

## **2016 Nelson Ganz Outstanding Clinician Award: Dr. Ros Vallings**

by Staci Stevens, MA

Dr. Rosamund Vallings has been seeing ME/CFS patients in New Zealand for more than 35 years with a patient base of 6000 individuals.

- She was one of the founding members and former president of the Associated New Zealand ME Society
- In 2008, she was awarded Membership of the NZ Order of Merit for services to CFS/ME in the Queen's New Year's Honours.
- She has authored 2 books on CFS

I reached out to some of her colleagues and this is what they had to say:

*As a clinician Ros is peerless. She gives constantly of her own time and emotions to all her patients and can truly be said to be a very caring doctor. Her knowledge of CFS is encyclopaedic and she has a real knack of passing this information on to others.*

*Ros is a truly dedicated clinician - probably the most dedicated doctor I know. Most of her clinical acumen she applies to her CFS patients in order to help them have better lives. Ros has now seen and treated CFS patients for over fifty years and this has been in a world where most clinicians and researchers have shied away from having anything to do with CFS. Medical professionals acted in this way because for most of these years CFS was not seen as a legitimate illness. Consequently doctors did not want to be associated with CFS, afraid that their careers might be damaged through any connection with it. Ros Vallings was never affected by this fear or by such bigotry. She never put herself or her career path before what her patients needed and this is the hallmark of a truly genuine doctor. -Ken Jolly, MD patient*

*Ros is selfless in her dedication and support to those who have ME/CFS, and is passionate to educate medical professionals-Heather Wilson*

*What sets her aside like a beacon from other practitioners is that she is able to support her patients with confidence and empathy-Warren Tate, professor of biochemistry*

Something you may not know about Dr. Vallings is that she is a travel ninja. Changing time zones doesn't seem to faze her as she travels the globe. It's her superpower.

Ros is the clinician we should all aspire to be and the one every person wants to have as their physician. It is my pleasure this evening to present the Nelson Ganz Clinician Award to Dr. Rosamund Vallings.