

RUSHERE COMMUNITY HOSPITAL
P.O.BOX 2, RUSHERE, KIRUHURA, UGANDA

www.rusherehospital.com

Some Notes for Visitors/Electives

Visitors are very welcome to this Hospital, which is set in a beautiful rural area not far south of the equator in South West Uganda.

THE HOSPITAL MISSION STATEMENT READS:-

“RUSHERE COMMUNITY HOSPITAL SEEKS TO CATER FOR ALL PEOPLE OF THE AREA IN THEIR VARIOUS NEEDS OF BODY, MIND AND SPIRIT GIVING SPECIAL CHRISTIAN MEDICAL WITNESS BY WORD AND DEED”

The hospital

Rushere Hospital was opened in 1992 and is situated in Kiruhura District. The hospital has 103 beds, 30 of which are in the Private ward. Originally the hospital consisted of a single block containing 4 wards, the Outpatients Department, an operating theatre and offices. Since 2003 a building programme has added a new maternity ward, a general ward, a private ward, a HIV-Aids clinic a double operating theatre and the existing operating theatre has been adapted to be a dental unit. The building of the Director's house, the Guest House and hospital chapel have been funded by donations from overseas friends of the hospital

The Hospital is a privately run Christian based Interdenominational Protestant Institution with its own Board of Directors. It is Government Aided, and has had additional support from well wishers from overseas. Patients pay a nominal fee for services received, apart from the patients on the Private Ward who pay a more realistic fee for their treatment

The team of staff numbers about 75 people headed by the Director, who is a doctor. She oversees the work in the hospital and in the Government Health Units in the area, assisted another doctor.

The Hospital has pumped, piped water but the supply is not always adequate, particularly in the dry season. Rain water is also collected in tanks from the roofs. It is on mains electricity (which is sometimes reliable!) and there is a generator as a backup. Most parts of the hospital also have solar lighting. There is a small hospital farm with traditional long horned Ankole cattle grazing alongside Friesians.

The Guest House has 8 ensuite rooms and can accommodate 16, or more guests. The kitchen provides both Uganda and western meals.

Culture

Cultural differences

An excellent book that helps to understand the need for sensitivity and for understanding people from different cultures is: "Hot and Cold Climate Cultures" "Foreign to Familiar" by Sarah Lanier orders at: orders@mcdougal.org. It is well written and easy to read.

A few extracts:

Hot climate cultures "are relationship based. Efficiency and time do not take preference over the person. It is inappropriate to "talk business" upon first arriving at a business meeting, or making a business phone call".

Hot climate cultures "are group orientated cultures. Individuals know that they are automatically included in meals, conversations and other activities of the group etc".

N.B. Relationships between genders are very different to those prevalent in the West. Men holding hands in public is not considered to be bad, and does not mean a homosexual relationship. There is little social tolerance of same sex partnerships.

Dress code

Ugandans dress well, and it is not appropriate to dress too casually or untidily. Women should dress modestly, particularly in the hospital. Shorts, short skirts, tight jeans are viewed quite negatively and are usually only worn for sports or for travelling and visiting Game Parks. Men sometimes wear shorts for leisure but never for work. It is usual to dress well for parties/weddings and so it is wise to bring at least one smart outfit as you may be invited to weddings or other celebrations.

Alcohol

Drinking to excess is not appropriate and would cause offence at the hospital and in the local community.

Health

Vaccinations and inoculations

Your doctor will advise you about any vaccinations and inoculations that may be necessary. An International Certificate of Vaccination against Yellow Fever is required for entry to Uganda. Anti-malaria tablets and mosquito repellents are essential and vaccine against rabies is advisable. Beds in the Guest House have mosquito nets but you may also like to bring a mosquito repellent plug in.

Bring any personal medication required.

Insurance

IT IS ESSENTIAL THAT YOU ARE ADEQUATELY COVERED FOR ANY EVENTUALITY. THE HOSPITAL WILL DO ALL IT CAN TO TAKE CARE OF YOU SHOULD YOU BE SICK DURING YOUR TIME AT THE HOSPITAL BUT WE CANNOT BE RESPONSIBLE FOR ANY FINANCIAL COMMITMENTS WHATSOEVER.

YOUR INSURANCE MUST COVER TREATMENT FOR SICKNESS, PERSONAL INJURIES, REPATRIATION AND DEATH

MAKE SURE THAT YOU HAVE READ THE SMALL PRINT OF YOUR HEALTH INSURANCE

Food/Drinking Water

We eat well, fresh fruit – pineapples, bananas are readily available locally. Local beef is also good. Bottled mineral water is used for drinking and is widely available.

Spiritual life

Whilst our faith in Jesus Christ is based on Scripture the ways of sharing our faith can be varied. Visitors are welcome to attend the services that are held in the Hospital Chapel. Morning and Evening Prayers are held from Monday to Saturday and there is a service at 9.00am on Sundays. The services are led by staff members, usually in Runyankole, the local language. Staff are willing to translate for visitors.

Communication

Mobile phones

Mobile phones are used extensively. There are networks at Rushere for several of Ugandan phone networks with the strongest signal being for Warid. If you bring your own mobile from overseas make sure that it is not locked so that you can change the SIM card in Kampala. Pay as you Go airtime cards are widely available. It is very cheap to text messages internationally as well as nationally.

Emails/Internet

The Hospital Internet room is under repair (June 2013) and internet access is by modem. Guests may use the modem at the Guest House – the manager will advise you of the charge for using it.

Transport to the Hospital

It takes about 4 hours to travel by road in a private car from Kampala to Rushere. The journey by public transport takes between 5 and 6 hours. The Guest House will make arrangements to meet electives/visitors in Kampala or Entebbe and also arrange overnight accommodation if required. For your convenience and safety, we strongly advise that you accept the arrangements made by the Guest House, particularly if you are new to travelling in Africa. Please contact Lucy Akinyi (Guest House Manager) to discuss the details.

What to bring

- 1) People love to see photos of your friends and relatives.
- 2) A good torch is essential.
- 3) Bring books/hobbies if you are going to be here for a while. There are no restaurants to go to near here! A short wave radio is not a must but is useful.
- 4) A guide book on Uganda is useful (there are several available including the guides published by Bradt, Lonely Planet and Footprints).

5) If you are bringing any valuable electrical equipment then you will need a surge protector. These can be obtained in Kampala before coming to Rushere. Electricity is 240v 3-pin square sockets.

6) Films/Memory Cards Make sure you bring a good supply as they are not available in Rushere.

N.B. TAKING PHOTOS IN THE HOSPITAL Photographs of ANYONE in the hospital may not be taken without their prior permission.

Exchange rates

The currency in Uganda is the Uganda shilling. The current exchange rate can be checked by using the link on the Guest House Tariff page of the hospital website. There are many Forex (foreign exchange) bureaux in Kampala which offer differing rates so it is worth shopping around.

Guest House bookings

Details of the Guest House Tariff can be found on the Guest House Page of the Hospital website:- www.rusherehospital.com. Details of the discounted rates for electives are given in the 'Notes for those coming as electives'

Notes For Those Coming As Electives

General

Please bring a white coat, surgical gloves, stethoscope and eye protection.

During your time here you can expect to take part in ward rounds, assist/observe operations, assist with minor procedures, assist with out patients clinics, deliver babies and assist/observe outreach clinics in near by villages.

Books to bring include:

- a) Oxford Handbook of Clinical Medicine by M. Longmore, I. Wilkinson and E. Took
- b) Lecture Notes on Tropical Medicine by Dion R. Bell. Some electives have found they can do quite a lot of study whilst here, so bring your own books.

Copies of the BNF are appreciated.

In the hospital electives are expected to observe the same dress code as that required by their medical school.

Volley ball is played by staff at the hospital and U.K. Premier League matches can be viewed on satellite T.V. at the Guest House or in the town.

Electives usually do their own washing (by hand as there is no washing machine!) However washing can be done by the house keeper for an additional charge of 5,000 shillings.

Financial

From 1st June 2013 the charge for an elective placement at Rushere Hospital is £100 (sterling) a week. This is an inclusive charge for accommodation and meals at the Guest House and supervision in the hospital. A non refundable deposit of £50 should be paid when booking, with the balance being paid a month prior to arrival. Refunds will not be made after the full payment has been made.

Payments should be made using a Western Union Money Transfer. The recipient is Lucy Violet Akinyi at Rushere Hospital, P.O. Box 2, Rushere. The payment will be collected at the Equity Bank. Please send an email confirmation of your payment (rchelective@rusherehospital.com) Do not include the Money Transfer Control Number (MTCN) in the email but send this separately by text message to + 256 774531722 (Guest House mobile phone number)

Booking

Initial enquiries can be made by emailing the hospital at rchelective@rusherehospital.com or by using the enquiry form on the Electives page of the hospital website www.rusherehospital.com.

An elective placement should be booked with the Guest House Manager rchguesthouse@yahoo.com, with payments made as detailed above.

Other contact numbers for the Guest House are:

+ 256 (0) 752862313 (Lucy's Mobile)

+ 256 (0) 485661144 (Guest House landline)

Leisure activities

There is a range of travel and outdoor pursuits opportunities in Uganda, including visiting Game Parks, white water rafting and Gorilla trekking. Some of these activities are expensive and gorilla trekking needs to be booked well in advance. All such activities are undertaken entirely at your own risk.