

Information for Professional Participants

Key Dates

- ___ 1 October 2014, Monday--Documents (license, board certification, CV, waiver, passport pages) and payment received by Jeff Osborne.
- ___ 6 December 2014, Saturday, 5-8 PM--Final Trip meeting for Nicaraguan meal with entire group.
- ___ 3 January 2015, Saturday, early morning--Leave campus for Nicaragua.
- ___ 23 January 2015, Friday, late evening--Return to campus from Nicaragua.
- ___ 9 February 2015, Monday, 4-5 PM--Students present Science Seminar.
- ___ TBD March 2015--reunion of January 2015 Medical Practicum participants.

Payment

The cost of the trip is \$1200 plus airfare. If you will be arriving late or leaving early, the cost will be pro-rated. I'll send an email to you the beginning of September with your total. Please pay the amount by 1 October. Make out the check to Manchester University, write Medical Practicum in the memo section, and *mail it to me* at the address below. I will route it through the Business Office as a tax-deductible donation, as it is part of the professional services you are donating.

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Note: Due to the nature of foreign travel, there is always a chance that you may lose some money if we need to cancel the trip for unexpected safety reasons.

Paperwork

- ___ *License, board certification, CV:* The Nicaraguan Ministry of Health requires copies of your current license, board certification (if you have one), and CV/resume. Send or email me an electronic scan, fax, or photocopy by 1 October. My fax number is 260-901-8240.
- ___ *Waiver:* Manchester College requires all participants in off-campus courses to complete and return a waiver form beforehand. Print it out off of the Medical Practicum website (<http://users.manchester.edu/Facstaff/JPOsborne/MedPract/index.html>) and fax, mail, or email it back to me by 1 October. My fax number is 260-901-8240.
- ___ *Passport Pages:* Email me an electronic scan of your passport photo page and the facing page before 1 October.

Passport

A passport is required for Nicaragua. If you do not have a passport that will be valid through July 2015, begin the process now. A few steps about obtaining a passport are listed below, but go to this website for more detailed information: http://travel.state.gov/passport/passport_1738.html.

_____ *Photo:* You will need two identical passport photos of the dimensions specified by the agency. Passport photos can be taken at most CVS stores.

_____ *Birth Certificate:* Obtain your original, or certified copy of, your official (state-issued) birth certificate (not baptismal or hospital). If you have an expired passport, then use it and the birth certificate will not be required.

_____ *Application:* Take the picture and birth certificates to the Wabash courthouse, the main Ft. Wayne post office, or one of the many passport offices in the U.S. Processing currently takes 5 weeks or more, so do not delay. It has happened before that a student's passport did not arrive in time. Also, passports are processed in the order needed, so in the space that asks when you plan to travel, indicate 20 December 2014 to be sure it arrives in plenty of time. A new passport is good for ten years. It is helpful to print out and fill out an application beforehand from here: http://travel.state.gov/passport/forms/forms_847.html.

Health Items

_____ *Physical Fitness:* Exercise regularly in the months leading up to the trip. Good physical fitness will make the trip easier.

_____ *Health Conditions:* Let me know of any relevant health conditions you have, such as diabetes, heart conditions, allergies, etc. If you have health conditions that, for privacy reasons, are important to know about only if you become sick, write them in a letter and then seal it in an envelope. If you become incapacitated, I'll give it to the doctors to open. Otherwise, I'll return it to you at the end of the trip.

_____ *Malaria:* Chloroquine or primaquine (after a G6PD test) are recommended for Nicaragua. A prescription is required. Take chloroquine once weekly in a dosage of 500 mg (chloroquine phosphate), starting one-to-two weeks before arrival, continuing through the trip and ending four weeks after departure.

_____ *Dental Checkup:* Have one beforehand, because no restorative work can be done on the trip, although we will have a dentist along.

_____ *Glasses:* Take an extra pair and/or contacts, as a backup.

_____ *Personal Medication:* If you have allergies or other conditions, take an adequate supply.

Immunizations: None of the following are required by the Nicaraguan government for entry or by the U.S. for entry upon return, but they are recommended. Immunizations are available, of course, at any County Health Department.

_____ a. *Polio* and *Tetanus* immunizations should be up to date, even if you are not traveling. Tetanus immunization is good for 10 years.

_____ b. *Hepatitis A* consists of 2 vaccines 6 months apart. Have the first one at least two weeks prior to leaving.

_____ c. *Hepatitis B* consists of 3 vaccines 1 month and then 4-5 months apart. Complete at least two of the series before leaving. *Note that there is a combined vaccine*

called Twinrix that is for both Hepatitis A and B, consisting of 3 vaccines 1 month and then 4-5 months apart.

- ___d. *Typhoid* oral immunization covers 5 years and injection covers 2 years. Typhoid immunization should be complete before starting malaria tablets.
- ___e. *MMR*, for measles, mumps and rubella, should be done twice in your lifetime: once as a child and once as an adult.

Additional Notes

Students. Approximately 15 students are going on the trip. They will rotate for a day with each medical professional and other roles such as intake, distributing evenly as much as possible.

Be prepared for how little undergraduate students actually know about your profession, even though they might be targeting it as a career. In addition, students typically don't realize how little they know. They do, of course, appreciate being taught anything about your work and lives.

Clinic. Be prepared for the slower pace of saying something to your patient, since communication between you and your patients will have to go through translators both ways: English to Spanish and then probably Spanish to Mayangna or Miskito. We will have Nicaraguan translators for each physician, dentist, and pharmacist.

Paperwork will be much less than to what you are accustomed. We will give the Nicaraguan health care workers a sheet with each patient's name, age, ID number, and brief diagnosis, which will be kept in the clinic records. Medicines will only be given out by prescription.

The Nicaraguan physicians with whom we will be traveling will be able to follow up with patients the next time they come through the area. Also, the nurse in the village can follow up with the patients. Patients can go by boat to a referral hospital, with the limitations being lack of money to pay for gasoline and relatively long travel times.

Setting. We will be working in the primarily indigenous communities of northern Jinotega Department, along the border with Honduras, cooperating with local community leaders and healthcare professionals from the regional clinic. This region is probably the neediest in Nicaragua and until four years ago only had one nurse for 20,000 people. In the last four years, 4-5 doctors and accompanying nurses have been making visits to each community in the region, like we will be doing, every few months.

Major problems in the region of northern Jinotega Department include tuberculosis and leishmaniasis. Roughly 45 cases of dengue fever and 2 cases of malaria are reported in this health region per year. Introducing government physicians in this region six years ago probably helped caused the decrease in maternal mortality in Nicaragua at 200 per 100,000 in 2007 (highest in the country) to 96 per 100,000 in 2008 (5th highest in Nicaragua). Dental disease was the third leading cause of death in 2006, but its mortality rate has since declined.

When Daniel Ortega became president on January 1, 2007, his first official act was to make the health care program in Nicaragua completely free to the people. Private hospitals and clinics are also available for those who are able to pay. Although health care is available without charge, the public clinics, doctors and pharmacies have rather limited resources with which to work and the contributions of our group will be helpful. We will be working with doctors and nurses associated with free, local clinics within the national healthcare system.

Travel. We will use a chartered bus in the Managua area. We will go by school bus from Managua to Wiwilí (7 hours), by four-wheel drive trucks to the river (3 hours), and then in motorized dugout canoes for 14 days, boating approximately 215 miles.

Living Arrangements. We will sleep on hammocks in schools or similar buildings. Latrine facilities will be varied and bathing with a swimsuit in the river will probably be most convenient. Some electricity will be available in the clinic, but otherwise it will be intermittent if available at all. Meals will be prepared by community people. The diet consists of food available locally: rice, beans, tortillas, and vegetables, along with some meat and fruit.