

D.A.W.N.

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25 February 2019 – 3 March 2019

If you have an article, reference or any newsworthy exposé please forward to Londiwe Cebekhulu cebekhuluL@ukzn.ac.za

This is a piece written by a paediatric registrar. She has a blog called 'The Midnight Diaries'.

#themidnightdiaries #ontheedge

A few nights ago I had an absolutely awful call in Paediatric ICU. I did not sleep and barely rested for 24 hours straight. With 2 critically ill children requiring quick thinking and steady fine motor skills for procedures coming in on hour 20. At some point around hour 22 I felt it. I was on the verge of tears. I just wanted to sit down and be sad. To not have to try anymore. This great tidal wave of emotion loomed on the horizon but of course I couldn't give into it. And so often that's where I find myself. Especially on call. On the edge of tears. Or on the edge of panic. Anxiety rising as I feel like I'm not going to be able. As I fear my failure will be the suffering of my patient. On the edge of anger as frustration mingles with worry. Frustration at myself for not being better. At the system for not being better. At the patient for not being better. On the edge of absolute and total incapacitating exhaustion. Of physically being unable to move or think. But that's where I have to stay. On the edge. I have to keep that tidal wave on the horizon. It can't come into the shore. I have to remain professional, courteous, friendly even. Until it's over. Until I find myself on the other side of 24 hours, sitting at home. The vacuum left by the Adrenalin as it drained out of my system. And then this tidal wave of emotion crashes onto the shore. Only it's incongruent. It doesn't make sense here. It seems irrational and unprovoked. And of course it is destructive. Tidal waves always are. || if you love a medic don't forget to always pack your life-jacket. And we're sorry.

Submitted by Trisha Ramsamy

UKZN POSTGRADUATE REGISTRAR ORIENTATION

Postgraduate Registrar Orientation for new 2019 registrar intake. HOD's and HCU's to please release staff from their duties to attend.

Date: 8 March 2019

Venue: Susser & Stein, UKZN

Time: 11h00-17h00

All new registrars must attend.

CALL FOR NEW CHS SCHOLARSHIPS

The call for CHS scholarships for new students is now open at <https://proposalcentral.altum.com/default.asp> and will close on the 31st of March 2019.

Limited funds available for scholarships, priority will be given to PhD students. There is therefore no guarantee that successful submissions will result in the award of a scholarship.

Michelle Gordon, PhD

Acting College Dean of Research

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REGISTRAR LEAVE BOOKINGS

Attention Registrars: Leave bookings for the second half of this year opened on the 31st January 2019. Please contact Hannah
Email: HannahNai@ialch.co.za
Tel: 031 2601762/3

DEPT RELOCATION

We will be back in our offices on the 4th Floor on Monday 25th February 2019. We are still contactable via email and our telephone extensions.



Date: 3rd - 5th May 2019

Venue: Champagne Sports Resort, Drakensberg

PAINSA CONGRESS CONTACTS

Telephone: 011 894 1278

Email: painsacongress@velocityvision.co.za

Website: www.painsacongress.co.za

Twitter: [@painsouthafrica](https://twitter.com/painsouthafrica)

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2019 SASA CONGRESS – PORT ELIZABETH

Venue : Broad walk International
: Conventions Centre,
: Port Elizabeth

Dates : 6 – 10 March 2019

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ANNUAL NATIONAL PART II ANAESTHETIC REFRESHER COURSE

3-7 JUNE
2019

www.anaesthesia.uct.ac.za

The Colleges of Medicine (CMSA)
17 Milner Rd, Rondebosch, Cape Town

Contact:
CONFERENCE MANAGEMENT CENTRE
Deidre Raubenheimer | Tel: 021 406 6167
Email: deidre.raubenheimer@uct.ac.za
Meagan Whyte | Tel: 021 650 1548
Email: meagan.whyte@uct.ac.za



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Tel: : 021 6501548

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FCA PART I TUTORIALS

<http://anaesthetics.ukzn.ac.za/Homepage.aspx>
 Programmes/Meetings/Year Planner >
 Programmes2019 > Part I 2019
Queries: Dr Kom Govender
 Email: Komgovender@gmail.com
 Mobile: 0835344987)

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 Email: Komgovender@gmail.com
 Mobile: 0835344987)

**FCA I COURSE 2019**

The FCA 1 course will be hosted by Wits Anaesthesia in 2019.
Dates: Mon 13 to Fri 17 May 2019
 at the CMSA in Johannesburg.
 Program and posters to follow.

CONSULTANT MEETING

Date : 02 April 2019
Venue : IALCH (Seminar room)

**NEXT DAWN:
Friday, 1 March 2019**

Contributions to: Londi Cebekhulu
CebekhuluL@ukzn.ac.za

07:15 FRIDAY MORNING MEETINGS – L5 LECTURE THEATRE, MEDICAL SCHOOL

DATE	TOPIC	SPEAKER	MODERATOR	UNIT ADDRESS
22 Feb	Hyperlactataemia in septic shock, the important of validating international definition in our sitting.	A Elhouni	K de Vasconcellos	
01 Mar	SASA Research Presentations			
08 Mar	90-90-90 - Does critical care play a role?	U Jaganath	Z Moyce	K Naidoo
15 Mar	Clinical Forum			
22 Mar	To be announced			

MON 25 Feb	15h00	FCA PART II TUTORIALS: <i>Cardiac 4</i> <i>Theory</i> Dr S Ramsamy <i>Clinicals</i> Ramsamy/Bechan	IALCH
TUE 26 Feb	07h15	OBSTETRIC ANAESTHESIA <i>TBC</i>	KEH
WED 27 Feb	07h00	M & M MEETING: KEH	KEH
	07h00	M & M MEETING: IALCH	IALCH
	07h00	M & M MEETING: PMMH	PMMH
	15h00	FCA PART I <i>Receptors and 2nd Messengers</i> <i>Pharmacodynamics</i> <i>Isomerism</i> N Gokal	IALCH
THUR 28 Feb	07h15	M & M MEETING: RKK	RKK
	07h30	KEH ICU M & M MEETING	K-Rith
	16h30	DIPLOMA IN ANAESTHETICS <i>Acute Pain & Peri-op Analgesia</i> Z Moyce	K-Rith, S&S
FRI 01 Mar	07h00	FRIDAY MORNING MEETING: <i>SASA Research Presentations</i>	L5, MS

2019 DIARY

CLINICAL COURSE, IALCH
19 - 23 August 2019

PAINSA, DRAKENSBERG
3 - 5 May 2019

DISCIPLINE WEBSITE

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

BIRTHDAYS

Saturday, 23 February 2019
Nosisi Mzonelli

Tuesday, 26 February 2019
Kiran Keerath

Saturday, 2 March 2019
Babalwa Ngxabi

**Thought for the Day!**

“Every day we must decide what we could do, what we should do and what we must do.”