

Guidelines for applying to the Eden Karoo Family Medicine Training Complex November 2008

The George Training Complex consists of 2 districts, Eden and Karoo, with all the health facilities within them. This complex is situated in the southern and central part of the Western Cape, about 440 km from Cape Town, and 330 km from Port Elizabeth, along the magnificent Garden Route and inland over the Outeniqua mountains, towards and over the Swartberg mountains, into the Greater Karoo. This part of our country is beautiful and safe, and offers a quality lifestyle and job satisfaction.



The active main components at present include:

George Hospital – a 229 bed combined level 1, 2 and 3 hospital in George, surrounded by the Outeniqua mountains, the Wilderness lakes, indigenous forests, and the warm Indian ocean.

Oudtshoorn Hospital – a 123 bed district hospital, about 65 km from George, in the Klein Karoo, famous for its ostriches, Cango caves, olives, KKNK festival, and crisp climate.

Knysna Hospital – a 98 bed district hospital, about 65 km from George, on the Knysna lagoon, a bustling all-year round tourist attraction, with the Knysna heads, canoeing, canopy tours, and arts and crafts providing ample opportunity for outdoor living.

Beaufort West Hospital – a 57 bed district hospital, about 240 km inland from George, in the centre of the Groot Karoo, one of the 9 national presidential rural nodes, promising tender mutton, olives, wide open spaces, hunting, and the nearby Karoo National Park. This hospital forms part of a 'complex' within the Central Karoo district, comprising the Beaufort West sub-district (Beaufort West hospital, Nelspoort Care/Rehab Centre, Murraysburg hospital), Laingsburg sub-district (Laingsburg, Matjiesfontein), and Prince Albert sub-district (Prince Albert hospital, Leeuw Gamka, Klaarstroom).

Mossel Bay Hospital – a 90 bed district hospital, about 60 km from George, westwards on the coast, nestled in the popular summer holiday town of Mossel Bay.

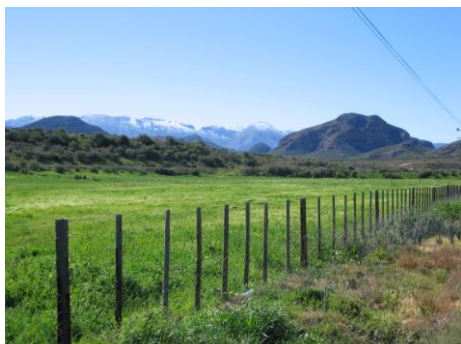
NB, even if you are not sure whether you want to join the Family Medicine Residency Training Programme right now, why not consider applying for work as a senior or principal medical officer in any of the district hospitals, including Riversdal Hospital, or George hospital, in any of the main departments (Family Medicine, Internal Medicine, Surgery, Paediatrics, Anaesthetics, Obstetrics & Gynaecology, Orthopaedics, Psychiatry, Ophthalmology). There are also registrar posts available in many of these departments.

Furthermore, there are also a number of medical officer posts available in our district PHC Clinics, the ARV programme and the TB services (Harry Comay/Southern Cape TB hospital).

The 2 districts are also advertising a CMO post and a senior family physician post at the district hospitals.

This Training Complex is linked with the Division of Family Medicine and Primary Care of the University of Stellenbosch (US). Supernumerary registrar posts in Family Medicine are created every year in the DOH head office, Cape Town, and allocated between 5 complexes in the Western Cape. Four of these complexes are linked to the University of Stellenbosch, and one of the complexes (Metro West) is linked to the University of Cape Town.

Depending on the number of family medicine specialists in any complex, and the number of registrar vacancies, registrar applications are considered twice a year (Feb and August intake), to stay within the 1:2 ratio of specialist to registrar numbers.



HPCSA stipulates that a resident family medicine specialist must be working on site in the district or regional hospital where the registrar is receiving training.

The registrars in the complex follow a rigorous and demanding on-line course-work programme, which forms the academic/theoretical component of the MMed (Fam Med). This involves about 12 hours a week of studying after hours, via the internet-based programme called WebCT, over 4 years. The practical skills are taught over 4 years within the clinical exposures. A logbook with about 216 skills helps the registrar and the mentor/supervisor to monitor progress.

Registrars in the Eden-Karoo (George) Complex are expected to work at George Hospital for a period of 2 years, and then relocate to Oudtshoorn or Knysna hospitals, or Mossel Bay or Beaufort West hospitals (pending the appointment of a local family physician), for a further 2 years. It may be that they start working at one of the district hospitals for 2 years, and then relocate to George Hospital for the last 2 years.

The emphasis is on expected outcomes necessary to be able to practice as a competent district hospital family physician, able to deliver the full clinical package of district health services.

It is hoped that at the end of 4 years, there will be a number of family physician specialist posts created in the region to enable the newly qualified family physicians to apply and remain in local service.

The rotations in George hospital consist of 6X 4-months rotations, one of which is in Family Medicine and Primary Care. The other 5 include any of Surgery, Anaesthetics, O&G, Paediatrics, Internal Medicine, and Orthopaedics/Psychiatry.

The Family Medicine residency includes: Emergency Medicine, TB hospital rotation, ARV clinic (Thembaletu), Palliative Care (Bethesda Care Centre), PHC (Conville and George hospital), theatre work (2X/week), ward work, and Family Medicine OPD (2X/week). While on call in the Emergency Unit, the registrar is responsible for all emergencies, all Internal Medicine, and all O&G. There is an active CME programme, and discussion and teaching sessions are encouraged.



The other clinical departments all have excellent teachers and mentors, and fully support the registrar training programme. While the registrar is working in a clinical department, that departmental HOD is the direct supervisor, and responsible with the registrar to review progress via the logbook every 2 weeks. The resident family physician regularly meets with the registrars every month for 2 hours, and more often while they are working in the Family Medicine department.

The district hospital residency also involves “rotating” through a “mini-complex”, if you will. This involves OPD, wards, outlying day hospitals and PHC clinics, frail care centres, ARV clinic, theatre, and prison. The resident family physician (or as an interim measure, the HPCSA accredited CMO) is the direct supervisor/mentor, responsible for regular meetings and progress check with the help of the skills log book. Specialists, including family physicians, reach out from George Hospital, in support of the training needs of the registrars and medical officers at the district hospital, on a 2-weekly basis on average.

It is important that the resident family physician and every registrar sit down together with the local management (superintendent), clinical heads, and other role players, and draw up a **4-year Plan** for each registrar, based on their skills deficiencies and prior experience, in accordance with the skills logbook expectations.

Academic programme



The US MMed (Fam Med) is a modular on-line (internet-based) 4-year degree, which is in the process of being restructured. Please contact Prof Bob Mash via email rm@sun.ac.za if you have any queries.

A new on-line module will be created with the name Clinical Family Medicine. This module will contain material on 9 clinical domains as listed below. It is expected that tutoring in these domains will occur on-site with the student's supervisor / mentor and not on-line. The on-line module will contain the outcomes, a study guide, self-test materials and requirements for interaction with the supervisor / mentor. The on-site activities and tutoring received will be recorded in the logbook.

Study materials will also be provided for each domain.

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| (1) Mental health | (6) ENT, eyes and skin |
| (2) General adult medicine | (7) General surgery and orthopaedics |
| (3) Child health | (8) Emergencies |
| (4) Women's health | (9) Anaesthetics |
| (5) HIV/AIDS, TB and STIs | |

Students will be asked to choose 3 clinical domains to study in their 1st year and 3 domains in their 2nd year. The remaining 3 domains must then be studied during years 3-4 of the programme. The 3 clinical domains selected in 1st year will be examined in an on-line multiple choice exam held once at the end of the 1st year. Similarly the 3 domains studied in 2nd year will be examined at the end of the 2nd year. The Part 1 exam for the MMed degree will then be made up of the grade obtained in these two end-of-year exams. This means there will no longer be clinical exams at the end of the compulsory on-line modules. Students will be expected to pass the section of the Part 1 exam separately for each clinical domain.

The compulsory on-line modules will therefore focus more on the understanding and application of family medicine principles.

The applied research module will move to the beginning of 2nd year to enable students to work over a longer period of time on their research project.

The Part 2 exam will continue to be held at the end of the programme (4th year) but in future will consist of the Objectively Structured Clinical Examination (OSCE), simulated consultations, oral exam, presentation of research and a multiple choice exam in the 3 remaining clinical domains.

As there is now formal structured clinical training in the complexes the contact sessions at the University will be shortened to 3 days. Contact sessions for years 1-3 will then all be held at the beginning of the year.



The re-structured programme is summarized below:

Year	Contact session	Module 1: Feb-April	Module 2: May-July	Module 3: August-October	Exam
1	January	The Consultation	Ethics	Evidence-based medicine	Part 1 exam on-line
		Three clinical domains selected from Clinical Family Medicine			
2	January	Applied research (Start of a 3-year research module)	Chronic disorders, Health promotion and Disease prevention	Community-orientated primary care	Part 1 exam on-line
		Three clinical domains selected from Clinical Family Medicine			
3	January	Human growth, development and Family-orientated Primary Care	Teaching and learning	Health care management and administration	
4		Complete 2 elective modules and research assignment.			Part 2 exam
3 & 4		Three clinical domains selected from Clinical Family Medicine			

Application Procedure

You need to apply in two places:

1. Application for the MMed (Fam Meds) degree should be made to the University of Stellenbosch, using the application forms at www.sun.ac.za/fammed and this is administrated by Hannilie Griggs (In Tygerberg Medical School) at jagr@sun.ac.za, 021-9389061.

2. Application for the registrar post should be made to Carin La Cock, Clacock@pgwc.gov.za (in Dr Joey Cupido's office, Cape Town) using the Z83 form. She can help with any administrative issues. She may pass this in future to Dr Keith Cloete's office but will be able to help. You indicate on the application that you want to be placed at the George Training Complex. Posts are available to start 1/2/09.

Local Admin Procedure



Dr Renette Crous is the Eden District Director and manager for the Eden-Karoo (George) Complex. Her office is situated at the District Health Offices, on the 3rd floor, in the SARS building, York Street, George. The registrar posts are situated in this office, and all questions related to the post (salary, notch, leave, SPMS, job description, and relocation and other allowances) must be directed here. The contact tel nrs are: Mrs Sheila Malgas (secretary), tel nr 044-8032708, or rcrous@pgwc.gov.za. Dr Louis Jenkins is the clinical coordinator for the training complex, and the principal family physician, based at George Hospital. He can be contacted on 0837951065, or 044-8024528, or e-mail: ljenkins@pgwc.gov.za.

The medical superintendents of the hospitals are as follows:

George Hospital: Dr Martin Viljoen: Contact at 044-8024534, or e-mail: mviljoen@pgwc.gov.za.
Oudtshoorn Hospital: Dr Paul Ruschenbaum. Contact at 044-2037200, or pruschen@pgwc.gov.za.
Knysna Hospital: Dr Andries Venter. He can be contacted at 044-3028400, or ajventer@pgwc.gov.za.
Beaufort West Hospital: Dr Earle Du Plooy. Contact at 023-4148200, or eadplooy@pgwc.gov.za.
Mossel Bay Hospital: Dr Stanislaw Janicki. Contact at 044-6912011, or sjanick@pgwc.gov.za.
Riversdal Hospital: Dr Emma van As. Contact at 028-7132445, or 0722713592.

Two relocation allowances will be considered, once at the beginning (if the registrar is in an existing government post), when the registrar relocates to Eden-Karoo, and a second time if the registrar must move after 2 years between hospitals.

The normal study and exam leave rules as per PGWC regulations apply.

Overtime work is part of the job, and is contracted at 16 hours per week on average, and paid by the hospital where the registrar works.

Annual leave and study leave must be clarified early with the local supervisor and hospital manager, and applied for and approval granted via the District Health Office.

The registrar job description (JD) has been approved and consists of 85% clinical work, and 15% (6 hours) academic and research work weekly.

Accommodation at the hospitals is generally not available, and is the responsibility of the registrar to find suitable accommodation in town.

I trust this info will help you find your way towards Eden-Karoo, and into the Family Medicine Training Programme!

If you have further queries, please do not hesitate to contact myself, or any of the people mentioned above.

Regards

Dr Louis Jenkins