My Dear Colleagues

We are now a month away from our Congress. Please register to attend by going to our website (www.allergysa.org). The Congress programme is online and it looks fabulous. If you have been an ALLSA member and attended one of our previous Congresses or you are new to the ALLSA family, this Congress is for you. Come and learn, socialise and meet new and old friends. An ALLSA Congress is a unique affair.

Prior to our Congress this year we have a Primary Immunodeficiency Workshop organized by Dr Andre van Niekerk and this promises to be a highly sought after event. Please book early, because, judging by previous Congresses this workshop may be sold out early.

By way of an ‘Introduction’ this month I would like to introduce you to the Certificate in Allergology. This is now available through the College of Paediatricians of South Africa and I am including the Rules and Regulations of that examination here. I also include the requirements for registration as a “Grandfather” Allergist should you want to go this route.

Then, I would like to “Focus” this month on Dr Corli Lodder. Corli is a phenomenal speaker and researcher and completed her PhD in the field of Allergology/Immunology at the University of Pretoria.

So let me say ‘I hope to see you in Durban in August.’

Enjoy again!

Robin J Green
INTRODUCING: CERTIFICATE IN ALLERGOLOGY

THE COLLEGE OF PAEDIATRICIANS OF SOUTH AFRICA

REGULATIONS FOR ADMISSION TO THE EXAMINATION FOR THE
POST-SPECIALISATION
SUB-SPECIALTY CERTIFICATE
IN
ALLERGOLOGY
Cert Allergology(SA)

1.0 ELIGIBILITY TO TAKE THE EXAMINATION
In order to be eligible to enter for this examination, the candidate:

1.1 must comply with the requirements for registration as a medical practitioner, as prescribed by the
Medical, Dental and Supplementary Health Services Act
1.2 must be registered as a specialist Paediatrician

2.0 ADMISSION TO THE EXAMINATION
(to be read in conjunction with the Instructions)

The following are the requirements for admission to the examination:

2.1 registration as a specialist Paediatrician
2.2 certification of having completed at least 18 months as a subspecialty trainee in an accredited
Allergology unit in a teaching hospital, registered and approved by the Health Professions
Council of South Africa
2.3 submission of a written report from the head of the institution/programme in which he or she
trained indicating satisfactory completion of all training requirements
2.4 submission of a satisfactorily completed logbook
2.5 presentation or acceptance for presentation of an original first author research poster or paper at
a local or international congress OR submission or acceptance for publication of an original first
or co-authored manuscript in a peer reviewed journal

APPENDIX B

1.0 FORMAT AND CONDUCT OF THE EXAMINATION
1.1 Evaluation of Competence

1.1.1 Evaluation of overall competence of the trainee will be based on:

a) an appraisal by the Head of Unit/Division/Department of the institution where training was
undertaken
b) an examination under the auspices of the Colleges of Medicine of South Africa (CMSA)

2.0 LOGBOOK / PORTFOLIO

2.1 A portfolio/logbook is a mandatory requirement for entry to the examination
2.2 The portfolio for the sub-specialty is available on the CMSA website
2.3 The portfolio includes six-monthly formative assessments (as a minimum) made by the
supervisor/divisional head, which is be signed by both candidate and trainer.
These assessments should, however, be kept confidential and should not be submitted to the CMSA
2.4 Each candidate will be expected to submit their portfolio/logbook to the CMSA by 15 January or 15
June of each year (for the relevant March or August examination)
2.5 The Convenor is responsible for reviewing each portfolio
2.6 A portfolio may be judged as being unsatisfactory if any of the required minimum number of
identified activities have not been satisfactorily completed
2.7 An unsatisfactory portfolio may result in disqualification from participation in the current
examination
GUIDELINES FOR CONSIDERATION FOR GRANDFATHERING

IN THE SUB SPECIALITY OF ALLERGOLOGY

To assist with the review of the candidate, the following guide sets out the basis by which the applicant may be assessed.

**Point allocations**

In addition to fulfilling the profile above, a minimum of **10 points** must be scored, with a subminimum of 2 points in category B. The Grandfather Clause is to be applied to identify postgraduate teachers and examiners sufficiently competent in the sub-speciality of Allergology, for registration with the Health Professions Council of South Africa (HPCSA).

He/she is required to be registered as a specialist with the HPCSA as a paediatrician, internal medicine specialist, or specialist family practitioner, recognised by his / her colleagues to have the competence to practice allergology at a level equivalent to level 3 competence outlined in the World Allergy Organisation competency position statement.1

He/she is required to be committed to the training of future allergologists.

A candidate’s eligibility for the grandfather clause should be measured by a detailed study of his/her curriculum vitae, which should provide evidence of:

A. Academic excellence and
B. Evidence of clinical competence in allergy at a sub specialist level appropriate to the specialty.

<table>
<thead>
<tr>
<th>A: Education (Only the higher educational criterion is scored)</th>
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<tbody>
<tr>
<td>PhD or MD or other postgraduate qualification in Allergology</td>
<td>6</td>
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<tr>
<td>Diploma or examiner in Allergology of the College of Family Practitioners of SA</td>
<td>5</td>
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<tr>
<td>Dedicated training in Allergology for at least 1 year at an academic institution</td>
<td>5</td>
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<table>
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<tr>
<th>B: Training</th>
<th></th>
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<tbody>
<tr>
<td>2 points = substantial contribution; 1 point = contribution</td>
<td></td>
</tr>
<tr>
<td>Clinically competent to consult at specialist / tertiary level on referred allergy cases</td>
<td>2</td>
</tr>
<tr>
<td>Conducts postgraduate level teaching training or examining in allergy</td>
<td>2</td>
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<tr>
<th>C: Scholarly contributions</th>
<th></th>
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<tbody>
<tr>
<td>2 points = substantial contribution; 1 point = contribution</td>
<td></td>
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<tr>
<td>Substantial allergy policy development and / or implementation (e.g. allergy guidelines and policy)</td>
<td>2</td>
</tr>
<tr>
<td>Allergy related research published in recognised scientific journals (e.g. 2 or more peer reviewed research publications)</td>
<td>2</td>
</tr>
<tr>
<td>Other allergy related contributions (e.g. 2 or more conference presentations or 2 or more peer reviewed articles in DOE accredited journals or Journal editing or Advising government)</td>
<td>2</td>
</tr>
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**REFERENCES**


The above guidelines have been recommended by the Grandfathering Subcommittee of the Allergy Society of South Africa, as a recommendation to the HPCSA.
Corli achieved her MBChB in 1989, at the University of the Orange Free State. She practices as a General Practitioner on the East Rand. She has a special interest in allergic diseases and is a member of the Allergy Society of SA. In 2011, she was a member of the Executive of the National Asthma Education Programme.

In 2003 she received the Diploma in Allergology from the Colleges of Medicine of South Africa and in 2005 she opened one of the first dedicated Allergy Clinics (in private practice, in Alberton). As a member of the South African Allergic Rhinitis Working Group she was involved in the writing of new guidelines for the treatment of Allergic Rhinitis. These where published the SAMJ in 2006.

In 2007 she was appointed a part time researcher in the Department of Immunology at the University of Pretoria. The results of her research were presented at congresses both locally and internationally and resulted in five publications in International Journals.

She was awarded a PhD in November 2011. The title of her PhD is: “Investigation of the neutrophil-directed anti-inflammatory properties of the cysteinyl leukotriene receptor antagonist, montelukast.”

She has a General Practice in Boksburg which includes an Allergy Clinic. At the clinic allergy and asthma testing is done by herself and trained nursing sisters. Immunotherapy is performed, when appropriate.

Being an atopic individual herself, Allergology is a passion. She been hosted on both radio and television shows, where she talks about allergic conditions and spreads awareness of treatment options. In the public sector, she has been involved in World Asthma Day competitions for children and talks at schools in Gauteng. Corli has stamped her authority on Allergology in South Africa and is a true Allergist. There are, in fact, few individuals in South Africa who have more pure Allergy publications, research and clinical interest.
PRIMARY IMMUNODEFICIENCY WORKSHOP

PRIMARY IMMUNODEFICIENCY WORKSHOP AT ALLSA CONGRESS

Primary Immune Deficiencies (PID’s) are more common than previously thought. We included sessions on PID at recent ALLSA Congresses. The upcoming Congress in Durban will again feature a session where we will specifically explore the PID’s that are closely linked to allergy.

This Congress will also host a separate two-day pre-congress "School" on PID which will be co-hosted by ALLSA and the African Society for Immunodeficiency (ASID). The program carries the endorsement of the European Society for Immunodeficiency (ESID).

This PID workshop is specifically designed for more intimate and practical case based learning for a limited number of delegates, hosted by two well versed international teachers (Prof Teresa Espanõl and Dr Jonny Peter) and a panel of local experts. The PID School also aims to strengthen networking opportunities for further development and support of the PID community in South Africa.

Please visit our website (www.allergysa.org) to view the program.

YOU SHOULD NOT MISS IT!
PATIENT EDUCATION: EGG ALLERGY

Egg allergy affects about 2% of infants and children and is most common in the first 3 years of life especially in children with eczema.

WHAT CAUSES EGG ALLERGY?
- The main proteins in egg white are called ovomucoid, ovalbumin, ovo transferrin and lysozyme.
- The main protein in egg yolk is called alpha-livetin. Reactions are mostly due to the proteins in the egg white.

CLINICAL REACTIONS
- The most common type of egg allergy is IgE-mediated or “immediate” allergy.
- This typically occurs within minutes but may present up to 2 hours after exposure.
- Reactions may be mild or life-threatening and include hives, flushing, swelling, itching, nausea, vomiting, wheezing, difficulty breathing and collapse (anaphylaxis).

ELIMINATION
- The mainstay of treatment remains avoidance of egg.
- Whether the individual avoids all traces of egg or tolerates small amounts of extensively heated egg such as that found in baked goods, depends on the nature of that particular person’s allergy.
- Over 70% of children who are allergic to egg will tolerate baked goods that contain egg such as biscuits and cupcakes, although they still react to lightly cooked egg such as scrambled egg. These children should be encouraged to continue to eat the baked egg on a regular basis. This may help them to outgrow their egg allergy.

FOODS THAT MAY CONTAIN EGG PROTEIN

<table>
<thead>
<tr>
<th>Asian dishes</th>
<th>Crumbed foods</th>
<th>Ice cream/frozen dessert</th>
<th>Pies</th>
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</thead>
<tbody>
<tr>
<td>Baked goods</td>
<td>Custard</td>
<td>Icing</td>
<td>Soup</td>
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<tr>
<td>Battered food</td>
<td>Dessert mixes</td>
<td>Marshmallow</td>
<td>Processed meats</td>
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<tr>
<td>Biscuits</td>
<td>Dips</td>
<td>Mayonnaise</td>
<td>Puddings</td>
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<tr>
<td>Cakes</td>
<td>Egg noodles/pasta</td>
<td>Meringue</td>
<td>Sausages</td>
</tr>
<tr>
<td>Confectionary</td>
<td>Fried rice</td>
<td>Mousse</td>
<td>Salad dressings</td>
</tr>
<tr>
<td>Croissants</td>
<td>Health drinks</td>
<td>Nougat</td>
<td>Tarts/pastry</td>
</tr>
</tbody>
</table>

TERMS THAT IMPLY THE PRODUCT MAY CONTAIN EGG

- Albumin
- Globulin
- Lecithin
- Livetin
- Lysozyme
- Vitellin
- Words starting with "ova" or "ovo," such as ovalbumin or ovoglobulin


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