

# George Provincial Hospital Department of Family Medicine

## Departmental Orientation 2009

### Key areas:

**HIV:** Thembaletu  
HIV Care clinic

**Palliative Care:**  
Bethesda Centre

**TB:** Southern Cape  
TB (Harry Comay)  
Hospital

**Clinical:** Urology, ENT,  
Ophtalmology,  
MaxilloFacial,  
Dermatology, Haemophilia

**Wards, OPD, and  
Theatre:**  
Fam Meds OPD  
clinics, Theatre slots,  
Ward (B1 & EC)

**Emergency Centre:  
Emergencies &  
FamMeds**

**Public Health:**  
Notifiable diseases,  
Occupational health.

**Forensics:** J88,  
alcohol, sexual assault

**Social Work:** Grants,  
Frail Care Centers,  
“Step-down”,  
Rehabilitation

**Outreach:** District  
hospitals, Clinics, Home-  
based Care, Referrals,  
Private sector

**Training:** CPD,  
MoComp, DipPEC,  
MMed(FamMed), ALS,  
PHC: Nurse Training

### Weekly Roster:

See the weekly planning roster as a separate document. You will notice that there are a number of activities needed to deliver service in this department.

{The Interns fit into this roster – see the Intern roster, and how it overlaps with the weekly planning roster.}

These activities include:

- ❑ **Theatre** work on Monday mornings, every second Thursday whole day (predominantly Tonsillectomies), every 2<sup>nd</sup> Thursday afternoon (predominantly Urology), and the last Friday morning of every month. (See separate Theatre Guidelines – Day theatre vs Main theatre SOP).
- ❑ Family Medicine OPD **clinics** Monday afternoons (2<sup>nd</sup> floor) and Tuesday afternoons (1<sup>st</sup> floor).



- ❑ **TB work** in Southern Cape TB Hospital (“Harry Comay”), in Conville. Thursday mornings, 08h00-12h00. (See separate map). A specialist physician joins us on Thursday mornings, with the local TB expert, Dr Sias May, to discuss difficult cases, and do a ward round.
- ❑ **Palliative Care** work (including Step-down, Cancer care, HIV care) twice a week, Tuesday mornings (alone), and Friday mornings (with the palliative care physician, Dr Cathryn O’Reilly), at Bethesda Care Centre, in Rosemore (see separate map). Friday mornings there is also family conferencing.
- ❑ **ARV clinic** Mondays at Thembaletu clinic in Thembaletu. We join the resident ARV doctor.
- ❑ **PHC clinic** at Conville Wednesdays. This includes participating in the Take 5 School, teaching patients about Chronic Disease Management. We join the local PHC doctors.
- ❑ **Outreach and Support** to Knysna, Oudtshoorn, and Beaufort West hospitals, on Wednesdays. Mossel Bay hospital monthly on Tuesdays, and Laingsburg hospital 2X/year.
- ❑ **Ward rounds** in Family Medicine ward (10 Beds in Emergency Unit and a few beds in ward B1). This is predominantly the intern’s responsibility.
- ❑ **CME** activities: Every Wednesday morning, 07h30-08h30. Every 3 weeks we have an M&M meeting, where you will get an opportunity to present a patient case. We join the Internal Medicine Department Tuesday mornings for an academic case discussion, usually in ward B2 (08h00-09h00). Friday mornings (07h45-08h45) there is a compulsory hospital CME in the auditorium. Family Medicine coordinates the accreditation of all hospital and some district CME activities.
- ❑ **Forensic work:** Dr Couzyn does most of the J88 forms for assault cases (mornings 8-11), and all the DGs (disability grants). The Family Medicine doctors manage all the sexual assault patients in the daytime hours. There is a separate call roster after hours.

## **Emergency Unit:**

One of the functions of doctors working in the Department of Family Medicine (FM) is to cover the Emergency Unit during daytime hours, as well as after hours.



The Unit attends to all medical, surgical, othopaedic, O&G, psychiatric and paediatric emergencies. There is a Triage system in place, covering +/- 120 patients / 24-hours. Occupational injuries and Needle-stick injuries are also managed by FM. Ward rounds (hand-over) are every morning at 07h30, except Fridays (07h15), and every afternoon at 16h30. It is critical that the doctor on call for the night complete their work (all investigations, with results, referrals, with referral letters, discussion with relevant department), before the doctor can go off post-call.

There is a planning meeting every Friday morning at 09h00 (after breakfast) to plan the next week’s roster. See separate Emergency Unit Guidelines.

## **Primary Health Care Clinics (PHC):**

There are 8 PHC clinics in George, and many more mobile clinics in the district. The clinics are staffed with doctors from the local authorities (Municipality). There is a close liaison between these doctors and the Department of Family Medicine. Dr Renette Crous is the head of the Clinic Services. Me Joana Stevenson is the Nursing Manager. Dr Ado Du Toit is the clinical manager.

There is a home-based care system in place, managed in part by CMSR and partly by JJ Watson Home. Sister Jonker and Dr Cathryn O'Reilly are the coordinators. Dr Jenkins or Gibson attends the bi-monthly clinic management meeting (FAMSAD) at Conville clinic. Familiarize yourself with the EDL and STG books.

### **Forensics:**

Dr Couzyn runs a Disability Grant Clinic, doing all the disability grants, J88s, and other forensic work every morning at George Hospital Casualty (8-11), and then goes out to the clinics for the same. Dr Engelbrecht also assists with this. Drs Raubenheimer, Marshall, and Hoogerboord, and sometimes Viljoen cover the after hours, while all the doctors working in the department attend to the sexual assault survivors during working hours. We work closely with the Sexual Offences Court (SOC), and the state prosecutors at George and Thembalethu courts.

### **Family Medicine Clinic:**

Every Monday and Tuesday afternoon (14h00-17h00) Dr Jenkins/Gibson and the Fam Meds registrar run a Family Medicine clinic in OPD, for booked patients. This ensures continuity of care and development of Family Medicine principles.

### **Harry Comay (Southern Cape) TB Hospital:**

This is a 100-bed acute and chronic complicated TB hospital in Conville. The Internal Medicine registrar / MO does ward rounds here 4 mornings a week, assisted by Dr Sias May (the regional TB expert), and a Internal Medicine Physician, on Thursday mornings. There is currently one full time Medical Officer at HCH. More MO posts are being advertised. They are supported by the TB programme in the clinics, and the Dept. of Internal Meds specialists. The FM doctors join the academic ward round on Thursdays. To transfer patients here please consult with the MO at Harry Comay. Familiarize yourself with the latest TB Protocols.

### **Bethesda Palliative Care Centre:**

This is a 22-bed palliative and step-down facility in Rosemore, run by a NGO, supported by FM. Dr Hannilie Louw is the CEO. The focus is to accommodate terminal AIDS patients, but terminal cancer patients are also welcome, as well as step-down patients, and patients for respite care (max 2 weeks) to give family a rest. This is not a facility for social destitutes. To transfer a patient here please consult with Dr O'Reilly.

### **Antiretroviral (ARV) HIV Programme:**

There are 2 accredited ARV sites in George: George Site (at Harry Comay Hospital) and Thembalethu clinic, run by a team and headed by 2 MOs. Internal Medicine and Dr Alt (Paeds) support the programme. The FM intern/registrar join on Mondays at Thembalethu. Familiarize yourself with the ARV Protocols.

### **Frail Care/Geriatrics:**

Dr Catherine O'Reilly is the doctor who takes care of the elderly and frail in 3 Frail Care Homes (RLR, Watson, Tuiniqua).

## **Urology:**

There is no state Urologist present in the two districts, for a number of years now. Consequently, due to lack of capacity in the Surgery department, the Family Medicine Department has taken up this service, to a lesser degree.

The service consists of a day theatre list on Mondays or Thursdays, which include cystoscopes, vasectomies, circumcisions, orchidectomies, hydrosectomies, prostate biopsies, etc.), part of the Family Medicine clinics on Monday and Tuesday afternoons, and some beds in ward B1.

Every morning Dr Jenkins, the Fam Meds registrar, or the Intern or MO in FM must do a ward round in B1. Dr Jenkins or Dr Gibson or the Fam Meds MO/registrar can be consulted.

All patients to be booked for theatre or clinic must first be discussed, please.

After hours emergencies must be discussed with the surgeon on call, or directly with GSH Urology.

See separate [Urology Guidelines](#).

## **Dermatology:**

There is a Teledermatology service with GSH in place. Dr Samantha Eismann is the consultant in GSH.

The e-mail address is: [dermatol@uctgsh1.uct.ac.za](mailto:dermatol@uctgsh1.uct.ac.za) . Dr Jenkins is the contact person in George Hospital. Every 5 weeks there is a liquid nitrogen list in the Emergency Unit, for small skin lesions, on a Wed morning. Bookings via Emergency Unit bookings book.

## **ENT:**

There is no state ENT specialist in our 2 districts. Consequently Family Medicine manages this service. Dr Jenkins or Gibson is the contact person in George Hospital. ENT patients can be booked at the Family Medicine clinic on Monday or Tuesday afternoons in George Hospital OPD. We have an ENT microscope available.

Dr Martin Young is the private consultant in Knysna who does a clinic for us every Monday morning, in his private rooms, and a theatre list in Knysna monthly. Patients are booked via our OPD, and are transported to Knysna on Monday mornings at 08h30.

Dr Pieter Hamilton is a private ENT consultant who is in practice in George (in Stander Street, together in the practice with Dr Johan Volschenk, GP). He can see 2-3 patients a day, referred from the Family Meds Dept, via HealthNet transport, to his rooms. However, he is in Mossel Bay on Mondays, attending to the Mossel Bay area ENT patients, and doing a theatre list. Patients from the Karoo or George is therefore best booked for the Family Medicine clinic on a Tuesday afternoon, from which they may still be referred to Dr Hamilton on the Tuesday, if there is an indication.

We have a Tonsillectomy and Adenoidectomy (Ts&As) +/- Grommets theatre list every 2<sup>nd</sup> Thursday whole day, in Day theatre, as well as space on our Monday morning list, and every last Friday morning of the month.

See separate [Ts&As guidelines](#).

## **Ophthalmology:**

Dr Stempels is our consultant, assisted by Dr F. Joubert.

Family Medicine assists Ophthalmology, amongst others with eye eviscerations.

Occasionally we may have to help with the eye pre-ops, if they are all ill or on leave.

See the [Eye Pre-ops guidelines](#) in the wards.

## **Maxillo-Facial Surgery:**

Dr Johannes Viljoen is the private consultant who sees predominantly clients with mandibular fractures pre-op every Monday morning, and does a theatre list every Monday afternoon. Clients are booked via the theatre secretary (8024343).

The pre-ops for the Monday list are done on Sunday afternoons by the ward Intern on call Sunday. It is NB that the intern complete the blue admission notes, which includes a relevant history for illnesses, especially epilepsy, a clinical examination, and the consent and anaesthetic chart.

A FM intern requests the panorex views Monday morning, and joins Dr Viljoen on the Monday morning admission and Tuesday morning discharge ward round in B1 (07h30).

All non-mandibular maxillo-facial surgery must be referred to GSH.

See separate Max-Facial Guidelines.

## **Psychiatry:**

The 2 Intern doctors in the department rotate through all the areas in Family Medicine, and 25% of time (1 month) in Psychiatry (hospital and community based) during their 4 months residency in FM. See separate roster.

## **Forensic Clinical Medicine:**

During the day, Family Medicine attends to all survivors of sexual assault, drunken driving cases, J88 forms, and other police work. After hours there is a separate roster for doctors on call for rape cases.

## **Outreach:**

Drs Jenkins visits Knysna hospital every second Wednesday, alternating with Dr Gibson who visits Oudtshoorn hospital alternate Wednesdays. Dr Jenkins will start visiting Mossel Bay Hospital one Tuesday a month, and the Laingsburg/Ladysmith/Prince Albert area twice a year. FM coordinates the training of doctors and nurses in the region, which includes 10 hospitals, as part of the iMoComp (Improved Maintenance of Competence) project. Currently, there are 5 hospitals on the MoComp



Project, which is a tripartite project between the Provincial DOH, Univ. of Cape Town, and Univ. of Stellenbosch.

Beaufort West Hospital is visited every 3 months by Dr Jenkins and Dr Gould (from Internal Medicine).

4 Clinical Forums of 1.5 days each is planned for 2009, at various locations in the 2 districts.

## **Training/Teaching:**

Training of registrars in Family Medicine is in full swing, with 10 registrars in training in the George (Eden-Karoo) Complex during 2009. This complex is one of 4 complexes in partnership with the University of Stellenbosch and the Provincial Department of Health. It is based in the District Health Services, with training being integrated on the regional hospital and district hospital platforms, and includes the PHC, HIV, Palliative and TB services. See separate document in this regard (also on the George Hospital web site).

Four doctors have completed the Dip.PEC.

Many doctors have completed the ATLS, ACLS, and PALS courses.

Two doctors completed a 1-year course in Palliative Care.

Students from Stellenbosch University do their 2-4 weeks elective periods in our Department.

Weekly tutorials: DipPEC/Emergency Meds/Family Medicine topics are discussed weekly. Doctors take turns presenting. These are CME accredited. This happens on Wednesdays.

Three-weekly Morbidity and Mortality Meetings (M&M) are also held, by various doctors. It is NB that the nurses, as well as Dr Viljoen attend. There are 3 sets of paperwork to complete for each M&M.

Books, protocols, the 3 EDLs, UptoDate, and the Red Cross Toxicology Database are available in the Emergency Centre.

We are linked with the Department of Family Medicine at Stellenbosch University, with Dr Jenkins being a senior tutor assistant for the Consultation and Mental Health Module of the MFamMed Program.

Family Medicine also functions as an examiner for the PHC Nursing Course in the region.

The Emergency Unit also has close ties with Prof Lee Wallis, Head of Emergency Meds in the Western Cape.

## **Anaesthetics:**

Some doctors in the department are encouraged to join a morning theatre list a week in Anaesthetics to develop their anaesthetic skills.

## **Caesarean Sections:**

Some doctors in the department are encouraged to join a Wednesday morning theatre list in Obstetrics to develop their surgical skills in especially Caesarean Sections.

## **Research:**

We are encouraging doctors to consider doing a research project. Areas needing attention include parasuicides, patients' health seeking behaviour, Triage, and post-call doctors' mistakes.

A short simple research question will be most manageable.

Some research output from this department include:

Reasons for Non-Compliance in Epilepsy patients. By Drs R Krause, L Jenkins.

Evaluation of the MoComp project. By Prof Ben Marais, Dr L Jenkins, others.

Internal audit of screening. Dr R Gibson.

Employers' perception and needs re employees on ARVs. Dr L Giddy, L Jenkins (in progress)

Role of cyclocapron in trauma patients – ongoing.

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Principal Family Physician, Head: Family Medicine Department

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