



NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

FACULTY OF HEALTH AND APPLIED SCIENCES

Programme of Emergency Medical Care

Pre-selection Information Booklet 2020



Contents

INTRODUCTION	1
ATTRIBUTES NEEDED TO SUCCEED	1
MORE THAN LIGHTS AND SIRENS	2
EMERGENCY MEDICAL SERVICES IN NAMIBIA	2
GENERAL PROGRAMME INFORMATION	2
COURSE DELIVERY	3
EQUIPMENT AND OTHER REQUIREMENTS	3
UNDERGRADUATE PROGRAMME COURSES PER YEAR AND SEMESTER.....	3
POSTGRADUATE PROGRAMME COURSES PER YEAR AND SEMESTER.....	5
SELECTION PROCESS	6
ADVANCED STANDING	8
RECOGNITION OF PRIOR LEARNING	9
2020 SELECTION SCHEDULE	10

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. They can offer advanced 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. Dates, times and location of the selection are** contained in the **provisional admission letter.**

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

- ✓ 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

Attributes needed to succeed



“STUDENT YOU DO NOT STUDY TO PASS THE TEST. YOU STUDY TO PREPARE FOR THE DAY YOU ARE THE ONLY THING BETWEEN A **PATIENT** AND THE **GRAVE**”

MARK REID



Emergency Medical Services in Namibia

Emergency Medical Care is a relatively new profession in Namibia. The Northern and Southern regions lack ECP's 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.

More than lights and sirens

As an emergency care practitioner your role is *not to speed through traffic with lights and sirens*.

Emergency care practitioners are responsible to render the first emergency medical care in injured and/or ill persons. They use advanced medical equipment and skills, that is also utilised in hospital emergency rooms by doctors.

The Emergency Care Practitioners 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 emergency care practitioners to promote healthy living and injury prevention within their communities as well as lead through an example of good citizenship.

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 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).

NB!!! 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,
- 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.
- Work Integrated Learning (Experiential Learning) shifts are rostered on weekends and during semester breaks throughout the year excluding the December/January breaks.

Equipment and Other Requirements

- Students are required to have the prescribed textbooks or e-books for relevant courses.
- You are also required to purchase 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 Work Integrated Learning shifts or rescue courses. (approximate cost of N\$ 3500)
- Each student is required to purchase an **Apple IPAD (Including screen protector and cover)** through NUST which is used as part of the teaching and learning activities of the programme. (approximate cost of N\$ 7000)
- **Additional expenses** include transport to and from class and WIL shifts, meals, accommodation and printing costs. The programme also does a number of 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.

First Year – Semester Courses

Course Code	Course	Prerequisites
Year 1 – Semester 1 Courses		
PLU411S	Principles of English Language Use	None
CUS411S	Computer User Skills	None
BSC410S	Basic Science	None
Year 1 – Semester 2 Courses		
EPR511S	English in Practice	Principles of English Language Use
ICT521S	Information Competence	None
BMS411S	Basic Mathematics	None

First Year – Year Courses (Semester 1 & 2)

Course Code	Course	Prerequisites
EMC501Y	Emergency Medical Care I	None
HAP501Y	Human Anatomy and Physiology	None
PHC501Y	Primary Healthcare and HIV/AIDS	None

Second Year – Semester Courses

Course Code	Course	Prerequisites
Year 2 – Semester 3 Courses		
GPA611S	General Pathology	Human Anatomy and Physiology
EAP511S	English for Academic Purposes	English in Practice, <i>or</i> Language in Practice B, <i>or</i> Module 3, <i>or</i> Exemption
Year 2 – Semester 4 Courses		
MLE512S	Medical Law and Ethics	None

Second Year – Year Courses (Semester 3 & 4)

Course Code	Course	Prerequisites
EMC601Y	Emergency Medical Care II	Emergency Medical Care I, Human Anatomy and Physiology, Clinical Practice I
PHA601Y	Pharmacology	Emergency Medical Care I, Human Anatomy and Physiology
MRS512S	Medical Rescue IA	None
MRS521S	Medical Rescue 1B	Medical Rescue 1A
CPR601Y	Clinical Practice II	Emergency Medical Care I, Clinical Practice I

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.

Third Year – Semester Courses

Course Code	Course	Prerequisites
Year 3 – Semester 5 Courses		
CIS610S	Contemporary Issues	None
Year 3 – Semester 6 Courses		
EMS612S	Emergency Medical Service Administration	Emergency Medical Care II, Medical Law and Ethics

Third Year – Year Courses (Semester 5 & 6)

Course Code	Course	Prerequisites
EMC701Y	Emergency Medical Care III	Emergency Medical Care II and Clinical Practice II, Pharmacology
CPR701Y	Clinical Practice III	Emergency Medical Care II, Clinical Practice II, Pharmacology
ICU701Y	ICU and Critical Care Transport	Emergency Medical Care II, Clinical Practice II, 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.

First Year – Semester Courses		
Course Code	Course	Prerequisites
Year 1 – Semester 1 Courses		
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 Courses		
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 to 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 is 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 reemphasise 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



Academic Merit - November 2019 - 14 January 2020

- Applications are checked for minimum admission requirements in November 2019 and January 2020
- Applicants are "shortlisted" based on academic merit.



Medical & Physical - 15 January 2020

- Return of the medical form
- Write a short placement test
- Assessment of performance of basic physical fitness
- Assessment of relevant phobias (Environmental test)



Interview - 16 January 2020

- Attend an interview
- Successful candidates for admission in January 2020 will be chosen at the end of the day

Information of the requirements for the various stages

STAGE 1/ DAY 1 - DOCUMENTATION

Stage 1 requires you to bring the following ORIGINAL and COPIES to the EMC programme in January 2020 as per the dates stated in the letter.

- ✓ MUST PROVISIONAL ADMISSION LETTER
- ✓ Curriculum vitae (If applicable)
- ✓ Motivational letter (why you want to do this course)
- ✓ FINAL matric results
- ✓ COPY of ID or PASSPORT

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 that failure to attend the process from Day 1 automatically 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 selections to programme staff. Should this form not be completed you will not be allowed to continue the selections.

The programme staff requires this information, which is treated as highly confidential, as 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 around 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)
- ✓ do push ups, sit ups or abdominal crunches
- ✓ run back and forth in short sprinting sections
- ✓ carrying a heavy weight over short distance
- ✓ pick up a heavy weight from the floor to waist height
- ✓ step up and down large steps (step-up's).

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
- ✓ tight, dark and closed spaces

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 in day 1 and 2 will be invited to an interview on day 3.

The panel are interested in your **understanding of this career** and of **the course** you have applied for. They can tell if you are passionate about this career by your answers, posture and whether you have tried to find out more about emergency medical care. Neatness and professionalism also play a role on this day.

You may be asked questions regarding:

- ✓ your past experiences
- ✓ knowledge about emergency medical care
- ✓ differences between first aid and emergency medical care
- ✓ different courses available to become a medic

Upon completion of the interviews the panel shall consider all selection process 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 which will take place the following week after completion of selections.

It must be noted that 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

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 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 ECT's return to second year and repeat Emergency Medical Care II. However, with the RPL process ECT's 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 in order to adequately prepare for these assessments. The candidates will however be required to do all the institutional core courses as per the curriculum.



2020 SELECTION SCHEDULE

Selections for this programme will take place over three days as follows:

Date & Time	Location	Event	Required Items
January 14, 2020 08H00	NUST Health and Applied Sciences Building	Final academic evaluation of points in accordance to the NUST Evaluation Scale with your final matriculation results.	<ul style="list-style-type: none"> • Final Matriculation Results (certified copy) • Any certificates relating to the field of healthcare • ID or PASSPORT COPY • Bring originals and a certified copy.
January 15, 2020 07H30	NUST Health and Applied Sciences Building	<ul style="list-style-type: none"> • Return of Medical Forms • Short written test • Physical fitness evaluation • Environmental test 	<ul style="list-style-type: none"> • Medical forms completed by yourself and your doctor • Black Pen • Sports Clothes including running shoes • FOOD for the day and drinks (sufficient water) • Sunscreen and hats
January 16, 2020 08H00	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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Programme Of Emergency Medical Care

Medical Fitness Assessment

Dear Medical Examiner

The person presenting this letter and attached documentation has 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 in order 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.

Mrs Carolie Cloete
Programme Coordinator
Emergency Medical Care
Department of Health Sciences
Faculty of Health and Applied Sciences
Namibia University of Science and Technology
Tel: (+264 61) 207 2970
email: ccloete@nust.na

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: M F

Questions

	YES	NO
1. Are you currently being treated by a doctor for any illness or injury?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you currently receiving any medical treatment or taking any medication (prescribed or otherwise)	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had or been informed by your doctor that you have?	<input type="checkbox"/>	<input type="checkbox"/>
3.1 High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
3.2 Heart disease	<input type="checkbox"/>	<input type="checkbox"/>
3.3 Chest pain, angina	<input type="checkbox"/>	<input type="checkbox"/>
3.4 Palpitations/irregular heart beat	<input type="checkbox"/>	<input type="checkbox"/>
3.5 Abnormal Shortness of breath	<input type="checkbox"/>	<input type="checkbox"/>
3.6 Head injury or spinal injury	<input type="checkbox"/>	<input type="checkbox"/>
3.7 Migraines or persistent headaches	<input type="checkbox"/>	<input type="checkbox"/>
3.8 Blackouts or fainting	<input type="checkbox"/>	<input type="checkbox"/>
3.9 Seizures, fits, convulsions, epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
3.10 Stroke	<input type="checkbox"/>	<input type="checkbox"/>
3.11 Dizziness, vertigo, balance problems	<input type="checkbox"/>	<input type="checkbox"/>
3.12 Vision problems, disturbances	<input type="checkbox"/>	<input type="checkbox"/>
3.13 Diabetes, thyroid disease	<input type="checkbox"/>	<input type="checkbox"/>
3.14 Kidney disease	<input type="checkbox"/>	<input type="checkbox"/>
3.15 Neck, back or limb disorders, abnormal pain, abnormal discomfort	<input type="checkbox"/>	<input type="checkbox"/>
3.16 Hearing disturbances, deafness, prior ear operations	<input type="checkbox"/>	<input type="checkbox"/>
3.17 Hernias involving the abdomen	<input type="checkbox"/>	<input type="checkbox"/>
3.18 Dermatitis or eczema	<input type="checkbox"/>	<input type="checkbox"/>
3.19 Bone injury, fracture, joint injury, dislocation or arthritis	<input type="checkbox"/>	<input type="checkbox"/>
3.20 Injury involving the ankle, knee or hip	<input type="checkbox"/>	<input type="checkbox"/>
3.21 Phobias (severe fears) i.e. dark, claustrophobia, heights, blood	<input type="checkbox"/>	<input type="checkbox"/>

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:

- Is medically fit for the requirements of the programme and/or profession
- Is not medically fit for the requirements of the programme and/or profession
- 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)

Phone: _____