



BAPRAS

British Association of Plastic
Reconstructive and Aesthetic Surgeons

Student Elective Report

Please return to: secretariat@bapras.org.uk

Please complete this report form as honestly as possible so that others considering an elective may benefit from your experience. If you visited more than one place, please complete separate forms for each. Please bear in mind that we will be posting this report on our website for others to read.

Student Elective Report

Name	ANAM JAWAID
Medical School	UNIVERSITY OF BIRMINGHAM
Email (optional)	

Country visited	SOUTH AFRICA
City or town	JOHANNESBURG
Hospital/unit/clinic	CHRIS HANI BARAGWANATH ACADEMIC HOSPITAL, TRAUMA DEPARTMENT
Dates visited	6/5/22-6/6/22
Supervising doctor	DR RIAAN PRETORIUS
Contact details of your host:	

Please give an overview of what you saw / did (200 words max)	<p>CHBAH is a government, publicly funded hospital in the Soweto township. It is the third largest hospital in the world and the largest hospital in South Africa. Due to the high prevalence of post-apartheid violence in the region, their trauma department comprises one of their busiest departments.</p> <p>As part of the trauma team, I was responsible for clerking patients, formulating a management plan, differential diagnosis, and organising future investigations. With the plastics team I managed nerve and tendon injuries to mainly the limbs. This was often due to stab wounds or accidents with occupational machinery.</p> <p>Across Plastics, Trauma and Orthopaedics, I was able to also assist or observe in theatre, with this time learning being invaluable to my learning and future practice.</p> <p>Whilst based in Trauma, we were also able to assist in the resuscitation department, where there was the opportunity to perform more acute skills, such as insertion of a chest drain, and become familiar with high stress and pressure scenarios. I also gained skills in eFAST use.</p> <p>Overall, during my time at CHBAH I was able to develop a plethora of skills; my clinical competency, medical knowledge-base using which to treat patient presentations, and my skills of empathy, teamwork, leadership and confidence have all grown hugely during my time there.</p>
What were the best things about the visit? (120 words)	Due to the understaffing, students are given much more responsibility compared to when on placement at home in the UK. Additionally, learning is much more hands-on, with the adage 'see one, do one,

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max)	<p>teach one' forming the underlying ethos of the education system. As a result, I was able to be much more involved in practical procedural skills. This included wound closure, assisting in theatre, and almost entirely alone formulating patient management plans and co-ordinating their care.</p> <p>Aside from my clinical experiences, I most definitely enjoyed the extra-curricular aspects of my trip. Exploring the geographical beauty of South Africa and being able to partake in experiences so different to what I had previously done (safaris, paragliding) were all unforgettable moments!</p>
What problems did you encounter? (120 words max)	The healthcare system and structure in South Africa is extremely different to that which we are familiar with in the UK. Initially, adjusting to this was quite difficult. Getting used to the degree of responsibility we are expected to take, but also more simplistic things such as merely understanding how to navigate the paternalistic environment and the resource shortages. For example, equipment may only be available in one size and not in abundant quantity, meaning that you have to be resourceful and significantly more mindful than during practice at home.
What accommodation was provided?	Upon successful application to the elective placement, the hospital electives department sends through a list of frequently used accommodations sites. A lot of these are doctors letting out spare rooms, or people that rent out their houses to local medical staff. I personally stayed at Swanage, approximately 20-25 mins away from the hospital, with a lovely pulmonologist and 2 other medical students that coincidentally were placed in the same department as myself.
Would you recommend this to someone else? (explain if necessary)	Living with the group made my stay so much more enjoyable, would highly recommend! Initially, I was apprehensive to stay with strangers I didn't know, but I soon realised this was so much better than to live alone in a foreign environment. the confidence I had both clinically and personally, purely due to the social support I had in my accommodation, was invaluable.
Are you more likely to choose a career in plastic surgery as a result of this experience?	Yes!