

## **MITCHELL'S PLAIN HOSPITAL PAEDIATRICS DEPARTMENT**

### **ELECTIVE**

Mitchells Plain Hospital: Paediatric Elective \*NB\* Mitchells Plain Hospital Paediatric Department only takes undergraduate students via UCT

If you are a Postgraduate Qualified Doctor/Registrar/Resident interested in a rotation in the Paediatric department please contact Dr Spittal directly on the details below.

### **THE HOSPITAL:**

Mitchell's Plain Hospital is a district level hospital in Cape Town. There are about 400 inpatient beds and a large Emergency Centre dealing with around 4000 presentations per month, of which around are children. There is also an active labour ward with around 3000 deliveries per year at the hospital.

### **THE PAEDIATRIC AND NEONATAL DEPARTMENT**

#### **INPATIENTS**

We offer district level care to a local population with a high burden of poverty and the associated illnesses. We admit patients directly from our Emergency Centre or down referrals from our local Tertiary hospital (Red Cross War Memorial Children's Hospital).

- General Paediatric ward with 30 beds
  - Average admissions per month 200-250
  - Commonest presenting complaints are diarrhoeal disease, acute respiratory infections, seizures and meningitis
  - We see many patients with HIV, Tuberculosis, malnutrition and social concerns.
- Neonatal high care unit with 9 beds
  - We admit children of all gestations and weights depending on their medical problems.
  - We have 3 acute care beds where we can offer CPAP as respiratory support and surfactant delivery.
  - Intubated neonates or complex patients are stabilised and transferred to our local referral units.
  - The majority of our patients admitted have respiratory distress from many causes, prematurity, low birth weight, hypoglycaemia or neonatal jaundice
- Kangaroo Mother Care area with 10 beds
  - Mother and baby dyad admitted together for KMC
  - Many admission criteria need to be met including specific corrected gestational age, weight and feeding/medication requirements

#### **ACUTE AND AMBULATORY CARE**

- Paediatric Outpatient department (POPD)
  - Runs 3 days per week (Tuesday to Thursday)
  - Sees booked and walk-in patients, both new and follow-up
  - Common conditions seen are skin rashes, epilepsy, constipation and atopic diseases.
- Paediatric Emergency Centre
  - We play an active role in the busy Paediatric EC department
  - Between 1000-1200 patients seen each month with a wide array of medical problems
  - The paediatric team helps staff the EC at different times of the day and the interns do a large proportion of their overtime in the Paediatric EC

## **STAFFING**

- 1 Paediatric Consultant – Dr Graeme Spittal
- 6 Medical Officers
- 6 rotating Interns
- 1-2 rotating Family Medicine Registrars
- Our working day is from 0745-1600hrs

## **TEACHING/RESEARCH**

- Daily morning huddle to discuss any interesting patients from the previous night
- Weekly transfer meeting to discuss and follow up on interesting cases in the previous week
- Weekly teaching sessions on common Paediatric problems
- Bed site teaching on twice weekly consultant led ward rounds
- Case discussions as needed on interesting topics
- Many research opportunities available for motivated elective students – there are many unanswered questions in the Paediatric and Neonatal department with a large turnover of patients. Would only be appropriate for longer rotations.
- Dr Spittal's main topic of interest is how to improve wellness in our patients, specifically related to how to improve our breastfeeding rates in the community

## **SOME ADMIN**

- Infectious Diseases: We have a high prevalence of TB & HIV. Post-Exposure Prophylaxis is available at the hospital 24 hours a day in case of bodily fluid exposure. N95 Masks for TB prevention are available and we encourage they are worn 24/7.
- Elective duration: You are most welcome for as long as you wish. We strongly encourage a minimum period of 6 weeks.
- The best way to contact the Paediatric team for any further information is via Dr Graeme Spittal on [graeme.spittal@westerncape.gov.za](mailto:graeme.spittal@westerncape.gov.za) or via whatsapp on +27738645701.
- Physical address: 8 AZ Berman Drive, Mitchells Plain, Cape Town, South Africa.