

INSIGHT

Project
Southern Africa

Final report by Dr. Rossouw Els at the Good Shepherd Eye Clinic



This year as training ophthalmologist at Good Shepherd Hospital has been packed with invaluable experiences and challenges that I will be ever grateful for. I arrived here one year ago with little knowledge and experience in this specialized but essential field of medicine. I was not sure what to expect; a new country, people, staff, language, and culture can all pose their unique challenges.

But now, one year later, I could not have asked for a better experience. I have become confident in managing almost all eye conditions, doing procedures, outreaches, and honing my skills to consistently improve my surgical technique.

I can now do cataract surgery (MSICS) independently in addition to other procedures including squint surgeries, peri-ocular growths, and various lid procedures. I am also doing all lasers, injections, and side-room procedures.

Training of my fellow colleagues has also been integral to my own professional development. Teaching nurses, new trainees, international ophthalmology residents and students has solidified my own skills and confirmed the quality and relevance of my training this year.

As we near the end of 2022 I am also excited to share the news of passing my Diploma of Ophthalmology exams in November 2022.

The standard of care at GSH Eye hospital is high and wishes to be maintained. Not only for the people of Eswatini but across the borders as well. Many patients travel hundreds (even thousands) of kilometers to seek our services because there is no other help available.

The sponsorship from Fight4Sight has been integral in making my training possible to serve these poor communities. The people of Eswatini are deeply grateful for your kindness and support.

Dr Rossouw Els

Good Shepherd Eye Clinic

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