

**INFORMATION DOCUMENT  
INTERNATIONAL ELECTIVE STUDENTS  
DIVISIONS OF EMERGENCY MEDICINE  
CAPE TOWN, SOUTH AFRICA**



The Divisions of Emergency Medicine welcome all international undergraduate medical students and postgraduate doctors who wish to do their electives in Cape Town. There are many Emergency Centres to choose from, some located in the city and others within a forty-minute drive radius. The competition for placements is intense so you need to plan ahead. The registration process may take **up to 12 months** to complete, so it is advised that you enquire well in advance about available elective places.

For further enquiries please contact Ms. Christa Krige (Student and Doctor Electives Coordinator) at [cjk@sun.ac.za](mailto:cjk@sun.ac.za).

We look forward to welcoming you to Cape Town.

**Dr. Hein Lamprecht**

Emergency Physician, Tygerberg Hospital

Division of Emergency Medicine, University of Cape Town

Division of Emergency Medicine, Stellenbosch University

## REASONS TO DO YOUR ELECTIVE IN CAPE TOWN

- **Biggest academic divisions of Emergency Medicine on the African continent.**  
The Divisions of Emergency Medicine at the University of Cape Town and Stellenbosch University are the largest in Africa.
- **New York Times' 2014, Number 1** city in 52 Places To Go List in 2014.
- **World Design Capital for 2014**, awarded at the International Design Alliance congress in Taipei, October 2011.
- **Cape Town is one of the New 7 Wonders of Nature, 2011.**
- **Number Two City in the World**, Condé Nast Traveler Readers' Choice Awards 2012.
- **Top City in Africa**, Condé Nast Traveler Readers' Choice Awards 2012.
- **Blue Flag Status 2012** – Eight beaches and two marinas.  
Beaches: Bikini, Mnandi, Strandfontein, Muizenberg, Llandudno, Camps Bay, Clifton 4th and Silberstroomstrand. Marina's: Granger Bay Water Club and the False Bay Yacht.
- **Best Beach Destination in Africa**, World Travel Awards 2012.
- **The World's Top City in Africa and the Middle East**, Travel + Leisure World's Best Awards 2012.
- **Fourth Top City in the World**, Travel+Leisure World's Best Awards 2012.
- **Muizenberg** voted One of National Geographic's **World's 20 Best Surf Towns**.
- **8th Top 10 Truly Unique Beaches in the World**, Tripadvisor 2012.
- **One of the World's Ten Most Loved Cities 2012**, CNNgo.
- **23rd: Top 25 Destinations in the World**, Tripadvisor Travelers' Choice Awards 2012.
- **8th: Top 10 Beach Destinations in Africa**, Tripadvisor Travelers' Choice Awards 2012.
- **Top City in Africa and the Middle East**, Condé Nast Traveler 2011 Readers' Choice Awards.
- **Runner Up: Favourite City Worldwide**, Telegraph Travel Awards 2011.
- **Best Destination in Africa**, World Travel Awards 2011.
- **Sixth Best City**, Travel+Leisure World's Best Cities 2011.
- **Second Best Beach City**, Lonely Planet's Ten Best Beach Cities 2011.



## FACTS ABOUT CAPE TOWN

### Population

- The Western Cape has a population of over 5 million.

### Climate

- The Cape boasts typical Mediterranean climate - warm summers and mild wet winters.
- Summer temperatures range between 15 °C (59 °F) and 27 °C (80.6 °F).
- Winter temperature ranges between 7 °C (44.6 °F) and 18 °C (64.4 °F).

### Water

- The regions superior water supply infrastructure guarantees some of the best drinking tap water in the world. Bottled spring water is widely available if required.

### Time

- South African Time is set at GMT +2. There are no time zone differences within South Africa and there is no daylight saving in summer.

### Language

- English is widely spoken and understood, and is the official language of Government and Business. Most South Africans are bilingual; Afrikaans and Xhosa are two other languages spoken by residents of the Western Cape.

### Visas

- Visas are issued by the South African missions abroad and must be affixed in the applicant's passport before departing for South Africa.
- Visas are not issued on arrival at South African ports on entry.
- Many nationalities do not require a visa to enter South Africa, it is best to confirm with your travel agents if it is enquired.

### Currency

- Foreign currency can be exchanged at commercial banks and at various Bureau de Change. The Rand (ZAR) is the official currency of South Africa.

### Banks

- Monday to Friday banks are open between 9am and 3pm. On Saturdays opening hours are between 9am and 11am.

### Driving

- An international driver's license is required when driving in South Africa. Driving is on the left side and speed limits are set in kilometers/hour.

### Transport

- Cape Town lacks a reliable public transport system. Electives requiring to travel to the various hospitals may need to resort to car rental.

### Electricity

- 240 volts AC. For small appliances, a plug adaptor may be required for three pin sockets.

## THE APPLICATION PROCESS

All prospective electives **must first reserve their elective** period (dates) and hospital of your choice with Ms. Christa Krige ([cjk@sun.ac.za](mailto:cjk@sun.ac.za)), the elective coordinator. She will confirm your reservation or suggest alternatives if your preferred choice has already reserved by another elective candidate.

Once your elective placement is confirmed, the International Students' Office (ISO), based at the University of Stellenbosch, will contact you to activate the formal application process. All relevant documentation regarding:

- Registration with the University of Stellenbosch
- Applicable fees
- Visas

will be sent to you. The ISO will also process your temporary registration (national medical licensure) application with the Health Professions Council of South Africa (HPCSA), which you require to legally examine and manage patients during your stay.

Electives are encouraged to bring their own scrubs for use during their clinical shifts. Alternatively, scrubs may also be purchased from the Student Union on the grounds of Tygerberg Medical School for a small fee.

Finally, on arrival, all electives **must complete** their registration process in person; collect their student cards, hospital access cards and name badges from the International Students' Office, Faculty of Health Sciences, Tygerberg Medical School, University of Stellenbosch. Thereafter they will meet with a representative (EM Physician or Ms. Christa Krige) from the Division of Emergency Medicine, at their base hospital, who will introduce and orientate you towards your elective placement.

## ACCOMMODATION

Basic accommodation is provided, subject to availability, at the International Students' Lodge, which is situated on the grounds of Tygerberg Hospital Academic Hospital complex. Further information regarding accommodation, costs and availability may be obtained from the International Students' Office at the University of Stellenbosch.

## UNDERGRADUATE ELECTIVE STUDENTS

Undergraduate elective students may choose between, either Tygerberg Hospital, Karl Bremer Hospital or Khayelitsha Hospital for their placements. Your placement hospital will act as your base for the duration of your stay. You will also have the option to escort the Emergency Medical Services (ambulance or paramedics) crews on their shifts. To qualify you will first need to attend a compulsory orientation lecture at the College of Emergency Care that is located on the grounds of Tygerberg Hospital. All interested electives may pre-book to attend the lecture via Ms. Christa Krige ([cjk@sun.ac.za](mailto:cjk@sun.ac.za)).

Elective students are also expected to partake in the various emergency medicine academic activities of your base hospital. You are also encouraged to attend the emergency medicine registrars (residents) teaching sessions, every Wednesday afternoon between 14:00 and 17:00. Ms. Krige will regularly inform you of the location and programme which may vary.

We encourage you to be directly involved with patient care whilst being supervised by the senior doctors on your shift. We expect that you extract a comprehensive clinical history and conduct detailed patient examinations on all the patients you are asked to assess. You will be directly supervised to perform multiple emergency procedures including: suturing of lacerations, basic orthopaedic plastering techniques, venepuncture, intercostal drain insertion and removal, lumbar punctures and advanced trauma and cardiac life support techniques, including cardiopulmonary resuscitation.

Please note that undergraduate elective applications require a **minimum of 11 months** to process so students are advised to apply well in advance.

## POST-GRADUATE ELECTIVE DOCTORS

Postgraduate elective doctors may choose between New Somerset Hospital, Khayelitsha Hospital or Karl Bremer Hospital or Worcester Hospital for their placements. All hospitals have integrated Emergency Centres that see trauma, medical, paediatric, surgical, obstetric and gynaecology emergencies. Thirty percent of the patient burden is trauma related. Electives will be expected to perform at a postgraduate doctor level clinically, including initiation of treatment and appropriate management of their patients. Our EM Division has an active research agenda and postgraduate electives are encouraged to become involved with our local research projects during their elective stay. Doctors interested in conducting research are advised to contact the Research Coordinator for

the Division of Emergency Medicine, Ms. Rachel Allgaier (rachel.allgaier@gmail.com) directly. Doctors are also encouraged to attend and participate in their base hospital's academic ward rounds as well as the formal weekly Wednesday afternoon Emergency Medicine teaching sessions.

Please note that postgraduate applications require a **minimum of 11 months** to process.

### **DRESS CODE**

White coats are rarely worn in modern South Africa clinical practice. Students are advised to wear scrubs during their clinical shifts. Scrubs can also be purchased from the Student Union on the grounds of Tygerberg Medical School for a small fee.

## ELECTIVE HOSPITALS

### 1. Tygerberg Hospital

(<http://maps.google.com/?ie=UTF8&ll=33.912523,18.60672&spn=0.032125,0.055017&z=14>)



The Tygerberg Hospital Trauma Unit is one of two academic/level 1-trauma Centres in Cape Town. The hospital is located 25 kilometres outside the city centre (CBD, Downtown). The unit sees approximately 11 000 trauma patients of high acuity per year. A full tertiary specialist support service is available which includes neurosurgery, plastic surgery, maxilla-facial surgery, cardiothoracic surgery, urology, ENT, ophthalmology and orthopaedics.

Electives will also have the opportunity to work in the adult medical emergency unit. This unit is the medical tertiary referral centre for Cape Town eastern metropolis and sees a wide range of medical presentations, including Tuberculosis and HIV related complications.

*Physical Address:* Francie van Zijl Drive Parow, Cape Town, South Africa.

*Contact number:* +27 21 938 4911

*Website:* [http://www.westerncape.gov.za/your\\_gov/153](http://www.westerncape.gov.za/your_gov/153)

*Emergency Medicine Physicians:*

Dr Niel van Hoving

Dr Hein Lamprecht

## 2. New Somerset Hospital

(<http://maps.google.com/?ie=UTF8&ll=33.904776,18.416305&spn=0.007996,0.013754&z=16>)



New Somerset Hospital is within walking distance from the V&A Waterfront. The Emergency Centre sees 100 - 120 patients per day totalling to 40 000 – 43 500 per year. 30 % of patients are walk-in, 30 % are referrals arriving with their own transport, and 40 % via ambulance. There is a broad scope of pathology on offer including: trauma, surgery, medicine, gynaecology, paediatrics, orthopaedics, urology and ENT. Somerset Hospital Emergency Centre only accepts **postgraduate elective doctors**.

*Physical address:* Portswood road, Greenpoint, Cape Town, South Africa.

*Contact numbers:*

+27 21 402 6911 hospital switchboard

+27 21402 6210 emergency centre clerk

+27 72 010 5384 emergency centre 24 hr mobile phone

*Website:* <http://newsomersethospital.wozaonline.co.za>

*Emergency Medicine Physicians:*

Dr David Fredericks (David.Fredericks@westerncape.gov.za)

Dr Kirsty Cohen

Dr Roger Dickerson



### 3. Khayelitsha Hospital

(<http://maps.google.com/maps?ll=-34.051887,18.667849&z=15&t=m&hl=en-US>)



***If you wish to experience true Emergency Medicine or think that you may have the potential to be an Emergency Physician, this place for you!!***

The 240-bed medical hospital provides support to the surrounding primary healthcare facilities.

#### **Services available at the hospital include:**

- Inpatient services such as surgical, medical, paediatric, obstetrics and overnight beds.
- A large Emergency Centre which is 30% larger than peer district hospital trauma units, due to the high incidence of trauma and homicide within the drainage area.
- The unit is sub-divided in pods namely minors, resuscitation, orange ambulatory, orange trolley and paediatrics.
- The Average number of emergency patients is around 70 per day.
- A medical day ward, predominantly for ARV referrals.
- A large maternity ward, 30% larger than that of a standard district hospital trauma unit, due to the high population growth and birth rate in the drainage area.
- An EMS/Ambulance station, including heli-port that serves as the divisional headquarters of the Khayelitsha sub-district and Helderberg basin, with a fleet of 11 ambulances and 110 staff members.

#### **As for Emergency Medicine:**

- We see about 4000 patients a month. Very high acuity (50%). Excellent opportunity for you to learn, grow and teach.

- During the week we mostly see HIV/TB related emergencies and during the weekends we brace ourselves for what we term as “war” due to the trauma burden.
- Managed by 2 local Emergency Physicians (consultant/attending) and assisted by 3 visiting EM physicians. Fourteen medical officers and 2 Emergency Medicine registrars/residents complete the team.
- The emergency physicians who are board certified in EM.
- There are on average 4 doctors per shift. The shifts are 8 am to 5 pm. Overlap 13:00 to 21:00 and night 8am to 8pm.
- The experience is phenomenal, from community-based cases in the minor’s area to tertiary-based care and interventions. All tertiary level care patients after are referred to Tygerberg Hospital after proper stabilisation.
- The patients are diverse, severely ill, injured with multiple social challenges. The combination provides a wonderful opportunity for learning.
- Training opportunities: The daily resuscitation round at 7am handover provides excellent bedside teaching. Every Tuesday and Thursday at 13:00 there are formal “lecture style teaching”. Wednesdays there are morbidity and mortality meetings at 13:00.
- Research opportunities: Multiple research projects are currently in progress. We are fortunate that Dr Bruijns (Editor of AFJEM) are the visiting EM physician on Thursdays and also provide cover for 1 weekend per month.
- The rota is flexible for foreign elective students and doctors. It will be expected of you to work a **maximum of 40 hours per week**. This will include your overtime. The arrangement is flexible.
- Ultrasound. We love ultrasound and we use ultrasound on nearly all our patients, especially in the resuscitation pod.
- Your elective period. You are most welcome to for as long as you wish. We strongly encourage a minimum period of 3 months.

*Physical address:*

*Corner of Steve Biko and Walter Sisulu Road, Khayelitsha, Cape Town, South Africa.*

*Contact number: +27 21 360 4200/ 4231*

*Website: <http://lifeinthefastlane.com/cape-town-er-khayelitsha-hospital/>*

*Emergency Medicine Physicians:*

Dr Sa’ad Lahri (Slahri7@gmail.com)

Dr Hennie Lategan

#### 4. Worcester Provincial Hospital

(<https://www.google.co.za/maps/place/Worcester+Hospital/@-33.6439775,19.4564333,16z/data=!4m5!1m2!2m1!1sworcester+provincial+hospital!3m1!1s0x0:0x585cac63b48d29bb?hl=en>)



This is a Regional (Level II) Emergency Centre, situated in the scenic Breede Valley Winelands Region, an hour's drive from Cape Town (+-100 km). The hospital has 290 beds, comprising of all the major disciplines.

This Emergency Centre currently sees +/- 3000 cases per month. The EC / hospital accepts cases from 7 drainage facilities, which broadens the advanced case-mix and regional function. We have on-site CT-scanning, and multiple specialist support teams.

The case-mix includes acute trauma, medicine, paediatrics and psychiatry. We are situated on the N1 national road, and take in major motor vehicle accident cases on a regular basis. Full surgical and orthopaedic services are provided, as well as ICU facilities.

Teaching involves twice-daily specialist-driven ward rounds, regular academic / M&M meetings, as well as shop-floor teaching. EC ultrasound (+ training) is extensively practised.

The WPH EC provides an excellent opportunity to train in a specialist-driven rural setting with a wide case-mix of both acute trauma and medical emergencies.

*Physical address:* Murray Street, Worcester, South Africa

*Contact number:* +27 23 348 1100

*Website:* [www.worcesterhospital.org](http://www.worcesterhospital.org)

*Emergency Medicine Physician:*

Dr Lesley Hodsdon (hodsdon@telkomsa.net)

## 5. **Karl Bremer Hospital**

(<https://www.google.co.za/maps/place/Karl+Bremer+Hospital/@-33.89157,18.607914,17z/data=!3m1!4b1!4m2!3m1!1s0x1dcc5a722854e6a9:0xbb194a428a44adc3?hl=en>)



Karl Bremer Hospital is a 282 bed District Level hospital in the Northern / Tygerberg substructure of the Cape Town Metro. Our referral hospital is Tygerberg, which is less than a 10-minute drive away.

The Emergency Centre provides a multi-disciplinary service to the more than 30 000 patients who attend the emergency care services annually. We have limited specialist services and are reliant on support from Tygerberg Hospital such as ENT, plastic surgery, maxilla-facial surgery & cardio-thoracic surgery. Our EC receives paediatric and adult patients. We pride ourselves on providing comprehensive care to all our patients.

*Physical address:*

Cnr Mike Pienaar Blvd & Frans Conradie Avenue, Bellville, Cape Town, South Africa.

*Contact number:* +27 21 918 1911

*Emergency medicine physicians:*

Dr. Sue le Roux (Sue.leroux@westerncape.gov.za)

Dr. Almero Oosthuizen