



## M Med in Family Medicine 2025



Apply online <https://student.sun.ac.za/applicant-portal/#/auth/login> by 30 September

### 1. INTRODUCTION

Thank you for your interest in the MMed (Family Medicine) at Stellenbosch University. The purpose of this brochure is to provide you with sufficient information to help you decide whether you would like to enrol as a registrar in the MMed (Family Medicine) Degree programme. We encourage you to consider carefully your motivation for joining the programme by speaking with registrars who have entered the programme and family physicians in the field.

### 2. BROAD AIM

The MMed (Family Medicine) Degree programme aims to prepare doctors as Family Physicians with a high level of resilience, clinical and leadership competence. Graduates will be equipped to solve patient problems within health systems through teamwork and research, and to serve as mentors and teachers within the discipline of Family Medicine in South Africa's district health system.

### 3. OBJECTIVES

The specific objectives of the programme are as follows:

- To enable graduates to effectively manage themselves, their teams and their practices in any sector, demonstrating visionary leadership and self-awareness to ensure the provision of high-quality, evidence-based care.
- To equip graduates with the ability to evaluate and manage patients presenting with both undifferentiated and specific problems in a cost-effective manner, utilizing the bio-psycho-social approach.
- Facilitate the health and quality of life of the community.
- To ensure that graduates conduct all aspects of health care in an ethical, legal and professional manner.
- To enable graduates to facilitate the learning of others in the discipline of family medicine, primary health care and other health-related matters.



#### 4. ADMISSION REQUIREMENTS

For admission to the MMed (Family Medicine) degree programme, a student must hold a MBChB degree or an equivalent qualification recognized by the University as meeting the required standard and registered and accredited by the Health Professions Council of South Africa (HPCSA). The Senate, or the Executive Committee acting on behalf of the Senate, will determine the suitability of a candidate for admission to the MMed (Fam Med) programme. Candidates are required to submit a written application for admission.

Please note that all candidates must be either South African citizens or hold permanent residency status. During the programme, each candidate must spend the full-time equivalent of four years, gaining practical professional experience in a training position, approved by the University in an HPCSA accredited registrar post, within an approved training complex in the Western Cape (Eastern Metropole Cape Town; West Coast; Cape Winelands; Overberg; Garden Route). Candidates must have completed their internship and community service and be registered with the Health Professions Council of South Africa.

#### 5. DISTRIBUTED EDUCATION

Distributed education offers the flexibility of learning within your own work environment and at your convenience. The academic programme will predominantly be delivered online, providing access to study guides, resource materials, self-tests, interaction with peers and tutors, as well as submission of assignments and assessment of marks. On average, you should allocate **6 - 10 hours per week** for online study and activities during the modules. Please refer to the document on the "Ideal Training Complex" for further details on the structure of the workplace based assessment learning in the training complex. This uses an electronic learning portfolio. A dedicated team will be accessible to provide administrative, technical, and academic support through internet, email, and telephone channels.

To participate in the course, the following technical specifications are recommended:

Internet Access, Computer Hardware: (Minimum specs) INTEL or AMD; 2.0 GHz with 1Gb RAM (Memory), 80 Gb Hard drive

#### 6. COURSE CONTENT AND DURATION

The MMed programme is structured as a **4-year programme**. In the first three years, three web-based modules of 12-week duration each are offered, followed by two web-based modules in the fourth year. A total of twelve modules must be completed throughout the programme. Additionally, an applied research project must be completed and submitted as a research assignment spanning all four years. The academic modules are delivered through distance learning, with mandatory **2-3 day contact sessions** held at the **University (Tygerberg Campus)** three times a year, at the beginning of each module.



**Note that attending the contact sessions is a requirement for registration of the modules.**

## **7. WEB-BASED ACADEMIC MODULES**

A brief description of each module is given below:

### **7.1 CONSULTATION IN FAMILY MEDICINE**

This module deals with clinical method, communication, counselling and consultation skills relevant to each phase of the consultation.

### **7.2 ETHICS IN FAMILY MEDICINE**

This module teaches an approach to recognising, analysing and solving ethical dilemmas using ethical theories, principles, legislation, medico-legal rules and professional values.

### **7.3 EVIDENCE-BASED MEDICINE**

This module teaches the application of evidence-based medicine skills to clinical decision making as well as reading and critical appraisal of the medical literature.

### **7.4 APPLIED RESEARCH**

The research module is an integral part of the MMed programme, guiding students through the process of preparing a research protocol and requiring them to complete the research during years 2-4, culminating in the submission of a thesis by the middle of the 4th year, which is a mandatory requirement for attaining Part B, Fellowship of the College of Family Physicians of South Africa (FCFP).

### **7.5 PRINCIPLES OF FAMILY MEDICINE**

This module teaches principles of medical generalism, primary care systems and family medicine. There is a particular focus on Clinical Governance tools.

### **7.6 COMMUNITY-ORIENTATED FAMILY MEDICINE**

This module teaches principles of community oriented primary care and students are expected to engage with the initial steps of this process in their own communities.

### **7.7 FAMILY-ORIENTATED FAMILY MEDICINE**

This module teaches an approach to human growth and development and family-orientated primary care.

### **7.8 TEACHING AND LEARNING IN FAMILY MEDICINE**

This module will equip the family physician with the skills to be a mentor and educator of family medicine in their own setting. Principles of adult education when working with both large and small groups will be covered.



## 7.9 LEADERSHIP AND CLINICAL GOVERNANCE

This module will help the family physician to develop the skills to address clinical governance in the district health care system and take on leadership roles to contribute to change and improvement.

## 7.10 CLINICAL FAMILY MEDICINE I, II & III

In these three modules, practical professional experience applicable to the practice of family medicine is gained under acceptable and approved professional supervision in a training position that has been approved by the University.

During the 4-year programme, students are expected to study ten clinical domains:

- Anaesthetics
- Child Health
- Ear, Nose, Throat, Ophthalmology and Dermatology
- Emergency Medicine
- General Adult Medicine
- General Surgery
- Hiv/Aids, TB and Sti's
- Mental Health
- Orthopaedics
- Women's Health

## 7.11 REHABILITATION

This module will introduce you to the following:

- The complexity of disability.
- The role of the environment in disability.
- Rehabilitation as part of Primary Health Care.
- Health promotion, primary prevention, cure and rehabilitation in rehabilitation Medicine.
- The medical aspects to assess and consider when treating a client with a disability.

## 7.12 PALLIATIVE CARE

This module aims to update the family practitioner on the basic principles and practice of palliative care and equip them for the critical role of coordinating the care pathway of patients diagnosed with life-limiting diseases, at primary care level, from diagnosis through to the end-of-life.



## 8. CONTACT SESSIONS

The MMed programme includes mandatory **2–3 day contact sessions** three times a year at the **University (Tygerberg Campus)**. These sessions are designed for learning practical clinical skills, receiving clinical updates, meeting module tutors and support staff, interacting with other students, and discussing any problems or questions, as part of fostering a community of practice.

## 9. PORTFOLIO OF CLINICAL FAMILY MEDICINE LEARNING AND EXPERIENCE

### 9.1 E-PORTFOLIO

An e-portfolio must be completed for each year of the programme that records your clinical learning and experience as part of the programme's workplace-based learning. The e-portfolio must be completed by at the time of the assessment in May / November each year.

The E-Portfolio has sections that focus on:

- Verification of relevant professional experience at different departments and facilities.
- Record of educational meetings with your supervisors.
- Evidence of workplace-based learning through feedback.
- Audit of your clinical competency in core clinical skills.
- Report on your performance during the year or allocation.
- Graduation is subject to the approval of the learning portfolio by the Head of the Division of Family Medicine and Primary Care.

1	CONSULTATION IN FAMILY MEDICINE	ETHICS IN FAMILY MEDICINE	EVIDENCE-BASED MEDICINE	<b>CLINICAL FAMILY MEDICINE I</b>
2	APPLIED RESEARCH	PRINCIPLES OF FAMILY MEDICINE	COMMUNITY-ORIENTATED FAMILY MEDICINE	<b>CLINICAL FAMILY MEDICINE II</b>
3	FAMILY-ORIENTATED FAMILY MEDICINE	TEACHING AND LEARNING IN FAMILY MEDICINE	LEADERSHIP AND CLINICAL GOVERNANCE	<b>CLINICAL FAMILY MEDICINE III</b>
4	REHABILITATION IN FAMILY MEDICINE	PALLIATIVE CARE IN FAMILY MEDICINE	<b>CMSA EXAMINATION</b>	<b>CLINICAL FAMILY MEDICINE IV</b>



## 9.2 PROFESSIONAL EXPERIENCE

Registrars will be required to work in an accredited training complex for the 4-years of the programme. Training will be based at a district hospital and will include professional experience in primary care clinics and if necessary, in focused clinical specialties at the regional hospital. During these 4-years, you will rotate between these facilities to achieve competency in the clinical skills expected of a family physician. The specific allocations will be finalized in the training complex, taking into consideration your specific learning needs, the district health needs, and the programme expected outcomes. This will be between yourself, your direct family physician supervisor, and the sub-district clinical manager.

### TRAINING COMPLEXES:

#### CAPE TOWN EAST METROPOLE

Helderberg District Hospital & Eerste River Hospital and the associated primary care platform forms the basis of the complex. For more information about the complex, please contact **Dr Werner Viljoen** at [Werner.Viljoen@westerncape.gov.za](mailto:Werner.Viljoen@westerncape.gov.za).

#### CAPE WINELANDS TRAINING COMPLEX

Ceres, Robertson, and Stellenbosch District Hospitals and associated primary care platform within a specific sub district. For more information about the complex, contact **Dr Liezel Rossouw** at [Liezel.Rossouw@westerncape.gov.za](mailto:Liezel.Rossouw@westerncape.gov.za).

#### GARDEN ROUTE TRAINING COMPLEX

Knysna District Hospital, Mossel Bay District Hospital, Oudtshoorn District Hospital, Beaufort West Hospital and associated primary care platform. For more information about the complex, please contact **Prof Louis Jenkins** at [Louis.Jenkins@westerncape.gov.za](mailto:Louis.Jenkins@westerncape.gov.za).

#### WEST COAST TRAINING COMPLEX

Swartland District Hospital and associated primary care platform. For more information about the complex, please contact **Dr Gavin Hendricks** at [Gavin.Hendricks@westerncape.gov.za](mailto:Gavin.Hendricks@westerncape.gov.za).

#### OVERBERG TRAINING COMPLEX

Hermanus District Hospital, Caledon District Hospital, and associated primary care platform. For more information about the complex, please contact **Dr Stefanie Perold** at [Stefanie.perold@westerncape.gov.za](mailto:Stefanie.perold@westerncape.gov.za).



At the district hospital & in the primary care clinics, the registrar will work under the supervision of a family physician.

At the regional hospital, registrars will work under the supervision of the specialist department to which they are attached. Registrars are expected to participate in the overtime roster at their district hospital and to “adopt” a community primary health care clinic for the duration of their studies. Registrars are expected to work full- and not part-time in their posts.

#### 10. RECOMMENDATIONS ON EXTENSION OF REGISTRAR TIME TRAINING

- Registrars are encouraged to complete their Examinations and Research Assignments within the allotted training time.
- Maternity leave of 4 months may be added to the training time in all cases as per the rules of the HPCSA. A letter must be sent to the postgraduate office stating the name, student number, request, initial date of provisional completion, new date of proposed completion. The Vice-Dean will confirm the approval.
- If extended sick leave has been taken, an extension of registrar time training must be requested. Extended sick leave is when more than 36 days in a 3-year cycle has been taken. The Vice-Dean will confirm the approval.
- To complete the research assignment, an extension of training of no more than 6 months may be requested. This is subject to approval by the Division’s Postgraduate Programme Committee and the Faculty Board.

#### 11. RECOMMENDATION OF WORK HOURS

Registrars doing commuted overtime must comply with a minimum of 224 hours of work in a 4-week cycle. That is 4 x 40 hours a week, office hours and a minimum of 64 hours commuted overtime over 4 weeks. This means a minimum average overtime of 16 hours per week, with a maximum of 20 hours per week.

For specific details on overtime hours and leave regulations, please read provincial policy and inquire from the local district HR office.





## 12. ASSESSMENT & AWARD OF THE MMED (Fam Med) DEGREE

- Continuous evaluation is used throughout the twelve web-based modules including group work, discussions, written assignments and computer-assisted questions.
- Successful completion four years of appropriate, supervised experience.
- An annual learning portfolio must be kept over the four years of the programme.
- Successful completion of a research assignment before the Mmed (Fam Med) degree is awarded.
- Calculation of the Clinical Family Medicine module mark from the exam mark and a clinical e-portfolio mark, with each component requiring a pass of  $\geq 50\%$ .
- A final mark of at least 50% is required to pass a module. The final class mark for the degree is calculated as the average of all the module marks, examination marks and four clinical family medicine modules.
- A final mark of at least 75% for the programme is required to pass the Mmed (Fam Med) degree programme cum laude.
- If a module is failed it may be repeated. If you fail the module for the second time, you will be denied the right to attempt the module and be excluded from the programme based on poor progress following approval by the Faculty Board.
- Pass Parts A and B of the FCFP exams. Achieve a final mark of 50% or more derived from the combined class mark (50%), the combined examination mark – FCFP Part A (25%) and the research assignment – FCFP Part B (25%).
- If you fail an exit examination, you may take a supplementary examination. If you fail a second examination, you may on recommendation by the Faculty board, be denied the right to qualify for the Mmed (Fam Med) degree,
- If you resign as registrar or you are denied continuation of the Mmed (Fam Med) studies by the Faculty Board, you will, where applicable, be required to vacate your registrar post.

## 13. EXAMINATIONS

Registrars will sit the National Exit Examination, the Fellowship of the College of Family Physicians, (FCFP). Access to this exam is based on satisfactory completion of 36 months of the training programme.

Requirements for this exam can be found on the Colleges of Medicine of South Africa website <http://www.collegemedsa.ac.za/>.



The Health Professions Council of South Africa (HPCSA) requires successful completion of the single National Exit Examination to register as a specialist. The Division acknowledges this examination as equivalent to and substituting the MMed (Fam Med) Final Clinical Examination.

#### 14. COST

The cost per year will be ±**R36 000**. There is a financial penalty imposed by the university for students who do not complete their research within the first four years of registration.

The University reserves the right to make changes to the fees as they appear in this brochure. For quotations, please use the link, <https://web-apps.sun.ac.za/student-fees-estimate/#/home> at the time of registration.

Registrars are strongly encouraged to apply for funding to support their training, travel costs to the contact sessions, textbooks, or paying e.g., a research assistant. Options include the Discovery Fund and the Harry Crossley Fund.

#### 15. ACCREDITATION

Completion of the programme will enable you to receive your MMed (Family Medicine) from Stellenbosch University, as well as the FCFP from the CMSA and to be able to register as a Family Physician with the Health Professions Council of South Africa.

#### 16. EXEMPTION

Possible exemption on the grounds of comparable academic training or professional experience gained at another recognized institution may be granted by the University in respect of: **(a) duration (b) professional experience (c) the prescribed modules**.

#### 17. INTERRUPTION OF STUDIES

Students will need to apply formally to the Postgraduate Programme Committee if they need to interrupt any component of their studies.

#### 18. DISCONTINUATION / CANCELLATION OF STUDIES

If you leave the University without having completed your study programme, you must notify the Postgraduate Programme Coordinator / Administrator in writing that you are discontinuing your



studies (including your reason(s)) and follow any other university regulations on discontinuation of studies.

**19. CLOSING DATE FOR APPLICATIONS - AUGUST 31<sup>st</sup>**

Submit applications online, [www.maties.com](http://www.maties.com) OR <http://www0.sun.ac.za/pgstudies> with all the required supporting documents before the closing date of August, 31<sup>st</sup>.

**BANKING DETAILS**

Account name:	Stellenbosch University
Bank:	Standard Bank Limited
Branch:	Stellenbosch
Branch code:	050610
Branch address:	20 Bird Street, Stellenbosch
Account number:	073006955
Swift code:	SBZAZAJJ
Reference:	Student number / Application number
Email proof of payment to:	<a href="mailto:nicolec@sun.ac.za">nicolec@sun.ac.za</a>

*Applications must be submitted to Stellenbosch University & the Western Cape Department of Health or according to the district contact HR person as stipulated in the official advertisement.*

*Your application will be considered upon receipt of all your supporting application documents.*

*Failure to upload all the required documents by the closing date will result in your application **NOT** being considered.*

**Direct enquiries to:**

Mrs N Cordon-Thomas

Tel: +27 (21) 938 9168

E-mail: [nicolec@sun.ac.za](mailto:nicolec@sun.ac.za)



**Stellenbosch**  
UNIVERSITY  
IYUNIVESITHI  
UNIVERSITEIT

forward together  
sonke siya phambili  
saam vorentoe

**AND**

Chief Directorate

Metro District Health Services

Western Cape Government

Rowena.williams@westerncape.gov.za - East Metro

**OR**

Chief Directorate

Rural Health Services

Western Cape Government

Joelene.Salie@westerncape.gov.za - Cape Winelands

Albertus.Lewis@westerncape.gov.za - Garden Route

Anne-marie.kriel@westerncape.gov.za - Overberg

Lemeez.Siegelaar@westerncape.gov.za - West Coast

- Once the closing date has been reached, all qualifying applications will be reviewed and applicants will be shortlisted. If you have been shortlisted, you will be invited to an interview by Western Cape Department of Health, or the district contact HR person.