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Update from Your President

It's the medical 'silly season', that time after holidays when there aren't many medical meetings to escape to and you find yourself planning your CME calendar for the coming year.

You will note that we have a complementary set of NZSG-sponsored meetings coming up: IBD in June, Hepatology in August and the ASM in November. I hope you will take advantage of the excellent content and faculty we have attracted to these shores.

These meetings don't just happen on their own. Pharmaceutical sponsorship has to be earned, and increasingly they are asking for bonafide representative organisations, such as the NZSG, to set up and run the meeting, invoicing them for a negotiated proportion of the costs. This is just one benefit of having the Society to do this on your behalf.

Lately there has been a round of asking 'What's the point of being a member?' And, at the time of writing 10 members have not paid their 2015/2016 dues.

May I remind you that it is not just industry that looks to us as a representative group. PHARMAC and the Ministry of Health directly consult with us and we nominate representatives on their

advisory bodies. In the other Educational area critical to GI practice the Society coordinates the Introduction to Endoscopy courses, the Train the Trainers courses and provides a third of the members of the Conjoint Committee on recognition of training. It also raises and awards funds for research. All this takes a paid executive officer and an unpaid executive committee – on which there are still two vacant positions.

I would encourage you to participate in *Your* representative Specialist Society, at least by remaining a paid-up member. Jeff Wong, our Treasurer will be knocking on your door very soon if he has not already done so. If you can spare some time, I would welcome anyone who might consider being on the Executive to give me a ring.

Looking forward to seeing you at these meetings rapidly approaching.....

Enjoy.

Russell



Coming Soon

Application for Research Grants

The applications for 2016 close on 30 June (see page 7 for more information)

DIET AND THE GUT
 WDHD - May 29th 2016
 World Digestive Health Day

WORLD DIGESTIVE HEALTH DAY
 www.worlddigestivehealthday.org
 Organized May 29, 2016
 DIET AND THE GUT

Editorial

Welcome to the 31st issue of the New Zealand Society of Gastroenterology newsletter. The highlight of this issue is clearly the report of the Crohn's and Colitis Kids Camp January 2016 by Richard Stein. Sounds like everybody had great fun. In his series From the Past, Bramwell Cook looks at early gastroscopes. I am also very happy to confirm that Bramwell will bring an exhibition of early gastroenterological instruments to our anniversary ASM in Hamilton. I am certainly excited to see these oldies close-up.



Don't forget, on May 29th is World Digestive Health Day. This year the World Gastroenterology Organisation, of which the NZSG is a member, wants to highlight the strong and mutual relationship between the diet and our gut. Russell Walmsley, myself and Ruth Harvie, a University of Otago PhD student, currently working in London, Ontario have put together a review article to be published on behalf of NZSG to celebrate this day. Watch out for the publication. On May 19th, it is World IBD day. Again, we are planning to celebrate this day with a media release to raise awareness. New Zealand needs a second line biological treatment to be funded.

Have fun with this edition and I hope to see you all for the IBD Symposium in Auckland.

Michael

From the past - the beginnings of Gastroenterology in New Zealand

Early gastroscopes, remarkable as they were, had restricted visual fields and limited flexibility. In the mid -1950s Basil Hirschowitz, while at the University of Michigan Medical Center, Ann Arbor, USA, conceived the idea of developing fiberoptics for endoscopy. In 1960, the first commercially available fiberoptic endoscope was produced by ACMI (American Gastroscopic Incorporated). In 1996, Sir Francis Avery Jones, in London, allowed me to pass his Hirschowitz gastroscope on two subjects. Both twitched, the second telling me I was "electrocuting" him. I can only assume it was not fully electrically isolated. I believe the revolutionary Hirschowitz gastroscope was used in Auckland Hospital.



Olympus GT-V Gastrocamera

In Japan, where gastric cancer rates were high the gastrocamera, developed in the 1950s, became a major screening tool. In 1962, when John F Morrissey in Wisconsin saw a demonstration of the Olympus GT-V Gastrocamera he became a strong advocate of its use. David Troughton, now retired in Christchurch, received his early training with Morrissey with the use of the gastrocamera. The camera provided a wide-angle field of 80°. The cap at the end of the instrument was unscrewed to install a time metal cassette containing a 30cm long roll of 5mm wide ASA 32 Anscochrome tungsten-type colour film. As photographs were taken, the film was withdrawn into the shaft of the instrument.

From the past - the begininings of Gastroenterology continued

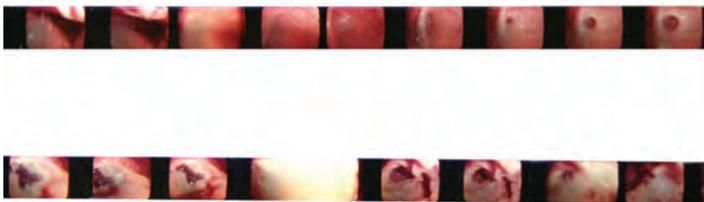


The gastrocamera shown here was donated by Stefanie Griffiths, her non-medical father in Auckland having acquired it in Japan. Immediately adjoining the camera unit is a joint capable of bending 35° up and down. The collar of this joint is fractured, the only blemish in an otherwise excellent example of this instrument. In 1965, Brian Scobie in Wellington, acquired an Olympus FT-V Gastrocamera, a later version, and became a staunch advocate of its use.

In 1964, Olympus combined a fiberscope with a gastrocamera, creating the GTF-A. This scope was an improvement over the Hirschowitz fiberscope because of a clearer view due to better quality fiber bundles, increased magnification, and a wider angle of viewing which made orientation easier. However, with this side-viewing instrument neither the oesophagus nor the duodenum can be examined. With the development of conventional photography and end-viewing fiberscopes, the GTF-A became obsolete: production ceased in 1983. The GTF-A shown here, acquired in 1968, was used by Peter Sheppard and Bramwell Cook.



GTF-A, fibre bundle and camera, light and exposed film cassette



Developed Film

NZSG Small Research Grants

The second round of Small Research Grant applications close on 30 June 2016.

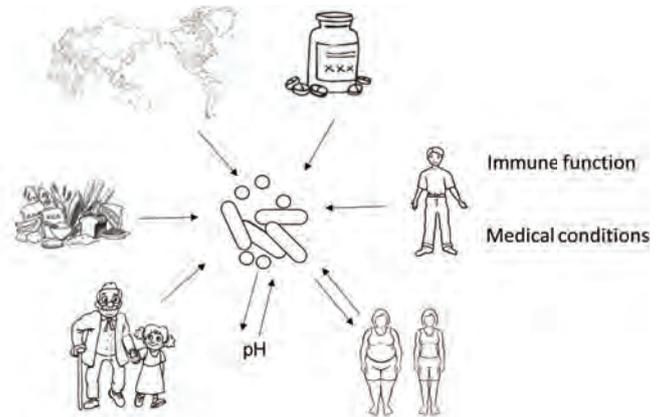
To apply please contact Anna Pears - anna.pears@racp.org.



WGO World Digestive Health Day 2016

The theme for the 2016 World Digestive Health Day is 'Diet and the Gut'. The World Gastroenterology Organization (WGO) thereby aims to raise awareness of the relationship between what we eat and gastrointestinal symptoms. WDHD is celebrated each year on May 29th.

Diet, besides antibiotic treatment is the environmental factor with the greatest effect on the microbiome but in contrast, the microbiome itself can affect the host's response to diet as the same food or substrate can be metabolized by different metabolic pathways depending on the bacteria present and the metabolic functions they possess. This close and interactive relationship between diet and the microbiome offers a potential for therapeutic intervention through the development of personalized nutrition. The significant inter-individual differences in the microbiome, sensitivity to other influences, the sometimes temporary nature of the composition and the lack of sophisticated techniques did so far not allow us to detect alterations in the microbiome assisting in successful human dietary interventions. However, ongoing research should help to further develop our understanding of the relationship between diet, the microbiome and disease states.



Factors affecting the microbiome

YOU ARE INVITED TO CELEBRATE NZSG'S 50TH ANNIVERSARY

The New Zealand Society
of Gastroenterology and
NZNO Gastroenterology Nurses Section



**Annual Scientific
Meeting 2016**

23 - 25 November 2016

Claudlands Event Centre,
Hamilton

New Zealand Society of
Gastroenterology

NZgNS
NZNO GASTROENTEROLOGY
NURSES SECTION



23 - 25 November 2016

www.gastro2016.co.nz

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Conference organiser:
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Report of the Crohn's and Colitis Kids Camp January 2016

Richard Stein, Gastroenterologist, Hutt Hospital

Camp Purple Live, the CCNZ camp for children with Crohn's disease and ulcerative colitis, ran for its second year, held at Living Springs outside Christchurch. Forty eight children and over 25 volunteers, including 4 gastroenterologists and 5 nurses, spent 5 days in the sun (and a bit of rain) enjoying each other's company. Aside from the daily routine of passing out medications, giving night time tube feedings, and dealing with the occasional flare of IBD, it was a normal camp experience for these kids. Activities included go carts, swimming, archery as well as a day jet boating on the Wairimakariri River. Some of the children had never been to camp before and for many it was the first time they were in the company of other kids with the same diagnosis. One of the physicians noted that it was so gratifying to see how quickly the children bonded with one another and not surprising given the tacit understanding among all the children of the challenges of living with IBD at such a young age.



The camp was funded entirely from donations and all costs to attend were covered which included airfares from all corners of the country. A team of committed volunteers spent countless hours over several months in the planning and administration of the camp. A two day seminar for parents and caregivers was held concurrently, at which adults shared experiences and challenges of having children with the disease and were able to network with one another. One offshoot of the camp is an active Facebook page. The IBD NZ Parent Support Group was created by the parents who attended and already has 41 members.



This letter from one of the campers sums up what the camp was all about " As a family we just wanted to express our heartfelt thanks to all of you involved with the camp. To have exposure to the great doctors, nurses, volunteers and of course the organisers and families – who all have so much information to share – is immense for us, invaluable actually. We think you guys are awesome and are doing amazing things for our children and for parents like us that is everything. Judy and I loved the opportunity to lap up the knowledge offered freely by the doctors, families and sufferers themselves. I know that Caitlin will be having a great time, building lifelong friendships and coming to the realisation that there is life after her diagnosis. It is a gift to know that it will not hinder her life and most importantly that she is not alone in this predicament. We will never be able to repay everyone involved in the camp for the amazing work done – but we are immensely grateful for all you have done for Caitlin and our family. Please pass on our thanks to the doctors, nurses and especially the freely giving volunteers also; in our hasty departure on Monday we did not have the opportunity to thank them all!"

Members of the medical team included Andrew Day, Richard Stein, Malcolm Arnold, Jonathan Bishop, Karen Murdoch, Sarah Cook, Dana Smith, Nideen Visesio and Kirsten Rosser. The camp was made possible through generous donations from Janssen, AbbVie, Pharmaco, Baxter, Boston-Scientific, TG Macarthy Trust, Nikau Foundation, Pelorus Trust, EFCCA, Jetstar and countless individual donors. We desperately need funds for our third annual camp which will be held in the Wellington region in January 2017.

Contributions can be made through our givealittle page: <https://givealittle.co.nz/org/camppurple>



Trainees Corner

2016 Trainees Conference

The two-day programme took place in Auckland on 10th-11th of March, and was attended by 20 adult and three paediatric trainees from around the country. We had a wonderful programme organised by Dr Helen Myint, and we were grateful to be sponsored by Ferring and Gilead again. The trainees enjoyed meeting each other and exchange training experience and ideas. We were privileged to have a number of excellent speakers from various centres to come and share their wisdom. Keeping with tradition, there were two entertaining debates from four trainees, chaired by Dr David Rowbotham.



For the first time, there was a half day combined programme with about 60 General Surgical trainees. We had great gastroenterology and surgical speakers from NZ and overseas, including Prof Sue Clark and Prof James Church from InSiGHT, and Mr Richard Schulick from the USA. It was also an opportunity for us to interact with our colleagues.

The trainees will keep in touch with the monthly video conference teaching, and we look forward to another educational trainees' programme next year.

Heidi Su
Trainee Representative



Congratulations to Shwan Karim who has been selected as one of the awardees for the Asian Young Endoscopist Award 2016.

Shwan will travel to Korea to participate in the program in June this year



Introduction to Endoscopy Course

*Newsflash ! Christchurch course now full up
Apply now for your spot in Auckland course*

FOUNDATION SERIES

INTRODUCTION TO ENDOSCOPY

Christchurch, 16 June 2016
Auckland, 21 December 2016

This course is recognised and endorsed by the New Zealand Committee for Recognition in Training in Gastrointestinal Endoscopy

Convened by:
Dr Steven Ding - Christchurch Course
Dr Russell Walmsley - Auckland Course
with invited faculty

It is a one-day course designed for entry-level endoscopists and will cover the information and technical skills for learning basic gastroscopy and colonoscopy.

Course content:

- Endoscopic techniques
- Patient selection
- Sedation and monitoring
- Understanding the endoscope
- Endoscopy simulation training

Venue:

Christchurch:
University of Otago
Christchurch School of Medicine and Health Sciences

Auckland:
Advanced Clinical Skills Centre
Gate 3, 98 Mountain Road
Epsom, Auckland

For further information contact:

Anna Pears
Phone: +64 4 460 8126
Email: anna.pears@racp.org.nz

Registration:

Registration fee \$1000.00 inc. GST

Registration closes a calendar month before each course.

A course manual and full catering are provided.

ADVANCED CLINICAL SKILLS CENTRE



MEDICAL AND
HEALTH SCIENCES



JGHF Emerging Leaders Lectureship

Asian Pacific Digestive Week Federation (APDWF) welcome nominations from NZSG for the Journal of Gastroenterology & Hepatology Foundation (JGHF) Emerging Leaders Lectureship which will be presented at APDW2017.

APDW2017 will be held from 22 to 25 September 2017 in Hong Kong.

The JGHF Emerging Leaders Lectureship is a feature at the annual APDW congresses. The purpose of the award is to recognize young scientists and clinical scientists within the region and encourage them as the Rising Stars of the future.

If you are interested, please contact anna.pears@racp.org.nz for further details. Applications close at the end of June

NZNIFS Education and Network Day

We would now like to invite you to register for the first annual National Intestinal Failure Service (NIFS) Education & Network Day to be held in *Wellington on Friday 13th May 2016 at Westpac Stadium.*

Please find attached the proposed programme for the day. Thank you to those who completed an expression of interest form. We received over 60 responses and look forward to seeing as many of you there as possible. There is no registration cost associated with this day; however, participants will be required to source funds for travel. Each participant is encouraged to discuss their attendance with their local management, it is the hope of NIFS that your travel will be paid for as a work-related expense as you are members of the National Intestinal Failure Service clinical network. If you are unable to secure funding for travel, please let us know as we have secured a small amount of funding to assist.

Drs Helen Evans and Julian Hayes

New Zealand National Intestinal Failure Service [NZNIFS]

National Intestinal Failure Service Education & Network Day

Friday 13th May 2016 – Wellington - Westpac Stadium (Level 3 West Lounge)

Proposed Programme

0900 to 1000	Registration Desk Open Morning Tea
1000 to 1045	Introduction to NIFS & the Education Day Dr Helen Evans & Mr Julian Hayes
1045 to 1115	Christchurch adults service - experience & approach PN/IVN Dr James Falvey
1115 to 1130	PN/IVN use ... Dr Helen Evans
1130 to 1200	PN/IVN in the Neonatal Setting TBC
1200 to 1300	Workshop Neonatal/Paediatrics National intestinal failure guidelines development with a focus on how Starship PN/IVN guidelines can be revised to meet national needs & work within a national context. Adult National intestinal failure guidelines development with a focus on fluids and PN/IVN.
1300 to 1345	Lunch & Trade Exhibits
1345 to 1350	Introduction of the afternoon session Dr Helen Evans & Mr Julian Hayes
1350 to 1410	NIFS operational processes Cate Fraser-Irwin
1410 to 1430	Shared care Briar McLeod
1430 to 1515	Workshop Groups based on professional role. Facilitated discussion with a focus on: lipids, surgical options, nursing management, standards of care
1515 to 1630	Case presentations Interactive with a guest panel to be confirmed
1630	Close

Email: NZNIFS@adhb.govt.nz Telephone: 0800 NZNIFS (696437) Fax: (09) 375 7057 Ext. 23257

Education to care for people with intestinal failure

Trainee National Match Day

Applications opened on Monday 25 April for the Trainee Selection Interviews for all Advanced Trainees in Gastroenterology. Selection interviews will be held on Thursday

Applications open
25 April to 22 May
To apply please contact Anna
Pears - anna.pears@racp.org.nz



Administration Costs apply
New registrants: \$200
Returning Trainees: \$50

NZSG IBD Symposium



The 13th Symposium on Inflammatory Bowel Disease, IBD at the Extreme, will be held on **Friday 10th – 11th June 2016, Novotel Auckland Airport.**

With two guest speakers from Australia, and a line-up of local speakers, we are looking forward to a great symposium.



Professor Rupert Leong from Macquarie University Hospital Clinic, NSW Australia.

- **Rupert W Leong** (MBBS, MD, FRACP, AGAF) is a Consultant Gastroenterologist and Professor of Medicine at The University of New South Wales and Macquarie University, Sydney, Australia. His expertise includes interventional endoscopy, endoscopic ultrasound, confocal endomicroscopy and management of inflammatory bowel diseases.



Associate Professor Graham Radford-Smith from Royal Brisbane Hospital, QLD Australia.

- **Graham Radford-Smith** (MB BCh MA MRCP FRACP DPhil) is head of the Inflammatory Bowel Diseases Programme at Royal Brisbane and Women's Hospital, Brisbane, Australia. He is also the Honorary Group Leader, IBD Research Group QIMR Berghofer Medical Research Institute, Brisbane, Australia.

For any enquiries about the scientific programme, please contact the convenors, Professor Richard Gearry, Richard.Gearry@cdhb.health.nz or Doctor James Falvey, James.Falvey@cdhb.health.nz



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