



Order of St Lazarus: Commandery of Wales

Week 1 Elective Report: Namibia

We arrived in Windhoek, Namibia on Saturday and then flew to North of Namibia, Ondangwa the following afternoon. We are staying at the youth hostel with many of the other University of Namibia fifth year medical students. The plan is to spend 2 weeks in Ondangwa hospital : which is a smaller district hospital and then 2 weeks in Oshakati which is the bigger tertiary centre in the North. On our first night we met the medical superintendent and discussed what our schedules would look like in Ondangwa.

This week was spent in the paediatric ward where we saw several patients with complex conditions including congenital heart conditions, malnutrition, cerebral palsy, and post infective glomerulonephritis. We have been joining the students in tutorials on topics such as leukaemia, lymphoma, neural tube defects and cerebral palsy. This week I have examined a 6-month-old with tetralogy of Fallot and did a motor neurone exam of two siblings with severe cerebral palsy .

This week we attended the consultant paediatric clinic; we saw patients with sickle cell, Von Willebrand disease, congenital rubella syndrome, trisomy 21, cerebral palsy, rickets and epilepsy.

Learning points from this clinic included examination of a floppy child, management of co-morbidities of cerebral palsy and a refresher of the developmental milestones in children. Later in the week, a child with severe 70% partial thickness burns presented two days post event with pneumonia. We discussed the prevalence of burns of children in this setting and co-morbidities of severe burns. I have learnt and seen a lot of clinical cases , particularly diseases that wouldn't be present in the UK because of early interventions and antenatal screening . I am looking forward to next week and will keep you posted as always.

Lara Akinawonu