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ELECTIVE HANDBOOK

WELCOME TO WALAWALKAR HOSPITAL



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01. Welcome Message



Welcome to the India Project at BKL Walawalkar Charity Hospital!

This elective offers a unique and comprehensive medical elective experience in the rural village of Dervan, India, where you will have the opportunity to engage in various clinical activities, learn from experienced medical professionals, and participate in community health initiatives. This elective is structured to provide a balance of hands-on experience, theoretical learning, and cultural immersion.

This handbook is designed to guide you through your elective experience, from the moment you land at the airport to your last day at the hospital. The following sections will provide you with essential information to help you make the most of your time here.



Background



The India Project began in 2005, spearheaded by Dr. Deshpande after his visit to the BKL Walawalkar Charity Hospital. What started as a small initiative has grown into a robust program focused on education, training, and clinical support. Our presence in the region is greatly appreciated by the local population, and we are committed to continuing this impactful work.

The Hospital



BKL Walawalkar Hospital is a 810-bed facility equipped with state-of-the-art technology, including ICUs, a Neonatal ICU, a Dialysis Unit, and advanced diagnostic tools such as CT/MRI scanners. The hospital also boasts a well-equipped theatre complex with modern anaesthetic equipment and scopes, as well as a nuclear linear accelerator of Nuclear Medicine. The hospital is a vital healthcare resource for the entire Konkan region.

Nursing and Medical Education



The Samartha Nursing College and BKL Walawalkar Rural Medical College are integral parts of the hospital's mission to improve healthcare in the region. The nursing school offers degree programs including a Bachelor of Science (BSc) and Master of Science (MSc) in Nursing. The medical college, established in 2015, aims to produce well-trained doctors who can serve the rural population, thereby uplifting the overall healthcare standards.

The UK Charity - SVJC Trust



SVJC Trust (No. 1128077) was established in the UK to support the India Project. The trust is responsible for fundraising, managing donations, and coordinating the shipment of medical equipment to India. The charity operates on a voluntary basis, with trustees not receiving any remuneration for their work. The trust also oversees the financial aspects, ensuring transparency and accountability.

02. What To Expect

First Day of Your Elective!

Arrival and Transfer

Landing at the Airport:

- Upon landing at the nearest airport, a representative from Walawalkar Hospital will greet you. Look for someone holding a sign with your name or "Walawalkar Hospital Elective."

Transfer to the Hospital

- You will be provided with a comfortable transfer from the airport to the hospital. The journey typically takes around 5-7 hours, during which you can enjoy the scenic rural landscape of India.

Day 1: Orientation and Induction



Morning:

1. **Welcome Meeting:**

- On your first morning, you will meet Dr. Suvarna Patil, Consultant Physician and Medical Director of the Institute, who will provide a warm welcome and introduction to the hospital.

2. **Hospital Tour:**

- You will be given a tour of the hospital, including key departments such as General Medicine, Surgery, Paediatrics/OBGYN, and the Intensive Care Units (Cardiac and General).
- You will be shown the location of important facilities such as the canteen, restrooms, and lockers where you can store your personal belongings.

Afternoon:



1. **Buddy Allocation:**

- You will be introduced to your buddy, a local medical student who will assist you throughout your elective. Your buddy will be a valuable resource for learning and adapting to the new environment.

2. **Induction Session:**

- The induction session will cover hospital protocols, safety measures, and an overview of what to expect during your elective.



Work-Based Assessments and Documentation

- Throughout your elective, you will be required to complete various work-based assessments, such as AtoE (Airway, Breathing, Circulation, Disability, Exposure), CBD (Case-Based Discussion), and ACAT (Acute Care Assessment Tool) assessments on patients. Ensure these assessments are signed off by your local supervisor.
 - Complete your logbook, documenting all clinical activities and experiences.
 - Write reflections on your experiences, focusing on what you have learned and how it has impacted your practice.
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Feedback and Reflection

- Obtain feedback from your supervising team on your performance and progress during the elective.
 - Provide your feedback about the elective program, including what you found beneficial and any suggestions for improvement.
 - Reflect on your overall experience and how it has contributed to your professional development.
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Quality Improvement Project (QIP)

- You will have the opportunity to engage in a Quality Improvement Project. Your buddy will guide you through the process, from identifying a project to presenting your findings.
 - Support will be provided for presenting your QIP or audit work in UK forums upon your return.
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Buddy Scheme

- Your buddy will be a local medical student assigned to help you navigate the hospital, answer your questions, and assist in your learning.
 - This mentorship will enhance your understanding of the healthcare system and provide you with a local perspective on medical practice.
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Social and Cultural Experience

- Enjoy traditional Indian meals provided throughout your stay.
 - Engage with the friendly and welcoming hospital staff.
- Experience the local culture and community through various hospital and community initiatives.
 - Explore the local sporting facilities available to you during your stay.

03.WEEKS 1-4 ROTATIONS



01 General Medicine

- Participate in daily ward rounds with the General Medicine team.
- Assist in patient consultations and management.
- Attend teaching sessions and case discussions.
- Spend time in the Outpatient Department (OPD) observing and assisting with patient care.

02 Surgery

- Observe and assist in various surgical procedures in the well-equipped theatres.
- Participate in pre-operative and post-operative patient care.
- Join the Orthopaedic team from Pune for specialized sessions, including Spinal Surgery.



03 Intensive Care Units/Anaesthetics

- Spend time in both the Cardiac and General ICUs.
- Observe and assist in the management of critically ill patients, including those with snake and scorpion bites.
- Participate in multidisciplinary team meetings and case discussions.
- Teaching and training opportunities are available for medical, nursing, and local residents.

04 Paediatrics/OBGYN

- Work with the team, assisting in clinics and patient consultations.
- Learn about common paediatric, obstetrics, and gynaecology conditions and their management in a rural setting.
- Participate in community health initiatives and outreach programs.



For those who are doing electives for greater than 4 weeks, the remaining time can be spent shadowing doctors in specialities of your liking, taking up teaching sessions and also helping out in non-clinically based activities. Supervisors are happy to have these discussions and will help you find an appropriate way to spend this time. The possibilities are endless, so make the most of it!

04.Final Day & Farewell

Wrap-up Meeting

On your last day, you will have a wrap-up meeting with Dr. Suvarna Patil to discuss your experiences and feedback.

Departure



- A transfer will be arranged to take you back to the airport for your flight home**
- Bid farewell to your colleagues, buddies, and the hospital staff who have supported you during your elective.**

05.Important Information

Travel and Accommodation

Flights

Fly from any convenient airport to Mumbai. Upon arrival, we are met by local supporters of the project who assist us throughout our stay.

Journey to Dervan

After a brief rest and refreshment stop in Mumbai, we travel to Dervan by train or coach - a journey that can take between 5 to 9 hours.

Applying for a Visa

UK citizens can apply for an eVisa to India, which simplifies the process significantly. We offer assistance with the visa application, or you can choose to apply independently. Further details will be provided via the WhatsApp group dedicated to this year's trip.

Accommodation and Meals

Accommodation - You will be housed in in single-sex twin en-suite rooms, which are basic but clean and comfortable provided by the hospital. Each room is equipped with basic amenities, including a bed, a desk, and storage space. Wi-Fi is available but can be temperamental, so it's advisable to prepare for occasional connectivity issues.

Meals - Traditional Indian vegetarian meals will be provided throughout your stay. If you have specific dietary requirements, please inform us in advance.

Costs

Approximately £150 per week, which includes accommodation and food.





Attractions

One of the advantages of Walawalkar Hospital's location is its **proximity to Goa**, a popular destination known for its stunning beaches, vibrant culture, and historical sites.

Just a few hours' drive away, Goa offers a perfect getaway for weekends, allowing you to explore its attractions, relax on the beach, or indulge in water sports. This proximity adds a unique opportunity for R&R during your elective.

In addition to the proximity to Goa, the region offers various other attractions and services to enhance your stay:

Homestays: Experience the local culture and hospitality by staying in nearby homestays, offering a more personalized and immersive experience.

Language Support: For those interested in learning the local language, support is available to help you navigate daily interactions and enhance your cultural understanding.

R&R Opportunities: Beyond medical training, you can enjoy the rich natural beauty of the region, with options for hiking, beach outings, and visits to nearby temples and historical sites. These opportunities provide a perfect balance of work and relaxation during your elective.



Sports Activities

In addition to the rigorous clinical experience, Walawalkar Hospital offers several recreational facilities to help you relax and stay active during your elective. The campus is equipped with a variety of sports amenities including:

A Running Track: Perfect for morning or evening jogs amidst serene surroundings.

A Swimming Pool: Well-maintained and open for use during specified hours, offering a refreshing way to unwind.

A Badminton Hall: Available for those who enjoy a friendly game of badminton. The hall is equipped with necessary gear and is accessible during the day.

These facilities ensure that you can maintain your fitness routine and engage in enjoyable activities during your stay.



Health and Safety

Please ensure that you are up-to-date with the necessary vaccinations, including Diphtheria, Hepatitis A, Polio, Tetanus, and Typhoid. It's also essential to have comprehensive travel insurance.

During your stay, you should be vigilant about hygiene and avoid drinking unfiltered water or eating food from unknown sources. The hospital provides bottled water, and all meals are prepared following strict hygiene standards.



While the focus of this elective is on work and learning, there are opportunities to relax and rejuvenate. The hospital has a sports complex with a swimming pool and running track.

Professional Responsibilities

This elective involves both clinical and teaching responsibilities. You may be involved in surgical procedures, anesthetics, or training hospital staff. It is crucial to maintain a high level of professionalism and respect the local culture and practices. The hospital staff is eager to learn from you, and you should aim to lead by example.

Please also note you are expected to follow the **dress code** prescribed by the institute. Candidates following a certain religion are not allowed to wear the customary dress while appearing in the hospital for electives.





06. Pre-Departure Checklist

Before you embark on your journey to Walawalkar Hospital, please ensure you have completed the following:

✓ **Visa and Travel Arrangements**

Ensure your visa is sorted and travel plans are confirmed.

Confirm that your travel insurance covers medical electives.

✓ **Vaccinations & Health**

Check that you have received all necessary vaccinations.

Bring along any personal medications and health documentation.

✓ **Communication**

Ensure you have a functioning mobile phone with international roaming or a local SIM card.

✓ **Packing Essentials**

Pack appropriate clothing, including scrubs, a stethoscope, and comfortable shoes. Remember, India's climate can be warm and humid.

07. Additional FAQs

What should I pack?

- Comfortable clothing for the hospital and leisure time.
- Scrubs for theatre work (consider bringing your own).
- A light fleece for cooler evenings.
- Swimwear and casual attire for the resort.



Is there any support for funding?

As a participant, you are encouraged to raise funds to cover the cost of your flight either through personal contributions or organised events. The charity also welcomes participation in fundraising efforts to support the shipment of medical equipment to India. It's important to communicate any specific equipment needs you might have for your work during the elective so that arrangements can be made in advance.

However, assistance is available for securing funding for your elective experience from organisations. We can also assist with this process.

What is the weather like?

Expect temperatures around 25°C-30°C, with sunny days. Sunscreen is advisable.

Are there any shops or ATMs nearby?

For your convenience, there is an ATM available on the hospital premises, ensuring easy access to cash without the need to travel outside the campus.

Additionally, a small shop is located within the hospital complex where you can purchase basic necessities, snacks, and personal care items. These amenities are provided to make your stay as comfortable as possible



What do I need to know about the currency?

The Indian Rupee is a closed currency, so it's not possible to buy rupees in the UK before travel. We will arrange for currency exchange upon arrival in Mumbai.

How secure is the hospital and location?

The hospital and accommodation are situated in a secure environment. You will be provided with a local contact number for emergencies.

How will I communicate with others?

The hospital has reasonable mobile coverage, and most communication will be conducted via WhatsApp. There is also a noticeboard in the accommodation canteen area for timetables and announcements. Please be mindful of the costs associated with using a UK mobile in India, and consider purchasing an international SIM card if necessary.

How do we get feedback on our sessions?

If you would like feedback on your teaching sessions, please coordinate with Iain Inglis, who can set up an online feedback form for you.



What if I have more questions?

Feel free to ask any questions you might have. The trustees and veterans of the trip are eager to help you make the most of this experience. You can ask in the WhatsApp group or reach out directly to any of the team members.

Conclusion

Thank you for your commitment to this life-changing project. Your contribution will make a significant impact on the healthcare services provided to the rural population in Maharashtra. We hope you have a fulfilling and rewarding experience.

All the very best and we hope to see you soon,

Walawalkar Hospital Team

