1. **Introduction**
   Thank you for your interest in the Short Courses in Family Medicine at Stellenbosch University. The purpose of this brochure is to give you enough information to decide if you want to enroll as a student in one of the short courses.

   **Information on these courses is available on the website**
   [www.sun.ac.za/fammed](http://www.sun.ac.za/fammed)

2. **Broad Aim**
   The short courses aim to provide a course of study for doctors wishing to expand their knowledge and skills in a specific area of interest relevant to family medicine or general practice. The courses aim to enhance the quality of general practice and satisfy the desire of doctors for continuing professional development.

3. **Objectives**
   The specific outcomes of the short courses are as follows:

   **3.1 Rehabilitation in Family Medicine**
   At the end of the module you should be able to:
   - Demonstrate basic understanding of disability and rehabilitation approaches, definitions, frameworks, policy and legislation
   - Recognise and manage medical problems that impact on the functional outcome of persons with disabilities
   - Describe the different issues with regard to mobility that should be addressed as part of rehabilitation
   - Describe the living situation of disabled people in relation to how they perform their activities of daily living and show how this can be used to set treatment priorities
   - Describe the issues involved in work assessment and the referral process to OT
   - Manage cognitive problems in people with disability
   - Manage communication, swallowing and visual problems that follow a stroke
   - Describe how prevention of impairment and disability can be integrated into the health system
   - Manage prospective recipients of social grants appropriately
   - Manage psycho-social problems appropriately
   - Facilitate community re-integration of disabled patients
   - Monitor and evaluate performance of rehabilitation programmes

   **3.2 Principles and practice of rural health care**
   At the end of the module you should be able to:
   - Describe the scope of practice of a rural practitioner
• Describe the additional skills you personally need to be able to practice long term in a rural area.
• Describe how the key priorities of rural health care systems can be applied to your own setting
• Describe the national and international principles of rural health care that are relevant to your setting

3.3 Geriatrics in Family Medicine
At the end of this module you should be able to:
• Perform a comprehensive geriatric assessment (including use of specific assessment tools)
• Describe the key demographic issues and burden of disease in South Africa (including elder abuse, HIV/AIDS impact...)
• Describe the key members of the community and primary care team involved in the care of the elderly
• Manage the discharge of a geriatric patient from hospital
• Describe the physiology of ageing and its clinical application
• Describe the key issues involved in death, dying and bereavement
• Manage the most common geriatric syndromes using a problem-oriented approach (depression, dementia, delirium, falls/gait, urinary incontinence, pressure sores, sleep problems, hearing/vision/skin/constipation) and incorporating key principles of prescribing, medico-legal issues, ethical issues and chronic care.

3.4 Palliative Care in Family Medicine
At the end of the module the student will be able to:
• Apply the principles of palliative care to their patients
• Counsel the dying patient and bereaved family
• Manage the common symptoms and syndromes associated with palliative care

3.5 Forensics in Family Medicine
At the end of the module you will be able to:
• Assess, manage, document and understand all aspects of sexual violence
• Have an approach to the management of domestic violence
• Have an approach to the management of child abuse
• Assess, manage, document and understand all aspects of drunken driving
• Classify and understand injuries to the skin
• Make good clinical records and complete medico legal forms
• Do examinations on detainees, know their rights and avoid pitfalls
• Understand court etiquette and testify in a competent, professional and confident way
3.6  **Introduction to Mindfulness – with a 5 day retreat**

- Engage in, reflect on, and discuss the daily practice of 2 foundation formal mindfulness practices
- Engage in, reflect on and discuss the application of mindfulness during daily life
- Demonstrate an understanding of the foundation of the Integral Theory
- Appreciate and demonstrate a basic understanding of the core theoretical and philosophical aspects of mindfulness
- Appreciate the contextual application of mindfulness-based interventions
- Connect the theoretical elements of both mindfulness and the integral model with personal experience
- Provide evidence of on-going personal learning and development through journaling and essays describing shifts in awareness and understanding of cognitive, somatic, emotional and relational aspects of personal experience
- Describe the effect of mindful awareness on choices and behaviours, in both a personal and a professional context

4.  **Distance Education**

Distance education is able to offer you all the benefits of a residential programme without the need to pay for locums, accommodation and travel. It also allows learning to take place in the context of your own practice and at times that are convenient for you.

Tuition will be delivered online, which will enable access to the study guides, resource materials, self-assessment quizzes, interaction with each other and your tutors, as well as processing of your assignments and marks.

On average you will need to set aside **4-6 hours per week** for studying or work on-line.

Applicants must be competent in the use of English at an academic level. Applicants who are **(a)** not South African graduates and **(b)** who did not study in English as an undergraduate may be asked to complete the test of academic literacy for postgraduate students - TALPS to assess their competence in academic English.

Take note: The test will only be available after applicants have made the payment, which is ± R100.00.

A team of people will be available to provide you with administrative, technical and academic support. They will be available on the Internet, by email, by fax, or by telephone.

In order to participate in the course the following technical specifications are recommended:

1. Internet Access with a ADSL modem and line speed of at least 384Kbs, or 3G Internet Connectivity
2. Computer Hardware: (Minimum specs) Pentium 4; 2.0 GHz with 1Gb RAM (Memory), 80 Gb Hard drive, 17” Monitor and onboard sound or soundcard with speakers, Windows XP SP3 with Internet Explorer 6, and Javascript RTE 6.0. 16X CD-RW/DVD Combo drive

5. **Course content and duration**
   Each course is a 12-week module. There will be no face-to-face contact at the University. The division reserves the right to cancel provision of a module if there are less than 6 people registered.
   The short courses will be offered over the following periods:

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<td>Principles and practice of Rural Health Care</td>
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**Deadline for applications for courses:**

Module 1 – 31st August 2015;

Module 2 – 28/29th February 2016;

Module 3 - 30th April 2016.

6. **Assessment**
   Each module may be assessed in the following ways:
   - By assignments submitted throughout the module
   - By participation in on-line discussions
   - By an end of module on-line examination using MCQ style questions

   A final mark of 50% or more is required to pass the module.
7. **Enrolment criteria**
   You must be in possession of a MB,ChB degree or equivalent. You must be registered with the Health Professions Council of South Africa or equivalent registering body in another country. In addition you should be working in a clinical context appropriate to Family Medicine / Primary Care.

8. **Cost**
   The cost per short course will be approximately R4500. The University reserves the right to make changes to the fees as they appear in this brochure. You should check the final fee structure at the time of registration.

9. **Accreditation**
   Successful completion of a short course will enable you to receive a Certificate of competence and 10 Continuing Education Units (CEUs) from the University of Stellenbosch. The short course may at a later stage be able to give you credit towards completion of the Postgraduate Diploma in Family Medicine or the MMed (Family Medicine).

10. **Application**
    Application forms can be downloaded from the Internet at http://www.sun.ac.za/fammed

    **Please apply for the programme by:**

    1. Completing the Postgraduate Short Courses Application Form
    2. Enclosing certified copies of your Degree(s)
    3. Enclosing a certified copy of your HPCSA Registration Certificate (or equivalent licensing body)
    4. Enclosing a certified copy of your Identification Document
### PAYMENT DETAILS

**Postal payments of cheques to:**

The Executive Director: Operations and Finances  
University Office  
Private Bag X1  
Matieland 7602

**Payments within South Africa directly into the University bank account:**

- **Account Name:** Stellenbosch University  
- **Bank:** Standard Bank  
- **Account Number:** 073006955  
- **Branch Code:** 050610

**Payments outside of South Africa directly into the following account:**

- **Bank:** First National Bank, Cape Town branch  
- **Physical Address:** 5th Floor Media City, No 1 Heerengracht, Foreshore, Cape Town  
- **Account Name:** Stellenbosch University – Foreign Income  
- **Account Number:** 62107177083  
- **Branch Code:** 204109  
- **S.W.I.F.T Address:** FIRNZAJJ

**Payments may be made personally to the cashiers:**

- **Office hours:** Monday to Friday, 08:00 to 15:30

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**The Short Course Registration form must be returned to jagr@sun.ac.za with**

1. A copy of your HPCSA certificate or equivalent.  
2. Certified copies of your Degree(s)  
3. A copy of your ID (Identity Document) or equivalent.  
4. Proof of Payment

Direct all enquiries to:

Ms Hannilie Griggs  
Tel: 021-938 9395       jagr@sun.ac.za