

# Out Of Programme Training in Paediatric Anaesthesia, Cape Town, South Africa: the UK Training benefits

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Between February-August 2020, I was very fortunate to have the opportunity to undergo a Paediatric Anaesthesia Fellowship in Cape Town, South Africa.

Red Cross War Memorial Children's Hospital is South Africa's largest dedicated child health institution, offering comprehensive specialist paediatric services. It is a center of excellence for the training of all categories of child health professionals. Children from all over South Africa and beyond are referred. The hospital is active in paediatric outreach and support programmes across South Africa.



Figure 1: Red Cross War Memorial Children's Hospital

Subspecialist anaesthesia training is offered in all specialties including cardiac, liver transplantation, burns, neurosurgery, general surgery, orthopaedics, ophthalmology, ENT, urology, plastics and paediatric sedation. Fellowships provide advanced training and are aimed at trainees near the end of specialty training or consultants wishing to expand their paediatric anaesthesia skills. There is also the opportunity to spend time on PICU during placements.

The department is very busy, performing over 10,000 anaesthetics annually. After an initial high level of direct supervision fellows progress to performing on-calls at a registrar level. With time and appropriate supervision, they progress to role of lead clinician for elective lists and emergency work. I would thoroughly recommend this placement for anyone interested in pursuing further training in Paediatric Anaesthesia and/or critical care. I have grown immensely in my confidence and competence at managing sick children. Red Cross is a very warm and welcoming place to learn!

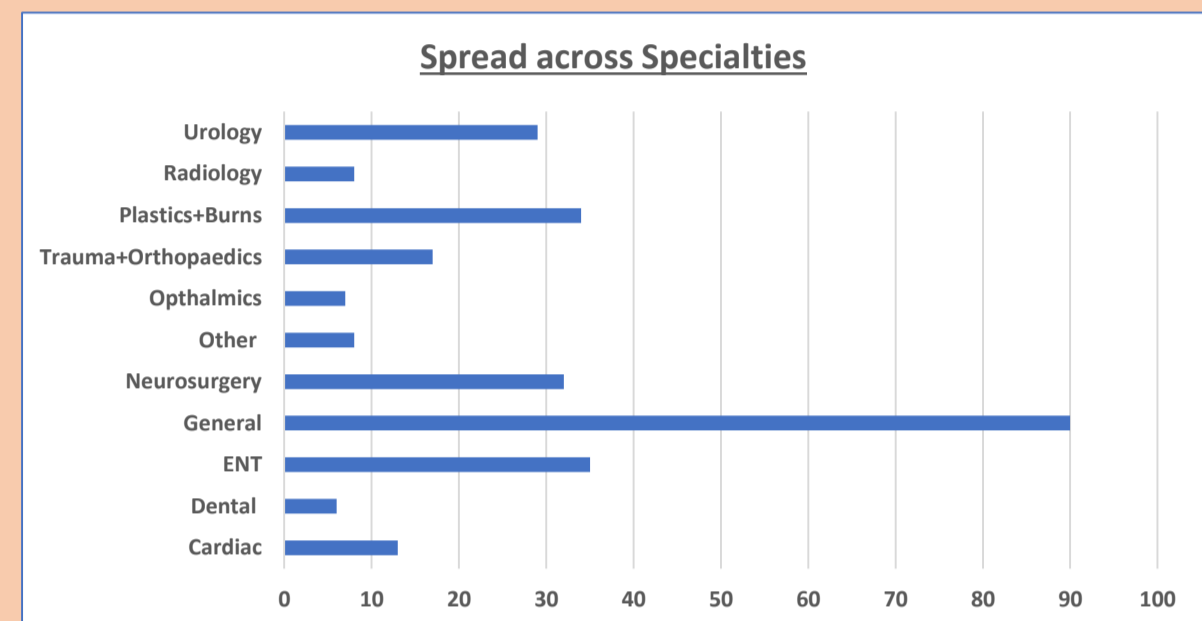
## Teaching and learning opportunities:

- Phenomenal daily theatre teaching!
- Informal theatre teaching to interns, anaesthetic nurses and junior registrars encourages independent practice and develops leadership skills
- Monthly Journal Club
- Weekly tutorials/presentations on interesting clinical topics
- Weekly morbidity (and rarely mortality) meetings

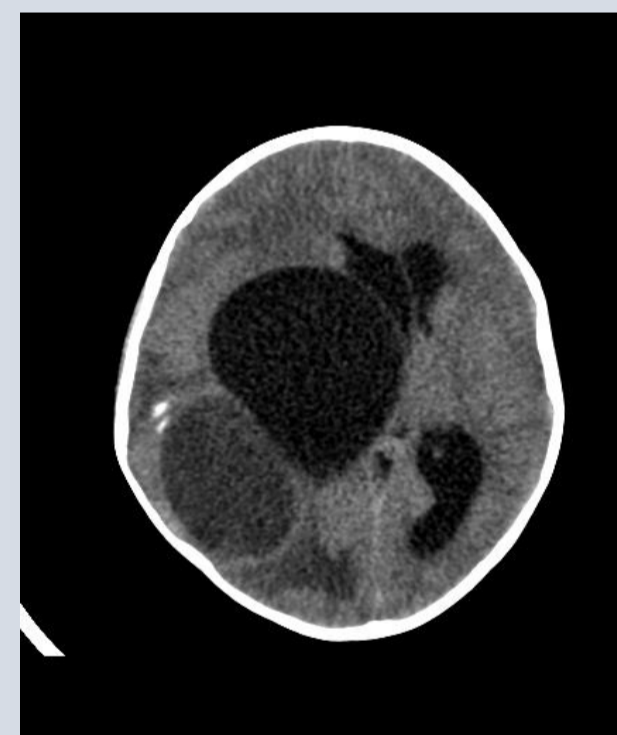
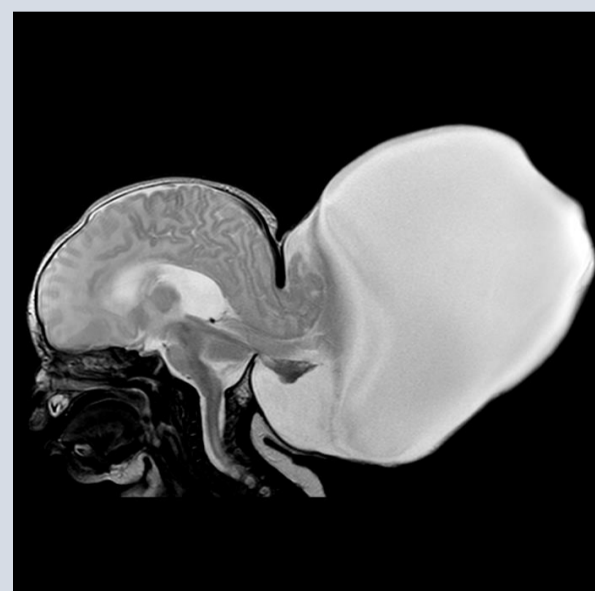
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## Clinical Skills:

Total cases done: 267 (30% solo or indirectly supervised) with 59 patients under 1 year. There is a high percentage of gas inductions and caudals. Regional anaesthesia is often used as are wound infusion catheters. There are many unusual clinical cases, in addition to high volumes of burns, plastics and trauma



Figures 2-4: Some frequently occurring neurosurgical cases at RCH-huge myelomeningocele, hydatid cysts, TB of the spine



## Conclusions:

There are a wealth of projects and audits possible. Projects I undertook during my time at RCH:

- Child friendly Coronavirus posters in theatres
- Developed post-operative delirium protocol
- Display emergency protocols in Covid theatre
- MRI sedation audit
- Auditory brainstem response audit
- Created Anaphylaxis box for theatre recovery

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