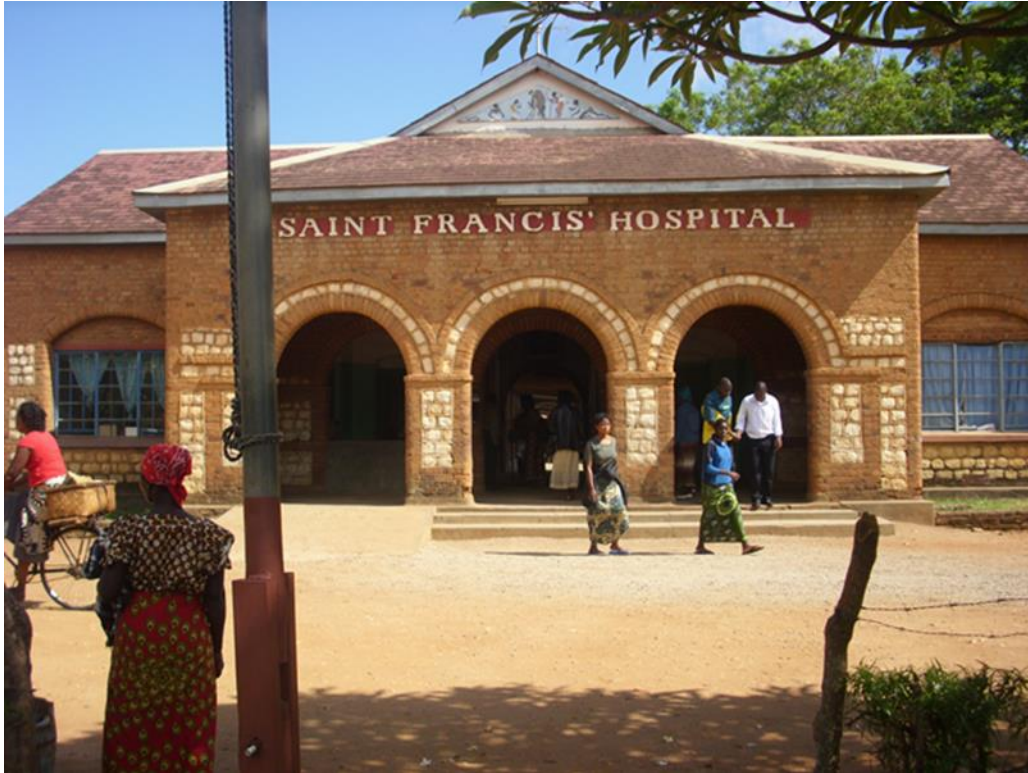


INFORMATION FOR MEDICAL STUDENTS COMING TO ST FRANCIS' MISSION HOSPITAL

2022



About St. Francis Hospital

St Francis' Hospital is located in Katete off the Great East Road in the Eastern Province of Zambia about 500km from Lusaka, nearly 5km from Katete Central business area and 10km from Katete District Administrative Offices. The hospital is located about 87km Chipata, the Provincial capital.

The hospital is a grant aided institution under the Zambia Anglican Council. It was founded as a mission hospital by the Anglican Church in 1948. Since 1986 the hospital has been jointly managed by the Anglican and Catholic dioceses. With 450 beds it offers both in-patient and out-patient services to the surrounding population since it is the only hospital in Katete. Furthermore, as a 2nd level hospital, it receives referrals from all over the province.

Making the most of your elective

The Medical Superintendent or one of the other doctors is responsible for co-coordinating elective students. You may want to spend time in one or several different specialties, let us know and we will try to organize it for you.

Ward rounds start at 07:30 or 08:00 and you are also expected to join in the evening and weekend rounds. There are Clinical and Mortality meetings on Tuesdays and Thursday respectively that start at 07:30. While here all students are expected to adhere to the appropriate dress code for Health professionals. This includes;

1. Appropriate footwear i.e. safe, supportive, clean, and non-noise producing and closed shoes shall be worn.
2. Decent attires/ work appropriate attires, especially for female medical student doctors (no minis, and all blouses worn should not expose tummies/belly button).
3. Students are expected to put on Doctor's White coats/scrubs while on duty.
4. Tie/clip hair to ensure that it prevents contamination and is not a health Hazard.

You are not expected to take time off in the week if you are only here for six weeks. If you do go away on your free weekends, please let staff know where you are going.

Paying for your stay

St Francis' Hospital is very short of funds; it is therefore very important that you pay for your stay promptly. The charge is 30 pounds per day (subject to periodic reviews) and calculated from the date of your arrival to the date of departure. The payment covers accommodation and meals.

Should you make your own accommodation arrangements, you will be expected to pay an attachment fee of 10 pounds per day.

You can either pay in advance by bank transfer or on arrival at the accounts office in kwacha (we do not accept cash payments in other currencies). We will not be able to give you your assessment for your Medical School until we have proof that you have paid in full. Please fill in Section A of the Medical Student Registration Form and then take it to Accounts Department who will fill in Section B and then finally to the Medical Superintendent's Office for Completion of Section C.

Getting to St Francis' Hospital

Most people arrive at Lusaka International Airport. It is some way out of town and you will need to catch a taxi from the airport to the town Centre. The cost should be in the range of \$40-\$60 or in local currency K250 (There is a VISA ATM machine and bank at the airport where you can get local currency).

You may decide to stay overnight in Lusaka or travel directly to Katete. Guidebooks give details of where to stay in Lusaka at various prices, a number of people have stayed at Lusaka Backpackers and found it safe and reasonably priced.

Buses to Katete go from the Intercity Bus Station. The destination for buses is Chipata 90km further than Katete. The cost is about ZMK300 and you have to ask the bus will stop at the end of the hospital drive. Buses leave throughout the day but most wait until they fill up before

leaving. So it is best to get to the station between 05:00 and 09:00 hours as later on you will most likely have to wait on the bus for a long time unless you are very fortunate. Recommended buses include UBZ, Zambia – Malawi and Power Tools. These are usually “Time Buses” (they have specified time for departure and will start off even when passages are few unlike other buses). Intercity Bus Station is a chaotic place so please be on you guard.

Alternatively, you can fly in via Lilongwe Airport, Malawi. The journey is only about half the distance but does involve crossing a border. You will need to get transport to the City Centre and then transport to the border at Mchinji. Our experience is that the Border staff are friendly and getting a tourist visa should not be problem. After crossing the borders Malawi and Zambia you catch a taxi or minibus to Chipata and then one from Chipata to Katete, the hospital is about 4½km beyond the Katete Stores. Overall, travelling via Lilongwe is shorter in distance, although more challenging than coming through Lusaka.

Arrival at St Francis’ Hospital

On arrival at the hospital you should ask for directions to the Staff Mess. It is quite easy to find, head towards the hospital and you come to “the circle” take the left hand side and then a quarter of the way around there is a turn off, take this path and immediately in front of you is the Mess. The staff there will be expecting you and will show you to your room a let you know when meals are and other accommodation issues. There are usually other Medical Students at the hospital and they will be a useful source of information. The Medical Superintendent is responsible for organizing medical students’ programmes and will discuss with you which specialties you would like to do. You will then be able to join the team the following day.

Banks

There is Atlas Mara Bank at the Central Shopping Centre, it has a VISA ATM and there is also a FNB ATMs at the post office as well as a Barclays ATM at the Filling station at Katete Stores. Chipata has Several Banks and VISA ATMs.

Bicycle Taxis (“Delivery”)

A very cheap and exciting way of getting around. Can be found around the hospital

Chipata

Provincial capital, 90km away, banks, ATMs, supermarkets which have all the essentials most of the time, and a good market especially for vegetables.

Church

There are many churches to choose from. Most services are very long, but it is acceptable to come and go. The singing is usually fantastic and well worth going for. There is an Anglican church on site; Chaplain is the priest and hospital chaplain. Services at the Hospital.

Anglican - English service most weeks starting at 07:30 and lasting about 1 hour.

- ✓ Anglican - Chichewa service starts at about 09:30 and lasts about 3 hours.

Other churches are:

- ✓ Catholic - English service at the shops (St Martin) starting at 06:30 and lasting for 1 hour 30 minutes
- ✓ Pentecostal Assemblies of God – English service at 10:00hrs preceded by a bible study at 09:00hrs
- ✓ Baptist Church near the shops

Culture

Please try to be aware of and sensitive to the different culture, particularly with regard to dress. Katete is located in the rural area where the community is conservative. With dressing, particularly with the ladies, to be considered as dressed decently, mini shorts and mini-skirts are discouraged, and all clothing should not expose too much.

Language

You will quickly pick up some essential phrases to do with medical conditions. There are people around who will be happy to give lessons if you would like them but it is a hard language to master in the short time you will be here.

Electricity

The hospital is connected to the national grid and power is stable and reliable but sometimes there are power outages, so always have a torch at hand and candles available.

Emergency Contact

Feel free to contact the Medical Superintendent, Senior Hospital or Senior Administrative Officer in case of any emergency.

Entertainment

Very much do it yourself! The Mess has a wide range of books that can be borrowed. There is a hospital football team and home games are quite an event. A football team is sustained through the community support and small token is always appreciated.

Tikondane just down the road for a slow meal and a drink.



St. Francis Football Team

Immigration

This office is at the Boma and you will need to go there to extend your visitor's visa as you are normally only given 30 days on entry.

Internet

It is quite challenging to provide a good internet service; however, we try to provide access to the internet for emails.

Katete Stores

This is 4½km to the east of the hospital at the round about where the road to Mozambique and the Boma meets the Great East Road. Various shops, restaurants and markets.

Malaria

There are plenty of mosquitoes all the year round. Always use a bed net, cover up or spray yourself in the evenings and take some prophylaxis.

Mess

Upon arrival, please collect the student's registration form (to be obtained from the mess), when completed to be handed over to Admin Officer. 7

The Mess is responsible for the accommodation and providing meals. Due to Limited accommodation, sometimes students may be required to share a room with another student (there are 2 beds in each room)

Patrick Mbewe is the senior cook and in charge of the Mess. If he is not on duty then the other senior person is Julius Phiri also a cook. They have both worked in the Mess for many years and are very helpful and worth getting to know. We do our best to provide safe and comfortable accommodation.

If there are any problems, please report to the Mess staff. They will fill in a "Pink Slip" if repairs are required. If they fail to resolve the problem, then you should let Mr. Robert Banda.

Your room will be cleaned by the Mess staff, bedding is washed on Mondays and other laundry on Tuesdays and Fridays. Please leave your key with the Mess staff on your cleaning day.

Avoid moving furniture and other household items from one house to another. Consult Mr Banda before doing so. This is to avoid misplacement of items as the hospital has an inventory form for all mess houses.

Meals

There are three meals per day, please sign the sheet for your meals. Breakfast is at 07:00, Lunch at 13:00 and Supper at 18:30 hours. The 24-hour clock is used in Zambia.

Mobile Phones

You can buy SIM cards and talk time (Airtime/mobile top up) at various places around the hospital campus. Your phone needs to be unlocked to be able to use the local SIM cards, which can be bought at the airport. MTN currently seem to have the best coverage followed by Airtel

There is a post office at "Katete Stores" 5km away and another one at the "Boma". Post to and from Europe takes 2-3 weeks.

Post Exposure Prophylaxis (PEP)

We do have PEP policy. If you get a needle stick injury or other exposure to HIV, please report immediately to your supervising doctor or the senior nurse on duty.

Security

Generally, St Francis' is a safe place to live. There has been from time to time some petty thefts so you should take some precautions. Don't leave things within reach of windows, lock your house when you are out, do not encourage children to visit you (go out and meet them.) The

Accounts department has a safe for valuables, but is only open during office hours. There are night patrols by hospital guards and local police.

If there is an incident of theft or attempted theft or you have any other security worry, please inform the In-charge of the Security Department.

Shopping

There is a small market “400m to the east of the hospital entrance has a lot of day to day essentials (relatively). At Katete stores you can find more foodstuffs either from the shops or at the Market. Chipata has 3 supermarkets and very good market.

South Luangwa Game Park

Well worth a visit. There are relatively budget camps like Flat dogs and Wildlife, with camping, safari tents and chalets. It’s just a fantastic place to relax and enjoy the wildlife, swimming pool and drinks.



Open safaris at Luangwa National Park

Transport

A number of staff run taxis which can be booked for trips to Chipata and even Mfuwe. There are also minibuses and shared taxis to Chipata, ask around for what is a fair price.

If you need to go to the Immigration, you can get on a taxi to the Boma, where the immigration office is located.

Buses to Lusaka stop at the end of the hospital drive. Best time to catch a bus to Lusaka is between 05:30 to 07:00, the trip takes about 6-7 hours and costs around K300.00

Water

Water comes from the hospital boreholes and is safe to drink.

COVID 19

The hospital has not been spared from the effects of COVID 19. Staff and members of the public can access the COVID 19 vaccines at the hospital and swabbing for diagnosis. There is a dedicated COVID 19 ward with piped oxygen for management of COVID 19 cases that require hospitalization.

School of Nursing of Nursing which offer three year programme in Registered, Public Health and Midwifery nursing.

A FEW NAMES TO KNOW:

Dr Lalick O.C Banda: Consultant Pediatrician and Medical Superintendent. +260 97595095

Dr Ziche Makukula : Obs &Gynae Consultant – longest serving doctor at St Francis' so very experienced and knowledgeable - not just for O&G.

Dr Dayson Kumwenda: Senior Registrar – Head of Surgery

Dr Tim Wiggin: GMO – Head of Internal Medicine

Fred Paison Ntongwe- Ag Senior Hospital Administrator (+260 968787565)-will deal with any administrative issues and can advise on local /cultural questions.

Patrick Mbewe and Julius Phiri - run the Mess so are good to know.

Finally

Everyone adjusts in different ways and no amount of planning can prepare you for everything you might experience here. There are plenty of people around who have been through and survived the culture shock and will be happy to listen and give support. Just ask.

Please let us know if there is anything that has been omitted or is completely wrong so we can improve it for next time.

Compiled by:

Senior Hospital Administrator's Office