

# Child Family Health International Healthcare Challenges -

# Brief History of South Africa

Colonized by the English and Dutch in 17<sup>th</sup> century

Discovery of natural resources around 1900

- Mineral resources (gold, diamond, platinum)
- Boer War - English vs. Afrikaners (Dutch descendants)
- Land mines

Apartheid

○



# Child Family Health International

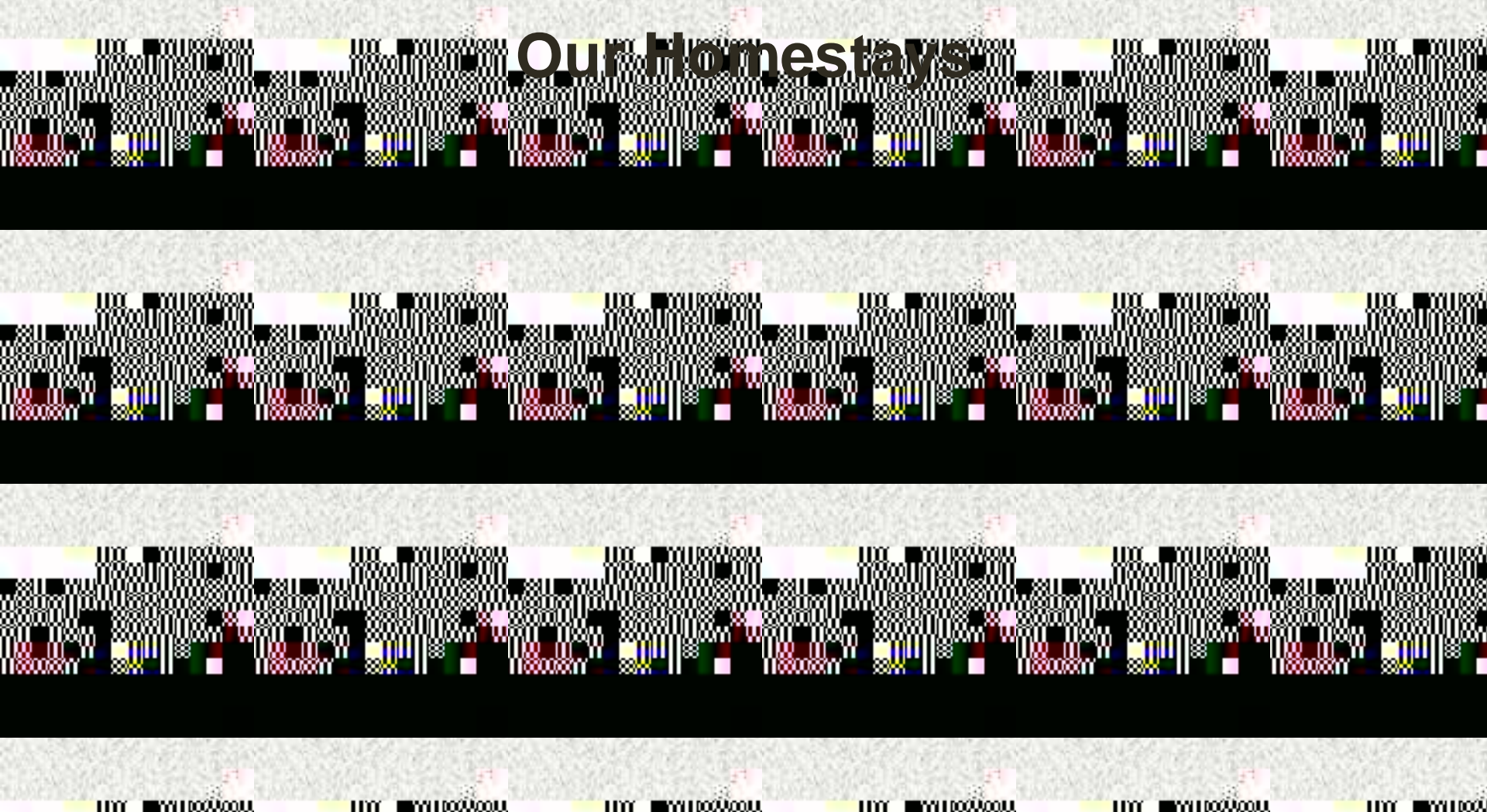
NGO recognized by the U.N. and W.H.O

Community based global health education program

Over 50% of the lives go to our homestays and hospitals

- o e.g. Abundant Life Palliative Care

# Our Homestays







# 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



# Healthcare in South Africa

Private Sector

Public Sector

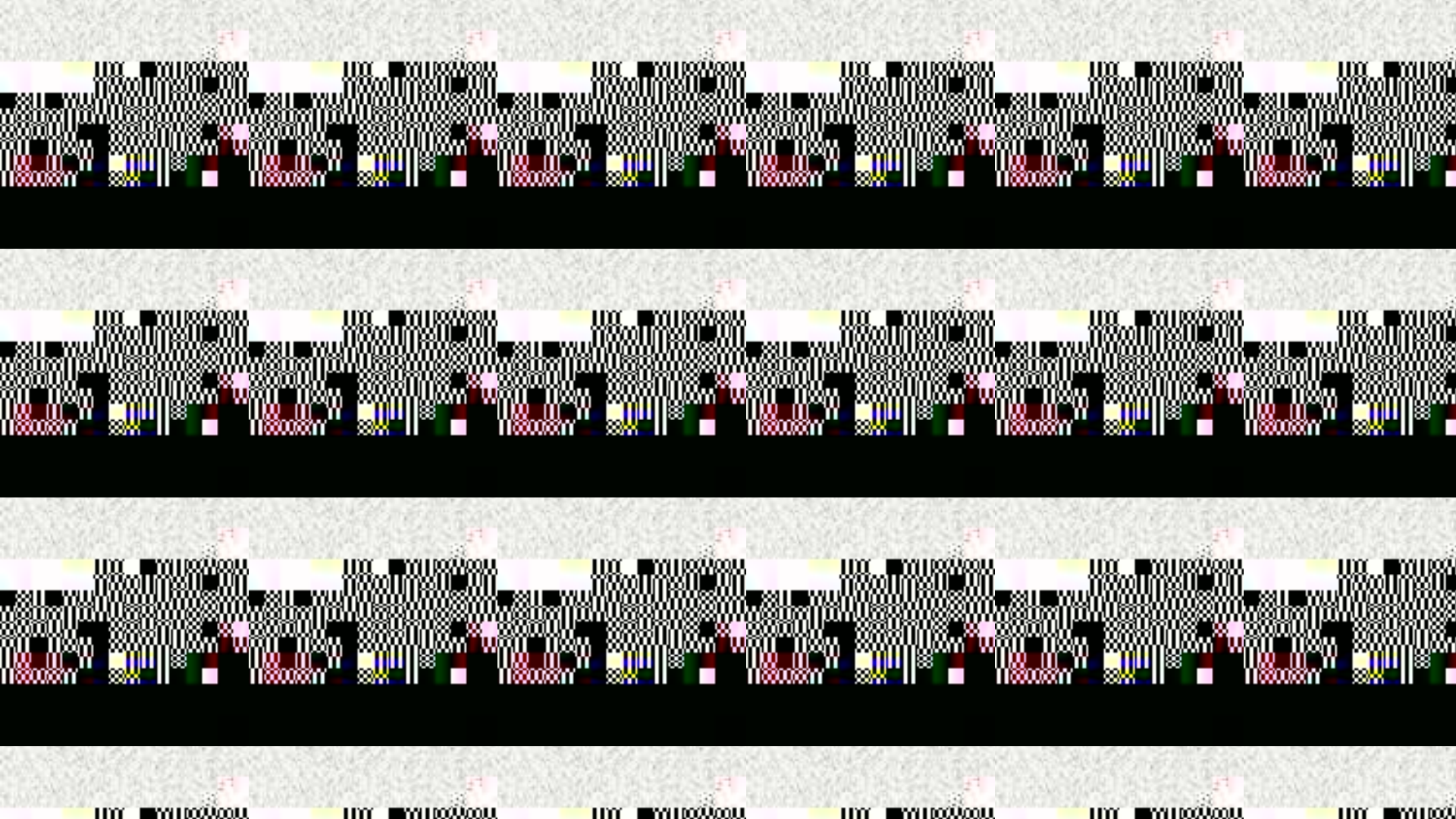
- Community Health Center
- Secondary Hospital  
e.g. Victoria Hospital
- Tertiary Hospital  
e.g. Groote Schuur

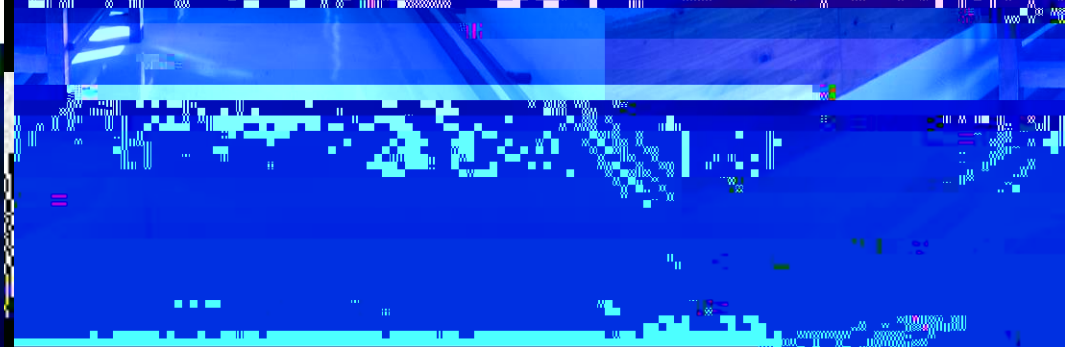
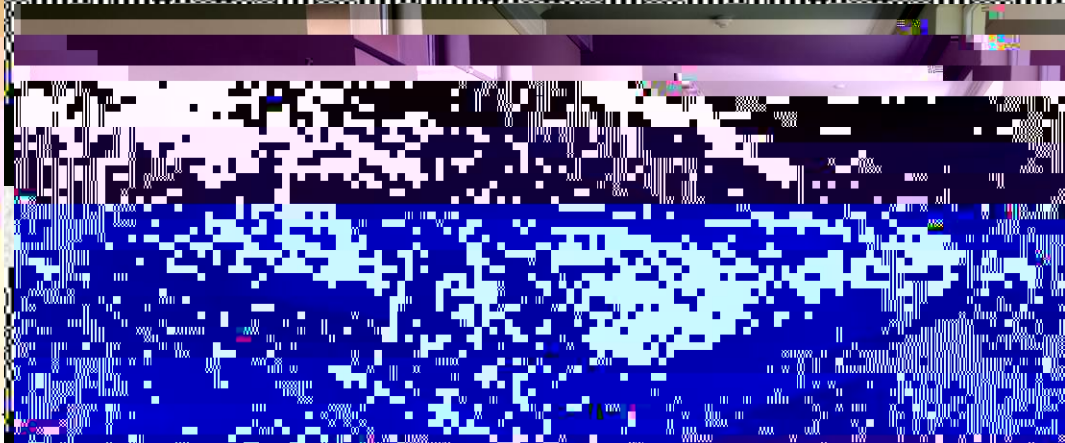
Clinical Associates - equivalent of PAs in the health sector

# Victoria Hospital

Secondary Teaching Hospital

- Approximately 158 inpatient beds
- 50% of patients uninsured
- Private insurance
- Serves about 47,000 patients a year





# Internal Medicine Department

- Registrar, Intern, Students

Daily ICU rounds

Ward rounds with firm

- Day Male and female medical wards

- TB wards

Clinic

- MOPD

- Diabetes

- Weekly Infectious Disease Rounds

- Weekly Journal Club

On-call every 5 days

- Post-call rounds with consultant



# Internal Medicine

## Chronic Conditions

- Coronary artery disease, STEMI, NSTEMI
- Heart failure

- Diabetes mellitus

## or Hypertension

- Chronic kidney disease

- Liver disease

- Malignancy

- CVA

## Infectious Diseases

- HIV/AIDS

- Tuberculosis

- Cryptococcal meningitis

- Varicella pneumonia

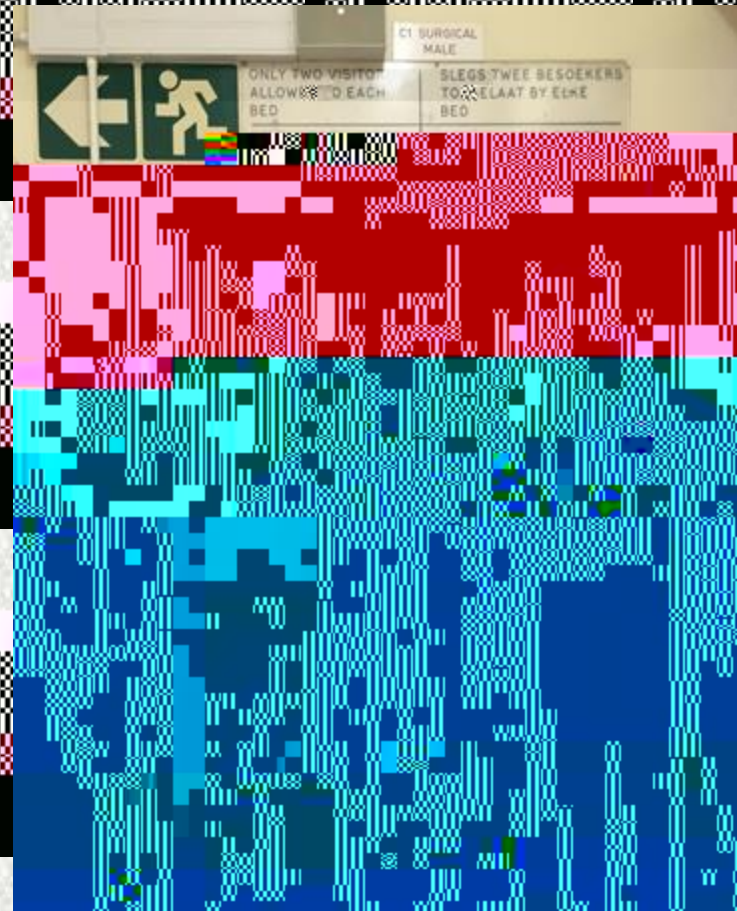








# Surgery Team



# 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)

- different scope of practice

Long waiting times for patients

# Impactful Moments

R

o

# Exploring Cape Town and South Africa!

Garden Route

- Bungee Jumping,  
Ziplining, Ostrich farm,  
Elephant game reserve

Bo Kaap

Robben Island

Table Mountain

Cape Point/Cape of Good Hope

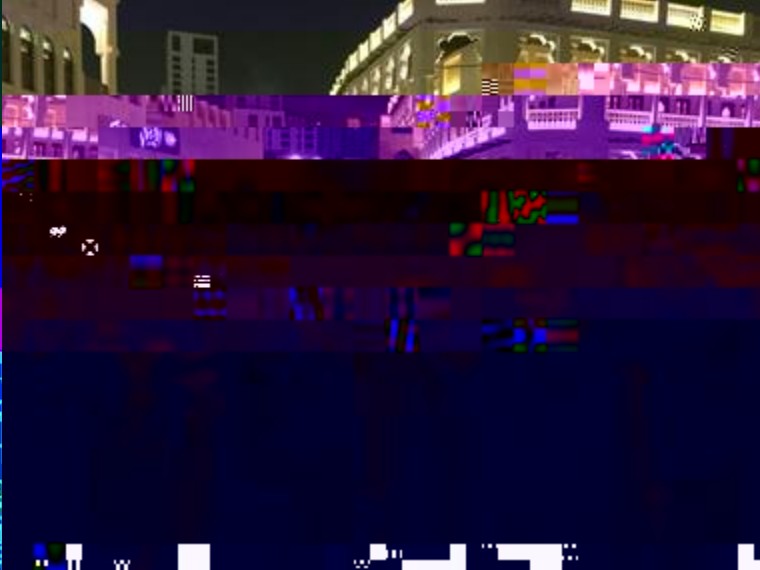
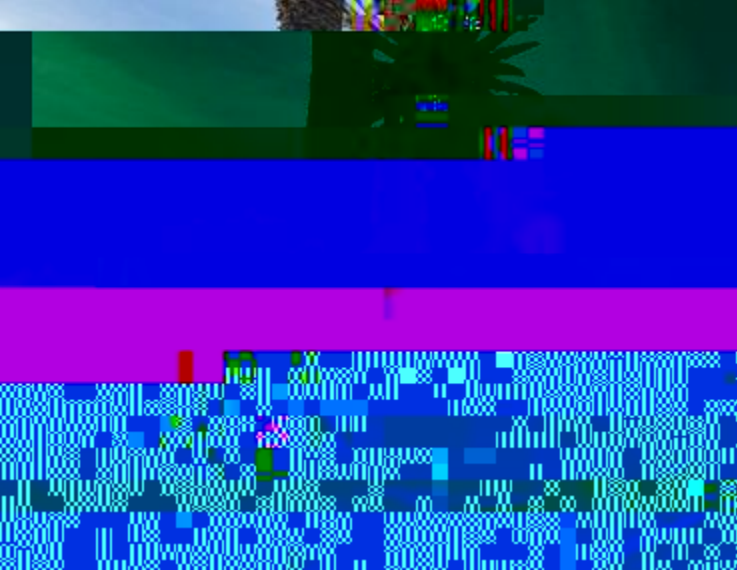
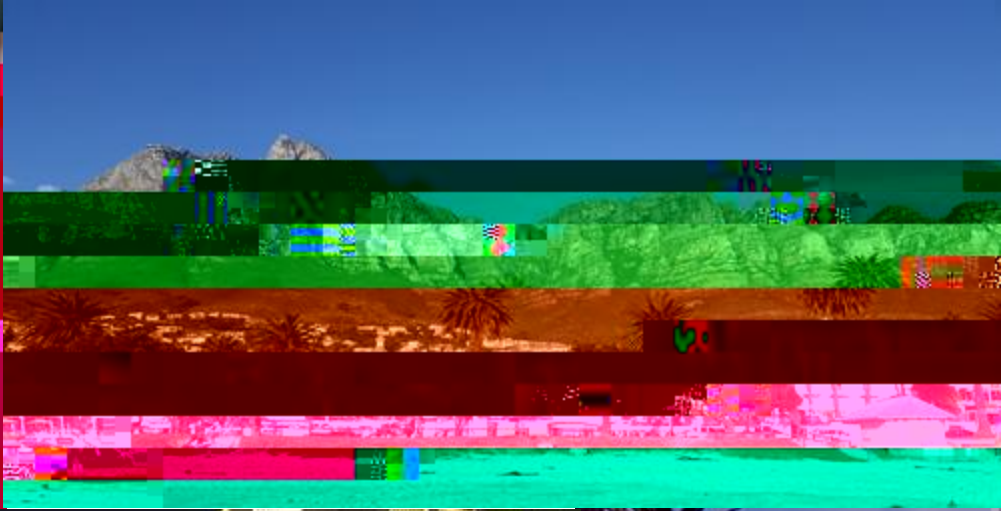
Hout Bay

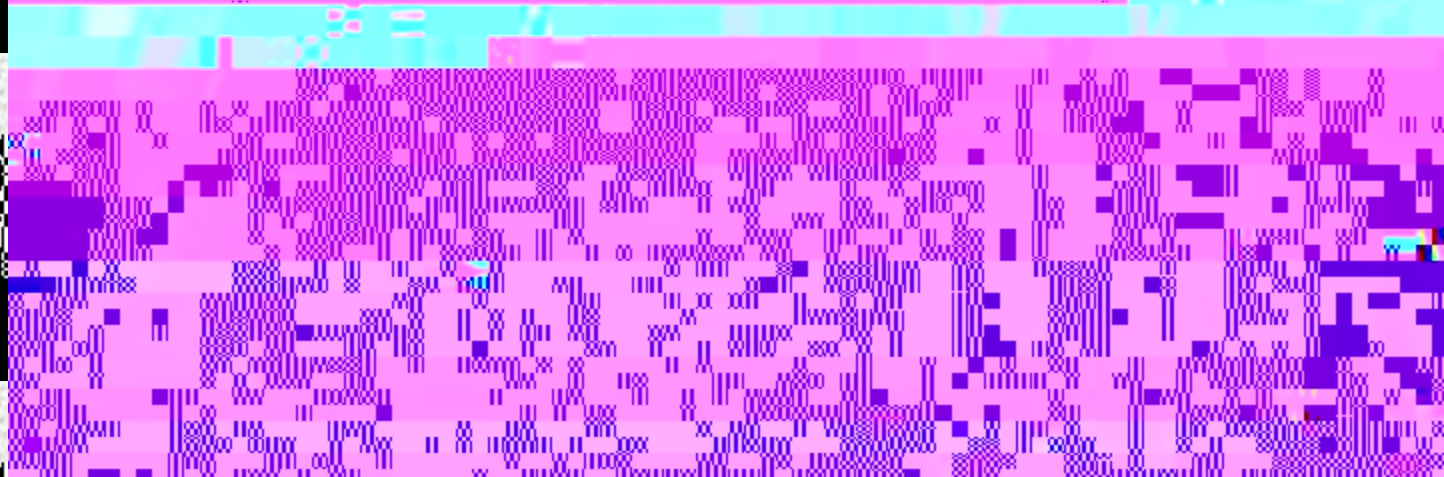
Camps Bay

Kalk Bay

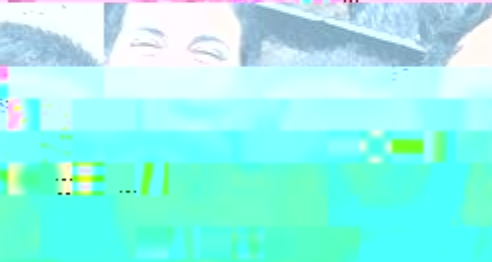
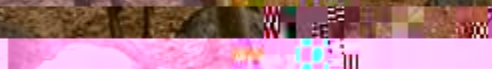
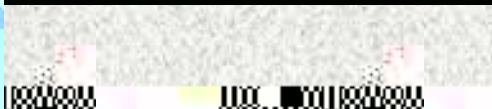
Groot Constantia Wine Estate

Safari - Johannesburg







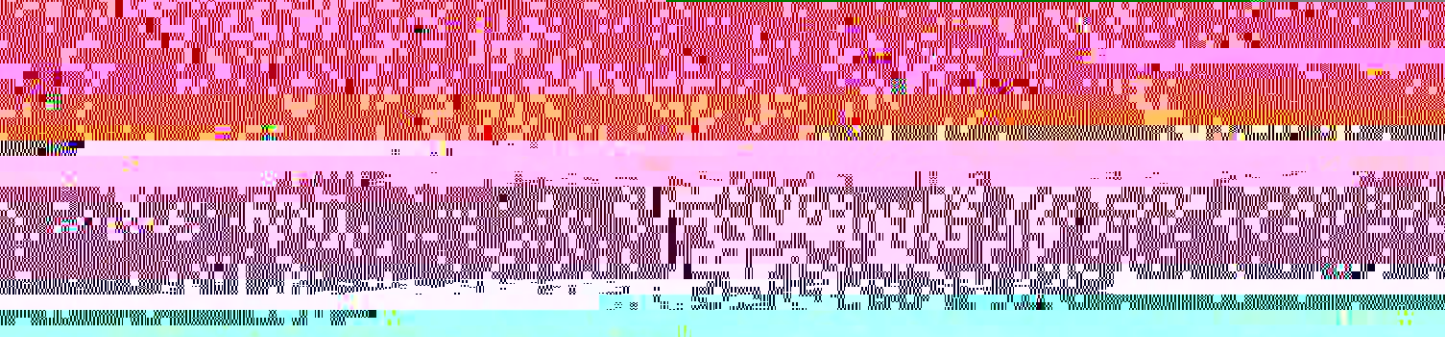
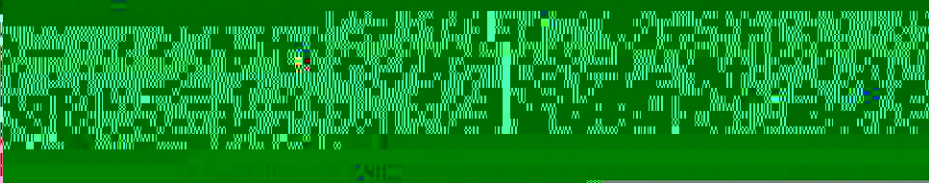
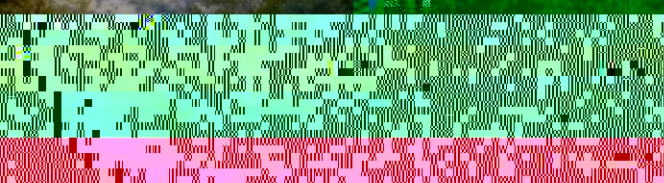


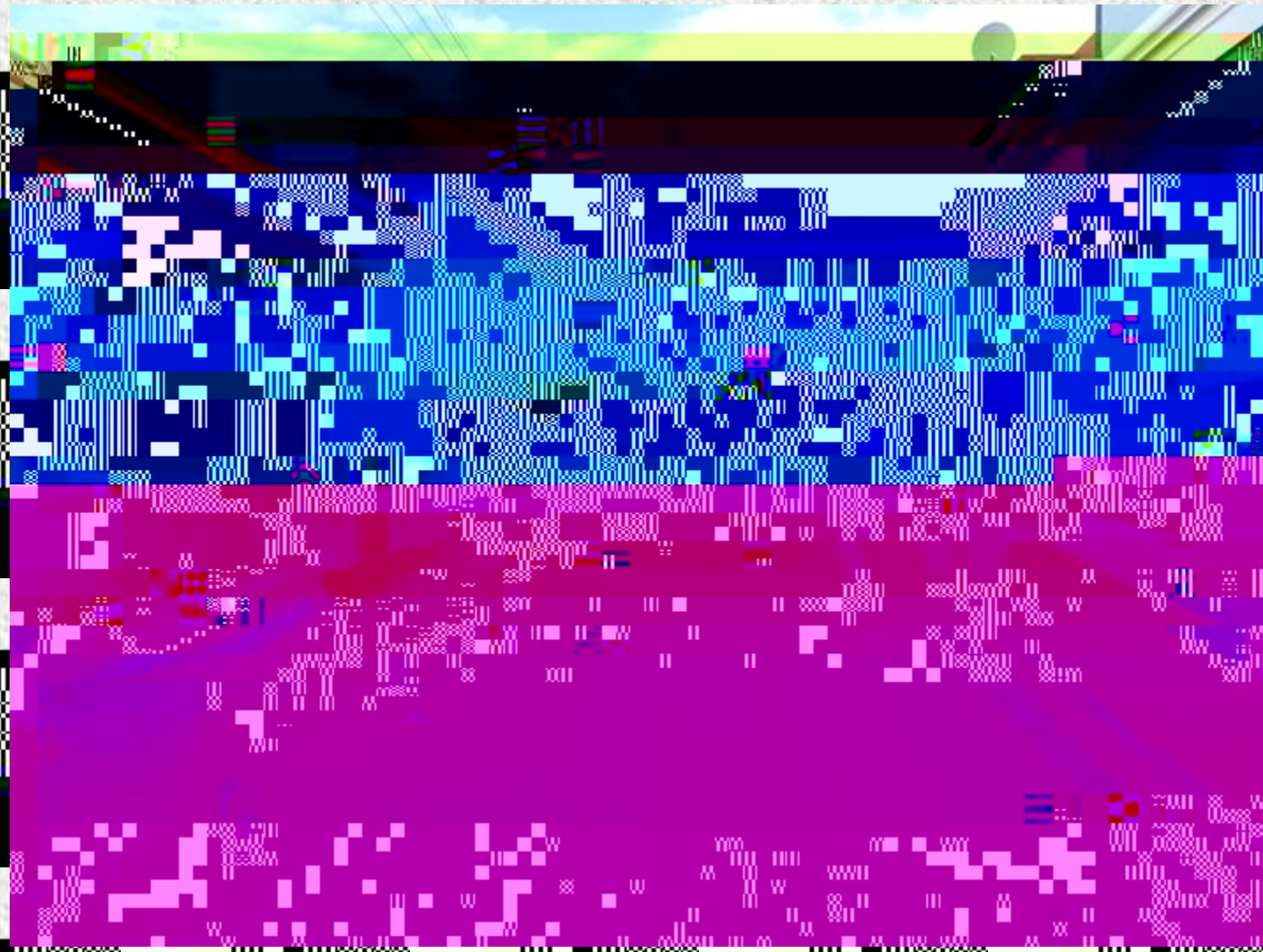


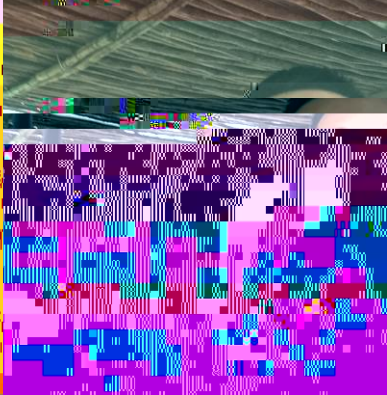
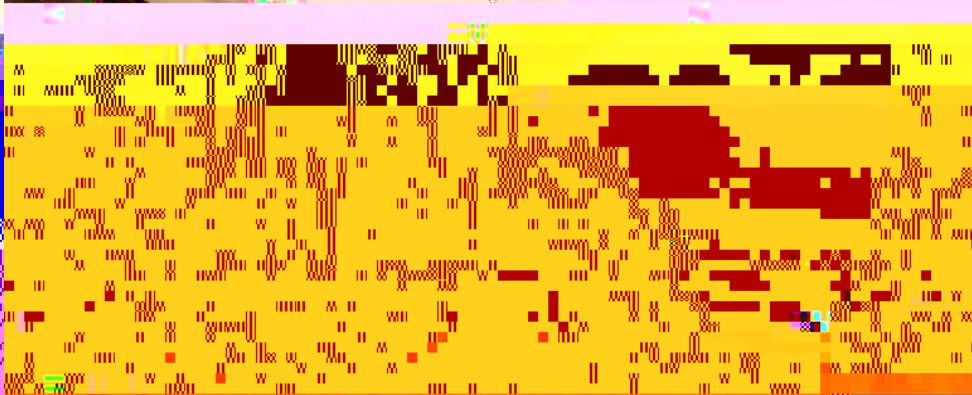
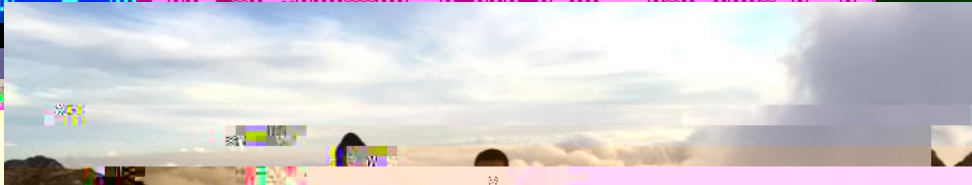
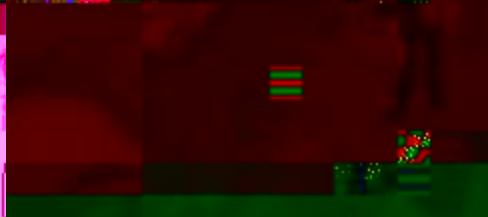
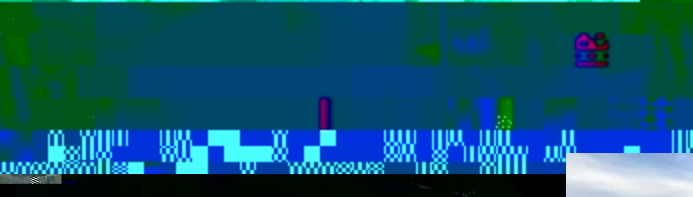
**BIG**

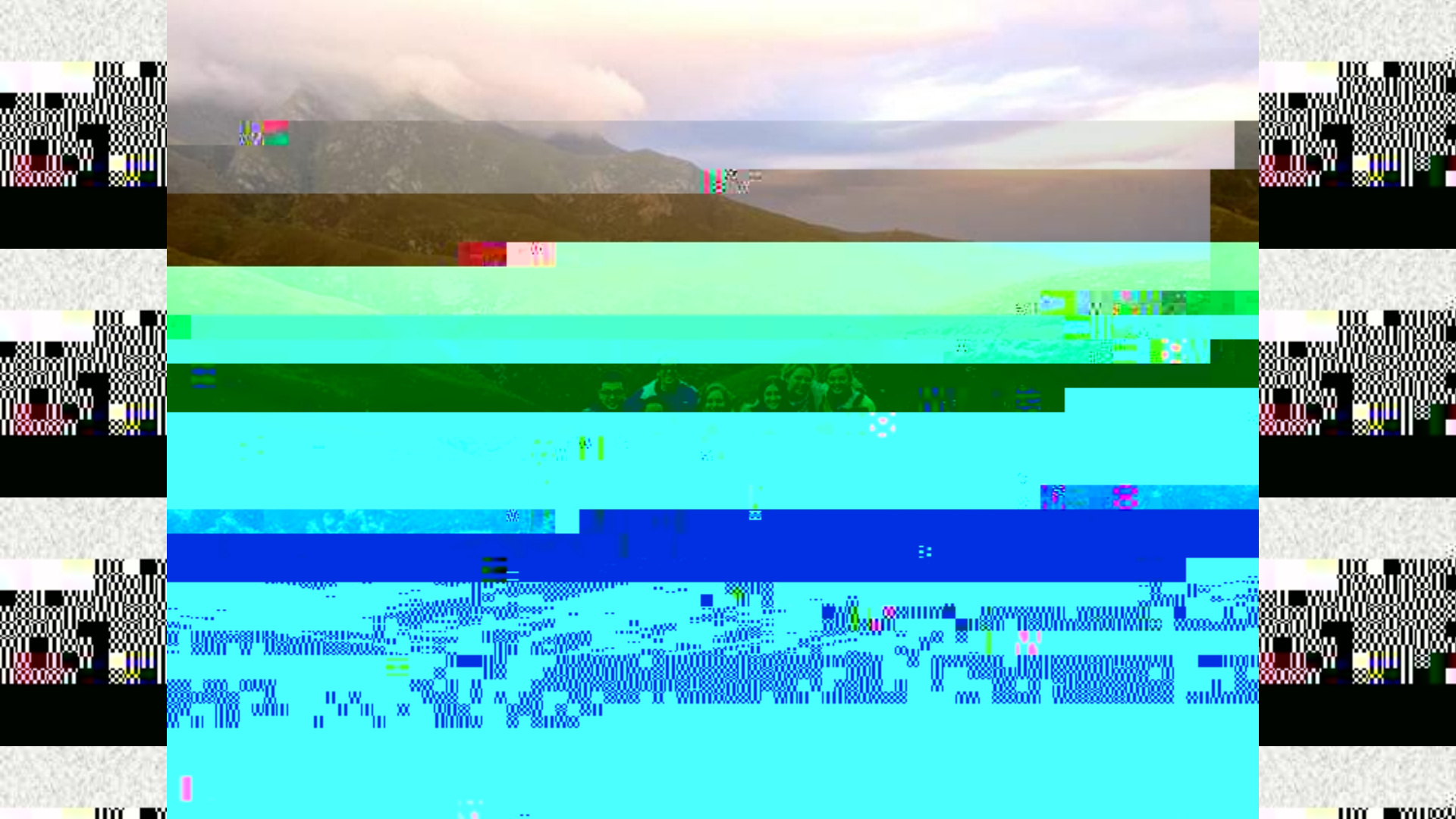
**FIVE**













CAPE OF GOOD HOPE

15° 28' 26" EAST

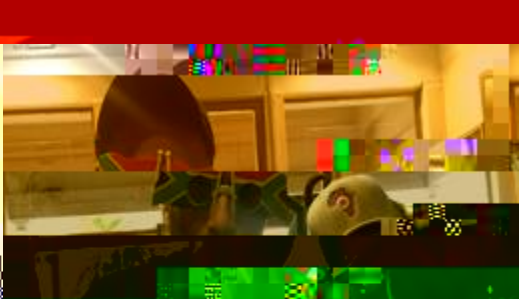
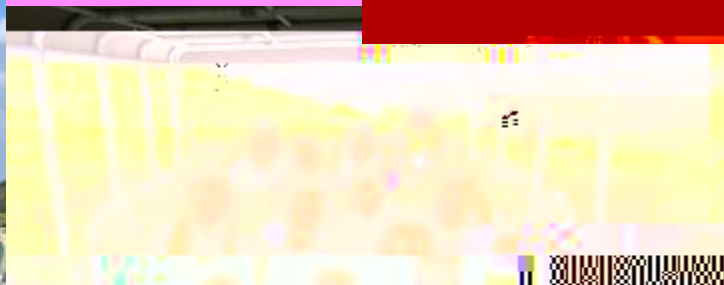
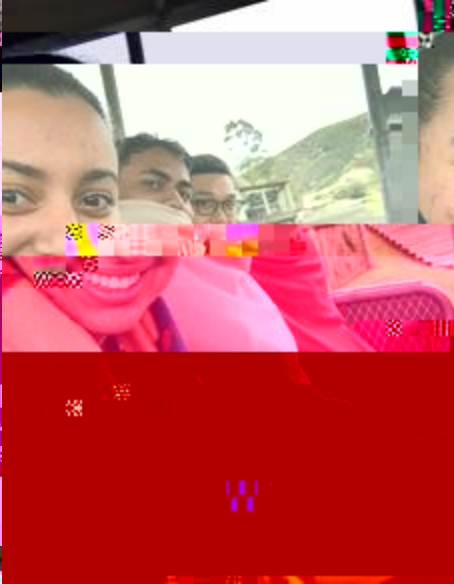
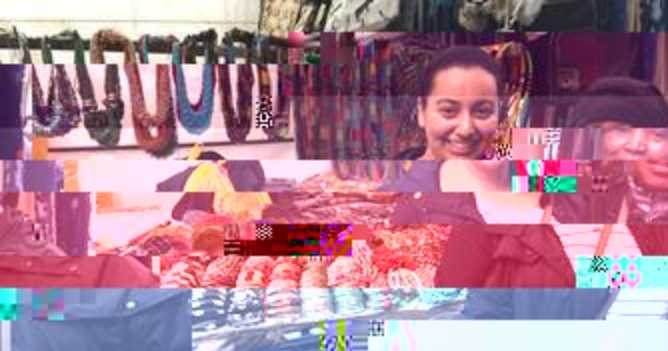
HOOP

THE MOST SOUTH-WESTERN POINT  
OF THE

34° 21' 25" SOUTH

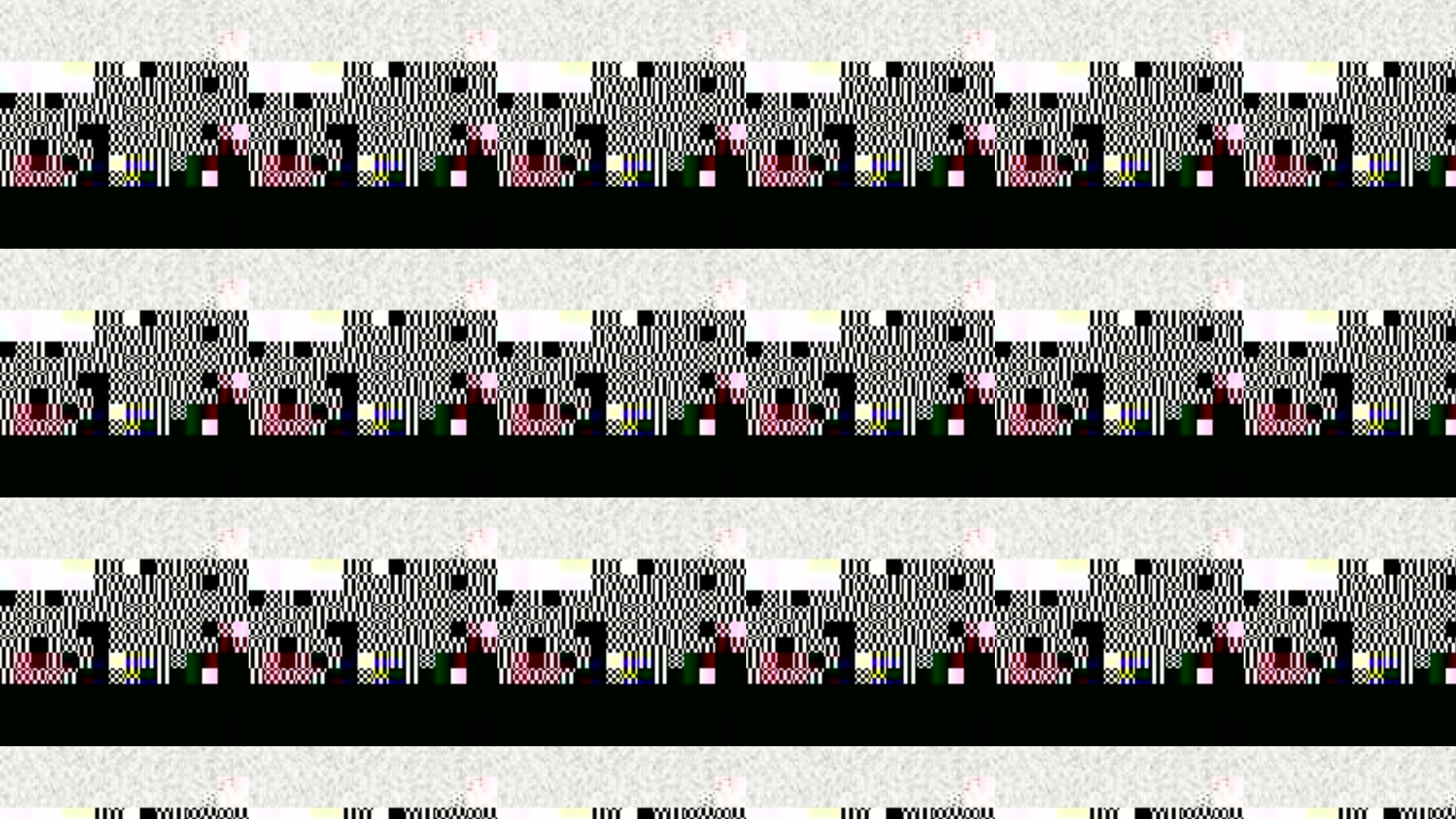
MEES-SUIDWES-INDIÛSE PUNT  
VAN DIE VASTELAND VAN AFRIKA

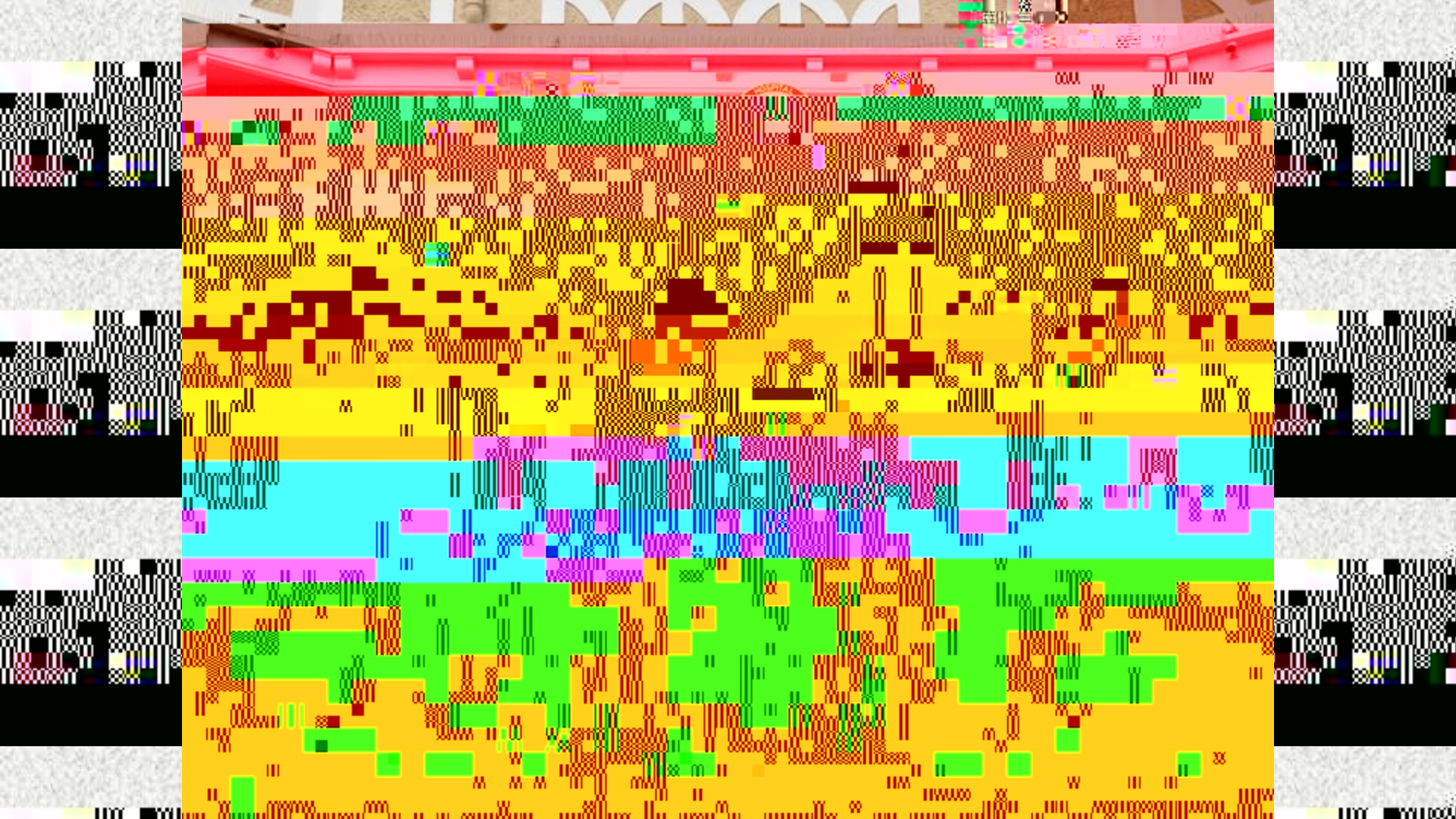
HOOP











# References

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