing age attending CHBAH in Soweto. | Nel |
| Lownie C. (MMed) | Conduct disorder: A retrospective record review of patients diagnosed with conduct disorder at Tara Psychiatric Hospital Children's Clinic. | Thom/ Alison |
| Khabisi M.E. (MMed) | The frequency of positive urine multi-drug tests among outpatients with both HIV and psychiatric illnesses at CHBAH. | Buckley |
| Mahuma O.O. (MMed) | The clinical utility of electroencephalographic studies in the Child and Adolescent Psychiatry Unit of Tara Hospital. | Madigoe/ Tema |

| | | |
|--------------------|---|-----------------------|
| Mohamed F. (MMed) | The lunar cycle and inpatient sedation usage in a psychiatric setting. | Friedlander |
| Ramnanan P. (MMed) | A retrospective study of adolescents with major depression admitted to Tara Hospital between 2010 and 2011. | Janse van Rensburg |
| Tsikoane M. (MMed) | Use of the cultural formulation interview at Helen Joseph Hospital Psychiatry Unit. | Janse van Rensburg |
| Marsay C. (PhD) | Antenatal depression screening and perinatal depression among women at Rahima Moosa Hospital (PhD results). | Subramaney/ Manderson |



From left: Dr R. Sapinoso, Dr C. Chawane, Dr T. Mdaka



From left: Dr Moodley, Dr Jayrajh, Dr Minty, Dr Galvin



RESEARCH DAY SPONSORS



Gagu Masebula is a 2nd year registrar in the Department of Psychiatry, University of the Witwatersrand, Johannesburg, South Africa. He is a member of the Department's Executive Committee as the registrar representative and he chaired the Research Day committee for 2018. **Correspondence:** gagu.masebula@yahoo.com

MAIL & GUARDIAN HONOURS WITS STUDENT

DR NIRVANA MORGAN



PhD Student, lecturer and psychiatrist, Department of Psychiatry, Wits University.

Acknowledged in the category of Health as one of the Mail & Guardian 200 Young South Africans 2018 ■



STELLENBOSCH UNIVERSITY



TRANSCRANIAL MAGNETIC STIMULATION (TMS) WORKSHOP

On June 29, the Stellenbosch University (SU) Department of Psychiatry hosted a transcranial magnetic stimulation (TMS) workshop. A diverse group including psychiatrists, psychiatry registrars, researchers and other clinicians attended the half-day workshop. The aim of the workshop was to increase local knowledge and expertise in TMS and its applications, with a focus on psychiatry. The workshop was opened by Prof Soraya Seedat and was presented by Mr Stas Hiob from MAG&More, with a special guest webinar provided by Dr Jonathan Downar, the director of the MRI-Guided rTMS Clinic at Toronto Western Hospital. Mr Hiob presented on the basic features of TMS, provided an overview of the evidence for applications in psychiatry, reviewed safety issues related to TMS and highlighted some new developments in TMS. Dr Downar, who is a leader in the TMS field, provided an excellent talk on advances in the therapeutic use of rTMS in depression, with a focus on new cortical treatment targets, accelerated treatment protocols and approaches utilised to predict treatment response and individualising treatment approaches. The workshop ended with a practical demonstration on the use of TMS and how to determine a motor threshold and those interested were afforded an opportunity to gain more direct practical experience in the use of the TMS equipment.

The SU Department of Psychiatry TMS Treatment and Research Centre staff members, comprising Ms Erine Brocker, Sr Debbie Acker and Dr Leigh van den Heuvel, organized the workshop. Individuals interested in future TMS workshops and courses, or who would like more information on ongoing trials and the referral procedure for the clinical service can contact Ms Erine Brocker at rtms@sun.ac.za. ■



Registrar, Dr Luzuko Magula being set up for TMS

68TH NOBEL LAUREATE MEETING

Dr Eileen Thomas was one of 600 young scientists invited from 84 nations to attend the 68th Nobel Laureate Meeting in Lindau, Germany from 24th - 29th June 2018. In addition to lectures, panel discussions, poster sessions and Master Classes, the programme featured Agora Talks, Science Walks, a Life Lecture and Laureate Lunches with 39 previous Nobel Prize winners – Medicine or Physiology. Throughout the week, participants discussed themes such as the circadian clock, personalised medicine, genetic engineering, the role of science in a 'post-factual era' and issues around scientific publishing practices. ■



Eileen Thomas pictured with fellow attendees and Peter Doherty

UNIVERSITY OF CAPE TOWN



INTERNATIONAL AWARDS FOR AUTISM RESEARCH



Prof de Vries (centre) and members of the CARA team with Prof Simon Baron-Cohen, President of INSAR at the award ceremony in Rotterdam.

Prof Petrus de Vries, Professor of Child & Adolescent Psychiatry at UCT, and his research team, the Centre for Autism Research in Africa (CARA) recently received two prestigious international awards for their research in autism spectrum disorders. The International Society for Autism Research (INSAR2018) awarded the CARA team the inaugural Cultural Diversity Research Award "to recognize and support investigators or teams who conduct community-based or community-partnered research that leaves a lasting impact on under-served and under-researched communities". The award was made at the Society's May 2018 conference in Rotterdam. At the same conference, Prof de Vries was one of the first group of researchers elected as INSAR Fellows. The Fellowship is awarded "to honour distinguished members of the International Society for Autism Research whose research has made a significant international impact on the scientific understanding of autism spectrum disorder, clinical practice, educational methods, and/or policy".

GLOBAL STRIDE FOR DEMENTIA CARE

The STrengthening Responses to dementia In DEveloping countries (STRiDE) project aims to contribute to improving dementia care, treatment & support systems so that people living with dementia are able to live well and family and other carers do not shoulder excessive costs, risk impoverishment or compromise their own health. In order to achieve this the STRiDE objectives include: 1) building capacity in generating & using research evidence/tools to support policies for improvement of dementia care, treatment & support; 2) increasing research evidence on what works in dementia in Low- and Middle-Income Countries (LMICs); and 3) better understanding impacts of dementia in various cultural, social & economic contexts to help countries develop appropriate responses. The project will help countries to develop new or refine their existing national dementia plans. The work is divided into 10 Work packages including a situational analysis, qualitative work on experiences of unpaid care, a quantitative survey, a stigma intervention, costing and modelling for scale up of services, and policy recommendations. There is a capacity building Work package that cuts across all other work packages addressing skills required for that particular Work Package. There are 7 LMICs involved in the project: Brazil, India, Indonesia, Kenya, Jamaica, Mexico and South Africa with each country team including a Senior Researcher and Early Career Researcher and the country

Alzheimers Association (affiliated to Alzheimer's Disease International).

The project is funded by the UK Research Council - Global Challenges Research Fund. This is a 4 year project which started in January 2018 and will end in December 2021. The project is led by the London School of Economics and Political Science in partnership with the University of Cape Town, Brighton and Sussex Medical School and Alzheimer's Disease International (ADI). The lead PI is Prof Martin Knapp. The lead PI at UCT is Margie Schneider with Crick Lund, Sumaiyah Docrat and Erica Breuer making up the team currently.



Project partners and country teams in London in March 2018



CONGRATULATIONS

Congratulations Prof Sharon Kleintjes who was appointed the third Vera Grover Chair and Professor of Intellectual Disability in March 2018. As Head of the Division of Intellectual Disability (ID), she joins this team to provide strategic direction in teaching and training, research, service development and advocacy in this area. ■