Global Health for Pediatric Residents
The What & The How: International Electives

PLANNING CHECKLIST
Contact faculty advisor, Nicole St. Clair, MD, if you are planning an elective. nstclair@mcw.edu.

PREREQUISITES FOR A GLOBAL HEALTH ELECTIVE:
- Minimum 18 months of completed residency
- Minimum 4 week elective block
- Should be clinically-oriented
- Clearly identify US & host country preceptors
- Share at least one common language or have an interpreter available

PERSONAL PREPARATION:
- Why do you want to do this?
- Do you enjoy cultural anthropology?
- What common medical problems do you want to examine?
- What responsibilities would you like?
- How are you going to communicate?
- Do you have any personal health risks?
- Who are your emergency contacts?
- Can you deal with missing home or cultural isolation?

6 MONTHS OUT
- Where would you like to go?
- What would you like to do?
  - Specialty vs primary care
  - Hospital vs clinic/home visits
- Contact 3-4 agencies to find out specifics & choose
- Learn about country’s culture and your personal safety
- Check for state department travel warnings:
  http://travel.state.gov/travel/cis_pa_tw/tw_1764.html
- Identify a preceptor at host site
- Determine the host site’s expectations
- Submit an application to Dr. St. Clair for review by committee (Drs. Nocton, Moraski, & St. Clair)
- Obtain language training, if needed
- Determine the medical environment (Lab, imaging, textbooks, medical supplies, etc.)
- Identify possible health risks
- Make travel plans
- Review suggested readings for international health

4 MONTHS OUT
- Make sure you are comfortable with:
  - Own health coverage
  - Liability insurance or lack thereof
  - Need for emergency medical care (www.statravel.com)
- Acquire MCWAH paperwork (signatures in advance)
- Review personal and educational objectives

2 MONTHS OUT
- Confirm lodging & travel plans (tickets, in-country travel)
- Read about the country & people (local anthropology, most prevalent health issues)
- Visit MCW travel clinic for vaccines, post-exposure prophylaxis, and/or malaria prophylaxis
- Meet with Dr. St. Clair to review faculty pre-departure checklist

2 WEEKS OUT
- Reconfirm your education & lodging plans
- Reconfirm travel arrangements
- Packing list (consider dress code for physicians, gender)
- Pack prophylactic meds
- Provide a written reflection

UPON YOUR RETURN
- Summarize your experience in an oral presentation (case-based)
- Debrief with Dr. St. Clair
- PPD 3 months after your return

Global Health for Pediatric Residents
The What & The How: International Electives

MCWAH REQUIREMENTS
http://www.mcw.edu/display/router.asp?docid=15232

“The RESIDENT assumes all risks associated with any claim of injury or death asserted against RESIDENT that may arise from his/her activities associated with an elective medical education rotation at a healthcare facility or institution outside of the United States of America.”

☐ Accident Insurance for Travel Outside of the US form
☐ Request for Elective Rotation form
  ▪ Preceptor abroad
  ▪ Course director
☐ Program Agreement for Elective Rotations form
☐ Release & Waiver of Liability for Rotations Outside of the US form
☐ Call WPS (your insurance) to determine what is covered

☐ Seek additional Emergency Medical Insurance (www.statravel.com)
☐ Identify liability coverage
☐ Seek additional malpractice insurance
☐ MCWAH does provide an accident insurance policy: Hartford Life Insurance plan (policy # ETB-108976)
☐ Contact Worldwide Assistance Services (1-202-331-1596) to ensure that services are available in the specific country
☐ Copy Wisconsin license

MCWAH Office Location: Telephone: (414) 456-4575
Curative Care Network Building Fax: (414) 456-6528
1000 N 92 Street Email: gme@mcw.edu
Room 170 (lower level, North entrance)

IDENTIFYING A LOCATION

<table>
<thead>
<tr>
<th>Directories of International Service Opportunities for Pediatricians</th>
</tr>
</thead>
<tbody>
<tr>
<td>AAP Section on International Child Health</td>
</tr>
<tr>
<td>International Medical Volunteers Association</td>
</tr>
<tr>
<td>Center for International Health</td>
</tr>
<tr>
<td>Health Volunteers Overseas</td>
</tr>
<tr>
<td>Volunteer International Program Association</td>
</tr>
<tr>
<td>Yale/Johnson &amp; Johnson International Scholars Program</td>
</tr>
<tr>
<td>American Society of Tropical Medicine and Hygiene</td>
</tr>
<tr>
<td>The Idealist</td>
</tr>
</tbody>
</table>

FUNDING ASSISTANCE

1. MCW Peds residency conference stipend: $1500 (reimbursed after expenses)
2. WiCare: nonprofit agency affiliated with MCW to promote medical student & resident Global Health education:
   ▪ Phone: 414-962-3924, E-mail: saewens@aol.com
   ▪ $500 stipend, application at http://www.wicare.org/rfpApps.html
3. Yale/Johnson & Johnson Scholars Program: clinical scholar program available to residents with ties to American School of Trop Med and Hygiene, $1000 to $5000, requires application, http://www.info.med.yale.edu/ischolar/

Global Health for Pediatric Residents
The What & The How: International Electives

SUGGESTED READING: (Copies of articles can be obtained from Dr. St. Clair)

International Child Health – Preparing for an overseas elective

International Child Health – Learning the landscape
Top articles in International Child Health
7. Care of Women and Infants in Disasters and Low-Resource Settings Journal of Midwifery & Women's Health Supplement 49, July/August 2004

International Child Health—Guidelines for medical care in resource-limited settings

Top Books in International Child Health
Global Health for Pediatric Residents
The What & The How: International Electives

How to get involved globally while at home (by Donna Staton, MD, MPH, AAP SOICH Chair):

- Join IHMEC, the International Health Medical Education Consortium. Only costs $25 for residents/$15 for students, and the newsletters, resources, and meetings are excellent. Click on "Resources" and "Publications" especially.
- Join the American Medical Student Association (AMSA)'s Global Health Action Committee
- Join a professional specialty section or committee on international health (for example: SOICH--the American Academy of Pediatrics' Section on International Child Health, 800-433-9016)
- Make donations, help with fundraising
- Collect and donate medical supplies and equipment (REMEDY 203-737-5356; American Medical Resources Foundation 508-580-3301; World Medical Mission/Samaritan's Purse, AMSA's recycling program
- Collect and donate medical books/journals (e.g. MEDICC, or www.medicc.org/pages/whatsnew1.html , Global Medicine Network; American Academy of Pediatrics Section on International Child Health Book Repository, contact Donna Staton MD)
- Select research projects relevant to developing countries
- Provide logistical support for nongovernmental organizations (NGOs--work with those based in your area)
- Join advocacy organizations (Amnesty International or Amnesty International USA; Oxfam International or Oxfam America; Physicians for Human Rights; Global Health Council)
- Stay informed (BBC on NPR; scan www.WorldHealthNews.harvard.edu ; subscribe to Humanitarian Times, a free email newsletter; subscribe to NGO newsletters: e.g. Global Health Council, DOW, Health Volunteers Overseas; American Medical Student Association (AMSA) International Health List serve Newsletter)
- Educate yourself and others about the health and human rights issues of children around the world. The UNICEF website has extensive information and data; The State of the World's Children is an annual report available on-line or in print, covering a different theme (nutrition, education, child labor, etc.) each year. Learn about the rights of children
- Network with other medical schools/public health schools/residencies with international health programs--subscribe to their newsletters: e.g. St. Joseph's Regional Medical Center's "Residents and International Health" (editor Kevin Ericson MD); Case Western Reserve University/Rainbow Babies Children's Hospital's "World Notes" (phone 216-368-6321); Michigan State University's Institute of International Health Newsletter (Contact them by email or by phone 517-353-8992); University Departments and Programs on AMSA's site scroll down, it's near the bottom
- Start an International Health Curriculum at your school or program (see AMSA website's International Health Resources)--or even just a lecture series or library of resources