



Rural Onboarding 2022



Non-communicable Diseases

Introduction: Although not as urgent, NCDs will make up a huge part of your OPD work, and will result in a certain number of admissions each week. We do have excellent guidelines and can provide high quality care for these patients, even in a rural setting, but it requires and in depth knowledge of evidence based guidelines.

TOP NCD Work Based Activities to focus on this week.

Make sure you can:

- Diagnosis and treating to target of diabetes, hypertension and dyslipidemia.
- Managing acute heart failure in the emergency setting
- Treating chronic heart failure to target. Diagnosis and long term management
- Manage COPD
- Manage Asthma - chronic and acute.
- Referral pathways – up and down
- Manage Epilepsy

Key Guidelines:

Essential Resource: Latest hospital and primary health care standard treatment guidelines and EMG app (see general resources):

<https://drive.google.com/drive/folders/1voG8dJeKodj6u22JcG1oRrQZLV3f9Njd?usp=sharing>

Heart Failure

2020 Heart Failure Society of South Africa perspective on the 2016 European Society of Cardiology Chronic Heart Failure Guidelines:

<http://www.samj.org.za/index.php/samj/article/view/13057/9549>

ASTHMA

GLOBAL STRATEGY FOR ASTHMA MANAGEMENT AND PREVENTION:

https://ginasthma.org/wp-content/uploads/2021/04/GINA-2021-Main-Report_FINAL_21_04_28-WMS.pdf

Asthma treatment in children: A pragmatic approach SAMJ 2018

<https://allsa.org/wp-content/uploads/2019/03/Asthma-treatment-in-children-a-pragmatic-approach.pdf>

COPD

2022 GOLD COPD Report <https://goldcopd.org/2022-gold-reports-2/>

HYPERTENSION

South African Hypertension Society commentary on the American College of Cardiology/American Heart Association hypertension guidelines

<https://www.hypertension.org.za/uploads/files/SAHS-CVJ-Comments-American-Hypertension-Association-guidelines-2019.pdf>

Management of chronic obstructive pulmonary disease—A position statement of the South African Thoracic Society: 2019 update Mohamed Sabeer Abdool-Gaffar¹,
<https://pulmonology.co.za/wp-content/uploads/2020/02/Management-of-chronic-obstructive-pulmonary-disease.pdf>

Diabetes

SEMSDA Guidelines for T2DM:

<https://docs.mymembership.co.za/docmanager/d7a3ded1-2f30-4ff2-b566-b69abe5d7a8e/00150685.pdf>

Rheumatoid Arthritis

South African recommendations for the management of Rheumatoid arthritis. 2013

<http://www.samj.org.za/index.php/samj/article/view/7047/5262>

Dyslipidemia

<http://www.samj.org.za/index.php/samj/article/view/12479/8686> (South African dyslipidaemia guideline consensus statement: 2018 update A joint statement from the South African Heart Association (SA Heart) and the Lipid and Atherosclerosis Society of SA)

Stroke

South African guideline for Stroke SAMJ.

<http://www.samj.org.za/index.php/samj/article/view/4422/3005>

Chronic Kidney Disease

CKD evaluation and management: <https://kdigo.org/guidelines/ckd-evaluation-and-management/>

Reading material / Tutorials/ Webinars / Additional resources

RO2022 Webinar: Internal Medicine Emergencies Prof A Parrish.

<https://youtu.be/HB6BAmTDink>

The BAMSI collaborative with Prof Parrish & Dave Stead's team from the Eastern Cape. Excellent set of webinars targeting doctors in rural facilities in BCM and Amathole district: <https://medeval.co.za/wp/>

WSU Life in the slow lane: Cardiology through the lens of the ECG with Dr Kevin Pasio: Part 1: <https://youtu.be/DCONVqcY4ZY> Part 2: <https://youtu.be/27uQWafWf4Y>

WSU Life in the slow lane: Asthma in Primary Care Dr Staats: <https://youtu.be/BsTsySO3Uo4>

WSU Family Medicine CMH tutorials: Insulin optimization in T2DM Dr Kabengele Kayembe: <https://youtu.be/BsTsySO3Uo4>

2016 ESC (European Society of Cardiology) Guidelines for the diagnosis and treatment of acute and chronic heart failure
http://www.hefssa.org/images/uploads/2016_ESC_Guidelines_for_the_diagnosis_and_treatment_of_acute_and_chronic_heart_failure.pdf

2020 International Society of Hypertension Global Hypertension Practice Guidelines, Unger T et. Al: Good for background reading but thresholds for treatment as per the South African guideline:
<https://www.ahajournals.org/doi/epub/10.1161/HYPERTENSIONAHA.120.15026>

Chapter 11: The approach to achieving glycaemic control* A detailed, but balanced guideline on medical treatment of Type 2 diabetes. Published in the SA Family Practice journal <https://safpj.co.za/index.php/safpj/article/view/4851/5755>

Google drive folder link with resources:

<https://drive.google.com/drive/folders/1dxip3tJDvIMNL3IPHIisXlb7B8sO2Ns?usp=sharing>

Including:

- Atlas of dermatology
- ECG cheat sheet
- Tobacco cessation guideline
- Renal booklet