



MEDICAL ELECTIVES

PCEA Kikuyu Hospital offers opportunities to Medical Students who would like to work on a voluntary basis in the Hospital.

INFORMATION ON STUDENTS

Please indicate the specific date, month, and year you want to have your elective or placement so that reservations can be made on time. Remember to send an evaluation form from your University to be completed by PCEA Kikuyu Hospital when you are through with your elective term.

GENERAL

Missionaries of the Church of Scotland founded PCEA Kikuyu Hospital in 1908. Since 1956 the Presbyterian Church of East Africa has run the hospital. The hospital is a half-hour drive to the northwest of Nairobi, at Thogoto, and not far from Kikuyu town.

The general hospital has four main wards: male, female, pediatric, and maternity. In-patient numbers are usually around 100. Services also include outpatients, maternal and child health, casualty (emergency room), a busy operating theatre, a dental unit, and an ART program (dealing with HIV AIDS). The hospital also has an Eye Unit, which provides highly specialized ophthalmic care throughout East Africa. Also on site is an orthopedic rehabilitation unit with an active surgical program.

There is no free health care in Kenya. Government hospitals, supported by taxes, provide 50% of the country's health services at a nominal fee. Faith-based hospitals provide 40% of health care and have the reputation for providing good quality care at affordable prices. The remaining 10% is private for profit. Church hospitals can raise around a fifth of costs from donations, but otherwise patient fees account for the majority of income. As such, Kikuyu Hospital relies heavily on both donors and volunteers in order to keep fees to a minimum.

The hospital medical staff on the general side is comprised of medical officers (SHO or resident equivalent), physicians (consultants), general surgeons, pediatricians, urologists, ENT specialists, gynecologists, and gastroenterologists (most specialists are on a part-time basis). The majority of hospital staff of all cadres are Kenyans. Medical students are expected to join medical staff for all teaching and business meetings, and daily ward rounds.

Medical students are not allowed to carry out patients' physical examinations, attempt any medical procedures, or issue prescriptions without the supervision of the resident clinicians because of ethical and medical-legal reasons.

In addition, students are invited to morning prayers, outpatient clinics, casualty (ER), and assist in the operating theatre (OR), etc. Students are strongly encouraged to assist with



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some weekend duties when opportunities to be involved with patient care are greater as staffing levels are reduced.

Common conditions include pneumonia, malaria, tuberculosis, HIV/AIDS, diarrhea diseases, and trauma. In addition complications of diabetes, hypertension, and rheumatic fever are seen. Surgical cases include caesarian section, D&C, hysterectomy, large bowel surgery, and prostatectomy among others. Orthopaedic and ophthalmic procedures are routine in the other units.

EXPECTATIONS OF STUDENTS

Students are expected to respect the Christian tradition of the hospital and local cultural standards. No smoking or alcohol is allowed in the hospital.

Medical students are expected to work under the supervision of registered medical personnel (Medical officers or consultants) in the hospital

Dress standards in Kenya are conservative; students should bring a dress/skirt or shirt and tie for work in the wards. White coats must also be worn. Please note that washing is done by hand, so suitable clothes should be brought. The hospital is at an altitude of almost 6000 feet. This reduces the risk of malaria but means the weather can be cold. Warm sweaters or jackets are needed, especially during the coldest months of July and August. Night-time temperatures can fall below 10 degrees centigrade (50 Fahrenheit). During the rainy season, paths can become very muddy, so strong shoes are essential. An umbrella is invaluable too (but could be bought locally).

Other items to bring include a torch/flashlight, lightweight medical reference books (e.g. Oxford Handbook, Lecture Notes in Tropical Medicine, BNF, or other drug prescription guide), books, games, radio or other evening entertainment. Students are advised to leave valuables at home and to insure items such as cameras.

The minimum elective attachment is for a period of 6 weeks. Students are required to plan holiday travel and safaris outside of this time. Tourist visas are usually valid for 3 months, and extension is normally straightforward within Kenya.



ACCOMMODATION AND COSTS

Guest Wing

Full board for non-resident guests per day per head sharing 2 people per room (breakfast, lunch, supper, and accommodation).	Kshs.4,000.00
Internet Access per week (with your own laptop)	Kshs.500.00
Transport to and from Airport	Kshs.10,600.00
Clinical Placement (Nursing)	Kshs.5,000.00
Administrative fee (one-off cost)	Kshs.5,000.00

Students will also be expected to meet all other personal costs such as medical expenses and telephone calls. It is usually not possible to make any reverse charges or collect calls.

The payment is made in advance (in full) in order to secure accommodation and it is advisable to confirm the dates early since these charges are bound to change due to currency fluctuations. The money is transferred telegraphically to:

Kenya Commercial Bank, Kikuyu Branch, Kenya

Swift code: KCBLKENX

Account No.110-293-4119

Account Name: PCEA Kikuyu Orthopaedic Rehab Centre



HEALTH

The greatest health risk to expatriates is actually due to road traffic accidents. Visitors are advised to travel by daylight whenever possible, particularly if using public transport.

Students are recommended to seek the advice of a travel health physician prior to travel. Recommended vaccinations include typhoid, cholera, hepatitis A and B, and yellow fever. Tetanus and diphtheria boosters should be given if required. Those planning extensive travel should also receive meningitis and rabies immunizations. Note that contact with open TB in the wards is likely. Students should have a previous BCG or be prepared for the risk of becoming Mantoux (PPD) positive (particularly students from the USA).

Malaria prophylaxis should be commenced prior to travel and continued four weeks after return home. Recommended regimes include weekly mefloquine, daily proguanil plus weekly chloroquine, or daily doxycycline.

The risk of HIV infection is small unless travelers engage in promiscuous tendencies. Some students still choose to carry post-exposure prophylaxis. Otherwise, students should carry adequate supplies of any regular medications in their hand luggage to avoid inconvenience. Standby treatment for travelers' diarrhea (e.g. ciprofloxacin) may be useful too.

CONTACT PERSON

The Chief Medical Officer

PCEA Kikuyu Hospital

PO BOX 45-00902

KIKUYU-KENYA

Email kikuyu@pceakikuyuhospital.org

Tel: 254-722-207636, 254-733-606133,
254-793-454406, 254-719-642406



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Please complete the section below and return it to confirm your intention to come.

Date

Name & Address

.....
.....
.....
.....

Dear Sir

RE: MEDICAL ELECTIVE/NURSING PLACEMENT/VOLUNTARY SERVICES

I agree to come to work at PCEA
Kikuyu Hospital from.....to..... as a medical student/nurse
student/volunteer.

Yours faithfully,

Name:

Signature



STUDENT FORM

A. Student details

Student name : _____

Age : _____

Sex : _____

Nationality : _____

Passport no : _____

B. College details

Name of Institution : _____

Address of Institution : _____

Fax : _____

Tel : _____

E-mail : _____

Contact person at College : _____

C. Training details

State degree/diploma being studied.....

The usual period of training.....

Current year of study.....

Subject matter covered

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State objectives of your elective term tour

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How many hours/day do you plan to spend at the hospital?.....

Any special areas you would want to experience?

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D. Accommodation

Details

Hotel

Hostel (Limited space)

Others (Specify)

E. What other facilities in the country would you like to tour?.....

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F. Have you made prior arrangements for (E) above?.....

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