



Application Information Booklet



Contents

INTRODUCTION	1
DO YOU HAVE WHAT IT TAKES?.....	1
EMERGENCY MEDICAL SERVICES IN NAMIBIA	2
WHAT ARE THE QUALITIES OF AN EMERGENCY CARE PRACTITIONER (PARAMEDIC)	2
MORE THAN LIGHTS AND SIRENS	2
GENERAL PROGRAMME INFORMATION	2
THE STAGES OF THE SELECTION PROCESS	5
QUALIFIED EMERGENCY CARE TECHNICIANS (NHC: EMC).....	7

Introduction

Thank you for your interest in the Programme of Pre-hospital Emergency Medical Care (EMC).

'Paramedics' are not ambulance drivers. Every person working on an ambulance has a medical qualification ranging from basic to advanced. There are 'short courses' and 'tertiary courses' that are available in order for you to become a medic. This programme you have chosen is at the **advanced and most difficult level of EMC.**

This booklet provides an overview of the **Selection process and Criteria. Dates, times and location of the selection** are contained in the accompanying letter.

We would like to wish you good luck for your selections and we look forward to meeting you.

Do You Have What It Takes?...

Are you medically, physically fit and like challenges such as heights, water and small dark spaces?

Are you up for studying and working shifts over weekends, public holidays and school holidays?

Are you prepared to learn how to research academically, do exams where the pass mark is much higher than usual?

Are you willing to lose sleep, spend less time with your family and friends?

Are you willing to follow instruction and do more theoretical and practical work and study harder than most people?

DISCIPLINE



What are the qualities of an Emergency care practitioner (Paramedic or Medic)

- Needs to stay calm and focused when dealing with life and death situations
- Highly skilled, quick thinking and decisive at times of high stress whilst supporting and reassuring the patient and their relatives.
- Work long hours - days and nights in all and any weather
- A **high level** of self-discipline, motivation and responsibility.
- Sympathetic and a strong sense of humility and emotions.
- Good interpersonal and communication skills in English and an ability to take charge in situations

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 for the medical care and lives of their patients. They use advanced medical equipment that is also utilised in hospital emergency rooms by doctors.

The medic 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.



Emergency Medical Services in Namibia

Emergency Medical Care is a new profession in Namibia. The Northern and Southern regions lack medics who have tertiary level training.

Although private and government services are available, these are **mainly in the Windhoek surrounds and Coastal areas.** This leaves a large amount of **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 experiential 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).

Course Delivery

The course content shall be taught using varying methods; through

- Lectures that incorporate power point 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. As such you will be required to attend classes during the week and shifts over weekends and semester breaks.

Equipment and Other Requirements

- Students are required to have the prescribed textbooks of relevant courses.
- You are also required to purchase specific uniform throughout your studies; this uniform will be an additional cost above course fees.
- Some or all of these items are required prior to the commencement of any Work Integrated Learning shifts or rescue courses.
- A computer (laptop or desktop PC) is advisable together with some basic internet access to facilitate your studies, research and compilation of assignments. Assignments and other documents can be printed in NUST library.

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		
LIP411S	Language in Practice	None
CUS411S	Computer User Skills	None
BSC410S	Basic Science	None
Year 1 – Semester 2 Courses		
EPR511S	English in Practice	Language in Practice, or Language in Practice A, or Module 2, or Exemption
ICT521S	Information Competence	None
BMS411S	Basic Mathematics	None

First Year – Year Courses (Semester 1 & 2)

Course Code	Course	Prerequisites
PEM501Y	Pre-hospital Emergency Medical Care I	None
HAP501Y	Human Anatomy and Physiology	None
PHC501Y	Primary Healthcare and HIV/AIDS	None
CPR501Y	Clinical Practice I	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, or Language in Practice B, or

Year 2 – Semester 4 Courses		Module 3, <i>or</i> Exemption
MLE512S	Medical Law and Ethics	None
Second Year – Year Courses (Semester 3 & 4)		
Course Code	Course	Prerequisites
PEM601Y	Pre-hospital Emergency Medical Care II	Pre-hospital Emergency Medical Care I, Human Anatomy and Physiology, Clinical Practice I
PHA601Y	Pharmacology	Pre-hospital Emergency Medical Care I, Human Anatomy and Physiology
BMR501Y	Basic Medical Rescue	None
CPR601Y	Clinical Practice II	Pre-hospital Emergency Medical Care I, Clinical Practice I

Optional exit with a Diploma in Pre-hospital Emergency Medical Care

Please Note: Students with a National Higher Certificate in Emergency Medical Care (NHC: EMC) will not be awarded with the Diploma in Pre-hospital Emergency Care.

Third Year – Semester Courses

Course Code	Course	Prerequisites
Year 3 – Semester 5 Courses		
CIS610S	Contemporary Issues	None
AMC611S	Aeromedical Care	Pre-hospital Emergency Medical Care II
Year 3 – Semester 6 Courses		
EMS612S	Emergency Medical Service Administration	Pre-hospital Emergency Medical Care II, Medical Law and Ethics
CCT712S	Critical Care Transport	Pre-hospital Emergency Medical Care II, Pharmacology, Aeromedical Care.

Third Year – Year Courses (Semester 5 & 6)

Course Code	Course	Prerequisites
PEM701Y	Pre-hospital Emergency Medical Care III	Pre-hospital Emergency Medical Care II and Clinical Practice II
CPR701Y	Clinical Practice III	Pre-hospital Emergency Medical Care II, Clinical Practice II



Selection Process

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

1

Academic Merit - Nov 2016 - 23 Jan 2017

- Applications are checked for minimum admission requirements in November 2016 and January 2017
- Applicants are "shortlisted" based on academic merit and other relevant criteria - are told to be present at selection day 2.

2

Medical & Physical - 25th Jan 2017

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

3

Interview - 26 JAN 2017

- Candidates are selected to continue to DAY 3
- Attend an interview on why this programme was chosen
- Selection of successful candidates for admission in January 2017 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 2017 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 book or PASSPORT

Prior experience in the field of emergency services or any other medical discipline is also considered in this short listing process.

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 name 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 in regard to your safety and that of others.

Short written test

This is not a test for which you need to study. 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
- do push ups, sit ups or abdominal crunches
- run back and forth in short sprinting sections
- carrying a heavy weight over short distances
- 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 psychological 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 are able to 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 plays 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 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 which will take place the following day after completion of selections.

It must be noted that the results of the selection panel is 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 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:

- Language in Practice
- Computer User Skills
- Basic Science
- Pre-hospital Emergency Medical Care I
- Human Anatomy and Physiology
- Clinical Practice I
- Basic Medical Rescue
- Clinical Practice II

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



2017 SELECTION SCHEDULE

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

Date & Time	Location	Event	Required Items
January 24, 2017 09H00	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 healthcareID or PASSPORT COPYBring originals and a certified copy.
January 25, 2017 07H30	NUST Health and Applied Sciences Building	<ul style="list-style-type: none">Return of Medical FormsShort written testPhysical fitness evaluationEnvironmental test	<ul style="list-style-type: none">Medical forms completed by yourself and your doctorBlack PenSports Clothes including running shoesFOOD for the day and drinks (sufficient water)Sunscreen and hats
January 26, 2017 09H00	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.



NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

Faculty of Health and Applied Sciences

Department of Health Sciences

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 Pre-hospital 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.

Kind regards

Ms Nadine Seymour

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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: 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 any of: | <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 PRE-HOSPITAL EMERGENCY MEDICAL CARE DIRECTLY ON THE DAY OF SELECTIONS AND NOT THROUGH THE SECRETARY OR OTHER PERSONS.

Medical Health Condition Notification Form
Bachelor of Pre-hospital 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: _____

Phone: _____

Official Stamp (private/ministry)