

Dr A Bezuidenhout  
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I would like to thank the association for privilege of having received this award. The skills and knowledge gained during my excursions to Cape Town are invaluable. I admit that it was not always easy, having left not just my comfort zone but also my family behind in Pretoria.

In particular I would like to thank the following persons:

**Prof Paul Goldberg and the colorectal unit at Groote Schuur Hospital (GSH) for being the base from which I worked.**

The working environment was conducive to learning and welcoming. As a direct effect of my working within this unit I have established and currently still run a weekly colorectal cancer multi disciplinary team (MDT) meeting at Steve Biko Academic Hospital.

The confidence gained in the endoscopy suite has also had a ripple effect in Pretoria. I have started and still run a weekly colonoscopy/sigmoidoscopy list in our gastroenterology unit. This has been a major milestone for our department, as we have not had footing here for almost a decade. Recently I have been focusing on endo ultrasound (EUS) and now perform them weekly.

My hope is that the work I am doing now will lay the groundwork for not only my own research, but also that of many a registrar.

**Prof Robert Baigrie and the rest of his massive practice.**

This was an eye-opener - I had so many great experiences in different fields of surgery. Bariatric surgery MDT at the Crisalis clinic with Ian Muir, laparoscopic hernias with Ravi Oodit, Transanal Endoscopic Operations(TEO) with prof Baigrie etc.

**Prof Alp Numanoglu at Red Cross Memorial Hospital.**

The skills lab and its multimedia facilities are world class and are the basis of what we in Pretoria would like to use for training. Hopefully the university agrees and grants us the money to make it a reality. Thank you for allowing my numerous visits.

**Prof Delavir Khan, for career guidance.**

**Prof Taole Mokoena, for allowing me to pursue the above and pushing me to become more.**

During my various visits I had the opportunity to also do the following:

1. Surgical Update - a well-worth-it congress.
2. Meet Ian Finlay - He literally made the "The world's top doctors" list. He served as a great inspiration to what was possible and how thing should be done.
3. Gut Club - a place where gastroenterology meets surgery and medicine and pathology and radiology etc. As well as great food and drink.
4. International Society of University Colon and Rectum Surgeons (ISUCRS) - Presenting a video on TEOs that I made from footage of the very first one I saw with Prof Baigrie.

I made many mistakes:

1. R30 000 - It's less than I thought. I greatly underestimated what something like this would cost. In the end the true cost was closer to R70 000. Fortunately, companies like BARD that sponsored my registration, travel and accommodation for the ISUCRS made up a lot of the shortfall.
2. Accommodation - I rented from family to keep the cost low, but in the end that increased my travel cost due to the distance from GSH.
3. Splitting the whole thing up. Although I had to do this for family and work commitments in Pretoria, I wish I had not. Continuity would have been better.
4. And many more.

Please ask whoever gets this award next to give me a call. A lot of my mistakes were avoidable.

Regards

Abri Bezuidenhout