



**SAITHPA TRAINING PROGRAMME FOR INTERNAL MEDICINE
COMMENCING ON THE 20TH APRIL 2026.**

SAITHPA TRAINING PROGRAMME FOR SHORT COURSE IN INTERNAL MEDICINE.

Course Content and logistics:

1. The above course is one of a series of comprehensive content driven courses in specific disciplines offered to enable doctors to navigate the board examinations with greater clarity and ease. We encourage all our doctors to prepare well in advance for what will be the most crucial examination you will ever write.
2. The course covers both content, assessment techniques- handling of MCQ,s and written stations and consists of 4 three-hour sessions.
3. Should there be sub- disciplines not covered in this programme -kindly inform us and we will accommodate you, where possible.
4. Note that all our courses are interactive and we do allocate time for such interactions.
5. Lectures take place between 6-9 pm – on the designated days.
6. All candidates are placed in a group where all content material is shared.

7. The total cost of the course is:

- **R 1000 for members and**
- **R 1200 for non-members.**

MONDAY	FRIDAY	TUESDAY	THURSDAY
20/05/26	24/05/26	28/05/26	30/05/26
Topics: • Mental Health 1. Self-Harm/ Suicide 2. Aggressive/Disruptive Patient 3. Sleeping Difficulty 4. Mentally ill patient needing treatment or admission 5. Substance use 6. Depression /anxiety schizophrenia 7. Dementia • Musculoskeletal disorders 1. Chronic arthritis 2. Gout	Topics: • Cardiometabolic conditions 1. CVD Routine Care 2. Diabetes Routine Care and Diagnosis 3. Hypertension Routine Care and Diagnosis 4. Stoke Routine Care 5. Ischemic heart disease Routine Care 6. Peripheral vascular diseases Routine Care 7. Heart failure Routine Care • Respiratory Conditions 1. Covid 2. Asthma 3. COPD 4. Tuberculosis	Topics: • OTHER TOPICS • Seizures / epilepsy Routine Care and Diagnosis • Burns • Stings/ bites • Anaemia • Headaches • Hepatitis • Sexually transmitted diseases	Topics: MCQ's [70] under this topic

- ❖ **A zoom link will be sent on the day of the course session.**
- ❖ **Sessions commence at 6pm on the designated days and ends at 9pm.**
- ❖ **All sub-topics covered under the scope as directed by the HPCSA.**

- ❖ To confirm your seat please forward your details to our admin at the following address info@saithpa.org.za or WhatsApp us on 0844029545.

Our bank details are as follows:

SAFPHA

Acc. No. 1184992894

Branch Code: 10622600 [Springfield Park]

Type of account: Cheque Bank: Nedbank