EMERGENCY MEDICINE TRAINING PROGRAMME

In preparation for the:

Diploma in Primary Emergency Care
of the College of Emergency Medicine of South Africa: Dip PEC (SA)

Objective
The Emergency Medicine (EM) Training Programme is an 18-month (Full Time) competency-based training programme which started in January 2016 at The Aga Khan University, Nairobi. The training programme is aimed to equip the trainee, at the completion of their study, with the theoretical knowledge, practical ability and interpersonal skills for fulltime or independent Emergency Medicine practice and qualification to write the College of Emergency Medicine of South Africa Diploma in Primary Emergency Care (Dip PEC) examination.

Current Training In Kenya
Currently, there are limited EM training programmes in Kenya. The few available Emergency Departments (ED) in referral hospitals are generally staffed by clinical officers and recently graduated medical officers with minimal training in the care of acute, critical or traumatic conditions. These EDs have no or very limited specialist coverage. At the county hospital level, EDs are largely absent, and no formal means exist for triaging patients who arrive with potentially life threatening medical and surgical conditions.

There is a need to improve emergency services in Kenya. Ultimately, Kenyan referral centers and county hospital emergency services should be led by residency-trained emergency providers. This process, however, will take time. An intermediate solution is to train medical officers to better manage the initial triage and stabilization of patients with a wide variety of medical, surgical, and traumatic conditions at all times of day and night, provide supervision and direction for Emergency Medical Services (EMS) systems, and to coordinate disaster and emergency response at the local and national level.

South Africa Programme
Emergency medicine exams have been held through the South African Colleges of Medicine since 1986: the Diploma in Primary Emergency Care (Dip PEC) was initially offered by the College of Family Practitioners, but transferred to the College of Emergency Medicine in 2004. The exam is intended for non-specialists already working in emergency care.

Other countries that also offer the Diploma in Emergency Medicine include Rwanda, Australia, and the UK.

Emergency Services at AKUHN
The Accident & Emergency (A&E) department at The Aga Khan University Hospital, Nairobi is currently staffed mainly by Senior House Officers (SHOs) who are medical officers with varied years of post-internship experience with no specialist training. From a staffing of approximately twelve SHOs, only three have specific training in EM. They all work under the supervision of an Emergency Physician on a shift system. Also rotating periodically in the A&E are Family Medicine, Medicine and Surgery residents.
The A&E department is the first point of entry for most of the patients coming to the hospital. The department provides initial assessment, treatment and stabilization to on average 180-200 patients a day with broad spectrum of illnesses and injuries, some of which may be life-threatening and require immediate attention. It also responds to cardiac arrests across the hospital as part of the hospital resuscitation system (Code Blue). Approximately 10% of patients seen in the A&E daily are admitted to the hospital.

**Course Structure**

This is an **18 months** training programme which culminates in qualification to take the South African College of Emergency Medicine Diploma examination.

The course and examination details and the curriculum are available in the **College of Medicine of South Africa** website - [CLICK HERE](#).

**Training**

The trainees work on a rotational basis in the following departments:

- Adult Accident & Emergency (A&E) – 9 months
- Paediatrics A&E – 3 months
- Intensive Care Unit (ICU) – 3 months
- Anaesthesia – 2 months
- Obstetrics & Gynaecology (OBGYN) – 1 month

Additional time is also spent working in the pre-hospital system.

**Faculty**

Currently we have only one full time Emergency Physician. Being a University hospital, faculty from the other departments the trainees rotate through are also involved in their teaching and supervision to meet the rotational objectives in line with the programme objectives. Visiting Emergency Medicine faculty are also welcome to participate in the teaching and training of the participants.

**Contacts**

If you would like to know more about the programme or participate as visiting faculty, send an email to the programme administrator at [benjamin.wachira@aku.edu](mailto:benjamin.wachira@aku.edu).