

# RuDASA Doctor of the Year 2017



## Citation: Dr Lushiku Nkombua

Dr Lushiku Nkombua is a Family Physician and Head of the Clinical Unit at Middelburg Hospital, Mpumalanga, with a special interest in chronic diseases, especially diabetes. His quality improvement projects since 2010 include clinic audits and the Provincial Chronic Disease Forum, which developed clinical guidelines for the major Non Communicable Diseases (Asthma, Hypertension, Epilepsy & Diabetes). Before this he worked as a Medical Officer and then Senior Specialist at Middelburg Hospital, and had various posts throughout Mpumalanga & Limpopo. His international experience includes working in Kinshasa, Democratic Republic of Congo, as a medical officer, and in family Medicine in Canada.

In addition to his clinical work he is involved in training MBChB and BCMP students and Family Medicine registrars, as well as organising the Family Physicians Forum in Mpumalanga, an annual Ethics Conference and various CPD training events in Mpumalanga. Dr Nkombua has published a number of articles on diabetes, cardiology PHC, and trauma in peer reviewed journals and has presented at local and international conferences.

He won awards for :

Best Family Medicine CLC prize or the training of BCMP students in 2014

Excellency Certificate by the Mpumalanga Chronic Diseases Programme Manager in 2011

Dr Nkombua is a very reliable and committed doctor who has spend many years in Middelburg and he is certainly a role model for many other rural practitioners. He also makes time to organise a weekend camp for children with diabetes and acts as a camp doctor.

### Dr Nkombua's Acceptance

I am greatly humbled and honoured to receive this award and would like to offer my sincerest gratitude and appreciation to the RuDASA Committee for selecting me as the laureate. I admit I was surprised when I learned about it, I feel there are many other doctors doing great work and also worthy of this award. I am deeply indebted to the wonderful people I work with in Mpumalanga and also the Department of Family Medicine at the University of Pretoria, there are too many to list here, but I will personally thank them. I have, and continue to have a lot of support from my wife and children, and would not be receiving this award without their support and encouragement; so I accept this award on behalf of them. Whilst awards are wonderful to receive, it is more gratifying to know that the award is received because one has made a difference in the lives of the people in the community, the subdistrict and the province at large. Let me end with a quote from William Osler " *Live neither in the past nor in the future, but let each day's work absorb your entire energies, and satisfy your wildest ambition*"



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