Global Health Placement: South Africa

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South Africa

- Rainbow Nation
- Population: 54,490,000
- Life expectancy at birth (m/f): 59/66 years
- Capitals:
  - Pretoria (administrative capital)
  - Cape Town (legislative capital)
  - Bloemfontein (judicial capital)
- Economy: middle-income level country
- Language: 11 official languages
- Climate: Semiarid
  - Sunny days and cool nights

(Central Intelligence Agency, 2015; World Health Organization, 2015)
Mafikeng, South Africa

- Capital City of North West Province
- Also known as Mahikeng
- Near the border with Botswana
- Rural
- Language: Tswanna
- Young population
Montshioa Stadt CHC

- Comprehensive primary health centre lead by Professional Nurses
- Located in Montshioa Stadt Village
- One of the busiest clinic in Mafikeng
- Services offered:

  Labour and delivery, antenatal care, postnatal care, maternity, emergency services, child wellness, reproductive health, medical male circumcisions, chronic illness care, minor ailments, HIV counselling, testing and management, TB treatment, and mobile clinic
Why I chose South Africa

- Exposure to cultures and languages different than my own
- Exposure to health and social issues that may not be as common in Canada
- Explore the broad role of the nurse
- Once in a life time trip to South Africa
My Role as a Nursing Student

- Child immunizations
- Assisting in consulting with sick patients of all ages
- Assessing mothers and babies 3-6 days postpartum
- Wound care
- Recording information for lab specimens
- Administering oral and injectable medications
  - Ex. Contraceptives
- Health education
- Assessing patients on chronic medications
Challenges

- Language barrier
- Lack of supplies and resources
- Lack of privacy and space
- Broader scope of practice of the nurses and nursing students
- Shortage of professional nurses
- Too many nursing students (sometimes)
- Going there alone
Highlights

Meeting wonderful people, nurses and clients alike!
Exploring South Africa and its various cultures!
What I learned

- Cultures within South Africa
- Cultural sensitivity
- HIV/AIDS and TB testing, counselling, and management
  + Including HIV prevention, treatment, and assessment in patients of all ages
- Antenatal and postnatal assessment of the mother and baby
- Pediatric care
- How culture and society affects health care availability and provision
My Contributions

- Openness and eagerness to learn
- Western, specifically Canadian, perspective
- Health teaching to the community
- Information on the Bachelor of Science in Nursing Program at McMaster University
  + Problem-based Learning/Person-based Learning
References


Thank you!
Dankie!
Ngiyabonga!
Enkosi!
Siyabonga kakulu!
Ke a leboga!
Ke a leboha!
Ke a leboga!
Ngiyabonga!
Ndi a livhuwa!
ndzi khense ngopfu!
Questions?

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