

South Africa- Child Life Study Abroad Trip

June 9-29 2013



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Required Text: Nobody Will Ever Kill Me by Mbu Maloni

Course Objectives and Goals:

- Understanding the scope of practice to when and where Child Life Professionals work and provide services. Discussing the development of the profession internationally.
- To prepare students to work with children and their families in a variety of healthcare settings. And to prepare students to understand the impact of illness, injury, trauma, and healthcare environments on patients and families in South Africa and to help them develop appropriate coping strategies.
- To examine psychosocial and developmental issues and how they are impacted by childhood illness and hospitalization in South Africa. And to begin to understand how that effects communication, preparation, bereavement, and support for children and families coping with stressful situations.
- To explore how the Red Cross Children's Hospital, Maitland Cottage Home and Sarah Fox Convalescent Hospital operates on a daily basis and the activities these organizations provide to families.
- To allow students a hands on opportunity to assist with a variety of tasks involved with the Red Cross Children's Hospital, Maitland Cottage Home and Sarah Fox Convalescent Hospital

Grading Criteria:		Percent of Grade		Points
Journals		10%		32
Workshop		20%		64
Case Study		20%		64
Legacy Project		20%		64
Daily Case Notes		10%		32
Final Exam		20%		64
Total				320

Grading Scale:
A= 100-90 %
B= 89-80%
C=79-70%
D=69-60%
F=<60%

****Course grades may be subject to the liberal arts curve, per discretion of instructor. Pluses and Important dates:**

Initial Course Meeting: January, 2013
 Course Meeting Prior to Leaving: May 29, 2013

Tentative Course Outline:

~ June 2013 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9 Group arrives in Cape Town	10 Group Orientation Welcome Dinner at Traditional African Restaurant	11 RCCH – Introductions to the Pain Management Team Hospital Orientation	12 Volunteer at RCCH Robben Island Trip Early dinner at the Waterfront	13 Volunteer at RCCH Free Time	14 Introductions and Orientation at Sarah Fox/Maitland Cottage Table Mountain Trip	15 Cape Point Trip
16 Township Tour and lunch at Mzolis	17 Volunteer at RCCH Free Time	18 Sarah Fox/Maitland Cottage Work on identified project Hike up Lions Head	19 Volunteer at RCCH Workshop – “Communicating the Value of your Cape Town Experience”	20 Sarah Fox/Maitland Cottage Work on identified project Free Time	21 Volunteer at RCCH	22 Garden Route Game Safari
23 Garden Route Game Safari	24 Sarah Fox/Maitland Cottage Work on identified project	25 Present legacy projects to Pain Management Team	26 Sarah Fox/Maitland Cottage Complete identified project	27 Volunteer at RCCH Farewell at Connect-123	28 Farewell at RCCH	29 Departure
30	Notes:					

Sunday 9 June

Pick up and Airport transfer to accommodation

Monday 10 June

10h00 – 12:00 Group Orientation in apartment 410 Perspectives Building

You will meet Claudelle to do a thorough orientation including discussion around the itinerary. We will then walk down to the bus station for a transport orientation and to purchase your bus ticket.

Welcome Dinner and Drinks - We will be celebrating your arrival in Cape Town with an African style welcome dinner at The Africa Cafe. We'll be sampling a variety of local dishes from across the African continent, so come with the spirit of adventure!

Tuesday 11 June

Hospital Orientation and Introduction to the Pain Management Team

The group will use the bus to get to Red Cross Children's Hospital (RCCH) and arrive at 08h30. You will be introduced to the Pain Management Team at their weekly Pain Management meeting. A hospital orientation will be conducted after the meeting and we will meet in the boardroom to discuss which wards the students will be assigned to.

Maitland Cottage Home

Maitland Cottage is a paediatric orthopaedic hospital (<http://www.mch.org.za>), the only one of its kind in the Western Cape, treating indigent patients from all over South Africa. As these children are mostly bedbound as a result of their varying conditions, and few receiving regular visitation from family/friends.

Sarah Fox Convalescent Hospital

This children's hospital is a 60-bed facility based in Silvertown, Cape Town. It is the only convalescent hospital available to children in the Western Cape. The hospital provides nursing and medical care in a homely environment for infants and children recovering from acute medical and surgical conditions who are unable to return home. The hospital also provides temporary care and education for infants and children who need tender loving care in a place of safety.

More recently, children have been referred to Sarah Fox Hospital not only for medical reasons, but simply because they have no other place to go. The number of abandoned children and children coming from socially unfit backgrounds are on the increase.

Intern Involvement:

- Non medical play
- Assisting older children with educational activities
- Assisting nursing staff with patient care
- Potential to come up with fun and innovative projects
- Assist with fundraising
- Provide care and support for patients

Cape Point Outing

We'll drive to Simon's Town to Boulders Beach to visit the penguin colony, followed by a delicious brunch at Bertha's Restaurant on the harbor. We'll then continue onto Cape Point where the panoramic views of both the Atlantic and the Indian Ocean are absolutely spectacular – definitely bring your cameras. There is also a short walk we can take along the beach where past interns have seen baboons, baby ostriches and other wildlife in this protected area.

Langa Township Tour

This unique walking tour of a South African township or location, with MC, resident of the oldest African township, Langa, will guide you through this different way of life.

The tour starts with a visit to the Langa Methodist Church, where you can be part of a unique and moving experience. The tour then proceeds to the Gugulethu 7 memorial, which is dedicated to the murder of seven young men by SA Police in 1986.

We will finish our day with lunch at the legendary Mzoli's Butchery. A restaurant that serves braaied (barbeque) lamb, chicken, chakalaka (a traditional spicy salad), pap or steam bread. This is included in the price of the tour. For more information, go to www.proteamsa.co.za or <http://www.sa-venues.com/attractionswc/mzolis-place.htm>

Connect-123 Workshop - “Capturing and communicating the value of your Cape Town Experience”

The workshop is themed ***Capturing and Communicating the Value of your Cape Town Experience***, and helps participants reflect on what they are learning through their experience in Cape Town - both during and outside work hours. We also demonstrate how communicating these new learnings effectively can help you achieve your next career goal - whether it's a new job, place in graduate school or your next internship.

Garden Route Safari Trip – Garden Route Game Lodge

Set against the backdrop of the majestic Langeberg mountain Range, the Garden Route Game Lodge guards the entrance to South Africa's world famous Garden Route Coast. Only 3½ scenic hour's drive from Cape Town, this malaria free, family owned and operated private game reserve is home to an abundance of animal and birdlife including the Big 5. Visitors to the Garden Route Game Lodge can enjoy game viewing in open Landrovers, luxury accommodation and a memorable dining experience in one of our African style restaurants. Our friendly staff and management are there to anticipate your every need to complete your unforgettable stay.

Individual and Partner Assignments:

Journals- Journals will be a daily reflection of your experience including a discussion of interactions with families, staff and patients as well as activities in which you participated. Any pertinent information to your experience as well as a final reflection summarizing your experience to be turned in via the dropbox on ICON.

Case Study:

Students will be given a case study patient:

- 1- Collect Basic information about the diagnosis from staff, etc
 - a. Define terms (given to each group)
 - b. state the statistics
 - c. the prognosis
 - d. common procedures
- 2- Determine the effects of the stresses on the child- discuss developmental level and its relevance to the following:
 - a. Cognitive/learning
 - b. Social/Peer groups
 - c. Emotional
 - d. Family Dynamics (Specific Parent and Sibling Stressors)
- 3- Intervention with specific goals to aid in coping with specific area from previous stressors.

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Legacy Project

As a group, students will decide upon a legacy project that the Red Cross Children's Hospital can continue to utilize after we have left.

“Enjoy the little things, for one day you may look back and realize they were the big things.” ~Robert Brault