

Short Courses in Family Medicine 2014

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.

The Division also offers a 1-year Certificate course in Integrative Medicine and a course in Mindfulness-based Practice. Information on these courses is available separately on the website 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:

- Describe different management strategies in rehabilitation
- Identify different teamwork approaches and models in practice
- 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

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

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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

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 by the Internet, 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.

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.

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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 Combor drive

5. Course content and duration

Each course is a 12-week module that should be completed within an absolute maximum of 14 weeks. There will be no face-to-face contact at the University and the course is entirely at a distance. The division reserves the right to cancel a module if there are less than 6 people registered.

The short courses will be offered over the following dates:

Module 1 Feb-April	Module 2 May-July	Module 3 August-October
Principles and practice of Rural Health Care	Rehabilitation and Family Medicine OR Palliative Care in Family Medicine	Geriatrics in Family Medicine OR Forensics in Family Medicine

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.

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8. Cost

The cost per short course will be approximately R4000. 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

Completion of the 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 Masters Degree in Family Medicine.

10. Registration

Registration forms can be downloaded from the Internet at <http://www.sun.ac.za/fammed>

Please register for the programme by:

1. Completing the University Form "Postgraduate Application for Admission to the University"
2. Completing the form Postgraduate Shortcourses Registration Form
3. R100 application fee via EFT, banking details can be obtained from Student Accounts 021 938 9208.
4. Enclosing certified copies of your Degree(s)
5. Enclosing a certified copy of your HPCSA Registration Certificate (or equivalent licensing body)

Registration must be through the university web-site (www.sun.ac.za/fammed), and NOT by post/fax, with the original copy of the registration form signed by yourself.

Please also notify the division of your application by email nicolec@sun.ac.za

Direct all enquiries to:

Ms Nicole Cordon-Thomas

Tel: 021-938 9061 nicolec@sun.ac.za

Deadline for applications for courses:

Module 1 - 30th September in the previous year;

Module 2 – 28/29th February of the same year;

Module 3 - 30th April of the same year.