

# Feedback from Dr. Harprit (Harp) Singh Bedi, MD

**Harprit Singh Bedi, MD**

**ASNR International Outreach Professor to South Africa**

**Reflections on My Experience with the Program**

It was truly an honor to be selected as an ASNR Anne G. Osborn International Outreach Professor Program recipient in 2019. I had the privilege of teaching in the beautiful cities Pretoria and Johannesburg, South Africa for two weeks in November 2019.

South Africa is one of the most wonderful places I have ever visited. The country has extraordinary landscapes, game reserves, food and wine and cultural diversity. Its sociopolitical history is one of the most unique in the world and it was fascinating to hear first-hand accounts of those who lived during and now after the apartheid era. Additionally because the South African rugby team (The Springboks) won the Rugby World Cup in 2019, I experienced the public's excitement and pride towards South Africa and their team.

In South Africa the attendings are called "consultants" and the residents are called "registrars". After medical schools, graduates do a one-year internship and two years of community service. These clinical years make the registrars extremely strong clinically as they enter their four years of radiology training. There are very few fellowships in South Africa; therefore, some radiologists attend courses in Europe and the US for additional subspecialty training. Almost all of the consultants practice a wide breath of radiology.

The registrars had a very impressive knowledge base and organized great interesting case conferences. As you can imagine, the cases themselves are entities we seldom see in such volume here in the US. Because of the prevalence of HIV/AIDS, opportunistic infections and related neoplasms are a large part of that volume. Another unique entity was secondary to an emerging street drug named "Nayope". We saw several cases of ischemic and hemorrhagic stroke related to Nayope.

For two weeks I taught at the academic hospitals in Pretoria and Johannesburg. I gave several didactic lectures, participated in multidisciplinary conferences, and met with clinicians to discuss interesting cases. We also reviewed protocols at various institutions and possible ways to collaborate on long-distance learning opportunities. It was a tremendously enriching experience. The consultants were lovely hosts and the registrars showed up every day eager to learn all they could.

With some time for site seeing, I visited landmarks around Pretoria and Johannesburg. I took a fascinating guided tour Soweto and the Apartheid Museum. I was also able to spend a relaxing weekend in Magaliesburg and visit the Pilanesberg National Park. We also had several lovely faculty dinners at wonderful restaurants during my stay.

Personally, it was an unforgettable experience. I truly miss everyone I met and think of them often. I still keep in touch and share interesting cases with the several consultants over "WhatsApp"! I will continue to explore ways to maintain connections with everyone I met, whether it be virtually or by visiting again.

## **Travel to South Africa**

I left Saturday on a British Airways flight from Boston to Heathrow. After a short layover, I flew from Heathrow Johannesburg (10.5 hours) arriving in the early morning on Sunday. I met my driver who had been arranged through my hosts. This worked very well from a safety perspective because

it established a positive ID for my driver. He was waiting for me by passenger arrivals. He drove me to the CityLodge in Pretoria.



### **Lodging and Sightseeing in Pretoria**

This CityLodge location was great. The hotel gave dinner vouchers that I could use in the adjacent mall each night for dinner. The food was amazing, blending African, Dutch, and Southeast Asian cuisine. On Sunday, I worked in my room all day catching up on email and recovering from my travels.



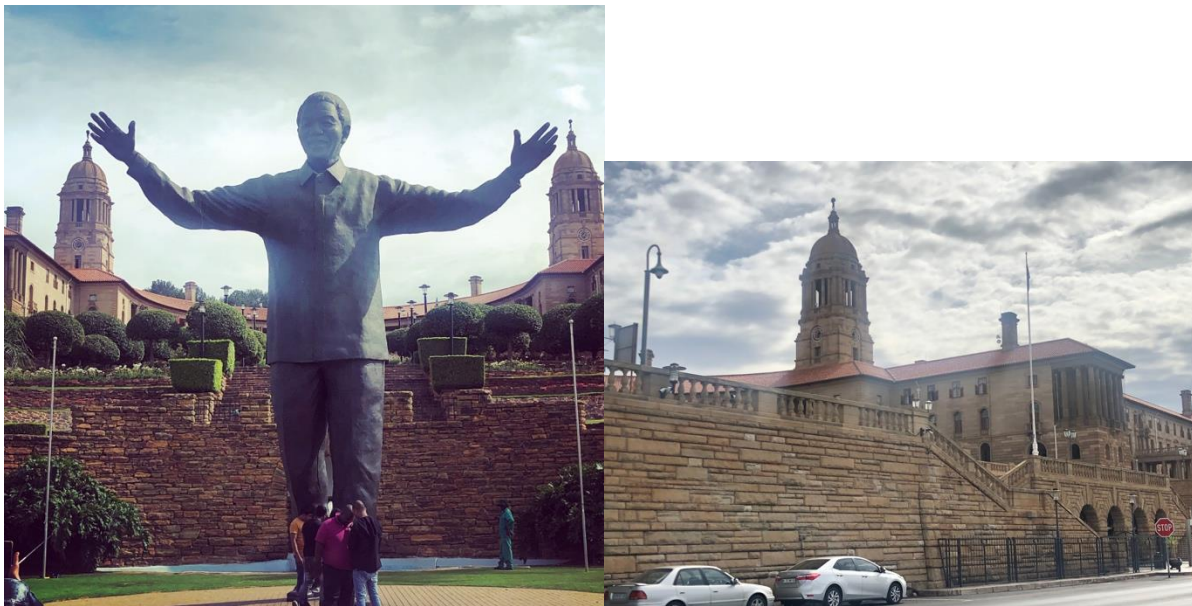
My first week of teaching was split between two hospitals, Steve Biko Hospital and Dr. George Mukhari Academic Hospital





### University of Pretoria, Steve Biko Hospital

The first morning my driver fetched me and we drove to Steve Biko Hospital. On the way there, we stopped to see some amazing sites, including the Nelson Mandela statue and the Union Building.





Each day I ate the breakfast at the hotel that was included with my room. My driver picked me up and drove me to Steve Biko hospital. I arrived at 9am. I spent the first part of the morning giving lectures on various topics that I had prepared in advance, ie. brain tumor imaging, CT Sinus, Stroke Imaging etc. I spent quite a bit of time at the workstation with the trainees and looking at challenging cases with the staff. I participated in interdepartmental conferences with the neurology service and had the pleasure of meeting some of the neurosurgeons as well.



## University of Pretoria, Dr. George Mukhari Academic Hospital



On Friday, I arranged for the driver to take me to Magaliesburg for a weekend of rest and relaxation. I stayed at the lovely African Pride Mount Grace Country House and Spa.



While there my driver arranged for me to join a professional game ride and see the beauty of Pilanesberg National Park.



After a weekend of reenergizing in Magaliesburg, I was off to Johannesburg for more teaching.

#### **Lodging and sightseeing in Johannesburg**

I stayed at the Crowne Plaza Rosebank which is conveniently attached to a very large shopping mall. You can get anything you need there and provides a great opportunity for shopping before returning home. There are ample food options as well.

#### **The Johannesburg Hospital Circuit**

Each day started with an amazing breakfast at the Crowne Plaza. My driver picked me up at the hotel at 7AM so that I could make it to Wits University/ CMJAH to give lectures from 7:30 to 9 AM. I would give lectures every morning at Wits University and visit a different hospital in the afternoon.

Consultants and registrars attending my morning lectures.





**Monday – CMJAH for lecture and onsite at Chris Hani Baragwanath Academic Hospital**  
After my lectures, I met with in his office to discuss the plan for the week.

**Tuesday – CMJAH for lecture and onsite at Helen Joseph and Rahima Moosa Mother and Child Hospital**

**Wednesday – CMJAH for lecture and visit to Nelson Mandela Children’s Hospital**

**Thursday – CMJAH for lecture and onsite visit**

**Friday – CMJAH for lecture and onsite at Thelle Mogoerane Regional Hospital**

**Friday night:**

We flew back to the US

I cannot say enough of the kindness, dedication and work ethic of everyone I met during my trip.

Professor Victor Mngomezulu is head of the department and an amazing host.

Dr. Nasreen Mahomed and Prof. Zarina Lockhat were incredible in arranging anything I need during my stay.



And of course, deepest gratitude for Dr. Leon van Rensburg for arranging the trip, putting me in touch with all of my contacts and making sure everything went fine throughout my stay.

Respectfully submitted,

**Harprit Bedi, MD**