

Section 6.6 – Select Presentations

Section 6.5 – Poster Presentations

1. PathCape 2018

A virtual poster was presented at a congress, PathCape in 2018 held in the beautiful town of Stellenbosch at a wine farm. The [Audit](#), which I have done has been used for this poster presentation. The congress was an amazing experience. There were sessions with Prof. Tahir Pillay (University of Pretoria) for exam preparation aimed at specifically the Chemical Pathology registrars, which helped with preparations for the Chemical Pathology part 1. There were also various interesting presentations and case discussions presented from registrars, scientists and consultants in the field of Chemical Pathology (Clinical Chemistry). Some of the most interesting presentations which I could attend, were:

- History of HbA1c in diabetes mellitus management – Prof Gillery
- Glycated Albumin – an emerging biomarker for Diabetes – Prof Zemlin
- Performance of glycated albumin for diabetes and prediabetes diagnosis in a Mixed-Ancestry South African population – Marizna Barkhuizen
- Reference interval determination for glycated albumin in

- a South African population – Marizna Barkhuizen
- A case of X-linked childhood cerebral Adrenoleukodystrophy – Tumelo Satekge
- Seasonal pseudohyperkalaemia in a temperate climate – South Africa – Ashlin Rampul
- The role of Mass Spectrometry in improving the diagnosis and management of Adrenal and thyroid diseases – Prof Soldin
- Endocrine Disruptors – Prof Verena Gounden
- Conflict resolution- Prof Aye Aye Khine
- Spectrum of genetically confirmed mitochondrial disease diagnosed at the UCT/NHLS IMD laboratory over the past 27 years -Surita Meldau
- Two unrelated cases with identical genotype suggest underdiagnosis of hyperphosphataemic familial tumoral calcinosis in Southern Africa – Justine Cole
- Discordant thyroid function test results in a patient with metabolic bone disease – Doreen Jacob
- Identification of pathogenic TP53 and PTEN mutations in circulating cell-free DNA of a patient with triple negative breast cancer – Armand Peeters

My Virtual Posters:

[1. Overcoming incomplete laboratory request forms – is an updateable online database the answer?](#)

Overcoming-incomplete-laboratory-request-forms.pdf [Download](#)

https://www.researchgate.net/publication/345330618_Overcoming_incomplete_laboratory_request_forms_Is_an_updatable_online_database_of_clinician_contact_details_the_answer

2. Auto-immune chylomicronemia in a child with hypertriglyceridaemia & acute pancreatitis

[ChylomicronemiaDownload](#)

https://www.researchgate.net/publication/349945438_Auto-immune_chylomicronemia_in_a_child_with_hypertriglyceridaemia_acute_p

[pancreatitis](#)

2. Annual Research Days – Department of Pediatrics and Child Health 2019 – Red Cross War Memorial Children’s Hospital – Cape Town

Poster:



Interference of N-acetylcysteine in Paracetamol Measurement at GSH NHLS



DJ van der Westhuizen¹, R Dalmacio¹, CR Stephen², GF van der Watt¹

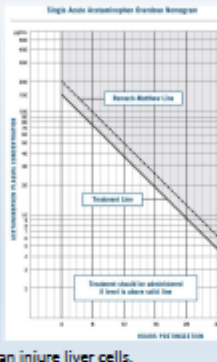
1. Division of Chemical Pathology, Groote Schuur Hospital and Red Cross Children's Hospital, University of Cape Town and National Health Laboratory Service, Cape Town, South Africa
2. Poisons Information Centre, Department of Paediatrics and Child Health, Faculty of Health Sciences, University of Cape Town and Red Cross Children's Hospital, Cape Town, South Africa

Introduction

Paracetamol (Acetaminophen, ACETA) poisoning frequently results in acute hepatic injury. An acute single overdose of paracetamol of ≥ 200 mg/kg or 10 g (whichever is less) over a period of < 8 hours may result in hepatic injury. In patients who have induction of hepatic enzymes (eg. alcohol abuse), lower doses may be hepatotoxic. Renal tubular necrosis may also develop. Hepatic and renal failure typically manifest after 2 – 5 days.

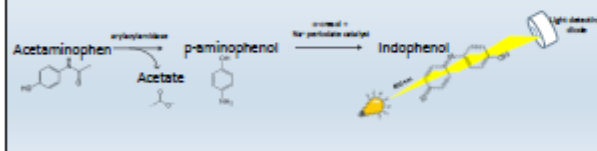
To assess risk for hepatotoxicity, blood for plasma paracetamol levels are drawn 4 hours post ingestion or as soon as possible thereafter. Liver damage is likely to occur in patients with paracetamol levels >300 ug/mL at 4 hours or 45 ug/mL at 15 hours post ingestion. Levels < 120 ug/mL at 4 hours are unlikely to be associated with hepatotoxicity.

The nomogram commonly used to determine whether treatment should be given, is illustrated. N-acetylcysteine (NAC) is the common antidote given IV or PO to replace intracellular glutathione, which helps prevent hepatic toxicity by inactivating the toxic paracetamol metabolite, NAPQI, before it can injure liver cells.



Background – Measurement of Paracetamol

Paracetamol is commonly measured enzymatically on automated analysers for determination of serum concentrations in presumed or confirmed overdose cases. The enzymatic assay used, relies on acetaminophen's hydrolysis by arylamidase to p-aminophenol and acetate. The p-aminophenol is then converted to indophenol in the presence of o-cresol and a Na periodate catalyst. The production of indophenol is followed colorimetrically.



Objectives

The question at hand is, whether at plasma concentrations of NAC, there is significant negative interference in the measurement of ACETA. Negative interference and false negative results with enzymatic assays have been described before, with concomitant N-acetylcysteine (NAC) administration as the antidote¹, but it was unknown whether the ACETA assay used at our laboratory at Groote Schuur NHLS, Cape Town, South Africa on the Cobas 6000 (cobas c 501/502) yielded similar negative interference. The package insert for the ACETA assay stated that "No significant interference with the assay was found."³

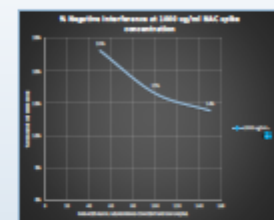
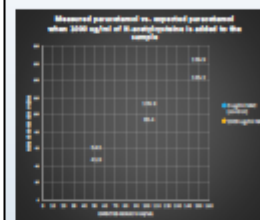
Methods

In the first experiment, three known ACETA concentrations (50, 100 and 150 ug/mL) were spiked with NAC stock solution from a therapeutic vial (2g/10ml) to yield a final sample concentration of 1000 ug/mL NAC. All samples were run on the Cobas 6000 automated analyser and compared to known ACETA control samples without the spiked NAC.

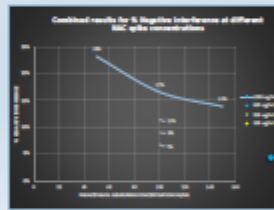
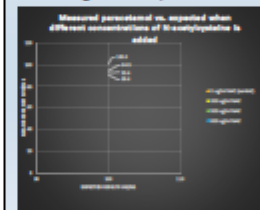
In the second experiment, three different solutions of NAC were spiked into an ACETA calibrator of 100 ug/mL, corresponding to the 8 hour post-ingestion cut-off for probable toxicity according to the Rumack-Matthew nomogram. All samples were run on the Cobas 6000 automated analyser.

Results

After addition of NAC (1000ug/ml), ACETA concentration of 54.5ug/ml was measured as 41.9ug/ml (-23% interference). 105.9 ug/mL measured as 88.4 ug/mL (-17% interference) and 156.9 ug/mL measured as 135.2 ug/mL (-14% interference). Sample volumes were corrected for the dilution effects of spiking with NAC.



In the second experiment, lower NAC concentrations of 300, 500 and 800 ug/mL, more closely resembling therapeutic plasma levels², were used. Acetaminophen control of 100.9 ug/mL measured as 94.5 ug/mL with 300 ug/mL NAC spiked (-7% interference). 92.6 ug/mL with 500 ug/mL NAC (-9% interference) and 90.6 ug/mL with 800 ug/mL NAC (-11% interference).



Discussion and Conclusion

Significant negative interference was found in the enzymatic measurement method of ACETA when samples were spiked with NAC in vitro. The interference was significantly more than the coefficient of variation of 6.9%³ on our analyser. The negative interference might be even more at lower concentrations of the ACETA measuring range, evidenced by the increasing negative interference (up to 23%) which could be seen at the lower ACETA level of 50ug/ml (blue line).

This study illustrates the importance of confirming the ACETA measurement method of each laboratory and that in-house studies per laboratory need to be done to determine whether NAC significantly interferes with the specific analyser and measuring method.

Limitations:

Correction for the possible "matrix-effect" of serum was not done, which in retrospect could have been done if the dilution of the calibrator was done with patient serum samples of known null ACETA. It was assumed that normal saline which was used as dilution of the ACETA calibrator and the stock NAC from the therapeutic vial would not yield erroneous values, although DW 5% is used in the therapeutic administration. This is however a limitation which was considered, but for this in vitro experiment, no patient samples were analysed. We plan to run more samples with the necessary funding and reimbursement for reagent costs.

References

- [1] Mayer M, Salpeter L. More on interference of N-acetylcysteine in measurement of acetaminophen. Clinical chemistry. 1998 Apr 1;44(4):892-3.
- [2] Prescott LJ, Donovan JW, Jarvis DR, Proudfoot AT. The disposition and kinetics of intravenous N-acetylcysteine in patients with paracetamol overdose. European journal of clinical pharmacology. 1989 Sep 1;37(5):503-6.
- [3] ACETA Acetaminophen - cobas® 20767174 322 [package insert]. Mannheim: Roche Diagnostics; 2014.

3. PathRed – 2019

Poster:

Development of an online results portal for laboratory results during Laboratory Information System (LIS) downtime

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Introduction

Downtime of the LIS (TrakCare) or the external results access application (TrakCare Webview) disrupts the reporting of laboratory results. In South Africa, the NHLS still relies on paper-based or phone-based reporting methods during these downtime events.

Background

No alternative online results portal is available during these downtimes. Results reporting during these downtimes becomes extremely difficult in our high-throughput routine laboratory as phone lines become flooded and laboratory staff overwhelmed by clinicians requiring results. There are to our knowledge no web-based reporting systems available to provide laboratory results to clinicians when the usual LIS is unavailable.

Objectives

During an unplanned lengthy web results portal downtime, the following objective was formulated:

- An online web-based results portal is needed to report laboratory results during scheduled or unforeseen LIS downtime.
- Clinicians need to be able to access results from their mobile phones as well as from a computer, using a 'responsive' web site thus obviating the need for an app.
- The platform needs to be inexpensive.
- There needs to be a mechanism to access or load recent/current NHLS results data.

WordPress (Figure 1), an open source web server-based content management system initially used for blogging, might be used to develop a website to make patient results available online during laboratory downtimes. WordPress is user-friendly, with various freeware plugins which can be installed to tailor a web site for one's specific needs.

Results

NHLS Results

The online results portal, built on WordPress, is available on the NHS Results website. A simple website with a high level of security is available on which urgent results can be published in table format.¹ Administrator privileges (for portal and importing of patient results) can easily be automated. Authorising user registration is done via an online admin portal (the back-end of WordPress).

Recent results were extracted from the LIS, and loaded to the web page. Data can be loaded from CSV or Excel files or by linking an SQL database to the web page. This takes more time than automated result transmission. Users entitled for results viewing, can be registered by one of the administrators on the admin portal of the web site or they can register themselves, after which registration will subsequently be authorized by an administrator. The authorization of self-registered users (subscribers) on the web site by administrators, is to limit access to known HPCSA registration numbers (entitled clinicians) which can be confirmed on the HPCSA clinician web site, HPCSA [register?]

Discussion and Conclusion

The results web site was successfully installed and configured in about 5-6 hours during a prolonged unplanned web results portal downtime.

Difficulties experienced:

- Prior to access restriction for unregistered clinical users, a concern was raised regarding patient confidentiality. This was corrected by implementing the access restriction plugin as in point 4, Methods.
- WordPress web sites generally have a 32-128mb file upload limit, depending on server size, which can limit the upload quantity of laboratory results. It can be overcome by using an FTP (file transfer protocol) file server client for uploads.
- With >5000 results in the database, there were significant time delay in search queries. A possible way to eliminate this problem, is to write a custom SQL query for a specific search box to initiate a 'server-side'-processing before displaying the results of the search on the web site. This obviates the need for the browser to download the whole database file to memory before it is displayed, and only the generated results from the query can be displayed. This optimization still needs to be done.
- This system has not been tested when more than 2 or 3 users are accessing the database simultaneously. This might result in slow search query processing. It will need to be tested in a bigger, real-life scenario. A server with a higher processing power might obviate this problem. Another work-around to a slow database processing time, is a custom search query script, which will need technical assistance from a programmer.

Implementing innovative information technology and open source software, it is possible to design ways to solve real world problems while optimising patient care during downtimes.

References

[1] Van der Westhuizen, DJ 2018, NHS Results Results Viewer, viewed 15 July 2018, <http://nhs-results.co.za>
[2] HPCSA 2018, HPCSA register, viewed 14 July 2018, <http://register.hpcsa.co.za/register>

Poster – Development of an online results portal for laboratory results during Laboratory Information System downtime

[Poster-Online-results-portal-for-downtime-results-viewing-final PDFDownload](#)

Invited Speaker:

1. ChemHelp, an automation script to help

reviewers of chemistry results.

[ChemHelp-Presentation-AutosavedDownload](#)

2. Development of an Online Results Portal for Downtime Results Viewing

[Presentation: Development-of-an-online-results-portalDownload](#)

4. AACC 2020

A project on which I collaborated with the WITS Chemical Pathology team, Reinhardt Hesse and Jaya George, was selected to be presented as a poster at the international AACC (virtual) conference in December 2020.

The aim of this study was to describe the biochemical and haematological analyte changes seen in COVID-19 patients using South African laboratory data, and to determine the effect of HIV, TB and DM on the risk for acquiring SARS-CoV-2 and the outcomes as measured by intensive and high care admission.

We reported on data for 842,197 individuals, of which 11.7% (98,335) had at least one positive SARS-CoV-2 PCR test, and 88.3% (743,862) tested negative.

Our findings did not support an increased prevalence of either HIV or TB in individuals with SARS-CoV-2 infection but did indicate an increase in disease severity with HIV-positive status. Our findings of clear differences in several commonly measured analytes between the critical and non-critical group suggested that these may be useful in our setting to triage patients.

[AACC-abstract-Lab-changes-in-COVID_finalDownload](#)

[AACC_poster_Laboratory-changes-and-the-relationship-between-TB-HIV-HbA1c-and-SARS-CoV2-in-SADownload](#)

SARS-CoV-2 does not have a higher prevalence in HIV or TB patients, but leads to more critical cases in HIV patients of South Africa

COVID-19 related laboratory analyte changes and the relationship between SARS-CoV-2 and HIV, TB and HbA1c in South Africa

D.J. van der Westhuizen
R. Hesse
J.A. George

tinyurl.com/COVID-analytes

INTRODUCTION AND OBJECTIVE

We conducted a large retrospective analysis on SARS-CoV-2 data of 909 818 adults tested for SARS-CoV-2 across our laboratory network in South Africa over a 4-month period. The aim of this study was to describe the biochemical and haematological analyte changes seen in COVID-19 patients using data from the National Health Laboratory Service and to determine the effect of HIV, TB, and Diabetes Mellitus (DM) on the risk for acquiring SARS-CoV-2 and the outcomes as measured by intensive and high care admission.

METHODS

Total individuals: 909 818
Individuals excluded: 3 428
Reason for exclusion: Indeterminate SARS-CoV-2 PCR result, Age < 18 years
Data not used: 906 390
Prevalence parameters: 842 197
Biochemical data on positive patients: 12 270

STATA

RESULTS

Table 1 - Prevalence values in the total cohort

	SARS-CoV-2		p-value
	Negative	Positive	
Prevalence (n = 842 197)	743 862 (88.3 %)	98 335 (11.7 %)	
Age (mean; SD)	42.61 (14.7)	42.25 (15.0)	<0.001
Female sex (%)	58.3	61.8	<0.001
HIVa (%)	6.31	6.25	0.444
Active TB (%)	0.79	0.40	<0.001
Uncontrolled DM (%)	1.36	4.61	<0.001

Table 2 - Median analyte differences between Non-critical and Critical Patients

Category	Parameter	Count (n)	Non-critical SARS-CoV-2		Unit	p-value
			Median	Median		
Demographics	Total individuals	12270 (100%)	98.8 %	1.16 %	%	<
	Female sex	7055 (57.5%)	98.9 %	1.11 %	%	0.571
	Male sex	5144 (41.9%)	98.6 %	1.22 %	%	0.571
	Age (mean years)	12226	52.21	48.81	years	0.012
Inflammatory	CRP	8721	115	136	mg/L	0.009
	PCT	1387	0.25	2.1	µg/L	<0.001
	Ferritin	2075	574	592	µg/L	0.727
Coagulation	D-dimer	4445	0.61	1.37	mg/L	<0.001
	WCC (total)	5563	8.48	11.05	x10 ⁹ /L	<0.001
Full blood count	Hb	10921	13.1	11.5	g/dL	<0.001
	Platelets	10900	268	283	x10 ⁹ /L	0.603
WCC diff.	NLR	5671	5.12	9.18	ratio	<0.001
Liver related	AST	4050	44	60	U/L	0.002
	ALT	6271	28	36.7	U/L	0.023
	GGT	4127	56	67	U/L	<0.001
Endocrine	LDH	3224	457	640	U/L	<0.001
	Total bilirubin	5482	8	8	umol/L	0.894
Cardiac	Albumin	4483	34	29	g/L	<0.001
	NT-proBNP	723	260	645	pg/ml	0.017
Renal function	HbA1c	5479	8.4	9.4	%	0.404
	Urea	11170	5.65	9	mmol/L	<0.001
	Creatinine	11700	72.5	67.7	umol/L	0.567

CONCLUSION

- ✓ **Prevalence:** Uncontrolled DM, but not HIV, was more prevalent in individuals with SARS-CoV-2. Active TB was significantly lower amongst individuals with SARS-CoV-2.
- ✓ **Severity:** HIV was more prevalent amongst critical COVID-19 patients, but CD4 count did not have a clear correlation. HbA1c was not correlated with severity.
- ✓ **Associated analytes:** D-dimer, neutrophil-to-lymphocyte ratio (NLR), LDH, urea and other biochemical markers, but not platelet count or creatinine, were associated with more severe SARS-CoV-2 disease and may be useful for prognostication.

Poster presented at AACC in December 2020

Section 6.4 – Abstracts

Please see addenda or download from links below:

- [PathCape-2018-Abstract-Request-form-completenessDownload](#)
- [PathReD-2019-Abstract-Online-results-portal-for-downtime-reportingDownload](#)
- [PathReD-2021-Abstract-CMP-projectDownload](#)
- [PathReD-2021-Abstract-COVID-Lab-analytes-projectDownload](#)
- [RXH-Research-Days-Abstract-The-interference-of-N-acetylcysteine-in-Paracetamol-assay-at-GSH-NHLSDownload](#)
- [SEMDSA2020-Abstract-Insulin-AntibodyDownload](#)
- [AACC-abstract-Lab-changes-in-COVID_final-1Download](#)
- [M.med-Abstract-Iohexol-clearanceDownload](#)

Section 6.2 – Teaching, Talks & Presentations

TUTORIALS GIVEN BY CANDIDATE

DATE	TOPIC	STUDENT GROUP (M.B.Ch.B)	DURATION	EVENT/VENUE
January 2018, 2019, 2020	Female Reproductive System	Semester 5	2 hrs	Medical School, UCT
February 2018, 2019, 2020	Leukaemia (tumour lysis, syndrome, gout, myeloma)	Semester 5	2 hrs	Medical School, UCT
February 2018, 2019, 2020, 2021	Diabetes type I	Semester 5	2 hrs	Medical School, UCT
February 2018, 2019, 2020, 2021	Diabetes type II	Semester 5	2 hrs	Medical School, UCT, Zoom
March 2018, 2019	Foetal Alcohol Syndrome/Alcohol Metabolism	Semester 5	2 hrs	Medical School, UCT
May 2018, 2019, 2021	Renal Failure	Semester 3	2 hrs	Medical School, UCT

May 2018, 2019	Blood Gases and Acid- Base Disturbances	Semester 3	2 hrs	Medical School, UCT
August 2018, 2019	Cerebrospinal Fluid Analysis	Semester 4	2 hrs	Medical School, UCT
August 2018, 2019	Prenatal Screening	Semester 4	2 hrs	Medical School, UCT
September 2018, 2019, 2020	Endocrine Causes of Hypertension	Semester 5	2 hrs	Medical School, UCT
September 2018, 2019, 2020	Diarrhoea and dehydration	Semester 4	2 hrs	Medical School, UCT
September 2018, 2019	Liver Disease	Semester 4	2 hrs	Medical School, UCT
October 2018, 2019	Iron metabolism, vit B12, folate, porphyria	Semester 4	2 hrs	Medical School, UCT
October 2018, 2019, 2020	Male Reproductive System (PSA, Hypogonadism)	Semester 4	2 hrs	Medical School, UCT

Key issues, take home messages, clinical relevance, areas requiring further exploration

It is a privilege to be involved in teaching. I am quoting a well known philosopher, Socrates: "I cannot teach anybody anything; I can only make them think." Another famous quote by Albert Einstein is: "Ones mind, once stretched by a new idea,

never regains its original dimensions". With this mindset it is that I present tutorials. Even though sometimes there are students who are struggling with some of the concepts, I try to explain it in the simplest way possible, hoping to make a difference.

Since COVID, however, it has for me become a bit more challenging to get the students involved in actively participating. It also is more difficult to gauge whether people are understanding a concept without facial expression, as lately most people turn their cameras off. Connectivity difficulties and the high price of data in South Africa are likely some of the contributing factors for this.

Nonetheless, the post-COVID way of teaching / tutoring students will remain challenging, but exciting at the same time. Tutoring students is something which I enjoy much and it comes naturally for me. It also forces one to read up about a topic to know as much as possible there is about it.

TALKS/LECTURES/SEMINARS GIVEN BY CANDIDATE

DATE	TOPIC	EVENT/VENUE
15/05/2018	The life-giving amines (Vitamins) – part 1	Combined Metabolic Meeting
05/03/2019	The life-giving amines (Vitamins) – part 2	Combined Metabolic Meeting
30/03/2021	Renin and Hyperaldosteronism – the renal-(o)-pressor	Combined Metabolic Meeting
19/07/2019	Development of an online results portal for laboratory results during Laboratory Information System (LIS) downtimes	PathReD 2019 conference, Ekurhuleni International Conference Centre, Johannesburg

20/07/2019	ChemHelp App – an automation script to improve reviewing of Trakcare Chemistry & Haematology results	PathReD 2019 conference, Ekurhuleni International Conference Centre, Johannesburg
26/09/2018	Chemical Pathology of Liver Disease	Analytical Staff Teaching (RXH and GSH)
20/02/2019	Renal failure overview	Analytical Staff Teaching (RXH and GSH)
01/10/2019	The Male reproductive system	Analytical Staff Teaching (RXH and GSH)
18/02/2020	Basic metabolic work-up	Analytical Staff Teaching (RXH and GSH)
02/02/2021	Acute Kidney Injury overview	Analytical Staff Teaching (GSH)
23/03/2021	Utility of HIL indices in Clinical Chemistry	Analytical Staff Teaching (RXH and GSH)

Key issues, take home messages, clinical relevance, areas requiring further exploration

Initially, I was anxious when giving a talk in front of an assembly of people. This became better as the field became better known and also as I learned to know more people and staff in the laboratory. One of the principles which I employed to help in giving a talk, which was taught to me by a colleague, Justine Cole, which was quite helpful was to assure/convince oneself of the following facts:

1. One can only do your best
2. You will never know everything
3. When giving a talk on a certain topic, it very likely that one knows more than most other people in the room on that specific topic, so speak to those to whom your topic is new – it will be good revision for the others in any case.

JOURNAL ARTICLES PRESENTED BY CANDIDATE AT UCT MEDICAL SCHOOL

DATE	TOPIC
26/03/2018	Congenital Hyperinsulinism
11/06/2018	TB nano discs in an MS assay to detect biomarkers in pulmonary and extra-pulmonary TB
13/08/2018	ZFN, TALEN and CRISPR
14/02/2019	Calcium stimulation testing
29/04/2019	Disorders of protein folding
20/05/2019	OSCE – Open source capillary electrophoresis and C4D (capacitatively coupled contactless conductivity detector)
20/06/2019	Investigations in disorders of sexual differentiation
29/07/2019	Ecdysteroids as performance enhancers
13/07/2020	Quality assurance – a touch of stats and a lot of common sense
01/12/2020	Machine Learning of plasma amino acid analysis
08/03/2021	History of Iron in Medicine

Reflective learning commentary

Presenting an article on its own is often daunting, especially when one doesn't have the proper background knowledge on the topic and also to gauge the level at which the audience will enjoy articles often differs. This was likely one of the most challenging things in my preparation of Journal Clubs, but luckily this becomes more easily judgeable as one gets to know the terms and concepts in the field. These meetings are held weekly and it represents a great learning opportunity to all listening and especially those presenting. There are often topics presented which one would never even heard of if one hadn't attended these meetings. The journal clubs has

stimulated many of the fields of study in which I then rabbit-holed into studying things in quite particular detail – often at the arguable extreme wastage of time. Nonetheless, preparing for a journal club is still an exciting activity and part of our job.

Section 6.1 – Summary Page