



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY**

Faculty of Health, Natural  
Resources and Applied  
Sciences

## **Programme of Emergency Medical Care**

# **Pre-Selection Information Booklet 2023**



# Table of Content

Introduction	3
Attributes needed to Succeed	3
More than Lights and Sirens	3
Emergency Medical Services in Namibia	4
General Programme Information	4
Courses Delivery	5
Equipment and other Requirements	5
Undergraduate Programme Courses Per Year and Semester	6
Postgraduate Programme Courses Per Year and Semester	8
Bachelor of Emergency Medical Care Honours Programme (08BMCH)	8
Selection Process	9
Advanced Standing	12
Recognition of Prior Learning	13



## Introduction

Thank you for your interest in the Emergency Medical Care (EMC) Programme.

A Paramedic is a person, who is trained to give emergency medical care to people who are seriously ill or injured with the aim of stabilizing them before they are taken to hospital. Tced medical care prior to arriving at the hospital.

The three-year full-time programme is known to be very demanding and will test your boundaries and endurance.

This booklet provides an overview of the selection process and criteria. The selection dates, times, and location are contained in the NUST invitation letter.

We would like to wish you good luck with the selection process, and we look forward to meeting you.

## Attributes Needed to Succeed

- Discipline is the backbone and foundation to which we learn and practice.
- The ability to stay calm in stressful situations and make critical decisions amidst chaos.
- Critical thinking and problem-solving skills.
- Be both mentally and physical strong.
- Have good communication and interpersonal skills.
- Adaptable to change.
- Determination and commitment.
- Respectful to others and self.



## More Than Lights and Sirens

As an ECP, your role is not to speed through traffic with lights and sirens. ECPs are responsible to render the first emergency medical care to injured and/or ill persons. They use advanced medical equipment and skills, that are also utilised in hospital emergency rooms by doctors.



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The ECPs must be able to:

- Examine, diagnose, and treat the patient based on the patient's best interests.
- Extricate (carefully remove by cutting tools) patients from motor vehicle accidents
- Evacuate patients from wilderness settings.

It is also the responsibility of these ECPs to promote healthy living and injury prevention within their communities as well as lead through an example of good citizenship.

## Emergency Medical Services in Namibia



Emergency Medical Care (EMC) is a relatively new profession in Namibia. The Northern and Southern regions lack Emergency Care Practitioners (ECPs) who have tertiary level training.

Although private and government services are available, these are mainly in the Windhoek surrounding and coastal areas. This leaves many citizens unable to get advanced medical treatment before getting to hospital, leading to a high death rate.

## General Programme Information

In order to be successful at this programme, students should be willing to commit extensive volumes of effort and time into required studies throughout the year. Additionally, work-integrated learning (WIL) shifts in the field are booked during the weekends and semester breaks.

Candidates should also be aware that currently this programme is only offered full-time and that the general requirements of NUST are that students attend a minimum of 80% of classes for each course (subject).

**Note:** 80% class attendance is required for you, to have admission to do any of the assessments.

## Course Delivery

The course content shall be taught using varying methods; through:

- Lectures that incorporate PowerPoint presentations,
- Online sources including Microsoft teams, e-learning
- Video, group work, class discussions and debates.
- Practical classes are provided throughout the programme.
- Rescue courses are highly physical and demand mental attention. These courses may require you to stay out in the field overnight.
- WIL [Experiential Learning] shifts are rostered on weekends and during semester breaks throughout the year excluding the December/January breaks.



## Equipment and Other Requirements

- Students need to acquire the prescribed textbooks or e-books relevant to the courses.
- You are also required to purchase the programme-specific uniform throughout your studies; this uniform will be an additional cost above course fees. The uniform is required prior to the commencement of any WIL shifts or rescue courses [approximate cost of N\$ 5500].
- Each student needs to acquire an electronic device (laptop or tablet, but not a smartphone) to use for teaching and learning activities of the programme such as class activities, accessing the NUST eLearning platform, and completing written assignments.
- Additional expenses include transport to and from class and WIL shifts, meals, accommodation, and printing costs. The programme also does several fundraising projects to fund programme-related excursions.

## Undergraduate Programme Courses per Year and Semester

Please note this table is for information purposes ONLY and although ensured to be as accurate as possible, does NOT replace or supersede the institutional yearbook or curriculum

Course Code	Course	Prerequisites
<b>Year 1 - Semester 1</b>		
PLU411S	Principles of English Language Use	None
CUS411S	Computer User Skills	None
BSC410S	Basic Science	None
<b>Year 1 Semester 2</b>		
EPR511S	English in Practice	Principles of English Language Use
ICT521S	Information Competence	None
BMS411S	Basic Mathematics	None
<b>Year 1 - Year Courses [Semesters 1 and 2]</b>		
EMC501Y	Emergency Medical Care 1	None
CPR501Y	Clinical Practice 1	None
HAP501Y	Human Anatomy and Physiology	None
PHC501Y	Primary Healthcare and HIV/AIDS	None
<b>Second Year - Semester and Year Courses</b>		
<b>Year 2 - Semester 3 Courses</b>		
PPH611S	Pathophysiology	Human Anatomy and Physiology
EAP511S	English for Academic Purposes	English in Practice
MRS512S	Medical Rescue 1A	None
<b>Year 2 - Semester 4 Courses</b>		
MLE512S	Medical Law and Ethics	None
MRS521S	Medical Rescue 1B	Medical Rescue 1A
<b>Year 2 - Year Courses [Semester 3 and 4]</b>		
EMC601Y	Emergency Medical Care 2	Emergency Medical Care 1, Human Anatomy and Physiology, Clinical Practice 1
CPR601Y	Clinical Practice 2	Emergency Medical Care 1, Clinical Practice 1

PHA601Y	Pharmacology	Emergency Medical Care 1, Human Anatomy and Physiology
Optional exit with a Diploma in Emergency Medical Care		
Please Note: Students with a National Higher Certificate in Pre-hospital Emergency Medical Care (NHC: EMC) will not be awarded with the Diploma in Emergency Medical Care		
Year 3 - Semester and Year Courses		
Year 3 - Semester 5 Courses		
SY611S	Sustainability and Development	e this table is f
Year 3 - Semester 6 Courses		
EMS612S	Emergency Medical Service Administration	Emergency Medical Care 2
Year 3 - Year Courses (Semester 5 and 6)		
EMC701Y	Emergency Medical Care 3	Emergency Medical Care 2, Clinical Practice 2, Pharmacology
CPR701Y	Clinical Practice 3	Emergency Medical Care 2, Clinical Practice 2, Pharmacology
ICU701Y	ICU and Critical Care Transport	Emergency Medical Care 2, Clinical Practice 2, Pharmacology



## Postgraduate Programme Courses per Year and Semester

Please note this table is for information purposes ONLY and although ensured to be as accurate as possible, does NOT replace or supersede the institutional yearbook or curriculum.

Course Code	Course	Prerequisites
Year 1 - Semester 1		
CHP811S	Community Health Paramedicine	BOMC NQF 7
CCT811S	Clinical Care Theory 1	BOMC NQF 7
DMI811S	Disaster and Mass Incident Management	BOMC NQF 7
RME810S	Research Methodology	BOMC NQF 7
Year 1 - Semester 2		
CCT821S	Clinical Care Theory 2	BOMC NQF 7
EMC821S	Mini Thesis	BOMC NQF 7
CCP821S	Clinical Care Practice	BOMC NQF 7

## Bachelor of Emergency Medical Care Honours Programme (08BMCH)

The Honours programme is an NQF Level 8, once completed the student can continue with studies toward a master's degree. The programme is only offered as a part-time programme with monthly contact sessions during the year. During each contact session, the courses will be covered along with the assessments of the subjects. It is crucial to ensure that you attend all classes and assessments.

The admission criteria for the BMCH are a BOMC qualification of an NQF level 7 and at least 1-year working experience post-graduation.

The Honours program is designed to broaden the understanding, knowledge, and skills of the practitioner.

During the Disaster and Mass Incident Management course, an understanding of these situations is created and how to prepare for them in the prehospital field. With the Clinical Care theory, students reemphasize the importance of advanced airway management, cardiac care, and monitoring, with the introduction of thrombolytic care. In addition, research is introduced.



## Selection Process

The process will follow three stages. The three selection stages are summarised below

Stage 1	<b>Academic Merit - November Results:</b> 23 January 2023	<ul style="list-style-type: none"><li>• Applications are checked for minimum admission requirements with November Results on the 23rd of January 2023.</li><li>• Applicants are “shortlisted” based on academic merit.</li></ul>
Stage 2	<b>Placement Test &amp; Physical:</b> 24-25 January 2023	<ul style="list-style-type: none"><li>• Write a short placement test (24 January 2023)</li><li>• Return of the medical form</li><li>• Assessment of performance of basic physical fitness (25 January 2023)</li><li>• Assessment of relevant phobias (environmental test)</li></ul>
Stage 3	<b>Interview:</b> 26-27 January 2023	<ul style="list-style-type: none"><li>• Attend an interview</li><li>• Successful candidates for admission in February 2023 will be chosen at the end of the day.</li></ul>

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## Information of the requirements for the various stages

Stage 1 requires you to bring the following ORIGINAL and COPIES to the EMC programme as per the dates stated in the letter.

- NUST Invitation to Selection Letter
- Motivational letter (why you want to do this course) and testimonial
- Final matric results (certified copy)
- First aid and other profession-specific qualifications (certified copy, if applicable)
- ID or Passport (Certified Copy)

On the first day of the selections, you will be notified of a date and time on which to return to find out if you have made it to Stage 2. If you are not present, your spot will be given to the next candidate on the list.

*Note: failure to attend the process from Day 1 disqualifies you from the rest of the process.*

## Stage 2/Day 2 - Medical Form, Placement Test and Exercise

### Medical Fitness



Attached at the back of this booklet is a form that should be completed and signed by yourself and your doctor (private or state). The completed form must be handed in on arrival at the second stage of the selection to programme staff. Should this form not be completed you will not be allowed to continue the selections.

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The programme staff requires this information, which is treated as highly confidential, to be aware of any possible difficulties you may encounter or situations that this information may be pertinent regarding your safety and that of others.

### **Short Written Test**

This is a simple placement test. This short test will mostly focus on communication in English, your ability to problem solve, and basic mathematics and science.

### **Physical Fitness Test**

The physical fitness test is in place to evaluate your basic fitness level and to determine whether you are physically able to complete some components of the programme. Inability to complete these programme components during studies could prevent the candidate from graduating. To prepare for this, you should be able to:

- run 2.5 km's (under 15 minutes),
- burpees,
- carrying a heavy weight over a short distance.

You should be in a condition to change from one form of exercise to another without too much difficulty. This test is age-dependent (the number of sets/laps vary with age).

### **Environmental Test (assessment of phobias)**

This tests how well you cope with certain fears you will be exposed to during the programme and in the career. Programme staff will evaluate your ability to:

- work at heights

This assessment is to identify candidates that cannot tolerate these situations at all, and do not try to overcome their fear. If you feel like you will collapse, freeze, or psychologically break down, this may not be suitable for you.



### Stage 3/Day 3 Interview

Candidates that performed well during stages 1 and 2 of the selection will be invited to an interview on the final day.

Upon completion of the interviews, the panel shall consider all selection processes and make a final selection of successful applicants.



The final selected candidates will be announced ON THE SAME DAY, so that those candidates may prepare for registration.

**Note:** *the results of the selection panel are final and no discussion or correspondence shall be entered into in this regard. FURTHER, the selection of candidates for admission is on condition that the final matric results adhere to the minimum admission requirements of the programme.*

### Advanced Standing

#### Qualified Emergency Care Technicians (NHC: EMC)

Holders of the National Higher Certificate in Pre-Hospital Emergency Medical Care may be considered for admission to this programme provided they are registered with the Health Professions Council of Namibia as Emergency Care Technicians. These candidates, if admitted, will be granted credits for the following courses:

- Principles of English Language Use
- Computer User Skills
- Basic Science
- Emergency Medical Care I
- Human Anatomy and Physiology
- Clinical Practice I
- Basic Medical Rescue
- Clinical Practice II



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*Holders of the National Higher Certificate in Pre-Hospital Emergency Medical Care will not be awarded with the new Diploma in Emergency Medical Care.*

## Recognition of Prior Learning

### **Bachelor of Emergency Medical Care: Recognition of Prior Learning Procedures**

The programme makes provision for recognition of prior learning (RPL) for Emergency Care Technicians (ECT) and Critical Care Assistants (CCA) to be admitted into the programme.

The RPL process as outlined below will allow members of the industry (with the appropriate years' experience) to enter the tertiary setting with exemption/credits based on their previous training. There will be formal assessments to measure current competency and if successful, the candidates may be credited for such courses as per the NUST General Rules on RPL (Rule AC2.4). They will however have to adhere to the set core courses as per the curriculum.

### **Placement Assessments**

Holders of the CCA qualification will be able to attempt the following special examinations (equivalent to an end-of-year paper):

- Human Anatomy and Physiology
- Emergency Medical Care I

Upon successful completion the candidate may enter the programme in the second year however will be required to do all institutional core courses and any other lower-level courses as per the curriculum, such as Primary Health Care.

In the new curriculum provision will be made for holders of the ECT qualification (on the old curriculum/SADC curriculum) where they may attempt a special examination (equivalent to an end-of-year paper) for the following courses:

- Primary Health Care/HIV & AIDs (First year)
- Pharmacology (Second year)
- Emergency Medical Care II (Second year)

Currently, ECTs return to the second year and repeat Emergency Medical Care II. However, with the RPL process ECTs will be eligible to attempt the above papers. Upon successful completion of all three papers, the candidate will be able to enter the programme at a third-year level. If unsuccessful in Emergency Medical Care II they will enter the programme at a second-year level and Pharmacology and/or Primary Health Care if failed. Candidates, however, will be informed of this upon provisional admission to adequately prepare for these assessments. The candidates will be required to do all the institutional core courses as per the curriculum.

Date and Time	Location	Event	Required Items
23 January 2023	NUST Health and Applied Sciences Building	Final academic evaluation of points in accordance with the NUST Evaluation Scale with your final matriculation results.	NUST invitation to selection letter  Final Matriculation Results (certified copy)  Motivational letter and testimonial  Any certificates relating to the field of healthcare (certified copy)  ID or PASSPORT (Certified copy)  Bring originals and a certified copy.

24 - 25 January 2023	NUST Health and Applied Sciences Building	Short written test  Return of Medical Forms  Physical fitness evaluation  Environmental test	Black pen and non-programable calculator  Medical forms completed by yourself and your doctor  Sports Clothes including running shoes  Food for the day and drinks (sufficient water)  Sunscreen and hats
26 - 27 January 2023	NUST Health and Applied Sciences Building	Selection Interview and final intake selection	No specific requirements

**Note:** At the end of each day's evaluations all candidates should be present for feedback. After each day of selection, selected candidates shall be requested to attend the next day's evaluation and **ONLY** these candidates may attend the following day.

Should a candidate be called up, for attendance the following day, and they are not present it shall be assumed they do not wish to continue with the process and consequently, the next best candidate may be selected.





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**NAMIBIA UNIVERSITY**  
OF SCIENCE AND TECHNOLOGY

**Faculty of Health, Applied  
Sciences and Natural Resources**

Department: Health Sciences

# Programme Of Emergency Medical Care

## Medical Fitness Assessment

Dear Medical Examiner,

The person presenting this letter and the attached documentation have applied for enrolment in the Bachelor of Emergency Medical Care (Paramedic programme) at the Namibia University of Science and Technology (NUST). Upon graduation of this programme the candidate may register with the Health Professions Council of Namibia (HPCNA) and be employed as an Advanced Life Support paramedic.

As part of this programme, the candidate will undergo strenuous physical exercise, emotional stress and will be required to complete clinical placement at various hospitals and emergency services. Once graduated, the candidate will be required to maintain a good physical fitness level to manage the daily stressors and demands of the profession. This candidate will also be responsible, upon graduation, for responding to emergencies, treating, and transporting patients to the required medical facility.

As such this medical health assessment should focus upon the person's ability to safely undertake these activities. Could you please undertake a medical examination of this person and complete the medical health condition notification form attached. The person presenting this form should have already completed the general medical health questionnaire that you can briefly review and confirm/comment upon, where you see fit.

Thank you for your kind assistance in this regard.

### Enquiries

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Emergency Medical Care  
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Faculty of Health and Applied Sciences  
Namibia University of Science and Technology  
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# General Medical Health Questionnaire

Please complete this questionnaire and take it with to your appointment with your doctor.

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Address As per above OR: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

## Questions

Yes

No

1.	Are you currently being treated by a doctor for any illness or injury?		
2.	Are you currently receiving any medical treatment or taking any medication		
3.	Have you ever had or been informed by your doctor that you have?		
3.1	High blood pressure		
3.2	Heart disease		
3.3	Chest pain, angina		
3.4	Palpitations/irregular heartbeat		
3.5	Abnormal Shortness of breath		
3.6	Head injury or spinal injury		
3.7	Migraines or persistent headaches		
3.8	Blackouts or fainting		
3.9	Seizures, fits, convulsions, epilepsy		
3.10	Stroke		
3.11	Dizziness, vertigo, balance problems		
3.12	Vision problems, disturbances		
3.13	Diabetes, thyroid disease		
3.14	Kidney disease		
3.15	Neck, back or limb disorders, abnormal pain, abnormal discomfort		
3.16	Hearing disturbances, deafness, prior ear operations		
3.17	Hernias involving the abdomen		
3.18	Dermatitis or eczema		
3.19	Bone injury, fracture, joint injury, dislocation, or arthritis		
3.20	Injury involving the ankle, knee, or hip		
3.21	Phobias [severe fears] i.e., dark, claustrophobia, heights, blood		
4.	Have you ever had or been informed that you had/have a psychiatric illness, nervous disorder?		
5.	Have you ever had or been prescribed any antidepressant medication, antipsychotic medication, anti-anxiety medication or addiction alleviating medications		
6.	Have you ever had/have a serious illness or injury leading to hospital admission?		

7.	Have you ever had or been informed that you have a sleeping disorder, narcolepsy?		
8.	Have you had any major surgeries within the last 5 years?		
9.	Are you allergic to anything (including medications)?		

If you answered yes to any of the above questions, please note the question number and elaborate further:

Question \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_

Question \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_

Question \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_

Question \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_

Question \_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_

Student/Applicant Declaration (in the presence of the doctor (medical examiner)):

I \_\_\_\_\_ (name) hereby certify that to the best of my knowledge the information furnished above is accurate and true.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**NOTE:** FOR CONFIDENTIALITY REASONS THIS FORM SHOULD **ONLY** BE HANDED IN TO A LECTURER FOR THE PROGRAMME OF EMERGENCY MEDICAL CARE DIRECTLY ON THE DAY OF SELECTIONS AND **NOT** THROUGH THE SECRETARY OR OTHER PERSONS.

# Medical Health Condition Notification Form

## Bachelor of Emergency Medical Care

This Form must be completed by the Medical Examiner and returned to programme staff on arrival at the selection day.

### Candidate Details:

Mr/Ms/Mrs: \_\_\_\_\_ Surname: \_\_\_\_\_

First Names: \_\_\_\_\_

Street Address: \_\_\_\_\_

\_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_ Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

### Professional Opinion:

I have examined the above-named patient in consideration of the requirements of this profession and programme as outline in the letter provided, and have considered any relevant information brought to light in the medical questionnaire and:

In my professional opinion the person subject of this report:

<input type="checkbox"/>	Is medically fit for the requirements of the programme and/or profession
<input type="checkbox"/>	Is not medically fit for the requirements of the programme and/or profession
<input type="checkbox"/>	Is not medically fit for the requirements of the programme and/or profession but may be considered subject to the following (this includes medical condition that may be controlled (i.e.: Diabetes, epilepsy):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Date of examination: \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

Doctor Signature: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Official Stamp (private/ministry)

