



If you have an article, reference or any newsworthy exposé please forward to Nelly Musirinofa (Musirinofa@ukzn.ac.za)

The Shannon Error: Trying to Catch Up When You Are Already Ahead

Larry Dossey, MD

EXPLORE July/August 2013, Vol. 9, No. 4

The most important geographical exploration in the history of the United States was the Lewis and Clark expedition of 1804–1806. United States Army officers Meriwether Lewis and William Clark, under the personal direction of President Thomas Jefferson, explored the course of the mighty Missouri and Columbia Rivers with daring and courage that almost defy comprehension. This was not guys camping out, but a dangerous two-year, life-or-death endeavour involving fewer than three-dozen people. Their epic feat remains unparalleled in America's history.

It is difficult for modern minds to conceive how they did it. In the early 19th century there were no reliable maps of trans-Mississippi America. This meant that these explorers knew only vaguely where they were headed. Survival gear was meager. There were no GPS devices, cellphones, walkie-talkies, satelliteup-links, thermal clothing, Vibram sole hiking boots, camo uniforms, field rations, water proof Gore-Tex tents and rain gear, rescue helicopters, supply drops, backup teams, automatic weapons, night-vision binoculars, inflatable water craft, outboard motors, water sterilizers, sunscreen, or insect repellent all of which would be routinely available to a military unit sent on such a mission today. The single-shot Kentucky long rifle and an occasional muzzle-loading pistol, and a hunting knife were their only side arms. Hostile Native Americans could unleash six arrows while they were reloading. Heavy dew could neutralize their gun powder. Killer diseases including malaria, cholera, yellow fever, typhus, and small pox were endemic in America's heart land. Many of the medications for these illnesses made things worse, not better. Some of

the tribes the expedition encountered were intent on killing or robbing them, or both. Yet they pulled it off with the death of only one man, from a ruptured appendix and peritonitis early in the journey. Lewis and Clark were co-captains on a military mission whose primary goal was to find a water way to the Pacific Ocean. The young men they recruited were molded by the two captains through impeccable leadership and example into a tough unit of high morale. Even when they were at the breaking point from starvation and exhaustion on the head waters of the Missouri and in crossing the Bitterroot Mountains on the Montana Idaho border in 1805, "The men never sulked, lashed out, demanded to retreat, or insisted on some alternative route," as historian Stephen E. Ambrose writes in *Undaunted Courage*, his superb account of the expedition. "Lewis knew his men, and he knew how to get more out of them than they believed they had to give. Most Americans of the time, as now, undervalued the contributions of these young men—and those of Sacagawea, a teen-aged Shoshone woman and guide, who gave birth on the journey.

At the conclusion of the expedition, Lewis was intent that his countrymen realize the significance of the expedition's extraordinary accomplishment. He was full of praise for his platoon-sized outfit. In a letter to President Jefferson he reported, "[W]e have more than once owed our lives and the fate of the expedition to our number which consisted of 31 men."² This was not excessive praise. It could have applied also to Lewis, of whom historian Ambrose writes, "[H]e was a great company commander, the greatest of all American explorers, and in the top rank of world explorers."³ Who were these young men? They were all commoners. A few were half-breeds, that racially tinged category of the era. Although their education was limited, they were all smart, tough, highly skilled, adventuresome but disciplined young hell-raisers, fond of liquor and women, raw-boned, and strong as oxen.

Like young people who volunteer for military service in every age, their thirst for adventure outweighed their fear of death. In short, they were frontier Americans, bred from fathers and mothers as tough as raw hide. They were handpicked by Lewis and Clark for their hardiness and wilderness sense—"the best riflemen, woodsmen, and soldiers in the United States," says Ambrose.⁴ They had been at home in the woods and on horseback since they were old enough to walk. Some had special talents, such as blacksmithing, trapping, sign language, or playing the fiddle. All were hunters and most were sharp shooters. None was married.

Their firsts took many forms. Facing a bitter winter in 1805 on the stormy Pacific coast, the members of the expedition voted whether to build their shelter on the north or south side of the Columbia River. Sacagawea was allowed an equal vote, as was York, the Negro slave of Captain William Clark. This is believed to be the first time in American history that a woman and a black slave were allowed to vote—and in the same election. The only team member not permitted a vote was Seaman, Lewis's faithful big black Newfoundland dog. Note to dog lovers: 197 Explorations. Seaman was a magnificent animal and he left his mark. Books have been written about him, and monuments and statues to him abound in major cities that now exist along the Lewis and Clark route in Missouri, Iowa, North Dakota, Montana, Oregon, and elsewhere. For specifics, see:

[http://en.wikipedia.org/wiki/Seaman_\(dog\)](http://en.wikipedia.org/wiki/Seaman_(dog)).

DAWN/DAMN/BOOKLET

Judging from the recent survey conducted, there was an overwhelming response for the department to go paperless with requests for dawn/damn/booklet to be distributed electronically. Fewer hardcopies will be made available at the FMM meetings but will be available on the dept. website.

2014 PUBLICATIONS

1. Skinner D, Hardcastle T, Rodseth R, Muckart D. The incidence and outcomes of acute kidney injury amongst patients admitted to a level 1 trauma unit.
2. Rodseth RN, Biccard BM, et al. The Prognostic Value of Pre-Operative and Post -Operative B-Type Natriuretic Peptides (B-Type Natriuretic Peptide and N-Terminal Fragment of Pro-B-Type Natriuretic Peptide) in patients Undergoing NonCardiac Surgery.
3. Rodseth RN. Accelerated care versus standard care among patients with hip fracture: the HIP ATTACK pilot trial.
4. Laing GL, Bruce JL, Skinner DL, Allorto NL, Clarke DL, Aldous C. Development, implementation, and evaluation of a hybrid electronic medical record system specifically designed for a developing world surgical service.
5. Rodseth R. Effects of dexamethasone as a local anaesthetic adjuvant for brachial plexus block: a systematic review and meta-analysis of randomized trials.
6. Moyce Z, Rodseth R, Biccard B. The efficacy of peri-operative interventions to decrease postoperative delirium in non-cardiac surgery: a systematic review and meta-analysis.
7. Biccard B, Redman L, Naidoo P. HIV, vascular surgery and cardiovascular outcomes: A South African cohort study.
8. Biccard B. Myocardial Injury after Noncardiac Surgery. A large, International, Prospective Cohort Study Establishing Diagnostic Criteria, Characteristic, Predictors, and 30 -day Outcomes.
9. Biccard B, Rodseth R. Taking an idea to a research protocol.
10. Biccard B. Myocardial injury after non-cardiac surgery: a new clinical entity.
11. Farina Z. Time to face the book? 'Unfriending' IV fluids. Where are we currently with fluid administration in anaesthesia and critical care?
12. Von Rahden RP. The benefits and risks of vasoactive agents.
13. Hodgson E. Perioperative cardiac care - not just systolic.
14. Von Rahden RP. Intraoperative point - of-care testing.
15. Muckart D, Gopalan D, Hardcastle T, Hodgson E. Palliative care: Definition of euthanasia
16. Biccard B, Devereaux P, Rodseth R. Cardiac biomarkers in the prediction of risk in the non-cardiac surgery setting.
17. Hodgson E, Paruk F, Kisson N, et al. Withdrawing Mechanical ventilation - The approach should be individualized.
18. Muckart D, Pillay B, Hardcastle T, Skinner D. Vascular injuries following blunt polytrauma.
19. Kusel B, Farina Z, Aldous C. Anaesthesia training for interns at a metropolitan training complex: does it make the grade?
20. Sprung C, Hodgson E, et al. Difference between withholding and withdrawing life-sustaining treatments.
21. Moodley T, Gopalan D. Airway skills training using a human patient simulator.
22. Moodley Y, Biccard B. The association between preoperative clinical risk factors and in-hospital strokes and death following carotid endarterectomy in South African patients.

UKZN: MMed REGISTRATION, STAFF ACCREDITATION AND RESEARCH PROJECT SUPPORT

Registrar Registration

Every registrar must be registered as an MMed student with the UKZN. If you have not done so, please do so immediately.

Accreditation of Trainers

HPCSA expressed their concern about training being in the hands of people who are not accountable to anyone for the standard of training. All consultants working in the discipline who supervise or work with registrars must apply for honorary clinical lecturer status. If you have not done so, please do so immediately.

REGISTRAR NOTCH ADJUSTMENTS DEADLINE TODAY!!!!

All Registrars who started their registrar programme on 1st January 2013 are to complete a verification form (*available in the department*), as well as those registrars who started on the 1st of January in the previous years and had not completed their notch adjustment form are advised to submit immediately.

Please submit to the department completed forms together with the following certified documents:

- * a copy of ID,
- * copy of academic results (or certificate of completion of relevant exams)
- * letter of appointment as a Registrar.

Please submit your registrar notch adjustment forms today, **Friday 29 August**, to Camy/Natashia 4th Floor, Paediatrics.

ANAESTHETICS - MEMBER DETAILS FOR WEBSITE

In June 2014, all members of the Dept. of Anaesthetics - were requested to supply the following information: Person (full name + Title); Telephone; Email; Campus /Hospital; Research Interests; Designation; Bio sketch; List of Publications to be profiled on the UKZN web together with a photograph (essential). This includes all academic, support, technical and technological staff. Please send your information urgently to;

Ms Nombuso Dlamini

Tel: (0)31 260 1829

Email: dlaminin10@ukzn.ac.za

DEPARTMENT OF ANAESTHETICS, CRITICAL CARE AND PAIN MANAGEMENT WEBSITE

The new website for the Pietermaritzburg Department of Anaesthetics, Critical Care and Pain Management is <http://PMBAnO2.wix.com/PMBAnO2> Feedback or suggestions would be greatly appreciated, and can be emailed to robert.wise@kznhealth.gov.za

2014 IRP5's TAX CERTIFICATES

Please be informed that the IRP5's (Tax Certificates - 2014) for Registrars are now available at room 31 HR Department in King Edward VIII Hospital.

Enquiries: Mr S Nzimande

Tel: 031-360 3822 /3850 /3296

UKZN - 2013 RESEARCH PRODUCTIVITY SUPPORT GRANT (RPSG) PAY-OUT

Doctors who had publications in 2013 should be receiving productivity letters from the research office. Please sign the letter, fill in your cost centre and return the letter, by email to Productivity@ukzn.ac.za and singhc@ukzn.ac.za by 30 September 2014. Please note that payment will not be made to letters received beyond this date. Please check your pay-out because in the event of an overpayment, adjustments will be made at a later date to recover the overpayment. Please address any queries with regard to the data in the table with Ms Buyisile Ntaka Ntaka@ukzn.ac.za ext. 2031 or Mr Wilondja Muzumbukilwa Muzumbukilwaw@ukzn.ac.za ext. 7224. **The closing date for queries is 25 September 2014.**



COLLEGE EXAM DATES

FCA (SA) Part I 25 - 29 Aug
FCA (SA) Part II (oral) 06 - 09 Oct (Bloem)

UPCOMING EVENTS

STAFFING COMMITTEE

Date: 02 September 2014
Time: 14h00
Venue: IALCH (Seminar room)

UNDERGRADUATE COMMITTEE MEETING

Date: 02 September 2014
Time: 15h00
Venue: IALCH (Seminar room)

CONSULTANT MEETING

Date: 02 September 2014
Time: 16h30
Venue: IALCH (Seminar room)

COMBINED ACADEMIC

Date: 26 September 2014
Time: 07h30
Venue: L5 Lecture Theatre, MS

RESEARCH MEETING

Registrar: Nurse C
Registrar: Kiwalabye I

CLINICAL FORUM

Topic: Vascular
Consultant: Alphonsus C
Topic: King George V
Consultant: Marè A

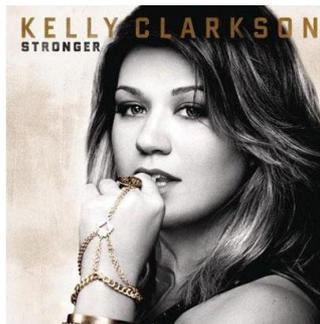
REGISTRAR MEETING

1. Level of adequacy required for posts (9)
8. South Pennsylvania is the place to recuperate (3)
9. Defined area in which one expects to receive services (6-5)
11. Critical examinations of light entertainments , we hear (7)
12. The kind of duties for one who succeeds (5)
13. He sailed from the Channel so nobly (6)
15. It's becoming a kind of fraction (6)
17. A bird that's often active at the dockside (5)
18. Unauthorised disclosure that may be in the pipe-line (7)
20. Where you'll find the kernel, to put it bluntly (2,1,8)
22. This will cool one with ardour (3)
23. An affliction of overworked pupils (3-6)
2. An obligation to level the score (3)
3. An organized campaign for an approach to the house (5)
4. Cosy little place for retirement (6)
5. More reliable plumb-line operator (7)
6. The level on which to find space-craft? (6,5)
7. Short race arranged for this animal (4-5)
10. Nautical reprimand for one of the crew? (5,6)
11. What the campanologist and the boxer should possess (4-5)
14. Work in the theatre (7)
16. So blue garment is remodelled (6)
19. The advantage of changing seats (5)
21. Garland from the Delectable Isles (3)

Entertainment

Reviews:

Album Review:



Stronger, Kelly Clarkson's fifth full-length in nine years, should be arriving at a high point in the pop-rock singer's career. Her last album, 2009's "All I Ever Wanted," bounced back from 2007's uneven

"My December" with the help of super-producers Dr. Luke and Max Martin by spawning hits like "My Life Would Suck Without You" and "I Do Not Hook Up" and giving Clarkson her second No. 1 on the Billboard 200. "All I Ever Wanted" was an impressive rebound, but "Stronger" has not emerged as the victory lap it deserves to be: the album was pushed back multiple times by RCA Records, and first single "Mr. Know It All" has stalled outside on the Hot 100's Top 20. Meanwhile, Luke and Martin are nowhere to be found

on the album credits. Is "Stronger" losing the momentum Clarkson gained with her last album? Even if "Stronger" lacks the killer radio cuts that have thus far defined Clarkson's legacy, her latest album is still a sumptuous, tightly paced offering from one of pop music's greatest singers. Yes, you read that right -- Clarkson's vocal power is still astoundingly effortless, and helps the average songwriting of "Stronger" sound enigmatic. Her voice has also continued to mature since "All I Ever Wanted," giving an adult voice to these tales of moving on from erratic relationships. "Stronger" develops a steady rhythm that invites multiple listens. If this proves to be a relatively minor album in Clarkson's career, then it's a minor album from an artist that has proven her durability.

WHAT TO WATCH



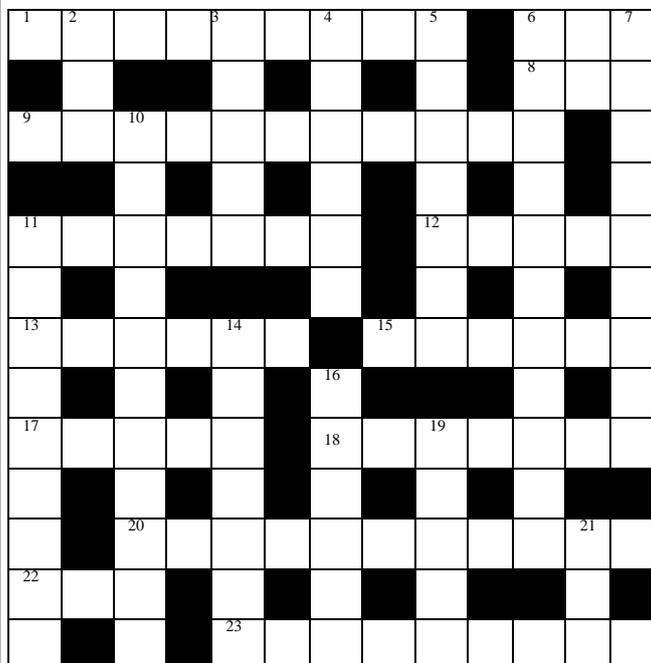
LET'S BE COPS

Directed by: Luke Greenfield
Produced by: Luke Greenfield
Running time: 1hr 04min
Genres: Comedy
Starring: Jake M. Johnson, Keegan Michael Key, Damon Wayans Jr, Nina Dobrev and Jon Lajoie.

Synopsis:
 The film opens with Ryan (Jake Jonshon) singing karaoke to Justin (Damon Wayans, Jr) in a pizza place. After the song, Justin explains that he's depressed that they're both 30 year old losers, living in Los Angeles and maybe its time to go back to Ohio. Ryan doesn't work and Justin is unhappy in his job as an assistant for a video game developer. Justin also has a crush on the waitress Josie (Nina Dobrev), but is too scared to talk to her. The two head out to a dance club where they're ignored by everyone. They leave, and Ryan's junker Camaro dies out front after the valet brings it up. Everyone in line is laughing at them. The large SUV behind them is beeping and flashing its lights. Finally, Ryan gets it started and pulls out as the SUV whips past. The vehicles collide. Ryan gets out and starts to yell at the people in the SUV.

Everyone inside the SUV looks like Albanian mafia. In the rear, flanked by two hot ladies is a scary guy with a scar over his eye. They laugh at Ryan. The next day, Justin is at work pitching his video game idea 'Patrolman L.A.' As a visual aid, he has two mannequins dressed as LAPD.

On his way home, Justin is pulled over by a cop car. Inside it's actually Ryan. He bought the car and lights online and made the door decals at Kinkos. He also gave himself sergeant stripes because he felt he deserved a promotion. The two drive around in the car all day, but that night they're pulled over by real cops Officer Segars (Rob Riggle) and his partner see Ryans sergeant stripes and apologize. Right when Justin and Rob are about to drive away, the alarm from the hardware store they're all in front of sounds. All four go inside.



Across Down

(Answers on next page)

CODEWORD

| | | |
|---|---|---|
| R | N | B |
| O | F | T |
| S | I | R |

How many words of four letters or more can you make from the letters shown here? In making a word, each letter may be used once only. Each word must contain the center letter, and there must be at least one nine-letter word in the list. No foreign words; no plurals; no words with initial capital, no hyphenated words.

Target:

Good 8; Very Good 10; Excellent 13.
 Solutions on next page.

CROSSWORD

Across: 1 Standard; 8 Spa; 9 Tennis-court; 11 Reviews; 12 Death; 13 Nelson; 15 Proper; 17 Crane; 18 Leakage; 20 In a nutshell; 22 Fan; 23 Eye-strain.

Down: 2 Tie; 3 Drive; 4 Recess; 5 Sounder; 6 Astral plane; 7 Cart-horse; 10 Naval rating; 11 Ring-craft; 14 Operate; 16 Blouse; 19 Asset; 21 Lei.

CRITICAL CARE CONGRESS – INSPIRING ICU 2014

Date: 27-30 November 2014

Venue: Baxter Theatre Centre, Cape Town, For more information: Critical Care 2014 Congress Office

Tel: +27 (0)21 712 0571

Email: critcare2014@eventsmangementolutions.co.za

CODEWORD

Fino first FIRSTBORN fist foist font frit front rift sift soft

RESEARCH METHODOLOGY MODULE

The Research Methodology module is available for students registered in the second semester. The site address is <http://learning.ukzn.ac.za>

Access to this site requires a UKZN login and password. The module code is 2014 PMED801M2 Medicine Research Methodology.

Enquiries: Dr Serela Ramklass

Coordinator: ramklass@ukzn.ac.za

UKZN AND GENERAL MAIL

Staff members using the University address to receive correspondence/general mail must please ensure that mail is collected on a regular basis

IRMA –2014 PUBLICATION

All publication authors are requested to upload their publications on the IRMA website. The link for IRMA is: <https://irmanet.ukzn.ac.za/content/ASP/ANUlogin.asp>

NEXT SUPER DAMN Fri, 03 OCTOBER 2014

Contributions to:

Natashia: Nzamah@ukzn.ac.za

Nelly: Musirinofa@ukzn.ac.za



"I have to do a report on you for school, dad. Do you think the teacher would mind if I changed your age, job and personality to make you appear cooler?"

7:15 FRIDAY MORNING MEETINGS – L5 LECTURE THEATRE, MEDICAL SCHOOL

| DATE | TOPIC | SPEAKER | MODERATOR |
|---------|-----------------------------------------------|-------------|-----------|
| 29 Aug | Pharmacogenetics of pain | R Randolph | A Dunpath |
| 05 Sept | Special lecture: Dr H Stoltenkamp | | |
| 12 Sept | Medical Marijuana | D Potgieter | S Adam |
| 19 Sept | CLINICAL COURSE – THE PIETER LE ROUX MEMORIAL | J Piercy | |

| | | | |
|----------------|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| MON 01 Sep | 15h00 | FCA PART II TUTORIALS Pain 2 S Bechan CLINICALS S Bechan/ S Ramsamy | IALCH |
| TUE 02 Sep | 11h00 | PMMH INTENSIVIST TEACHING WARD ROUNDS | PMMH |
| WED 03 Sep | 07h00 07h00 07h00 14h30 | M & M MEETING: KEH M & M MEETING: IALCH M & M MEETING: PMMH FCA PART I TUTORIALS Endocrine V Ramson/ E Hodgson | KEH IALCH PMMH IALCH |
| THUR 04 Sep | 07h15 | OBSTETRIC ANAESTHESIA Severe Pre Eclampsia and Eclampsia Part 1: definition (HYPT Dos in Pregnancy), pathophys and how each system is affected | KEH |
| FRI 05 Sep | 07h15 | Special Lecture: Dr H Stoltenkamp | L5, MS |

2014 DIARY

CLINICAL COURSE, DBN:
IALCH 15 – 19 September 2014

CRITICAL CARE
CONFERENCE:
Cape Town : 26 - 30 Nov 2014

DEPT WEBSITE

<http://anaesthetics.ukzn.ac.za/Homepage.aspx>

BIRTHDAYS

Tuesday 2nd September 2014
Shahid Bhatti

Wednesday 3rd September 2014
Raphael Samuel, Vedika Satyapal

Happy
Birthday

Thought for the Day!

"in the middle of difficulties lies opportunity"

Albert Einstein