

CALL FOR VOLUNTEERS EAST AFRICA OUTREACH PROJECT

Do you have a passion for teaching ultrasound, and a desire to do some overseas volunteer work but not a year of your time to spend doing it?

We are looking for some volunteer instructors for our next trips in 2024.

February 19-March 1, 2024 Nairobi Kenya – Resus Instructors

We are running 2 weeks of bootcamps at Kenyatta National Hospital and need some Resus Track Instructors. On the first week we are running a 5-day Basic Plus Bootcamp. This is an IP course which includes all the AC Core modules plus the Resus Track modules of IVC and LUNG. We do this because the extra modules are hugely important in Africa. We have local IPs in all these modules who will be apprentice instructors and need buddying by our visiting volunteers. The participants will be local doctors, mostly residents at KNH.

The second week we will have a bootcamp for Resus Track. Again, we have local IP's whom we want to apprentice as instructors with buddying visiting faculty. The participants are all AC CORE IPs and some will be IP's in IVC, RDP and CLP so only needing the cardiac modules. The local apprentices are all full Resus Track IP's and most are AC CORE MI's. If I get any volunteers who also have Diagnostic IP or TI then I'd love to add in a DVT module as well.

February 12- 17, 2024 Nairobi, Kenya - EDE/AC Core Instructors

We have a week-long camp comprising 4 EDE completion day courses for which we will need a few volunteer instructors. These will be 4 x 10 participants each

April 2024 dates TBA likely 8-22. Dar es Salaam Tanzania AC Core/Resus IP

2 Bootcamp weeks of AC Core Plus modules (see above) We need Resus TI or someone with AC Core IP *and* Resus IP

FAQS

What's the pay?

Ha, Ha, good one! this is volunteer and self-funded

Ok what's the payoff, then?

A great teaching experience, volunteer work that fits into a busy schedule and is very high value for the recipients, definitely *not* medical tourism

Do I need to be Canadian?

No, we have volunteers from other countries, but you *do* need to have CPoCUS certification relevant to the course.

Are these accredited courses?

Courses are accredited by CPoCUS. We apply for session ID for the courses as well

How does it compare to instructing in Canada?

Very similar, a bit hotter though. We use the same machine and student/instructor ratios, bootcamp style with models and station rotations, EDE and CPoCUS curriculum and examinations. It will all seem very familiar.

Where do we stay?

We usually find modest accommodation within walking distance of the venue. If we finish on time, we can eat at our accommodation, otherwise we pick a good restaurant and Uber it there.

Will I have any free time?

Best to arrange any other activities for before or after the course. And there's lots to do in East Africa. Safaris, Hiking, and Diving are but a few of the options. Depending on numbers of instructors it may be possible to swing one day off during the course week. The weekend between the two course weeks is free. However, we do run a third trimester POCUS IP module during that weekend and, if you are desperate for more probe time, offer a participant place to a volunteer

Can I bring my partner?

Sure, but remember we eat lunch at the venue so you can't arrange a lunch date, unless they want to offer themselves up as a model (which *has* happened in the past). Check out TripAdvisor to see how much time they want to spend entertaining themselves. There are some accessible local activities in Nairobi like Karura Forest Reserve, Nairobi National Park and the Elephant Orphanage. Zanzibar is a mere hour away on the ferry from Dar es Salaam for the beach junkie who wants to chill for a few days.

What do past volunteers have to say?

Dar es Salaam November 2022

"...it showed the beauty in chaos and pulling through as a diverse team to make sure the best training was provided and how it went on to save lives."

Selma Al Qattan

<https://cpocus.ca/wp-content/uploads/pda/2022/11/The-beauty-in-chaos-article-by-Selma.pdf>

Nairobi February 2023

"The docs at Kenyatta National Hospital were the most dedicated POCUS enthusiasts I've ever met. Between morning and afternoon chai, piles of samosas, it's amazing we didn't do anything but eat. Our Kenyan colleagues sweated through hundreds of scans, then taught their colleagues. The most fun and tasty bootcamp I've ever been to, and a humbling cultural exchange"

Yiwei Hu

What do the participants have to say?

"...We went in, we did the scan, we saw the huge pericardial effusion, did a pericardiocentesis... and I'm telling you, it's like magic- we were so excited! because the

patient got off the inotropes, remember this patient was on inotropes and I think, no matter how much inotropes we gave this patient, the patient just needed, you know, pericardiocentesis... and actually we saved the guy, in another day he was out of ICU and he was so thankful”

Wanjiku Kagima Intensivist KNH AC CORE MI and Resus IP

“It was worth the 2 weeks because, after that, the practice just changed... the knowledge stayed with me, I’m using it every day in my practice now as a resident, and I’m happy to share my knowledge any time when called upon... I think the joy about this program is the fact that, you know, that we keep teaching new people how to do things..”

Janet Sugut EM resident ACCore MI Dar es Salaam,Tanzania

“Look at what the radiograph showed hahaaa ... I love ultrasound!...Thank you so much for spreading the knowledge and skill”

Malcolm Correia Internist Nairobi Hospital ACCore and Resus IP

“I can’t tell you how many times in the middle of the night we don’t have xray, we may not have other diagnostic tools available to us and the fact that you can do your own emergency ultrasound will save a lot of lives”

Wendy Wilmore PAACS Surgeon ACCORE MI and Resus IP

Meet some of the team:



To join us and for more information contact:

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