



Temple University Hospital
Internal Medicine Residency
Global Health Rotation
Handbook

2009 Edition



Temple Internal Medicine
Global Health Rotation Handbook
v2009

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Introduction

Participating in a global health clinical experience offers residents the opportunity to learn about health and healing from a more global perspective by becoming immersed in the work, as well as the cultural, social, economic and political issues of another country that may impact that nation's healthcare system. This elective rotation is intended to allow participants to be of service to an international community, while also broadening their thinking about the practice of medicine. Learning should ideally occur through both independent study and hands-on experiences.

Residents will have the opportunity to live in a new and different culture, usually with little of the technical and medical facilities he or she is accustomed to using. The resident will have a chance to see a different way of organizing health care to achieve good results in the health situation of the population. Participant will learn about the health care limitations and scarce resources and how the populations are affected for this. The resources that are taken for granted in the developed world may be lacking at times. The students have an opportunity to be of service to the community and to broaden their thinking about future medical research and practice.

This handbook is an introduction for anyone in Temple University Hospital's Internal Medicine Residency who is interested in doing a Global Health Rotation. This book will help you plan for and get ready for the trip. Hopefully a careful read through of this document will help ease the transition to wherever you are hoping to travel. This handbook is an ongoing project so please help out and provide additional information and feedback to Dr. Larry Ward.

Learning Goals and Objectives for this Rotation

Doing an Global Health rotation can have many learning objectives. Some of them might include the following:

- Develop a broader world view
- Develop an awareness of diverse psychosocial and cultural beliefs
- Understand differences in community structure and resources, and how this affects health care delivery – including that delivered in the U.S.
- Experience alternative approaches to health care delivery systems in a setting of limited resources
- Experience the impact of patient and/or community education on health care
- Enhance patient-physician communication skills, including use of interpreters
- Participate in prevention activities
- Participate in the care of conditions unique to a geographic region
- Provide education to a community group in the host community
- Become an advocate for underserved populations;

Likewise, no matter where you go for your rotation, you should focus on some of the following during your trip and be able to do the following by the time you return home:

- Describe the health care system of the country you visited
- Describe the influence of politics on access to health care
- Discuss how life styles and health beliefs affect health and care seeking
- Contrast care provided in the local system with a resource rich setting
- Reflect on the observed aspects of community and public health, and how these contrast with the US system

Domestic Educational Experiences in Global Health

Before proceeding, it is important to note that over the last decade, international health has morphed into the term - global health - as a result of increased globalization coupled with the realization that many health concerns are not limited to poor countries but shared by all. Although on the international level the global health movement focuses on low- and middle-income countries, in general it is concerned with underserved and underprivileged people no matter where they live. Local populations in any country or community struggle with issues of health disparity, providing residency programs with local opportunities to expose resident physicians to global health concerns. Opportunities abound: homeless shelters, refugee or immigrant health clinics, travel clinics, and tuberculosis and HIV clinics, to name a few. Visits to patients living in rooming houses or subsidized housing can be powerful experiences. Collaboration with immigrant advocacy groups, legal assistance programs, and similar agencies can help residents acquire skills in working with diverse communities, leadership skills, and awareness of issues in communities and neighborhoods they served. Language is another key issue. People whose first language is neither English, Spanish, nor French and whose socio-cultural background is different face barriers to care and opportunity. Please keep this in mind when determining whether to go abroad because a lot of the same issues seen in 3rd world countries can be found in our own backyard.

Creating an Ethical Experience

As residents plan their experience abroad, is it imperative that they have a true understanding of why they are going. Is it to provide medical care where there is none? Is it to learn new skills, such as cultural competency or a foreign language? Equally important, what will they do with the knowledge and skills they have learned once they return to the U.S.A. or other developed nation? It is also important to realize that rotating abroad may have unforeseen implications what residents should consider in their decision making process. For instance, while the money used to pay for resident travel helps partner sites, there are counter-arguments. Short trips often accomplish little for host countries unless they are part of a longitudinal, well-planned, and properly supervised program. Visiting residents can contribute to the brain drain of a resource-poor country's institutions by taking up skilled personnel's time for orientation and teaching. Any program visited by international residents or faculty is made keenly aware of the resources and time it takes to host them. It is also important to realize that rotating abroad may have unforeseen implications what residents should consider in their decision making process. For instance, while the money used to pay for resident travel helps partner sites, there are counter-arguments. Short trips often accomplish little for host countries unless they are part of a longitudinal, well-planned, and properly supervised program. Visiting residents can contribute to the brain drain of a resource-poor country's institutions by taking up skilled personnel's time for orientation and teaching. Any program visited by international residents or faculty is made keenly aware of the resources and time it takes to host them.

Questions that Prompt Ethical Discussion

1. What are your expectations about your formal education~ what am I hoping to learn?
2. What are your expectations about your ability to provide health services~ what can you give?
3. What are your institution's expectations about research and scholarly work?
4. Am I doing work that has been requested of the Residency or by the community?
5. Who gets the credit as the principal investigator if there is a publication?
6. Do you require local collaborators from the developing country to assist in writing?
7. What do you think/feel about medical tourism (where people go from one country to another for health care/procedures)?
8. What do you think/feel about medical education tourism (where trainees go abroad for a short time and spend part of it vacationing)?

9. How have social determinants affected public health of the community or particular region of the world that I am living/working in? How could you effect change?
10. Will understanding the historical, political, religious, and economic impact of the United States political policies influence my current and future work?
11. How can you support the goal which aims to direct 15% of overseas funding toward professional development of the community workforce by 2015?
12. How can you support the 15% Solution, in which medical journals devote 15% of their pages to issues in the developing world?
13. What are community-based research initiatives? What did the local people ask of you?
14. Are my actions sustainable? If not, how can I make them so?
15. How is my presence affecting the local workforce?
16. Are the inequalities a result of the overarching system or of certain individuals?
17. Who is to blame? Who do you perceive has let the system down?
18. What is my role in perpetuating these realities of inequity?

The following series of suggestions may also aid residents or faculty members design a rotation that is sensitive to the needs of the host site.

1. Evaluate the out-of-pocket costs to the community and prepare to cover costs of training and education. At a minimum, reimburse hosts for the professional time and resources used and practice transparency and accountability.
2. Review personal and professional expectations and see if they align with the Community's resources and expectations.
3. Be knowledgeable about the political, economic, social, and structural realities of the location to which you are going.
4. Do not practice beyond your means. As a medical student the rotations are primarily observational, but residents will be asked to do something because they are the only ones available. Working in another country with patients is no different from home: use common sense!
5. Do not displace local health practitioners. Work side-by-side, offering relief and support when required.
6. Create partnerships that clearly benefit the community and are not demanding of its personnel or material resources.
7. Give priority to community participation and focus on projects that seek sustainability, i.e.: value professional development and training, not service and dependency.
8. Use appropriate technology and employ local evaluation metrics.
9. Be critical of research projects. Your responsibility is to function as an agent for the community and a guardian of their resources. Closely analyze the cost- benefit ratio of education and research. What sort of scholarly work is requested or required by the sending institution? Remain skeptical of the benefits promised.
10. For every service component or project there must be aspiration for systematic advocacy for change on a larger scale.
11. Be mindful of unintended consequences. Record facts and learn from them.

For more information, please read the article in JAMA by Crump and Sugarman (*JAMA*. 2008;300(12):1456-1458)

Code of Conduct

It is vital to remember that wherever you travel, you will be representing not only yourself but also Temple University. It is critical that you remember this at all times. Public errors in judgment or conduct are likely to not only be a problem for you, but could result in compromising the entire program. It is up to you to think carefully about the potential negative implications of questionable behavior and as such we are all subject to the same Temple policies as if working in Philadelphia. So, have fun, get a good learning experience but please don't do anything unprofessional, dangerous or dumb.

Things to remember:

- 1) You represent Temple University. Your actions, positive or negative, intentional or unintentional, have implications for the entire program
- 2) Follow the guidelines set forth in this manual. It is important that you submit all necessary papers by the deadlines listed in order to be able to go on your trip and to receive credit for the rotation.

Eligibility for Participating in this Rotation

Internal Medicine residents from Temple University Hospital interested in participating and receiving credit for a Global Health elective must meet the following eligibility requirements:

- All global health rotations need to be approved by the chief residents (for scheduling issues) and the program director as far ahead as possible. The schedule changes required must not be overly burdensome to the program or to any individuals in the program. For this reason, **most rotations should not last more than 6 weeks (4 weeks of the block + 2 weeks vacation)**. Additional eligibility criteria include: **1)** Must be PGY-2 or PGY-3. No interns will be eligible for a global health rotation and **2)** A score on the most recent In-Training examination >50%.
- Complete the **application form** and submit it to the Residency Program office at least **4 months** prior to the start of the planned rotation with all supporting documents completed by 2 months prior to the rotation.. This includes a description of the proposed elective, the contact name and e-mail of the supervising physician at the elective site and the proposed dates for the rotation (not to exceed 4 weeks + 1-2 weeks vacation). NOTE: proposed rotations to a resident's home country will generally not be approved. Exceptions will be considered by the program leadership on an individual basis. Goals and objectives of the rotation must meet RRC/ACGME essentials, and a copy must be attached to your application. In addition, **a copy of the planned activities (service and educational)**, should also be included. The elective must have educational value and be of superior educational quality.
- Must score >50% on the most recent In-Training Examination and be in good standing with the residency program.
- An **Acknowledgement of Risks and Release from Liability release form** must be completed stating an agreement with the global health policy and the risks involved in participating in such a rotation away from Temple Hospital. This is included in the application packet.
- A meeting with the TUH residency global health elective director must take place prior to the rotation.
- *A Letter of Agreement or MOU* must exist between TUH and the receiving Program/Institution, accepting responsibility for resident training, supervision, evaluation and staying within ACGME/RRC guidelines on duty hours. *The supervising physician at the host institution* needs to have academic credentials or equivalent qualifications (i.e. experience with medical education, competencies, etc.). The residency program will take care of this after you submit your application.

- Provide proof that your **personal health insurance** will cover your local expenses should you need medical care. If you have Personal Choice, a print out from their Blue Card website for the country you are visiting will suffice.
- Proof that you have obtained **evacuation insurance** must be provided. This can be accomplished free of charge for Temple residents through the [Temple/SOS program](#).
- A **visit to the Temple Travel Clinic** with Dr. Suh (or its equivalent at another institution) is required prior to leaving. A letter stating that the appointment occurred is required. It is suggested that this first visit occur a minimum of 4 months prior to the planned rotation. NOTE: Personal insurance often does not cover immunizations for travel. Please include these expenses in your budget. You must also get a PPD test done through employee health prior to your departure (and 8 weeks after your return – see below).
- Malpractice coverage must be obtained, or a reason given why it is not required or available. Coverage by Temple University Hospital’s malpractice policy will not be in effect during a global health rotation. Please attach a **“Malpractice Coverage Letter”** or **proof that malpractice is not available/required in the area where you will work**. If the rotation is to only be observational in nature with no direct patient care taking place, that should be noted as a reason for not requiring malpractice and documented in a letter.
- A full **travel itinerary** must be provided. You should also register your travel plans on the [Temple/SOS program web site](#) and register them with the State Department/US embassy as well.
- Residents are mandated to provide a **full disclosure of their financial support** pertinent to their trip (e.g. university, private company grants, AAP grants, etc.). All trip-related expenses are the responsibility of the resident. Residents are prohibited from using any financial resources provided by foundations or companies that have direct ties with pharmaceutical, formula, or biomedical companies without an exception being granted by the residency program.
- Residents must **register with the United States embassy** in the country they are visiting, as well as with the [US Department of State](#) and on the SOS emergency record web site. Residents are prohibited from visiting any country with a *U.S. State Department “travel warning”*. They are encouraged to purchase *travel insurance* in the event that a country’s warning status changes or personal illness, etc.
- A printout signed by you within 2 weeks of your departure from the [US Department of State](#)’s website as to the **safety of travel** to your intended destination. This affirms that you have reviewed this information.
- Before you leave, complete and e-mail to Dr. Ward a **M&M project about the region that you are rotating in**. This should be 2-4 pages in length and can take many forms. This should be a sort of “morbidity and mortality” description of the area – it’s medical state, major afflictions, major causes of death, or type and state of the health system.
- Salary and benefits will be continued to be paid by TUH.
- Residents are prohibited from engaging in any activities that have direct political, military or religious implications on foreign soil while in training as a Temple resident on an international rotation.
- Residents are prohibited from practicing any medical procedures or treatments that clearly contradict the standards of ethical practice in the United States of America.
- Once the above has been reviewed, the program director will compose a *letter of approval* to be included in the resident’s binder. Residents are encouraged to obtain a copy of this letter to submit to their sponsoring physicians at both institutions.

AFTER THE ROTATION:

- Residents must provide the residency program office with a minimum of **one evaluation** at the end of their trip, using core ACGME competencies and goals and objectives for the rotation. This evaluation should include a **statement of elective completion** from the host institution's supervising physician in order to receive credit for the rotation.
- Residents must provide the program director with a **report/journal** of their daily functions, achievements, social, medical, and educational impact/contribution at the end of their rotation. This must include a list of diagnoses seen and cared for. This will be handed in to Dr. Ward at your debriefing session after your return and loaded into your online portfolio.
- Residents will give an **oral powerpoint presentation** about their trip during resident report to the rest of the residency program. A copy of this will be placed into their resident portfolio. This is coordinated with the chief residents and should be scheduled so that others involved in the Global Health elective program may attend the presentation.
- Obtain a repeat **PPD test** 8 weeks of returning through employee health and give the result to Dr. Ward.
- A debriefing meeting with the TUH residency global health elective director must take place after the rotation concludes.

CHECKLIST

Predeparture

- Initial meet with Dr. Larry Ward to describe rotation, review handbook
- Speak with chiefs to clear time in schedule
- Application form, including educational objectives/plan to residency office at least 4 months in Advance of departure
- Acknowledgement of Risks and Release & Liability release form with application packet
- Proof of personal health insurance coverage
- Proof of malpractice coverage or documentation of why it is not needed
- Proof of travel insurance (*suggested*)
- Proof of visit to Travel clinic
- Documentation of PPD prior to trip
- Pre-departure meeting with Dr. Larry Ward. Hand in:
 - Copy of travel itinerary
 - Signed copy of US State Department safety level for the country within 2 weeks of planned travel
 - E-mail M&M Project report prior to meeting
 - Pick up SOS evacuation insurance coverage card from Dr. Ward

After return

- Documentation of PPD 8 weeks after trip
- One evaluation from supervisor which includes a certification of elective completion
- Report/journal of activities
- Oral presentation to residency program
- Final debriefing meeting with Dr. Larry Ward
 - Return SOS evacuation insurance coverage card

Preparing for your trip

In order to be able to go on a global health rotation, Temple University Hospital requires that you meet several criteria. It is important that all of these criteria be met in order for you to continue to receive your salary and benefits during your trip, so that you receive credit for your trip and can complete your residency as planned. These requirements are not arbitrary. They are meant to protect both Temple Hospital as well as yourself. The full set of requirements is listed above. What follows is some detail that might help you out in completing the requirements.

1) Medical Insurance

You are **required** to submit proof of medical insurance prior to your departure. This is in case something happens to you during your trip. You must be covered by insurance if you need local care should the need arise.

Medical Insurance may be covered by your Temple benefits. It is your responsibility to check with your plan to make sure because it depends on the plan you have chosen, as well as the country you are visiting.. As of November 2008, if you are covered by the Personal Choice plan, you have some coverage while abroad in certain countries. You may check the availability at the following web site: www.bcbs.com/bluecardworldwide or by calling 800-810-2583. To ensure coverage, you must keep your insurance card with you at all times. If you are out of the country and need care, you can call collect to 1-804-673-1177 to find a participating provider. If you require local hospitalization, you must call the number on the back of your card for precertification.

If you find that you are not covered under your Temple benefits, it is your responsibility to find coverage and to provide documentation of this coverage prior to your departure. While TUH does not endorse any particular plan, several other Universities (i.e. UNC, Syracuse) have used Highway to Health (<http://www.hthstudents.com/> or http://www.hthstudents.com/students/sa_brochure.pdf for a brochure). For anyone over age 30, this costs about \$90/month for coverage. Other companies provide similar coverage, as well.

2) Evacuation Insurance

You are also required to submit proof of evacuation insurance prior to your departure. This is in case something happens to you during your trip and must be able to be airlifted out in order to receive care. Medical evacuation, which can cost upwards of \$10,000 or more, is a service typically not included in insurance plans, but which should be considered for extended international travel. Medical evacuation coverage typically provides transportation to a qualified medical center if you suffer a life threatening injury or illness or repatriation of bodily remains to the home country.

Temple University provides free evacuation insurance and this has been extended to Temple residents despite being Temple Hospital employees. The coverage is through the [Temple University Assistance Program](#) administered by International SOS. This program covers all your emergency evacuation needs, as well as some local medical care should you need it. In order to use this service, you need to obtain a card from your global health program coordinator prior to your departure and to return it once you return. You need to keep this card with you at all times during your trip. It is also suggested that you register online with the SOS emergency record using the number on your SOS card.

If you do not wish to use the Temple program, the following are examples of organizations that may be contacted for information concerning health care access and insurance services for travelers:

International Association of Medical Assistance for Travelers
Phone: 716-754-4883

Many other plans are available (www.worldtravelcenter.com, www.highway2health.com, www.alltripinsurance.com). As a suggested guide, a minimum of \$100,000 medical insurance coverage plus travel evacuation insurance should be provided by any plan you choose.

If you are injured or become seriously ill while in a foreign country, the U.S. Consulate can also assist in locating medical services, contacting family and friends, and transferring personal funds from the U.S. The U.S. Bureau of Consular Affairs suggests the following preparations in case of a medical emergency:

- Complete the emergency information page on the inside of the passport prior to departure.
- If you have a preexisting medical problem, carry a letter from your physician describing the medical condition and any prescription medications including the generic name of prescribed drugs.
- Medications being carried overseas should be left in their original containers and be clearly labeled.
- Verify with the foreign embassy of the country you are visiting to make sure that required medications are not considered to be illegal narcotics.

3) Travel Insurance

It is highly suggested, though not required that you obtain travel insurance. The cost of international travel is high and should anything happen to you or should the condition of the country you are traveling to change in the months leading up to your trip, having to cancel your trip can be very costly. Most travel companies offer travel insurance at a reasonable cost. You might also consider using a credit card to purchase your tickets since they often supply some protection against theft, loss of tickets or other unforeseen happenstances. Some sellers of this insurance can be found in the Resource section at the end.

4) Passports and Visas

Once your travel plans are in place, check to see if a passport and/or a visa are needed to enter the country you will be visiting. These documents generally require several weeks of processing time and cannot generally be obtained on short notice. The Bureau of Consular Affairs in the U.S. State Department maintains [a list of foreign entry requirements](#). Due to the political instability and volatility in many regions of the world, the U.S. Department of State may update the list of countries requiring a visa at any time.

Passports

A U.S. passport may be issued to U.S. citizens or nationals. An application may be obtained and submitted at a post office, courthouse, U.S. consulate office, or a passport agency in selected U.S. cities. (See "[Where to Apply for a Passport Nationwide](#)"). Forms can also be obtained from the [U.S. State Department web site](#). For individuals who are 16 years of age or older, passports are valid for ten years from the date of issue.

- Make sure your passport is up to date (should not expire within 6 months of your return).
 - If not, download forms from: http://travel.state.gov/passport/passport_1738.html for renewal or new passport
 - You will need two 2" x 2" passport style pictures
 - Takes about 10-12 weeks or longer.
- You may also need a visa.
 - Check the respective embassy site for requirements and possible forms
 - You will need two passport style pictures for this as well
 - You will need to send your up to date passport, so make sure you've renewed your passport before submission.

Passport fees must be paid at the time of application. According to the U.S. State Department, normal processing time for passports is 25 business days. The National Passport Information Center has two toll-free numbers to check the status of passport applications:

- 1-888-362-8668: \$4.95 per call
- 1-900- 225-5674: Automated information: .35 per minute
Operator assisted calls: \$1.05 per minute

Visas

Some countries may require foreign nationals to obtain a visa prior to entering the country. A visa is an endorsement or stamp placed by officials of a foreign country on a U.S. passport that allows the bearer to enter that foreign country. As the traveler, you are responsible for obtaining a visa from the embassy or consulate of the host country. The Bureau of Consular Affairs recommends allowing sufficient time to have the visa application processed, especially if the application is being sent through the mail. Country specific information, including entry requirements can be found on the [State Department website](#). NOTE: If you are not a US citizen and are here on an H-1 or J-1 visa, you must consider carefully before you decide to leave the country since re-entrance can sometimes be very difficult.

Registering with the US Embassy/US State Department

It is helpful to register with the US embassy in the country where you will be working so that in the case that the country becomes unstable, the embassy can help you with evacuation. This is easily done on the following website: http://travel.state.gov/travel/tips/registration/registration_1186.html

5) Medical Licensure

Medical licensure and specialty certification may be required in order to participate in many international health experiences. The broad range of opportunities, the panoply of nation-specific regulations, and the diversity of organizational or institutional criteria disallow any broad generalizations about this issue. Ascertain what the licensure and certification requirements are very early in the planning process. Some organizations may limit participation to licensed physicians only or resident and medical student participation may be limited to observation opportunities only.

6) Professional Liability Insurance

Malpractice coverage may or may not be included in an international opportunity. This issue should be discussed with the sponsoring organization or institution. Legal advice can be appropriately sought in such matters either through your residency program or medical school, a health care facility's staff attorney, or via personal legal counsel.

7) Immunizations

In the U.S., one of the most comprehensive sources for up-to-date information on immunization requirements is the Centers for Disease Control (CDC) of the U.S. Department of Health and Human Services. Current data and traveler's advice may be obtained from the CDC by several means:

- a 24-hour hotline, which can be accessed by calling 877-FYI-TRIP
- the World Wide Web site at www.cdc.gov/travel
- the Division of Quarantine's biweekly "Summary of Health Information for International Travel", also known as The Blue Sheet (See also www.cdc.gov/travel/blusheet.htm)

The CDC also provides an annual publication entitled *Health Information for International Travel* or *The Yellow Book*. This book contains several chapters on vaccination and prophylaxis, as well as general travel safety guidelines, a listing of infectious diseases, and various U.S. Public Health Service and World Health Organization recommendations. It may be ordered by calling 877-252-1200 or purchasing it online at www.cdc.gov. It can also be downloaded from the Internet for free.

Without the necessary immunization documentation, you may be denied entry into some countries or subject to isolation, medical follow-up, or vaccination. An International Certificate of Vaccination against Yellow Fever may be ordered by writing Superintendent of Documents, P.O. Box 371954, Pittsburgh, Pennsylvania, 15250, or by calling 202-512-1800 and asking for form PHS 731 #017-001-00483-9. This document may be validated by most city, county, and state departments or from vaccinating physicians who possess a "Uniform Stamp." It must be signed by the vaccinating physician or by a person designated by the physician to sign the certificate. A signature stamp is not acceptable.

You must have a PPD placed prior to your departure, as well as 8 weeks after your return.

NOTE: Personal insurance often does not cover immunizations for travel. Please include these expenses in your budget.

8) Traveling with Family Members

Check with the sponsoring organization or institution about having significant others or dependants accompany you on your international experience. Some may prohibit it; others will encourage it and help find volunteer opportunities suitable to your significant other's interests.

Global Health Programs with Past Temple Experience

[Temple Senegal Summer Program](#)

A program run by Dr. Shannon Marquez in Saint Louis, Senegal.

[Indian Health Service in Chinle, Az](#)

A domestic “Global” experience.

[Health Volunteers Overseas](#)

Health Volunteers Overseas is a private non-profit organization dedicated to improving the availability and quality of health care in developing countries through the training and education of local health care providers. Internal Medicine opportunities are available in Uganda (2 sites and residents are accepted), Cambodia, India and Peru. This program is sponsored by the ACP.

[Penn-Botswana Program](#)

A program run by the University of Pennsylvania in conjunction with the government of Botswana in southern Africa. They usually have two non-Penn positions available to join them each year.

Additional Temple Sites of Interest:

[Temple Office of International Affairs](#) – Temple has many international health affiliations including places such as Costa Rica, Senegal, Ethiopia, China, South Africa and India.

[Temple faculty expertise database](#)

Non-Temple Related Global Health Programs

[International Health Central American Institute \(IHCAI\)](#)

A clinical educational program for students and residents in any one of several central american countries (Costa Rica, Honduras and Nicaragua).

Rotations as short as 4 weeks possible? Yes

Scholarships available? Yes

Additional Fees to participate? Yes. \$700-1000

Some conversational Spanish required for some programs.

For other Spanish immersion programs, see the following UCSF Site: [Click here](#)

[Global Health Rotation in India](#)

A program in rural India for students or residents.

Scholarship Opportunities

[Yale/Johnson & Johnson Physician Scholars in International Health](#)

A program with fully paid scholarships open to non-Yale residents. Provides a travel award ranging for \$1,000-\$5,000. Programs available in Eritrea, Uganda, Honduras, South Africa, Liberia and Indonesia. Application deadline is in January.

University of Massachusetts Medical School ([International Health Opportunities Clearinghouse - IHOC](#)) and [Handbook](#)

[University of Washington International Health Group](#)

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University of Colorado Health Sciences Center. [International Health Opportunities: Scholarships and Funding Website](#)

Boston University School of Medicine. [International Health Program Funding website](#)

Graftmanship Center - [International Funding](#)

[American Medical Women's Association Overseas Assistance Grant](#) (up to \$1500)

[Christian Medical and Dental Association Johnson Short-Term Mission Scholarship](#)

[Charles S. Houston Award of the Wilderness Medical Society](#)

[Carol M. Davis Scholarship through Global Health Education Consortium](#)

[Rotary Foundation International](#) (funds for 3-6 months international or cross-cultural study)

[Christian Medical and Dental Associations](#) James S. Westra Memorial Endowment Fund (for 3rd and 4th year students), Short Term Medical Missions Fund for resident physicians

[AMSA International Health Toolkit](#)

[Sara's Wish Scholarship Fund](#): For young women, pursuing the ideals of bettering the world (ranging from \$1,000-\$1,500)

[MAP International Medical Fellowship](#): provides 100% of approved round trip airfare to one destination (must spend a minimum of 6 weeks).

Additional information to maximize the experience

The following pre-rotation guides may prove useful:

- Global Health Education Consortium (GHEC). The [GHEC Guidebook](#): Advising Medical Students and Residents for International Health Experiences.

- Paul Drain, Steve Huffman, Sara Pirtle and Kevin Chan. Caring for the World. Toronto: University of Toronto Press (to be published in 2008).

- Module 93 of the [GHEC module project](#).

International Rotation Planning Checklist

(Adapted from Harvard Humanitarian Studies Initiative for Residents)

One year ahead

Start research on international rotation sites.

Tell your Program Director about your intention to rotate overseas.

Meet with Dr. Larry Ward discuss your specific rotation plans.

Pick up a copy of the International Rotation Handbook or access it online at the

Chief Owl website. **Read it prior to the trip**

Determine exact dates of travel

Speak to Chief Residents about arranging your block schedule.

Six months ahead

Make sure your passport is valid for at least six months AFTER your return date.

Apply for a renewal if necessary (see references).

Four months ahead

Submission deadline for Global Health rotation application

Visit to Travel medicine clinic

Three months ahead

Apply for visas if needed.

Register for International Medical Evacuation Insurance with SOS

Two months ahead

Book plane tickets. Using a travel agent can help you get the lowest price and give you someone to call if you are stranded because of a missed flight (see references).

Arrange for payment of your rent, utilities, loans, insurance, and other bills. It may take several weeks to set-up automatic deductions from your checking account.

Finalize any shift swaps or continuity clinic changes necessary to clear your clinical schedule.

One month ahead

Set up an email account that is accessible worldwide.

Check with your bank to make sure your ATM card will work abroad. Many foreign banks limit passcodes to four digits. Also, make sure you know your passcode in numbers—foreign ATM keypads often do not have letters.

Contact your MasterCard or Visa (American Express and Discover are not widely accepted) credit card company for a PIN number. This must be pre-arranged for you to withdraw cash from an ATM in an emergency.

Arrange for the care of pets and plants.

Call your wireless phone company to turn on international wireless service. Find out rates and whether your phone will work in your destination country. Unlock your phone if you plan to use local SIM cards abroad (see www.gsmworld.com/roaming).

Create a Skype or other internet telephony account and get a simple Skype headset.

Find the AT&T USADirect international access number (www.usa.att.com/traveler)

for your destination country in case you need to call home with a credit card. Alternatively, purchase multiple long distance pre-paid cards.

Buy special travel items (mosquito net, electrical adapters, phrasebooks).

Arrange with your primary field contact to be picked up at the airport.

Get initial PPD test.

Meet again with Dr. Ward and pick up your SOS evacuation coverage card, hand in your M&M project report, itinerary

One week ahead

Give a copy of your passport, visa, plane tickets, and itinerary to a friend or relative.
Email yourself scans of your important travel documents.
Back up your hard drive if traveling with your laptop.
Make copies of your medical school diploma and medical license to take along.
Copy receipts of expensive items (laptop, camera) to prove you purchased them at home and avoid US Customs trouble on your return.
Call ATM and credit card customer service to let them know when and where you are traveling so your accounts won't be frozen by the fraud protection system.
Request a hold on mail delivery at www.usps.gov.
Put a vacation stop on newspapers and magazines.
Store valuables in a safe place.
Fill prescriptions.
Register with SOS, the local embassy and the [US Department of State](#)
Arrange a ride to the airport.
Confirm that someone will meet you at the airport when you arrive in-country.

Two days ahead

Pack (see packing list and references).
Empty the refrigerator of perishables.
Get cash. Make sure you carry only the newest currency designs (e.g., peach-colored 20's, the new 10's) and that the bills are fresh and unmarked.
Check camera, laptop, and cell phone batteries.
Set light timers in your home.
Leave house key and itinerary with a neighbor.
Set up an 'out of office' reply on your email accounts.
Check long-range weather reports for your destination.
Reconfirm international flights, especially on smaller airlines.

One day ahead

Put your water heater on 'vacation' setting and turn off furnace/air conditioner.
Kennel your pets, water your plants.
Print your boarding pass.
Lock all doors and windows.

After you return

Continue to take your anti-malarials as prescribed.
Send a thank-you note to your overseas co-workers.
Get post-trip tuberculin skin test (8 weeks after returning)
Turn in log of diagnoses and procedures to Dr. Ward
Meet with Dr. Ward for post-trip debriefing/feedback. Return your SOS evacuation insurance card.
Update the handbook with your comments/experiences

Resources for International Travel

(Adapted from Harvard Humanitarian Studies Initiative for Residents)

Passport and Visas

www.travel.state.gov - Print passport application forms and find visa requirements for US citizens traveling abroad.

www.embassyworld.com - Websites and addresses for embassies and consulates.

www.traveldocs.com, www.passportexpress.com - These companies expedite your passport and visa applications—for a price.

Health, Safety, and Insurance

www.cdc.gov/travel - Check vaccination requirements (especially yellow fever) and download *Health Information for International Travel*, the ‘Yellow Book.’

www.usops.org/security - UNOPS online security course—allow two hours.

www.fco.gov.uk/travel - The UK’s Foreign and Commonwealth Office offers country specific travel advice and security warnings that some say are more realistic than the conservative US equivalent (travel.state.gov).

www.internationalsos.com - Website for recommended international medical evacuation insurance company.

www.international.worldaccess.com/bcbsa - Find participating overseas doctors and hospitals for your BlueCross BlueShield insurance and print international claim forms.

www.iamat.org - The International Association for Medical Assistance to Travelers is free to join and offers a directory of pre-screened, English-speaking local physicians.

www.who.int - Comprehensive national health statistics.

www.cia.gov/cia/publications/factbook - Detailed country profiles.

www.insuremytrip.com - Compare quotes from travel insurers.

www.totaltravelinsurance.com – travel insurance

www.insuremytrip.com – travel insurance

www.travelersmed.com – travel medical insurance

www.medexassist.com – TravMed Choice plan covers medical insurance for \$2.75/day.

Money, Weather, Electricity, Communication

www.xe.com/ucc - Partners-approved currency conversion for your expense report.

www.cnn.com/weather, www.accuweather.com - Worldwide forecasts in Fahrenheit.

www.wunderground.com - Real-time weather for out-of-the-way destinations.

www.skype.com - Make calls over the internet for free.

www.u3.com - Run Skype and other applications from a flash drive.

www.cybercafe.com - Find internet cafes and connection rates worldwide.

www.kopla.com, www.walkabouttravelgear.com - Find the right electrical and phone adapters and learn how to stay connected around the world.

www.gsmworld.com/roaming/gsminfo - Country-specific GSM coverage maps and bandwidths for local mobile phone companies let you choose the best SIM card.

www.usa.att.com/traveler - Find your destination’s AT&T USADirect access number.

www.usps.gov - Put your mail service on hold.

Travel Gear

www.rei.com, www.ems.com, www.campmor.com, www.mec.ca - General travel and camping gear.

www.magellans.com, www.travelsmith.com, www.christinecolumbus.com – Specialty travel clothes, bags, adapters, and knickknacks.

www.travelstore.ricksteves.com – Good prices on travel accessories and the best money belt.

www.safariquip.co.uk – Wide selection of mosquito nets.

Air Tickets

www.travelocity.com, www.expedia.com, www.orbitz.com – Search multiple airlines to compare prices and itineraries, though you can probably do better elsewhere.

www.onetravel.com, www.kayak.com – More comprehensive than the above sites, especially for international travel.

www.airtreks.com – The best for around-the-world tickets.

www.seatguru.com – Detailed advice to help you choose the best seat on the plane.

Travel Information and Advice

www.lonelyplanet.com – Start here for general info on your destination. Can't find the answer? Ask other travelers at the Thorn Tree.

www.onebag.com – Repent your over-packing and visit the master of traveling light.

Expect the Unexpected

As the Chinese philosopher Lao Tzu says, “A good traveler has no fixed plans, and is not intent on arriving.” Sometimes, despite all of your efforts, the best laid plans will go to waste: your plane's departure is delayed for 12 hours; no one has arrived to meet you at the airport; you're finding that Spanish and local Spanish are two different things; the toilets in the host country do not resemble your toilet back in the good ol' U.S.A. Times like these call for unpacking your sense of humor and flexibility.

Regardless of such mishaps and irritants (which later make for great travel stories), you will likely soon forget that you've left the comfort, convenience, and cleanliness of your day-to-day surroundings once you've met, served, and learned from others who you'll remember and who will remember you for a lifetime. You'll remember why you came in the first place. That always makes for a great exchange rate, no matter where or when you travel.

Well that's it...hope you enjoy your rotation and please once you return to the States let us know how we can improve the experience for future residents as well as what additional information you'd like to see included in this document. Send your ideas and suggestions to Lawrence.ward@tuhs.temple.edu.

Administration of the Temple University Internal Medicine Residency Program

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Temple University Hospital Residency Training Program
Global Health Rotation Application

Name of the applicant:

Year in training:

Global Health rotation destination contact information (hospital/clinic, state/province, country):

State Department's safety category for American visitors:

Safe

Guarded

Prohibited

Have you been to the same region before?

Supervising Physician contact information

Name and title:

Phone:

E-mail:

Time period during which rotation will occur (maximum 4 weeks rotation and 2 weeks vacation):

Where are you planning on residing during your stay?

Will you be accessible by phone/email? If yes, please provide:

Phone:

E-mail:

Passport number:

If a visa is required, please provide the identification number from it:

Emergency Contact

Name:

Relationship:

Phone:

E-mail:

Please summarize the purpose of your rotation, including your role as a physician. Please also highlight your anticipated humanitarian and educational contributions during this trip:

How will this improve your training as a physician?

Source of travel finances (please circle all that apply):

Self

Other (please specify):

Goals and objectives (by ACGME competencies):

Patient care

Medical knowledge

Practice-Based Learning and Improvement

Systems-Based Practice

Professionalism

Interpersonal Skills and Communication

List of core responsibilities:

Please hand in your completed application to Dr. Lawrence Ward a minimum of 4 months prior to the proposed start of your rotation (longer if possible)

**TEMPLE UNIVERSITY HOSPITAL
INTERNAL MEDICINE RESIDENCY
GLOBAL HEALTH ELECTIVE**

ASSUMPTION OF RISK AND RELEASE FORM

Please return this form, completed and signed to Dr. Lawrence Ward when you meet with him for your departure meeting **1 month prior to your rotation**.

Name of Resident Participant _____ Age _____ Birthdate _____
(month/day/year)

If applicant is under 18 years of age, a parent or legal guardian must also read and sign this form.

Permanent Address _____

_____ Telephone _____

Print Emergency contact and phone numbers:

1. Name: _____

Phone # 1: Area Code () _____ Home/work/cell? _____

Email address: _____

2. Name: _____

Phone # 1: Area Code () _____ Home/work/cell? _____

Email address: _____

Global Health Elective Location _____

Global Health Elective Dates _____

I. Personal and Academic Conduct

I expressly acknowledge the right of Temple University Hospital Internal Medicine Residency Program (TUH/IM) to require the immediate withdrawal at any time of my participation in programs abroad sponsored by TUH/IM if I fail to meet the TUH/IM standard of scholarship and character and/or my actions or general behavior, in the sole discretion of the TUH/IM, are determined to interfere with or disrupt the conduct of classes or any other activity of the program. Housestaff are subject to TUH/IM Code of Conduct as dictated by the ACGME as well as the IM Housestaff manual while on a global health elective.

II. Notification of Withdrawal

I agree to notify TUH/IM in writing immediately should I choose to withdraw from the program.

III. University's Right to Change Program

I understand that although the TUH/IM will attempt to maintain any rotation as described in its publications and brochures, it reserves the right to change the rotation, including the itinerary, travel arrangements, or accommodations, at any time and for any reason, with or without notice, and that TUH/IM, its trustees, employees, agents, subsidiaries or affiliates, their successors or assigns, shall not be responsible or liable for any expenses or losses that I may sustain because of these changes.

IV. Acknowledgment

I understand and acknowledge that despite the most careful planning and supervision, serious injuries may occur during any travel and that during my travel I may sustain mortal or serious personal injuries (including death), property damage or severe economic or other loss as a consequence of not only my own actions, inactions or negligence, but the actions, inactions or negligence of others. I am aware of the possible dangers and difficulties of travel including, but not limited to, those dangers and difficulties caused by inclement weather conditions, conditions of equipment used, sanitation, political unrest, and differences in international laws. Furthermore, I am aware of the possible risks in receiving medical care in a foreign country and that there may be other risks not known to me or not reasonably foreseeable at this time. I understand that it is my responsibility to obtain information about any country and/or region I am going to, including, but not limited to, U.S. State Department consular information sheets issued which might contain information about inherent dangers and difficulties specific to the destination country (or countries) or region(s) I am going to, and I will familiarize myself with this information. Presently, the information found on the U.S. State Department web site lists where I am traveling to as: (circle one)

SAFE

GUARDED

UNSAFE

V. Acceptance of Risk and Release

I agree in consideration for being permitted to participate in the elective, on behalf of myself and my family, heirs, and personal representative(s), to assume all the risks and responsibilities that are in any way related to my application to or participation in the elective. I hereby release and indemnify, on behalf of myself, my family, heirs, and personal representative(s), TUH/IM, its trustees, employees, agents, subsidiaries or affiliates, their successors and assigns, from and against any present or future claim, and/or losses for any injury to person or property which I may suffer (including death), or for which I may be liable to any other person, which may arise as a result of my application to or participation in the elective (including, but not limited to, periods in transit to or from any country where the elective is being conducted and any field trips that occur during the elective). It is expressly understood and agreed that this Assumption of Risk and Release is intended to cover and does cover not only all now known injuries, losses and damages, but also any further injuries, losses and damages which arise from, or are related to, my application to or participation in the elective.

VI. Health and Accident Insurance

I specifically agree and understand that TUH/IM does not provide any form of health, accident or liability insurance in connection with the study abroad program. I understand that I am required to have health insurance and that all such insurance is my sole responsibility. No costs for such insurance premiums will be paid for or reimbursed by TUH/IM. I recognize that TUH/IM is not obligated to satisfy any of my medical or medication needs, and I assume all risk and responsibility for such medical care. If I require medical treatment or hospital care in a foreign country or in the United States during the rotation, TUH/IM, its trustees, employees, agents, subsidiaries or affiliates, their successors or assigns, are not responsible for any cost or quality of such treatment or care.

VII. Other Legal Issues

I have carefully read this Assumption of Risk and Release Form before signing it. The undersigned hereby declares that the terms of this Assumption of Risk and Release Form have been completely read; and that I have had the opportunity to discuss the terms of the Assumption of Risk and Release Form with legal counsel of my choice and that said terms are fully understood and voluntarily accepted. This agreement represents my complete understanding with TUH/IM concerning the TUH/IM's responsibility and my assumption of the risk and Release of TUH/IM's liability for my participation in the elective. This Assumption of Risk and Release agreement

supersedes any previous or contemporaneous understandings I may have had with TUH/IM on this subject, whether written or oral, and cannot be changed or amended in any way without my and TUH/IM's written concurrence. It is further understood and agreed that this is a complete Assumption of Risk and Release agreement, and that there are no other written or oral understandings or agreements, directly or indirectly, connected with this Assumption of Risk and Release that are not incorporated herein. This agreement shall be binding upon and inure to the successors, assigns, heirs, executors, administrators, and legal representatives of the undersigned.

I agree that, should any provision or aspect of this agreement be found to be unenforceable, that all the remaining provisions of the agreement shall remain in full force and effect.

I agree that, should there be any dispute concerning my participation in the elective that would require the adjudication of a court of law such adjudication will occur in the courts of, and will be determined by the laws of, the Commonwealth of Pennsylvania.

Name of Applicant _____

Signature of Applicant _____ **Date** _____