

Child Family Health International Healthcare Challenges - Cape Town, South Africa

Pace University-Lenox Hill Hospital Physician Assistant Program – Class of 2016

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Brief History of South Africa

- Colonized by the English and Dutch in 17th century
- Discovery of natural resources around 1900
 - Mineral resources (gold, diamond, platinum)
 - Boer War - English vs. Afrikaners (Dutch descendants)
 - Land mines
- Apartheid
 - A means to establish control over the economic and social system
 - Racial discrimination with territorial separation and police repression
- Melting pot
 - South Africans of European, African, Malaysian, Indonesian, Indian, and other mixed race descent
 - 12 different languages spoken (most common: English, Afrikaans, Xhosa, Zulu)
- Today, disparity persists despite the end of Apartheid and segregation laws



a p a r t h e i d

/ə'pɑ:tθəɪt, ə'pɑ:tʌɪd/
n. the system of segregation or
discrimination on grounds of
race in force in South Africa
1948-91.

Child Family Health International



- NGO recognized by the U.N. and W.H.O
- Community based global health education program
- Over 50% of the fees go to our homestays and hospitals
 - e.g. Abundant Life Palliative Care
- Avril and Marion



Our Homestays

Cape Flats, Vanguard Estate

- The Loedwyks
 - Carol - housewife, former teacher
 - George - high school teacher
- The Jappies (Cape Malay)
 - Soraya - self-employed, MBA
 - Ashraff - self-employed photolithographer
- Uncle and Auntie Mammoth







Why South Africa?

- Healthcare Challenges in Cape Town
 - Highly recommended by previous students
 - Diverse patient population
 - English speaking country
 - Health disparities intertwined with culture, socioeconomic status, and history
 - Beautiful country with many natural landmarks and attraction sites



Healthcare in South Africa

- Private Sector
- Public Sector
 - Community Health Center
 - “Day Hospital”
 - Secondary Hospital
 - e.g. Victoria Hospital
 - Tertiary Hospital
 - e.g. Groote Schuur
- Clinical Associates - equivalent of PAs in the health sector

Victoria Hospital

- Secondary Teaching Hospital
 - Approximately 158 inpatient beds
 - 50% of patients uninsured
 - Private insurance
 - Serves about 47,000 patients a year
- Patient Population
 - Primarily “colored” and “black”
 - Low- Mid Socioeconomic status







Internal Medicine Department

- 5 “firms” and 2 consultants
 - Registrar, Intern, Students
- Daily ICU rounds
- Ward rounds with firm
 - Male and female medical wards
 - TB ward
- Clinic
 - MOPD
 - Diabetes
- Weekly Infectious Disease rounds
- Weekly Journal Club
- On-call every 5 days
 - Post-call rounds with consultant



Internal Medicine

- Chronic Conditions
 - Heart disease: STEMI, NSTEMI, heart failure
 - Diabetes mellitus
 - Hypertension
 - Chronic kidney disease
 - Liver disease
 - Malignancy
 - CVA
- Infectious Diseases
 - HIV/AIDS
 - Tuberculosis
 - Cryptococcal meningitis
 - Varicella pneumonia



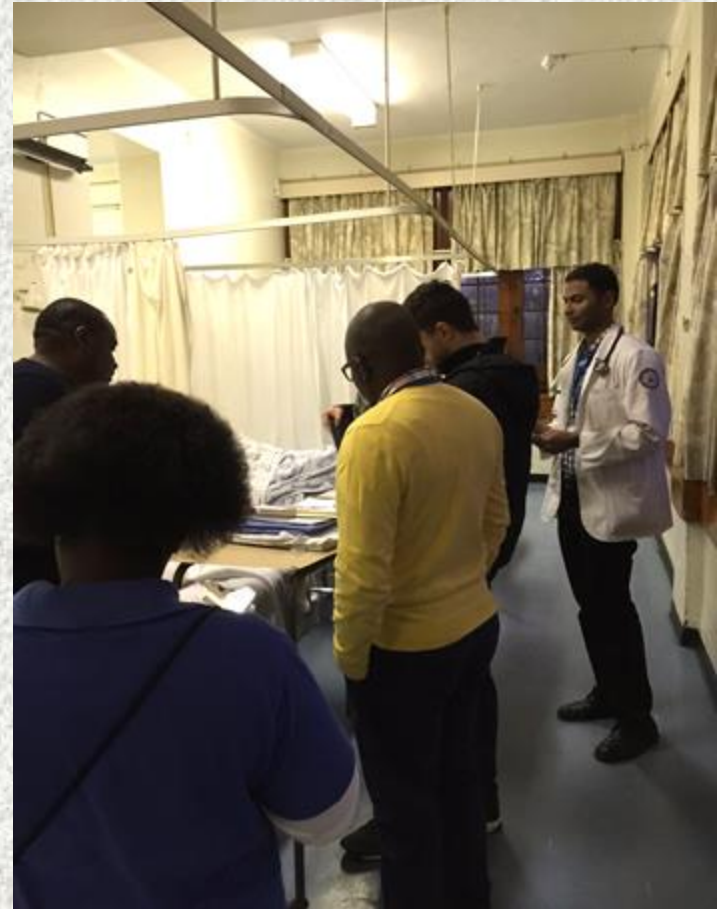
Surgery Department

- Daily morning ward rounds
 - 2 Interns, 2 Registrars, Jr./Sr. Consultants, Sisters (nurses) & students
 - Male vs. Female surgical wards
- Minor Ops
 - I&D, D&Cs, Biopsies, Sigmoidoscopies
- “Theater” - aka Operating Room (OR)
 - Lap Choleys, Hernia repairs, “toe-ectomies”
 - Stab wound explorations, mastectomies, TURPs



Surgery Department

- Gastrointestinal Unit
 - G-scope, C-scope
- Casualty (emergency department) consults
- Dressing Room
 - Wound checks
 - Late stage diseases
- Weekly Clinic – Patient population
 - GSH referrals – CT, ERCP



Surgery Team



South African vs. U.S. Health System

- Lack of resources
 - More reliance on physical exam skills and clinical judgement
 - No CT scan at Victoria Hospital
 - Limited access to dialysis
 - No EMR
 - Communication between facilities and continuity of care
 - No negative pressure rooms (TB)
 - Heparinized tubes for VBG/ABG
 - Abdominal paracentesis for ascites
- Sterility/Instrument reusage
- No screening guidelines (i.e. colonoscopies, mammograms)
- “Sisters” (nurses) - different scope of practice
- Long waiting times for patients

Impactful Moments

- Respecting patients' decisions
 - 75 year old female with PAD presenting with bilateral leg gangrene
- Limitation to hemodialysis
 - 33 year old male with Stage 5 CKD unable to receive hemodialysis

Exploring Cape Town and South Africa!

- Garden Route
 - Bungee Jumping, Ziplining, Ostrich farm, Elephant game reserve
- Bo Kaap
- Robben Island
- Lion's Head
- Table Mountain
- Cape Point/Cape of Good Hope
- Hout Bay
- Camps Bay
- Kalk Bay
- Boulder's Beach
- Groot Constantia Wine Estate
- Safari - Johannesburg









...a few new friends!

BIG FIVE













CAPE OF GOOD HOPE

THE MOST SOUTH-WESTERN POINT
OF THE AFRICAN CONTINENT

18° 28' 26" EAST

34° 21' 25" SOUTH

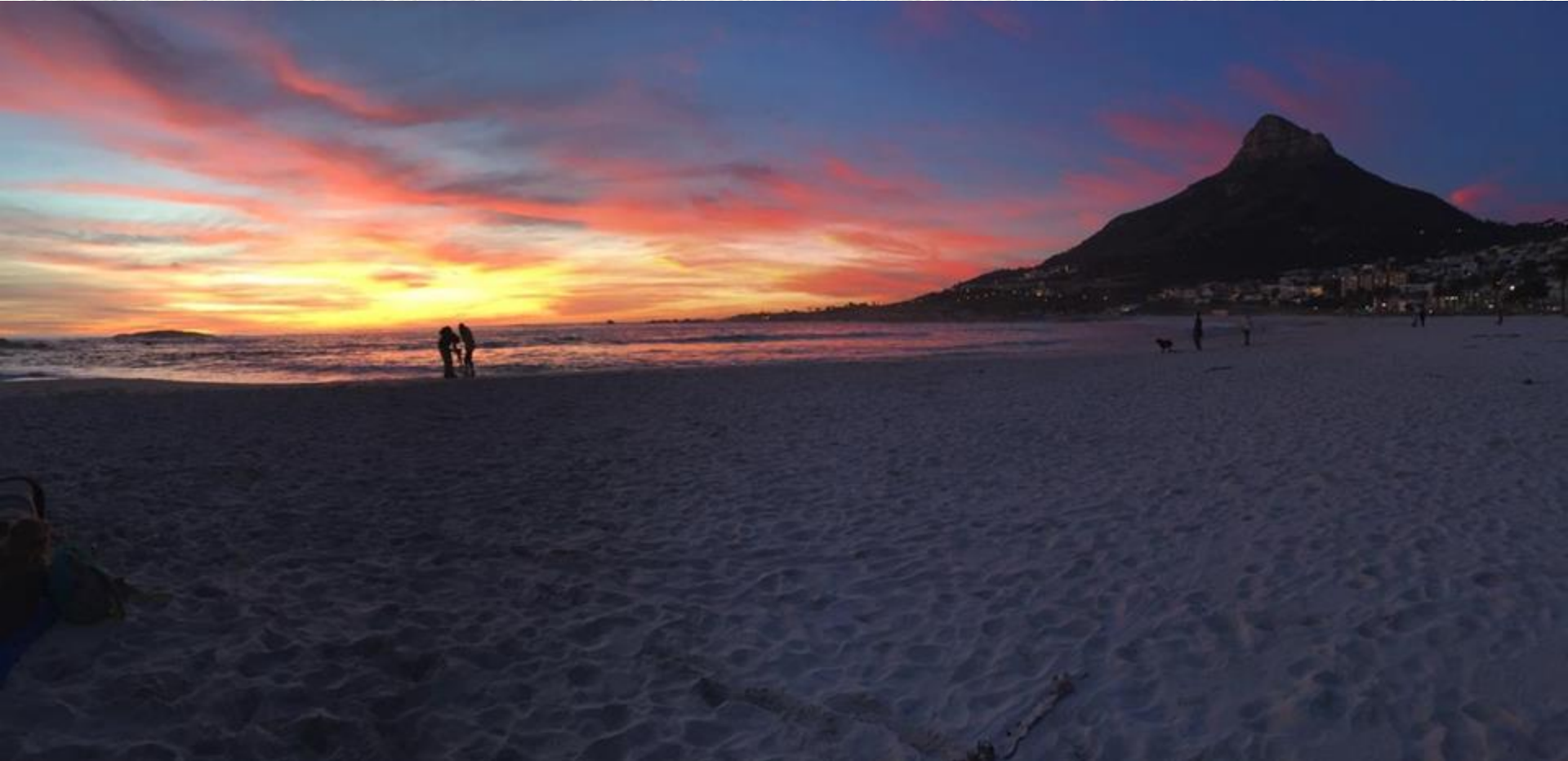
KAAP DIE GOEIE HOOP

DIE MEES SUIDWESTELIKE PUNT
VAN DIE VASTELAND VAN AFRIKA





South Africa is LEKKER!





References

- Child Family Health International. <https://www.cfhi.org>. Accessed July 24, 2016.
- The history of apartheid in South Africa.
<http://www-cs-students.stanford.edu/~cale/cs201/apartheid.hist.html>.
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