

Mitchells Plain Hospital: Emergency Medicine Elective

NB* Mitchells Plain Hospital Emergency Centre only takes **undergraduate students via UCT*

If you are an Postgraduate Qualified Doctor/ Registrar/Resident interested in Mitchells Plain Emergency Centre please contact the electives office at Stellenbosch University at cjk@sun.ac.za

In-Patient services available at the hospital include:

- Surgery, anaesthesia, orthopaedics, medical, paediatric, obstetrics, gynaecology and psychiatry.

Emergency Medicine:

- A large Emergency Centre sub-divided in different treatment areas, including minors, resuscitation, majors and paediatrics.
- Managed by 4 local 'board certified' Emergency Physicians (consultant/attending). Fourteen medical officers and 3-4 Emergency Medicine registrars/residents complete the team.
- We see about 4000 patients a month. Very high acuity (>50%). Excellent opportunity for you to learn, grow and teach.
- Non-emergent patients are seen at the 24-hour community health centre just down the road.
- We see a large variety of cases, living in a mixed community where the pathology varies from STEMI's (which you will learn to manage without a cath lab!) to pericardial effusions, mental health & substance use issues, infectious diseases (HIV & TB), a variety of paediatric complaints, gynaecology and a huge burden of penetrating trauma. The patients are diverse, severely ill, injured with multiple social challenges. The combination provides a wonderful opportunity for learning.
- Ultrasound: There is great opportunity to grow your skills in this area with all of the specialists in the unit being qualified instructors
- Critical Care: Due to long waiting lists at the tertiary ICUs there is a large amount of critical care patients "boarding" in the emergency centre resuscitation room being cared for by the Emergency Medicine team whilst awaiting an ICU bed in a different facility. This leads our junior doctors to become increasingly proficient in a variety of critical care skills including ventilation, arterial lines & CVPs.
- Training opportunities: The daily resuscitation round at 8am handover provides excellent bedside teaching. Every Thursday at 07:30 there is "small group style teaching".
- Research opportunities: Multiple research projects are currently in progress which elective students can join in via communication with our research lead Dr Clint Hendrikse (only once elective period is confirmed)
- Roster/shifts: are rotational, you will be added as a permanent team member onto a South African doctor's shift roster. You will therefore get the full experience and get to know your team mates well! The team comprises of 4 people, an EM registrar, 1 medical officer and 2 community service medical officers (the one year after internship). The foreign elective student works as a 5th team member. We allow 2 students per shift. After hours the consultant is at home however available 24 hours via cell & comes in to the hospital when required.



- The shifts are Day: 08:00-17:00, Evening: 14:00 to 22:00 and Night 22:00 to 10:00. Weekend Shifts are 08:00-21:00 & 20:00-10:00
- Dress Code: wear your own scrubs from home.
- Infectious Diseases: We have a high prevalence of TB & HIV. Post-Exposure Prophylaxis is available at the hospital 24 hours a day in case of bodily fluid exposure. N95 Masks for TB Prevention are available in the Emergency Centre and we encourage they are worn 24/7.
- Elective duration: You are most welcome for as long as you wish. We strongly encourage a minimum period of 3 months.

Articles/Blog-posts/Videos about our unit:

- St Emlyn's blogpost about Mitchells Plain Emergency Centre written by Prof Simon Carley from the UK.
<http://stemlynsblog.org/mitchells-plain-badem-and-my-utmost-respect-st-emlyns/>
- Video about our Emergency Centre featuring one of our medical officers.
<https://www.youtube.com/watch?v=4ijh5mZC-Rl>

For any further information about Mitchells Plain Hospital please feel free to contact Dr Kat Evans on katya.evans@westerncape.gov.za to answer questions or to set up a FaceTime, or WhatsApp chat on +27842092856. She can also give you contact details of previous foreign elective doctors if you have more questions/wanted to chat.

Physical address:

8 AZ Berman Ave, Mitchells Plain, Cape Town, South Africa.

Contact number: +27842092856

Website: www.facebook.com/plain.em (useful links/teaching is posted on here)

Emergency Medicine Physicians:

Dr Kat Evans (katya.evans@westerncape.gov.za) Twitter: @kat__Evans

Dr Kamil Vallabh Twitter: @kamilvallabh

Dr Clint Hendrikse @clint_em