



Rural Onboarding 2022



Emergency Medicine

Introduction: You know that when you are on call almost anything can come through that door – that is both the joy and terror of working at a frontline district hospital! We look at some practical guidance on gaining the skills you need.

TOP Emergency Medicine Work Based Activities to focus on this week.

Make sure you can:

- Triage
- Manage the patient with MI / Cardiac arrest – know your shockable rhythms
- Basic airway maneuvers – advanced air way
- Manage DKA without a blood gas machine
- A structured approach to the emergency medicine patient
- Status / seizures
- The unstable patient – golden hour
- The Polytrauma patient.
- Conscious sedation

Key Guidelines:

Emergency Medicine for the Western Cape manual: an excellent South African / DOH based manual that used to be available as printed copies – but now easiest to access on your EMG app. For more information: <http://www.emct.info/em-guidance.html>

For all your posters / algorithms: The Resuscitation council of South Africa make them available for free (but you have to go and fetch). Or you can download and print.

https://resus.co.za/subpages/RCSA_Information/Resources/Algorithms.html

SATS Triage manual: <https://emssa.org.za/wp-content/uploads/2011/04/SATS-Manual-A5-LR-spreads.pdf>

Reading material / Tutorials/ Webinars / Additional resources

Emergency Medicine Cape Town YouTube Channel: Excellent set of teaching videos including how to insert an ICD, surturing techniques, intubation, shoulder relocation and much more. Also see their website:

<http://www.emct.info/> <https://www.youtube.com/channel/UCDP5VfSnQ3AB1xgPbMUTniw>

Primary management of burn injuries: N Allorto, SAFP -
<https://safpj.co.za/index.php/safpj/article/view/5202/6319>

A guide to the management of common medical emergencies in adults 2020. This you have to buy: R200 <https://mdinc.co.za/store/products/books/a-guide-to-the-management-of-common-medical-emergencies-in-adults-12th-edition-2020/>

EMSSA practice guidelines: <https://emssa.org.za/practice-guidelines/>

Standardised approach to any emergency. Dr Jurgens Staats; Rural Onboarding Webinar:
<https://youtu.be/aFzyQs64Z9Y>

Triage: How well do you know your SATS? Dr Sian Geraty webinar; Rural Onboarding webinar
<https://youtu.be/TgEYKoyWub4>

Life in the fast Lane: a website with loads of emergency medicine resources. Includes great resources on ECG interpretation and ultrasound, acid base interpretation etc. International:
<https://litfl.com/library/>

AEIM does a paid crash course on emergency ultrasound – dates coming up in March 2022 in Johannesburg and Potchefstroom <https://www.aiem.co.za/product/ultrasound-crash-course/>

POCUS point of care ultrasound certification <https://www.pocus.org/corp-point-of-care-ultrasound-fundamentals-certificate/>

Rural Life Support group: <https://rlsg.org/>

Google drive folder link with resources:

<https://drive.google.com/drive/folders/1GalPw78KvyxrsXWdWWxizt9Qh-6MDjF4?usp=sharing>