Elective Africa - Medical Student Program Details

Elective Africa is a leading organizer of medical elective placements in Africa. We have been working for over 10 years with teaching hospitals, rural hospitals and community health centers in Africa to provide current and aspiring medical and healthcare students a rare opportunity for a hands-on learning experience, cultural exchange, and medical volunteering in Africa.

We have programs specifically tailored for both senior and junior medical students based on the specialty they decide to rotate through.

Elective Africa Program Highlights

1. A supervised, structured and safe elective program abroad
2. Program is designed in an established network of teaching hospitals and monitored by consultant doctors and registered nurses. We encourage clinical directors and student co-coordinators to work with us to customize an elective experience that meets unique institutional requirements
3. We evaluate our participants during and at the end of the program (please see our information booklet for our evaluation form) to ensure that program objectives are met
4. Opportunity for hands-on experience is unmatched; depending on level of study and clinical exposure, our participants get extensive hands-on experience in a supervised setting
5. We have strong relationships with hospitals in which we place our students and the doctors that they work with, ensuring a very productive experience
6. The students acquire an invaluable opportunity to work in a low resource setting which supports character development and benefits the local community

Elective Africa Program Objectives:

Elective Africa’s medical students’ program objectives are designed to provide participants with opportunities to enhance the various components of their medical education in a clinical setting and with extensive hands-on experience that they would not get in their own countries. Our program objectives adopt the Accredited Council for Graduate Medical Education (ACGME) competencies framework, which includes

i. patient care
ii. medical knowledge
iii. practice based learning
iv. interpersonal and communication skills
v. professionalism
vi. systems based practice
<table>
<thead>
<tr>
<th>Domain</th>
<th>General Program Objective</th>
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| Patient Care                       | Program participants will enhance and practice skills such as  
  • History taking  
  • General and physical examination  
  • Developing differentials  
  • Comprehensive assessment of conditions and recommendations for care  
  • Patient management Obtain and assist in medical procedures  
  • Proper disposition and follow up                                                                                                                                                                                                 |
| Medical Knowledge                  | Participants will get opportunity to demonstrate knowledge about established and evolving medical sciences and application to patient care  
  • Participate in investigating and analyzing clinical problems  
  • Participate in case presentations, lectures, and conferences  
  • Feedback and direction from mentoring physicians                                                                                                                                                                                                                                                                 |
| Practice Based Learning            | Participants will get a chance to investigate and evaluate their patient care practices, appraise and assimilate scientific evidence, and improve their practices  
  • Self directed learning during the elective program  
  • Locate and assimilate studies related to patient health problems  
  • Evaluation of literature                                                                                                                                                                                                                                                                   |
| Interpersonal & Communication Skills | Participants will get opportunity to demonstrate and enhance interpersonal and communication skills necessary for patient care  
  • Communicate effectively to create a therapeutic relationship with patient  
  • Work effectively with other medical professionals                                                                                                                                                                                                                                                                 |
| Professionalism                    | Participants will get an opportunity to demonstrate commitment to professional responsibilities, ethical behavior, and sensitivity to patient                                                                                                                                                                                                                   |
| Systems Based Practice             | Participants get an opportunity to experience healthcare in a different settings, and to compare and contrast healthcare in their home county to healthcare delivery and access in elective countries such as Kenya                                                                                                                                                                        |

**Program Specialties Include:**

1) Medicine  
2) General Surgery  
3) Obstetrics & Gynecology  
4) Pediatrics  
5) Accident, Emergency, & Trauma  
6) Psychiatry  
7) ENT  
8) Ophthalmology  
9) Gender Violence & Recovery Centers  
10) Orthopedics / Osteopathy  
11) Physiotherapy  
12) Radiology  
13) Hematology  
14) Tropical Medicine & Infectious Diseases  
15) Immunology  
16) Gross Pathology  
17) HIV Medicine
Sample procedures that program participants are likely to observe or assist in

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<thead>
<tr>
<th>Specialty</th>
<th>Sample Procedures or sessions to observe and / or assist in as appropriate</th>
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<tbody>
<tr>
<td>Obstetrics and Gynecology</td>
<td>Obstetric history taking, ward rounds, partography, leopolds maneuver, normal delivery, observe, caesarian section , tubal ligations, antenatal care clinic consultation, high risk antenatal care clinic consultation, labor induction methods, post-op care, gynecological history taking, speculum exam, pap smear, high vaginal swab , trace pap smear sample route from patient through lab and pathology, hsb, salpingectomy, mva, D&amp;C, GOPC consult, FP consult, Management of labor and interventions, Assisted delivery- forceps, Vacuum, Episiotomy, endometrial biopsy, myomectomy, ectopic pregnancies, hysterectomies- total and subtotal</td>
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<tr>
<td>Medicine</td>
<td>History taking and physical examination, logical and evidence based diagnosing and management, literature review, ward rounds, radiographic interpretations,IV cannulation, nasogastric tube insertion, phlebotomy, stomach irrigation and enemas, lumbar puncture, urethral catheterization, pleural tap, ascitic tap, prepare and view MPS, CCC consult</td>
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<tr>
<td>Accident, Emergency, &amp; Trauma</td>
<td>History and physical examination, acute and critical care management, ACLS, primary and secondary trauma assessments, radiographic interpretation, suturing, minor surgery, catheterization, IV placements, chest tubes, incision and drainage, nasogastric tube insertion, lumbar puncture, orthopedic reductions, dressing, casting, admissions and dispositions</td>
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<tr>
<td>Psychiatric</td>
<td>Psychiatric history taking, general and systemic examination, ward rounds, IV cannulation, sedation, restraint, electroconvulsive therapy, group therapy, psychotherapy, family therapy, psychiatric emergencies, acute psychosis</td>
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<tr>
<td>ENT</td>
<td>Intubation, tonsillectomies, adenoidectomy, tracheostomy</td>
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<td>Pediatrics</td>
<td>Pediatric and neonatal history and physical examinations, literature review, ward rounds, radiographic interpretations,calculation of fluids for a dehydrated child, calculation of feeds for a malnourished child, neonatal care, pediatric outpatient consult, expanded immunization programs, nasogastric tube insertion, phlebotomy, lumbar puncture</td>
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<tr>
<td>Surgery</td>
<td>History taking and physical examination, radiographic interpretation, ward rounds, suprapubic catheterization, chest tube insertion, excision/incision biopsies, fluid calculation for burns patients, suturing, incision &amp; drainage, POP application, laparotomies, open fracture and dislocation reduction, surgical toilets, urethral catheterization</td>
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## Summary of Program Schedule

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<tr>
<th>Timing</th>
<th>Activities</th>
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| **Day 1 & 2**         | • Arrival: Picked up from the airport by our representative and taken to student residence – comfortable shared basic accommodation  
                       • Residence orientation, including introduction to staff that will be taking care of you during your stay  
                       • Local orientation on surroundings - where to shop, groceries, access internet, transportation, communication, etc  
                       • Basic Swahili lessons  
                       • Overview of program rules and regulations  
                       • Welcome beach and BBQ |
| **Day 3**             | • Program content introduction  
                       ➢ Keynote speaker  
                       ➢ Overview and discussion of healthcare system in host country  
                       ➢ Introduction to program professional mentors  
                       ➢ Introductions to basics such as using stethoscope for those needing introduction  
                       ➢ Introduction visit to the hospital and meeting staff you will be working with |
| **Days 4 through 29** | • Hands on experience in participant’s respective departments, see above for sample medical and/or surgical experience students will obtain  
                       • Lectures, case presentations, clinical skills labs  
                       • Feedback and assessment from physician mentors  
                       • Opportunity to rotate through additional specialties of interest |
| **One weekend**       | • Participate in select community service projects; projects are always on-going and participants can participate during their free time |
| **One extended weekend** | • Trip to the Masai Mara, including a stop to a Masai Village |
| **Day 29**            | • Debrief sessions, evaluation, and review. Departure BBQ |
| **Day 30**            | • Departure  
                       • Pick up at the student resident by one of our representatives and taken to departure point |
Program Evaluation of Students

Students are evaluated on the following criteria by mentoring faculty (residents, attending, and program directors):

- History Taking
- Physical & Mental Status Examination
- Record Keeping
- Oral Presentations
- Fund of Knowledge & Understanding of Disease Mechanisms
- Problem Solving and Clinical Application
- Relationships with Patients
- Professional Relationships
- Attitudes and Behaviors

Basic Placement Requirements

- Students must show evidence of enrollment in a medical program – could be through a letter from the dean / head of department, registrar, or advisor
- Duly completed online application form - [http://www.electiveafrica.com/apply](http://www.electiveafrica.com/apply)
- A deposit of $300 that is deductible from the total program fee - [http://www.electiveafrica.com/howtopay](http://www.electiveafrica.com/howtopay)
- Full payment of program fee 3 (three) months prior to starting the program
- Must be at least 18 years of age
2011 Program Calendar**

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<tr>
<th>Session</th>
<th>Start Date</th>
<th>End Date</th>
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<tr>
<td>Jan 2011</td>
<td>Jan 5</td>
<td>Feb 5</td>
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<tr>
<td>Feb 2011</td>
<td>Feb 1</td>
<td>March 2</td>
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<tr>
<td>March 2011</td>
<td>March 3</td>
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<td>April 2011</td>
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<td>May 2011</td>
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<td>June 2011</td>
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<td>July 2011</td>
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<td>August 2011</td>
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**NOTE: this is our standard indicative / preferred program calendar. Individual schedule needs can be accommodated. Session schedule subject to change.

To apply: http://www.electiveafrica.com/apply
Featured Testimonial

“First of all I want to say this is a fantastic programme; for me I did the Elective Africa senior programmes\textit{so what I wanted out of an African elective programme was plenty of hands on experience and to get the opportunity to see tropical/unusual diseases we would not see in the UK. And I got both of these}. Coast is a brilliant hospital to be placed at. It probably helps that it is a teaching hospital, so you get taught by knowledgeable, enthusiastic and relevant staff. What I mean by this is that the doctors are generalists (which you don’t get in the UK) and are at a similar level to us (few years out of medical school). This means they have a good grasp as to what is important for junior doctors to know, they make it relevant to our learning needs and can appreciate the difficulties we may find and take the time to explain those to us. For example, not knowing anything about tropical medicine (not very relevant for the UK so teaching is minimal) one doctor spent an extensive time with myself and Emma explaining malaria and its management and other key conditions we would see. This meant we could take histories, examine and treat patients with these conditions with more confidence.

The hospital gives you the opportunity to work what hours you want and I am very grateful to Elective Africa for providing the means to get to the hospital for a shift at whatever time I needed. Including being taken in twice in a day (e.g. to do a ward round in the morning, then a night shift at night). Some of the best experiences I got were at night as not so many staff so you get to deal with conditions that present at A&E and plenty of hands on experience (e.g. suturing). This is a major positive of the Elective Africa senior medical programme and should be explained when promoting the programme. The freedom to do night/day shifts means you can get a variety of experiences, but also take some time to explore Mombasa, as it will be the only time you visit the place for most people.

I am really happy to generally promote this programme for you as I think it is great. I would also promote the programme especially to medical students finishing their 4th yr. \textit{This means they can do most practical procedures and have a good grasp of medicine}. Therefore they can use the programme to brush up their skills for finals and be the most use to the hospital. I am would be extremely happy to promote the programme in UK/US. I am writing an article for one of the organisations that deal with electives for UK medical students and will be happy to send you a copy. I will also be doing a talk to my university about electives in Africa and with your permission would like to give details of the programme and contact details if people are interested?"

\textit{Michelle Carey}, final year medical student, University of East Anglia, East Anglia, United Kingdom (UK), September 5, 2010
Program Management

Dr. Paul Nyangasi Oduwo is Elective Africa Director of Programs, and has overall program responsibility including program development, placements and evaluations. Dr. Oduwo is a medical doctor with the Government of Kenya. He is the Medical superintendent of Tudor District hospital and has run the obstetrics and gynecology department of the Coast Provincial General Hospital. He has vast experience in program management and has worked with the National Council for Science and technology (NCST), Kenya Medical Research Institute (KEMRI) and the National Health Research and Development. Dr. Oduwo graduated with a Bachelor of Medicine and Surgery from the University of Nairobi, Kenya. He can be reached at poduwo at electiveafrica.com

Dr. Valerie Magutu is Elective Africa’s Assistant Director of Programs and is responsible for ensuring that all our program participants get appropriate hospital placements and rotations, and students get a high quality clinical and learning experience. Dr. Magutu is a Medical Officer at Thika Level 5 Hospital, a teaching and research centre where she is actively involved in supervision, examination and mentoring of nursing, physician assistant and medical students. She has worked with various government and private health facilities including Kilifi district hospital, Afya Royal OPD, Hurlingham Comprehensive Care Clinics, Eagle Wings Medical Clinics and, presently, the Karen Hospital. Her keen interest in academia and clinical research was sparked by her own elective at the Kenyan coast and she believes that a considered, structured elective is an essential part of a student’s development. She assists in program design and supervision. Dr. Mugutu graduated with a Bachelor of Medicine and Surgery from the University of Nairobi, Kenya. She can be reached at vmagutu at electiveafrica.com

Lillian Mugonyi-Nasser is in charge of Elective Africa’s program development with the dual roles of developing programs and building partnerships with our feeder schools to ensure our elective programs fit their curriculum requirements. She is also responsible for creating linkages with health institutions and health providers that host our medical elective program participants in Africa. Her marketing background and experience in both the private and NGO sectors helps to develop partnerships that are essential to our elective programs. She recently consulted and worked for an International reproductive health NGO and implemented program activities in Kenya, Uganda, Tanzania, Zambia, Malawi and Mozambique. She can be reached at lnasser at electiveafrica.com

Program Advising

Rahul Patel is a senior medical student that has rotated through Elective Africa and has come on board as a program advisor to help develop medical programs and build relationships with medical schools and students to optimize their experience. He is currently a fourth-year medical at SUNY Upstate Medical University in Syracuse, New York. He will be beginning his residency training in Emergency Medicine in 2011. He also holds a Bachelor of Arts in Philosophy and Post-Baccalaureate diploma in Neurobiology from the University of Florida. He can be reached at rpatel at electiveafrica.com
Program Administration & Support

Edwin H. Dande joined Elective Africa to help with general organizational administration and support as the number of Elective Africa's programs and participants grew. He has a variety of interests including the meaningful travel industry. He splits his time between our offices in Princeton, New Jersey, and Nairobi, Kenya. Edwin holds a Bachelors in Science in Business Administration from Monmouth University in New Jersey, an MBA from the Wharton school, University of Pennsylvania, and qualified as a Certified Public Accountant, CPA, in the state of New Jersey. He can be reached at edande at electiveafrica.com

Nasser Olwero is in charge of Elective Africa's technology, information management and online presence. With a background of Environmental Information Systems and Education, Nasser blends the fields of technology, conservation and education spending time on supporting conservation projects and many aspects of training programs. He is based in Washington, DC. He can be contacted at nolwero at electiveafrica.com