

Quotes for Durban from Steven Ma- Participant in the HIV/AIDS and Healthcare in Durban South Africa program in April 2009

- “IThemba is the HIV/AIDS clinic in St. Mary's and will be of particular value to those students interested in HIV/AIDS. The patient load is enormous, as opposed to the relatively small scale of the hospital. Students will get a good perspective of the shortfall in medical resources despite the severity of the crisis.”
- “Marion Hill Clinic was a unique experience, giving students the important perspective of how understaffed and over congested the South African health care system really is. Students are able to refine their skills in taking vital signs, and also learn clinical diagnosis skills, as well as tricks of the trade., which over-worked (and under-paid) medical personnel implement to deal with the overwhelming amount of patients.”
- “There are many ways for enthusiastic students to get involved medically after the program is finished every day. South Africa, and especially KwaZulu-Natal, is where the HIV/AIDS crisis is worst in the world. Not only that, but the social and economic conditions of where much of the population resides is very underdeveloped, and help is urgently needed. What I found interesting about the country was the dichotomy between the very wealthy and gravely poor, because in this country you can experience both, independent of the other, depending on your passions and interests in life.”
- “One of the doctors said to me: You cannot see clinical presentations back home (in America). You must take advantage of the opportunity here to see all the different opportunistic infections, as nothing will compare to actually seeing them on a patient.. I did just that, and I was able to examine many of them, including PCP, candidiasis, tuberculosis, cryptococcal meningitis, Kaposi's sarcoma, herpes zoster, HIV wasting syndrome (most common), and more. After the ward rounds, what I did that helped me a lot was simply walking around the ward rooms and reading patient's charts, observing them, and trying to analyze the x-rays. In this way I learned many clinical signs and how they led to the doctor's diagnosis.”
- “What I believe was most valuable about my experience with becoming close friends with a local student was the authentic South African student life in which I was able to immerse myself, of which I would not have the opportunity otherwise. This is a valuable addition to the cultural experience of South Africa that I believe CFHI encourages for its students. ... My friend guided me around campus and the hospital, making my stay much easier. Because of his experience as a local student, he explained to me how things worked under local traditions, noting specific differences in culture,

languages, and colloquial terminology. This made me more comfortable with the local students, as well as enriching my cultural experience.”

- “At King Edward Hospital, participants may choose to attend medical lectures along with local students, in which their theoretical scientific knowledge can be consolidated, enriched and broadened. Attending medical lectures whilst still as a pre-med student will merge basic scientific knowledge with clinical relevance, something unavailable to pre-med students in America. Topics discussed in the lectures I have attended included: oncology, electrolyte homeostasis, neurology, and cardiology.”
- “There were other valuable educational activities in the hospital and medical school that added to my experience which not all students may find, most of which a close friend directed me towards. On Tuesdays and Thursdays, tutorials are held for the local third year medical students (the local students call these tuts.). Premedical students may find this particularly of value, because they can join along with the small group students under the guidance of a senior specialist, who will explain clinical signs and examinations in great detail. Also, clerking patients in the mornings of tutorials will also benefit students greatly, as they can pick up clinical findings and examination techniques, taught to them by fellow third year medical students.”