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Global REACH International Activity Survey

General Information

Student	Chen, Xisui
Activity Type	International Clinical Rotation (M4s)
Country	China
City	Shanghai
Clinic or Hospital Name	Renji Hospital (SJTU)
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Xu Shuyan
Address	227 Chong Qing South Rd., China, 200025
Email Address:	kyo0918@hotmail.com
Phone Number	(86)21 63846590

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

No

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

I spent 2 weeks in inpatient cardiology and 2 weeks in Traditional Chinese Medicine/acupuncture at Renji Hospital.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

This experience has highlighted the similarities and differences between the Chinese and U.S. medical systems and how physicians adapt to their healthcare environment. After observing and hearing about the challenges of being a physician in China, I will pay more attention to how health systems can be improved for both providers and patients and how physicians can affect these changes through quality improvement and policy work. I also gained insight and perspective on how to work with patients who may have completely different health beliefs and values such as those who visited the TCM clinic. I hope to learn more about how to partner with patients who use alternative medicine and to most effectively incorporate this into evidence-based clinical care.

High Points

What were the best aspects of your experience?

I think simply being immersed in a completely different clinical environment is itself an invaluable experience. In China, the patient volume, clinic structure and physician-patient relationship is so different from the U.S. yet the treatment and management of most conditions may be quite similar. It was so interesting to observe these similarities and differences and to chat with the Chinese doctors about their clinical training and experiences.

How Located

<http://www.umms.med.umich.edu/globalreachsurvey>

How did you find out about this rotation/international experience? Was there a formal application process?

I learned about this rotation when selecting electives for M4 year. I contacted Yi Mao and Amy Huang in Global Reach for more information and submitted the application prior to the deadline.

Funding

Please describe the funding source and how much you had to pay out of pocket.

My only funding source was Global REACH which covered my plane ticket and visa fee. As I had my own housing arranged, I only paid out of pocket for food and miscellaneous travel expenses (weekend trips, souvenirs, etc).

Housing

Please describe the housing accommodations and how you found them.

I arranged to live with a family friend in Shanghai.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

I felt that being fluent in conversational Mandarin was very helpful though not necessary as most of the attendings speak some English. However, it is nice to know what is going on when they are busy and don't have time to translate everything. You can also be more involved in patient care as the patients do not speak English.

Expectations

What were the expectations of you as a student?

The expectations varied from being mainly an observer and learner in Cardiology (watching procedures, interpreting EKGs and imaging) to being involved in setting up acupuncture equipment and performing some procedures such as moxibustion and fire cupping in TCM clinic.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

I would have liked to read some background information on the principles of TCM and acupuncture prior to the rotation and to have visited an acupuncture clinic in the U.S.

Disappointments

What were the most disappointing aspects of your experience?

I was not as involved in patient care as I was during M3 and M4 rotations. However, it is understandable that you cannot do as much in a new international setting due to the steep learning curve and language and systematic barriers.

Suggestions

What factors could have made your international experience better?

More background reading on TCM, more planning of other travel plans because time goes by fast!

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

I am definitely interested in doing further international work because I enjoy intercultural exchange and believe that there is a lot to be gained from collaborative efforts to improve medical care and health systems. I am also interested in chronic disease management and primary care, which will be an emerging global health issue to tackle.

Global REACH International Activity Survey

General Information

Student	Luo, Eva
Activity Type	International Clinical Rotation (M4s)
Country	China
City	Shanghai
Clinic or Hospital Name	Renji Hospital (SJTU)
Length of Stay	40 days
Date of Experience	
Foreign Attending/Primary Contact	Pan
Address	227 Chong Qing South Rd., China, 200025
Email Address:	Panruijin@139.com
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Amy Huang

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

Two weeks of laparoscopic general surgery, one week of Chinese medicine, one week of OBGYN. Primarily observation and discussion during rounds and cases. One 45 min presentation during surgery Journal club on the US health care system.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Definitely. Very relevant to my research experiences. Highlighted how poor the relationships are between doctors and physicians and the lack of infrastructure. Will impact my performance in clinic and primary care activities to be high-touch and patient centered.

High Points

What were the best aspects of your experience?

Interacting with attendings, visiting attendings, and one medical student.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

Formal application via global reach and an alumni.

Funding

Please describe the funding source and how much you had to pay out of pocket.

Global reach Special needs fund from financial aid office Housing donated by family About \$200 USD additional for food and transportation not captured in receipts.

<http://www.umms.med.umich.edu/globalreachsurvey>

Housing

Please describe the housing accommodations and how you found them.

Lived with family in the area.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

I am fluent in Mandarin and Shanghainese making communication with doctors and patients relatively easy. No medical Chinese which made things more challenging in a clinical setting when translation not available.

Expectations

What were the expectations of you as a student?

Observation and oral presentation.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Pollution was a problem. Was chronically nasally congested, wore a mask on a few days, got very sick for about a week (infection on allergy). Wish I had a air purifier.

Disappointments

What were the most disappointing aspects of your experience?

When attendings/depts were not prepared to host me. I was sent home very early in OBGYN after rounds.

Suggestions

What factors could have made your international experience better?

A formal presentation about China's health care system from Shanghai Jiao Tong University attendings, connection with other visiting students. Being assigned to a 5th year med school buddy.

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Definitely! Primarily from a research perspective on health systems.

Global REACH International Activity Survey

General Information

Student	Salata, Brian
Activity Type	International Clinical Rotation (M4s)
Country	China
City	Beijing
Clinic or Hospital Name	Peking University First Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Zhanbing Liu
Address	8 Xishiku St, Beijing, China, 100034
Email Address:	zhanbing58@163.com
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

During my time in Beijing, I rotated through the general surgical and neonatal wards, participating in daily rounds, lectures, small group discussions and surgeries.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes, I believe it affected the way I think of myself as a physician. It gave me a broader understanding of cultural differences in the role of the physician, the relationship between the physician and patients and a better understanding of medical experiences in developing countries. The physician/patient interaction is far different in China, with patients appearing, at least outwardly, more demanding of the physicians. While teaching is somewhat similar, education for residents and medical students does not occur in the typical rounding fashion with small teams discussing patient care at the patient's door/bedside and doing a physical exam and explanation of care to the patient during rounds. Didactic sessions often occur in similar fashion as in our institution, but there appeared to be less discussion and active engagement from the residents and medical students.

High Points

What were the best aspects of your experience?

The best aspect of my experience was discussing medical care and general medical topics with residents and medical students. Topics discussed with medical students - the future development of Chinese medicine, progress in the future of Chinese medicine. Why many of the medical students would prefer to go to the United States, Japan, Europe. The economics of medicine in China. The structure of medical training and the hierarchy of medical professionals within the hospital. English versus Chinese names for diseases. Traditional Chinese versus western medical treatments for diseases.

How Located

<http://www.umms.med.umich.edu/globalreachsurvey>

How did you find out about this rotation/international experience? Was there a formal application process?

Through the medical school's Global REACH program for fourth year rotation electives. There was a formal application.

Funding

Please describe the funding source and how much you had to pay out of pocket.

The funding source included a maximum of \$1500 from Global REACH for travel, housing and food. I paid roughly \$1500 out of pocket. Flight - free (Delta points) - but roughly \$1100 if I had to pay, and roughly \$330 for minor upgrade; housing - \$330, food - difficult to say, but roughly \$500; transportation - \$60; vaccinations - \$48; HTH - \$36.

Housing

Please describe the housing accommodations and how you found them.

Peking University Health Sciences Center had housing accommodations for international students. Housing was great value. huge dorm room with plenty of space, and relatively cheap.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

There were definitely barriers in the hospital setting since I did not know Mandarin, but the residents, medical students and attending physicians were helpful in explaining things to me after rounds.

Expectations

What were the expectations of you as a student?

To stay active and engaged each day during rounds and procedures.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

To learn about Chinese culture, specifically how it interplays with medicine. To get a better understanding of Chinese history and the social/political atmosphere of China. To understand the minute variations in medicine between Chinese and American medicine. To meet new individuals and help reinforce a bond between the University of Michigan and Peking University First Hospital.

Disappointments

What were the most disappointing aspects of your experience?

The only disappointing thing was that the student housing was 45 minutes - 1 hour away from the hospital, which made it a long process each morning and evening to get to the hospital

Suggestions

What factors could have made your international experience better?

The only suggestion I have is for the student to live closer to the hospital if possible, and to be able to pair up with another foreign medical student, if possible. But that's it!

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

<http://www.umms.med.umich.edu/globalreachsurvey>

I have always enjoyed working overseas, and this experience has further solidified that desire.

Global REACH International Activity Survey

General Information

Student	Petrites, Alissa
Activity Type	International Clinical Rotation (M4s)
Country	Ecuador
City	Quito
Clinic or Hospital Name	Hospital San Francisco de Quito, IESS
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Mena Maldonado Victor Hugo
Address	
Email Address:	abp.vhmena@gmail.com
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

I did a 4-week rotation with the neurology service of a mid-size hospital in Ecuador's social security system. I primarily saw outpatients in clinic, as well as consults in the hospital and emergency room.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

A key goal of this experience was improving my medical Spanish, and I think this brought me much closer to my ultimate goal of being able to practice medicine in Spanish. This experience also gave me a new perspective on our health system and its resources, as well as on cultural aspects of physician-patient relationships. Regarding resources, this was a reminder that access to sophisticated technology and sometimes even essential medications is not a guarantee, and that we should try to be cognizant of our privilege in this way. The cultural aspects of physician-patient relationships in Ecuador were both less formal (patients often referred to me as 'doctorita'- my dear doctor) and somewhat less equal in the sense of shared decision-making. I rarely saw treatment options presented to patients in the way that I have in the US- even in cases where I felt that, despite resource constraints, options existed (for example, not treating Parkinson's disease while symptoms are mild). Seeing these differences caused me to reflect on our doctor-patient relationships in the US- what we do well, and what we could improve on- and I hope to continue this self-reflective critical thinking as I move into residency.

High Points

What were the best aspects of your experience?

Progressing in my ability to interact with patients in Spanish (observing, to doing exams, to taking histories); connecting with Ecuadorian physicians and medical students, particularly those who've had experiences in Michigan

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

Global reach website. I applied through the formal process for the M4 international elective and grant, and submitted my resume to Dr. Mena.

Funding

Please describe the funding source and how much you had to pay out of pocket.

Global reach grant of \$1500 covered all of my expenses. The breakdown of expenses was as follows: Airfare \$690, homestay (including 2 meals a day) \$560 (\$20/day), lunches and meals not provided by my homestay \$105, ground transportation total \$28 (my daily commute was \$0.25 bus ride in each direction), other expenses 94 (HTH insurance, travel vaccines and medications).

Housing

Please describe the housing accommodations and how you found them.

I lived with a homestay family that I found through the Pontificia Universidad Catolica de Ecuador (Dr. Mena's institution). Dr. Mena made contact with the housing coordinators in the international relations office, who I then worked with to complete the paperwork.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

Yes; I have moderate-advanced proficiency and was able to function in medical as well as general settings.

Expectations

What were the expectations of you as a student?

Observe patient interactions; as the rotation went on, I assumed increasing responsibility for completing exams and taking histories; read and give brief oral presentations on the topics assigned to me.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

I was specifically seeking a neurology rotation in a Spanish-speaking country, and Dr. Mena was able to facilitate this. I assume that he would also be able to facilitate a variety of other rotations, and he was an incredibly helpful, friendly and welcoming person overall.

Disappointments

What were the most disappointing aspects of your experience?

Frustrations with having lost my previous Spanish language skills, though I felt that I recovered much of these skills during this time.

Suggestions

What factors could have made your international experience better?

I considered looking into formal Spanish instruction (e.g. in the afternoons) as part of the rotation; I brought a lot of books for independent study and felt this was adequate, but getting a tutor/lessons is definitely worth considering.

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes, I hope to continue through residency and my career.

Global REACH International Activity Survey

General Information

Student	Arabkhazaeli, Moona
Activity Type	International Clinical Rotation (M4s)
Country	Ethiopia
City	Addis Ababa
Clinic or Hospital Name	St. Paul's Millenium Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	
Address	
Email Address:	liatadesse@yahoo.com
Phone Number	+251-930-014-195

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Dr. Seneit Fisseha, Department of Ob/Gyn

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

I rotated through the Obstetrics and Gynecology department at St. Paul's Millenium Hospital, spending one week on the following four services: labor and delivery, obstetrics triage, gynecologic surgery, outpatient clinics. I spent my days following current St. Paul's residents, witnessing the vast pathology they treat and learning about how they delivery health care with limited technology and resources.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

This trip helped reinforce the idea that to be an effective clinician, you have to do more than treat disease. Rather, you must realize that there are many interdependent factors that play into the health of an individual or community, including nutrition, education, economic status, and culture. For example, I was talking to a St. Paul's physician one day about the wound infection and dehiscence, a common post-operative complication that many of St. Paul's patients return to the hospital for. He helped me realize that the problem does not have a simple solution, as there are many issues that are inexplicably tied to the problem. Some women have so many household responsibilities that they are unable to adhere to the post-operative weight restrictions necessary for healthy wound healing. Moreover, poor nutrition can lead to poor wound healing. Finally, a lack of education on proper wound care may contribute. This example and others made me realize that as a physician you must treat a patient comprehensively by recognizing other factors that influence his or her health.

High Points

What were the best aspects of your experience?

I was most fascinated with the diverse and complex pathology seen at St. Paul's hospital. Given St. Paul's is a national referral hospital and the lack of health care accessibility, I saw many conditions that I had only previously only read about. It was also interesting and impressive seeing how these advanced and complicated conditions are diagnosed and treated in the setting of limited resources and technology.

<http://www.umms.med.umich.edu/globalreachsurvey>

Finally, through living in the medical student dorms with St. Paul's medical students, I was completely immersed in the medical education environment. It was great learning about the culture of medical students and Ethiopia in general.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

I worked with Dr. Fiseeha during my year 3 clinical rotation in Ob/Gyn and was impressed with the work she does in Ethiopia. I set up a meeting with her my fourth year and she assisted me in setting up the rotation. There was no formal application, rather, I sent a letter of intent to the provost at St. Paul's.

Funding

Please describe the funding source and how much you had to pay out of pocket.

I applied for funding through Global REACH and obtained it. However, afterwards I was informed that I received the "Woll Family Scholarship" that would replace by Global REACH funding. This was great, as I did spend more money than the Global REACH funding would have covered. I spent a total of \$3200 during my four week elective (including flights), \$2500 of which will be covered by my scholarship.

Cost breakdown:

Flight \$1000

Lodging \$500

Vaccines/prescriptions \$100

Transportation \$200

Food/drink \$200

Entertainment (museums, shows, churches) \$100

HTH insurance \$30

Misc travel supplies (toiletries, converters, in country phone, etc) \$150

Housing

Please describe the housing accommodations and how you found them.

I stayed in dorms available for the medical students at St. Paul's Hospital. I was told of them through the international visitor liaison employed by St. Paul's, Lizzi Randolph. I had my own room which is reserved for visiting international students. The accommodations were relatively comfortable, as I had electricity and running water on most days.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

All of the doctors at St. Paul's are fluent in English and all hospital meetings and lectures are conducted in English. However, many of the patients seen either do not speak English or do not prefer to. I could not understand the conversations physicians were having with patients, though the physicians were usually happy to translate for me if I asked. I also could not speak to patients myself which was unfortunate.

Expectations

What were the expectations of you as a student?

There were little expectations of me and I was able to get out what I wanted out of the rotation. I arrived at 8am every day and usually left by 3 to 4 PM, but I could have stayed later or left earlier if desired. I had no autonomy with patients but perhaps could have if I was more proactive about it.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

I wish I had brought more of my own supplies because it would have made it easier for me to scrub in to the OR. I recommend students bring scrubs, facemasks, shoe covers, and surgical gowns, as these supplies are limited and the physicians will be more likely to allow you to come to the OR if you readily have these supplies.

Disappointments

What were the most disappointing aspects of your experience?

As a fourth year medical student on my final rotation of medical school, I was hoping to have more responsibility and independence in the hospital. Rather, my experience was more akin to an early third year student, including shadowing residents instead of having my own interactions with patients. This was partially because the language and cultural barrier prevented me from taking patient histories and counseling them. However, I would have liked to be able to help out in the OR, something that did not require language skills.

Suggestions

What factors could have made your international experience better?

I would recommend having another UM student with you. I did have a student with me, which made me more comfortable to travel and explore Addis Ababa and surrounding areas. Moreover, it can get lonely and was nice having another American student present.

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Doing international work has been a part of my long term career goals for awhile, but my trip further solidified this desire. Additionally, exposure to the unique clinical skills and challenges of health care delivery in an underdeveloped setting set a strong foundation for me to do work in the future. My trip did shape the type of work I would like to do in the future. While I still want to deliver health care internationally, after learning about medical education in this setting I would also like to be involved in setting up educational initiatives.

Global REACH International Activity Survey

General Information

Student	Schultz, Michael
Activity Type	International Clinical Rotation (M4s)
Country	Ethiopia
City	Addis Ababa
Clinic or Hospital Name	St. Paul's Millenium Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Dereje Bethel
Address	
Email Address:	drbettyd@gmail.com
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Dr. Senait Fisseha, OB/GYN

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

I observed and worked in St. Paul's labor and delivery ward, obstetric triage department, gynecology ward and gynecology operating rooms. In addition I spent a week shadowing and working at the Hamlin Fistula Hospital in Addis Ababa.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes, spending time in Ethiopia provided me with an appreciation of a full spectrum of obstetrical and gynecologic disease processes that I had previously only read about in text books. Furthermore, this experience cast light on both the positive impact of global medicine as well as the huge need to continue these types of efforts in the future.

High Points

What were the best aspects of your experience?

- Observing how good care can be delivered with minimal resources. (No continuous monitoring was available in the labor ward)
- Hearing about the positives strides that Ethiopian medicine and infrastructure has made in the past several years.
- Observing the excellent comprehensive model of care at the Hamlin Fistula Hospital.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

I heard about this opportunity from Dr. Fisseha. Additionally, I was aware of U of M medical students who had completed a similar rotation to Addis in the past.

Funding

Please describe the funding source and how much you had to pay out of pocket.

I received \$1500 from Global Reach. A good majority of my expenses were covered with this money including lodging and airfare to Ethiopia. I paid approximately \$300 out of pocket for food and ground transportation during my stay.

Housing

Please describe the housing accommodations and how you found them.

I stayed at the medical student dorms at St. Paul's. The room was simple, but adequate. I shared the room with another American medical student for two of the four weeks. There was a shared bathroom with consistent hot water. Wifi connection was inconsistent, but frequently available at several sites on campus. My room was a 3-5 minute walk to the hospital.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

To interact with medical professionals, no local language fluency was necessary. Patients, however, typically spoke exclusively Amheric or another local language, and I was unable to communicate with them at all without use of a translator.

Expectations

What were the expectations of you as a student?

I was expected to observe on the wards, attend morning rounds and lectures, attend operating room cases.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

It would have been helpful to bring surgical hats, masks and shoe covers. Surgical gowns would have also been helpful.

Disappointments

What were the most disappointing aspects of your experience?

I wish I would have been able to communicate with the patients.

Suggestions

What factors could have made your international experience better?

I was very satisfied with my experience

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes, there is a great need for this type of work in my opinion and great learning experiences to be had.

Global REACH International Activity Survey

General Information

Student	Lawrence, Emma
Activity Type	International Clinical Rotation (M4s)
Country	Ghana
City	Kumasi
Clinic or Hospital Name	Komfo Anokye Teaching Hospital (KATH)
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Michael Yeboah
Address	
Email Address:	
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Dr. Tim Johnson, Chair of Department of OBGYN.

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

I did an elective rotation at the Komfo Anokye Teaching Hospital (KATH) in Kumasi, Ghana through the department of Obstetrics and Gynecology. KATH is a large tertiary care referral center which serves an urban underserved population and manages a large volume of patients and a wide variety of pathology.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

This elective allowed me to experience the delivery of OBGYN care in a developing country setting. From a learning perspective, I was exposed to a wide variety of medical cases that are rare in the United States, including sickle cell disease in pregnancy, malaria, and obstetric fistulas. I also had the opportunity to participate in the care of patients who presented with severe complications and at late stages of diseases that are not commonly encountered in developed countries. Working with patients who presented with malignant reproductive cancers and life-threatening obstetric complications was transformative in my understanding of the importance of cancer screening and prenatal care. In the hospital, I was challenged on a daily basis as I experienced difficult deliveries, poor neonatal outcomes, and maternal mortality. I learned a great deal with providing patient care with limited resources, relying on clinical assessment rather than expensive tests, and factoring a patients social and cultural circumstances into the management of their care.

High Points

What were the best aspects of your experience?

In the operating room, I had the opportunity to first assist in procedures including c-sections and tubal ligations, which allowed me to build basic surgical skills. On the wards and in the Labor and Delivery room, I had the opportunity to work and interact with Ghanaian medical students and faculty and gain and invaluable cross-cultural perspectives on medicine and health care.

<http://www.umms.med.umich.edu/globalreachsurvey>

How Located**How did you find out about this rotation/international experience? Was there a formal application process?**

The Ghana/Michigan partnership is well established. I spoke to Tim Johnson in the Dept of OBGYN to decide on which hospital in Ghana to do the elective at, and then worked with Kofi Gyan (kofigyan@med.umich.edu) to finalize the details of my application and housing.

Funding**Please describe the funding source and how much you had to pay out of pocket.**

Initially, I applied for global reach funding (\$1500). That was later replaced by a Woll Family Scholarship (\$2500).

Housing**Please describe the housing accommodations and how you found them.**

I stayed at the student hostels at KATH, which are located include the hospital compound and are a quick 10 minute walk to the hospital, itself. Kofi Gyan at Michigan helped me to arrange this, and I was charged 20 cedis (about \$7 USD) per night. I had a large room with a bathroom (toilet, cold shower), a fan and a small fridge and hot plate for cooking. The student hostels are safe, convenient, have a couple of cheap restaurants serving good Ghanaian food, a store selling water, soap, toilet paper, etc. I washed my own laundry by hand. There is wifi access in the hotels (you pay per hour). It was fun to be living with the Ghanaian medical students and other visiting students!

Language Fluency**Was fluency in the local language necessary (barriers, skill level needed, etc)?**

No.

Expectations**What were the expectations of you as a student?**

Alongside a team of local doctors, residents, and medical students, I rotated through the labor and delivery floors, the operating rooms (where benign gynecology surgeries are performed), antenatal care clinics/gynecology clinics and family planning clinics. In addition, I also participated in medical school didactic sessions. Because of the language barrier and somewhat lower responsibility given to local students compared what I was used to being a medical students at Michigan, I didn't have my "own" patients or present on rounds. The medical management of obstretrics/gyn patients was mostly observational, but the doctors were very responsive to answering my questions. I got a lot of great hand-on experience in the operating room, assisting in cerclage placement, MVAs, tubal ligations, and first assisting (and performing lots of suturing) during c-sections. No one will offer so definitely take the initiative and ask (and keep asking) to scrub! I also did exams on prenatal patients during clinic but didn't do histories, again because of the language barrier.

Other Comments**Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?**

Organization of Obstetrics and Gynecology Department: o OBGYN specialists (aka attendings), residents and house officers are divided into 5 separate teams (teams A, B, C, D, E). Each day of the week, one team is assigned to each of five responsibilities (Clinic, Elective Gyn Surgery, Family Planning, Ward Rounds, Emergency Duty). Each team rotates through these responsibilities in a sequential fashion each week. • For example, team A does clinic on Monday, duty on Tuesday (overnight until Wednesday morning), ward

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rounds on Wednesday, elective gyn surgery on Thursday and family planning on Friday) . o Clinic consists of a mix of both obstetrics and gynecology cases o Emergency duty entails coverage of Labor and Delivery, all operative obstetric cases, emergency gyn surgeries, routinely scheduled minor gyn cases (exams under anesthesia, fistula exams, etc), and management of all emergent issues on all wards o Patients admitted on a team's duty day become that team's patient and are seen daily by that team's house officer and rounded on weekly as a team during Ward Rounds o Teams rotate through coverage of "Weekend Duty" Physical layout of Obstetrics and Gynecology ward: o A1: High Dependency Ward (hypertensive disorders of pregnancy), Labor and Delivery, 2 Operating Theaters for ob and emergency gyn cases, Fetal Assessment Center (with 3 CTGs) o A2: Ultrasound room (1 machine), Recovery after c-section and vaginal delivery o A3: Gyn malignancies, benign gyn cases, early pregnancy complications (incomplete abortion, ectopics) o A4: high risk antenatal cases (other than hypertensive disorders)

Disappointments

What were the most disappointing aspects of your experience?

It was a bit difficult at first to define my role on the team and get used to not having more rigorous responsibilities in patient care. That being said, take initiative clinically to ask questions, ask the midwives to deliver babies, scrub in, ask to assist on procedures, etc, and you'll get great hands on experience.

Suggestions

What factors could have made your international experience better?

Things to bring: -Couple pairs of scrubs (I did laundry just with buckets of water and laundry detergent I bought here) -Stethoscope -Michigan ID -Masks, head covers ("borrow" some from Michigan ORs) -Some sterile gloves in your size (if possible) -Hand sanitizer (small and big) -Tampons, shampoo/conditioner (soap, toothpaste are easy to find) -Plug adaptors -Coffee/French press (only instant nescafe is available locally) - Granola bars/snacks

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Working in a resource poor setting with regular shortages in fundamental supplies like IV antibiotics and blood only strengthened my interest in global health. The impact of Michigan's partnership with Ghana was evident on a daily basis, and I came away from this experience with a strong belief in the significance of forming long-term sustainable international partnerships. I am starting my residency in Obstetrics and Gynecology in June and look forward to continuing to work in Ghana and other developing countries.

Global REACH International Activity Survey

General Information

Student	Nosal, Catherine
Activity Type	International Clinical Rotation (M4s)
Country	Ghana
City	Kumasi
Clinic or Hospital Name	Komfo Anokye Teaching Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Cornelius Turpin
Address	
Email Address:	corneliusturpin@yahoo.co.uk
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Dr. Timothy Johnson - Ob/Gyn

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

My international experience consisted of clinical work in the clinic, wards, labor and delivery, and operating rooms at Komfo Anokye Teaching Hospital. I was able to learn about pathology and diagnoses we rarely see in the United States.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes, I think this experience gave me a whole new perspective on medicine and how practices may differ depending on resources and supplies. It also made me realize all the things we take for granted in our hospitals here.

High Points

What were the best aspects of your experience?

Relationships made with the physicians and residents I worked with and all that they had to teach me about patient care, medicine, and the culture in Ghana.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

This is a rotation that Michigan students have done in the past and an institution where UofM physicians have done work at. There was a formal application process through Global Reach in order to have my travels.

Funding

<http://www.umms.med.umich.edu/globalreachsurvey>

Please describe the funding source and how much you had to pay out of pocket.

\$1,500 from Global REACH and about \$600 out of pocket for food and additional traveling

Housing

Please describe the housing accommodations and how you found them.

Kumasi Catering Rest House - a hotel with wifi, air conditioning, and free breakfast for a very reasonable price. Past students had stayed there and recommended it.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

National language in Ghana is English, but all the patients from the surrounding villages spoke Twi. Residents and physicians I worked with were able to easily translate for me.

Expectations

What were the expectations of you as a student?

I was expected to work as an active member of my assigned Ob/Gyn team and help on the wards and in the OR. Often in clinic and on rounds, I would shadow residents because I could

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Lonely Planet travel book is a great resource for traveling and weekend trips

Disappointments

What were the most disappointing aspects of your experience?

It was very frustrating to witness such intelligent and well trained physicians face road blocks in patient care due to lack of resources and funding.

Suggestions

What factors could have made your international experience better?

Going for 6 weeks instead of 4

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes, I'd like to explore other areas and learn about medicine in different cultures.

Global REACH International Activity Survey

General Information

Student	Rolston, Aimee
Activity Type	International Clinical Rotation (M4s)
Country	Ghana
City	Kumasi
Clinic or Hospital Name	Komfo Anokye Teaching Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Dr. Cornelius
Address	
Email Address:	
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Dr. Tim Johnson, Chair of ObGyn

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

I did an Obstetrics and Gynecology rotation at Komfo Anokye Teaching Hospital in Kumasi. I joined one of the 5 ObGyn teams and rotated through different services with that team.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes. The experience there is very different than in the US, especially in terms of resources. I gained a perspective on the similarities and differences in medical practice and the resource issues they face as well as substantial hands on, procedural experience.

High Points

What were the best aspects of your experience?

Lots of hands on, clinical experience. Opportunity to gain a different, unique perspective

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

Through the medical school (established elective).

Funding

Please describe the funding source and how much you had to pay out of pocket.

Global REACH was my only source of funding. I probably paid another 700-800 out of pocket (including souvenirs, etc).

Housing

Please describe the housing accommodations and how you found them.

I stayed in Kumasi Catering Rest House. A student the previous year had stayed there, so that is how we found out about it. There is also housing available in the medical student hostels.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

No

Expectations

What were the expectations of you as a student?

Work with the team you are assigned to in whatever capacity they would like. Generally, you stay with the residents and house officers.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Disappointments

What were the most disappointing aspects of your experience?

Suggestions

What factors could have made your international experience better?

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes. This was a great experience and I would love to go back.

Global REACH International Activity Survey

General Information

Student	Haworth-Hoepfner, Elizabeth
Activity Type	International Clinical Rotation (M4s)
Country	Nicaragua
City	Esteli
Clinic or Hospital Name	Consultorio Tim
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	
Address	
Email Address:	
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?
Dr. Steve Park, Pediatrics

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

My role in the clinic was to act as a translator for the doctors and residents and to carry out histories and physical exams and report my findings to the doctors. Additionally I helped with things around the clinic--such as unpacking and reordering the pharmacy. Furthermore, I created educational materials in Spanish that that clinic director felt would be most valuable for their patient population. The population was very different from that at UMHS because they were incredibly poor and frequently couldn't afford food. Additionally the children struggled with parasitic infections on a regular basis which resulted in gross malnutrition and lack of appetite.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

In terms of the way it affected me as a doctor, it taught me to broaden my differential diagnosis substantially. I saw many conditions that I initially put into a box. Once I talked with the Nicaraguan doctors however, I learned that they have a lot more illnesses that they have to consider when patients present with the same symptoms.

High Points

What were the best aspects of your experience?

I was able to help connect several children with chronic medical conditions to a system of health care that will allow them to receive the medical attention they desperately need. I was able to connect patients to health care by properly assessing the needs of the patients (one patient needed transportation to a rheumatology appointment) and then I was able to help the patients get these things they needed that connected them with appropriate care. Additionally I talked with patients and informed them that they could receive reduced cost care about clinic.

<http://www.umms.med.umich.edu/globalreachsurvey>

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

I talked with Dr. Park about the rotation. There was no formal application.

Funding

Please describe the funding source and how much you had to pay out of pocket.

I was awarded the maximum amount allowed for this trip through global REACH, which was \$500. The plane ticket was approximately \$600, housing was \$1200 and other expenses amounted to approximately \$500. The total cost was approximately \$2300.

Housing

Please describe the housing accommodations and how you found them.

We lived with a host family for the first two weeks. The Director of the Clinic put us in touch with the host family. The second two weeks we stayed with a larger group at a hotel called Hotel Don Vito. My expectation for my host stay was that we would have significant interactions with the family. Where we stayed, however, was more like a hotel. The family didn't stay in the same area as we did and was friendly, but only spoke to us occasionally.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

Yes.

Expectations

What were the expectations of you as a student?

That you speak Spanish at least conversationally and that you be interested in pediatric patients.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Disappointments

What were the most disappointing aspects of your experience?

There were a series of trips that we made to communities surrounding Esteli in order to provide relief. I felt that the work we did in these areas was less helpful and that we were not establishing a sustainable way for the individuals to receive medical attention. I expected that I would have the chance to learn from Nicaraguan doctors and that as a result my medical knowledge would be broadened. This did occur. However, I did not expect the trip to be so much of a mission trip. I was a bit bummed that this was the case as I feel this method of global health and service is less effective.

Suggestions

What factors could have made your international experience better?

More Overseas Work

<http://www.umms.med.umich.edu/globalreachsurvey>

As a result of this experience, are you interested in doing further international work? Why or why not?

Absolutely. I loved my time in Esteli and I would love to return to Nicaragua. I would also like to explore other places. I feel that we were able to provide aid and were able to help educate the clinic staff so that they would be more self-sufficient, which is the ultimate goal of my global health work.

Global REACH International Activity Survey

General Information

Student	Jessica Bloom
Activity Type	M4 International Elective
Country	Panama
City	David
Clinic or Hospital Name	Hospital Materno Infantil de Obaldia
Length of Stay	4 weeks
Date of Experience	Period 5
Foreign Attending/Primary Contact	Dr. Newton Osborne
Address	Boquete, Panama
Email Address:	newtonosborne@aol.com
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

UMMS

Dr. Richard Swartz

- Internal Medicine, Nephrology at UMMS
- UM Contact to Panama (rswartz@med.umich.edu)

Cindy Murphy

- Scheduling (camurphy@umich.edu)

Yi Mao

- Global Reach Program Coordinator (yimao@med.umich.edu)

Dr. Jocelyn Schiller

- Pediatrics Attending and Clerkship Director at UMMS (johuang@med.umich.edu)
- She will ultimately approve the rotation via Cindy Murphy

PANAMA

Dr. Newton Osborne

- Ob/Gyn, born in Panama, went to UMMS and residency at UCSF, practiced in US before moving back to Panama.
- Contact him re: housing. (newtonosborne@aol.com)

Dr. Alcibiades Batista González, MD, MSc

- Pediatra, Jefe de la División de Docencia e Investigación (jefe_docencia@yahoo.es)
- Get permission from him to do the rotation

Dr. Graciela Tejedor:

- Chief of Pediatrics Division (graciela_lisel_panama@hotmail.com)
- Coordinate your schedule in advance with Dr. Tejedor (as soon as you hear from Dr. Batista)

Description of Experience

<http://www.umms.med.umich.edu/globalreachsurvey>

Please give 1-2 sentences describing the nature of your international rotation/experience.

Spent 4 weeks working in pediatrics at the Hospital Materno Infantil de Obaldia. Mainly shadowed. Split time between services. Lived with a host family.

----- Other Panama Rotations:

For Ob/Gyn at Obaldia contact Dr. Newton Osborne - newtonosborne@aol.com (see general information below)

For Medicine in Panama City, contact Dr. Lilibeth Castellero - prof_castillero@yahoo.com

(Infectious Disease at Hospital de Santo Tomas)

<http://globalreach.med.umich.edu/sites/default/files/files/HD-Panama-Rotations-Rpt.pdf>

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes.

----- Medical Education/Residency in Panama:

- After high school (colegio), they go to medical school for 6 years.
 - The last semester of medical school is called their Externado. The students rotate in Medicine, Ob/Gyn, Pediatrics, and Surgery for one month each. This is similar to our M3 experience.
 - After graduation, they begin their Internado. This is a mix between our M3 experience and Intern year. They rotate through the different fields in order to choose what they want to pursue, but work the same amount as residents and are paid. They take an exam after each month on the respective topic.
 - After their internado, they take an exam on all topics. They then study for an exam on their particular field of interest. If they pass, they can enter residency for that field.
 - During residency, they get a 4-week block off for vacation per year.
-

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

A student had rotated at this hospital in the past on Ob/Gyn so I contacted Dr. Osborne and Dr. Swartz to get in touch with the pediatric department of the hospital. I then created it myself. The hospital is located in David, Panama -- a 45 minute flight from Panama City.

-----To arrange the elective:

- First, email Dr. Richard Swartz. Then get in touch with Dr. Osborne and Dr. Batista.
- Coordinate with Cindy Murphy for scheduling (camurphy@umich.edu) and Yi Mao for Global Reach funding coordination (yimao@med.umich.edu).
- Cindy Murphy will get approval for your rotation from Dr. Schiller.
- Once approved, begin discussing your rotation with Dr. Tejedor via email.

-----Forms: (<http://globalreach.med.umich.edu/education/students/elective>)

- Complete the M4 International Elective Grant Application (Available in M-Compass)
 - Submit a host institution acceptance (Upload this documentation into M-Compass in PDF format, no other formats will be accepted) <--- for this I printed an email the doctor had wrote confirming my rotation.
 - Read and sign the Travel Reimbursement Policy
 - Read and sign the Scholarship Verification Statement
-

<http://www.umms.med.umich.edu/globalreachsurvey>

Funding**Please describe the funding source and how much you had to pay out of pocket.**

\$1500 from Global Reach. Spent about \$770 round trip for my flights to/from panama city and around \$140 each way to/from David. Everything in Panama is pretty inexpensive. I stayed with a host family and paid them \$500 for 4 weeks. I would recommend at least \$100/wk. My family went out of their way to take me sightseeing on weekends and feed me daily so I felt they deserved extra.

Housing**Please describe the housing accommodations and how you found them.**

I lived with a host family (Victor and Ana Rodriguez, and their daughter 18yo Rosa). Victor's sister, Magali, is Dr. Osborne's nurse. She organized the host stay for me. She is moving into a new house and could likely host now as well. In general, you have a few options. There is housing at the hospital for residents. Dr. Osborne lives in Boquete (nearby town). Host families are available in David. Personally, my host family was the highlight of my trip. You have people who care about your well-being and you are immersed in the language and culture. You are also fed! I felt isolated at times and can only imagine what that would have felt like if I did not have a host family. They also helped me explore on the weekends. Pay what you feel is appropriate depending on how involved they are (around \$10-20/day, I paid \$15). It can be covered by Global Reach if you still have funds to spend. Expect cold showers!

Language Fluency**Was fluency in the local language necessary (barriers, skill level needed, etc)?**

My entire experience was in Spanish - from my family to the hospital. That being said, most residents can speak English -- particularly medical english. I think it would be frustrating rotating there without knowledge of spanish... In fact, I would recommend against it without a solid basic level of understanding/communicating.

Expectations**What were the expectations of you as a student?**

Shifts are 7am – 3pm Monday through Friday. You mainly observe. I was asked to present one powerpoint to my team on a disease. See other sections for more information.

Evaluation: Print an evaluation (easier to do in the US and bring with you) and have an attending fill it out for you at the end of the month.

Other Comments**Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?**

The Pediatric Division of Hospital De Obaldia:

-Pediatrics: General Pediatrics wards, Infectious Diseases, Pulmonology, Neurology, Gastroenterology/Cardio, Hematology/Oncology, Nephrology, Intensive Care Unit, and Emergency Service.

-Neonatology: 3 ICU sections (Intensive, Intermediate, Minimal), OR (neo team at C-Sections)

-----Shifts for you are 7am – 3pm Monday through Friday. Residents have “turnos” – call shifts that are not the same service as their day shift. These are from 3pm – 7am. They then continue to work the next day. They have 2-3 turnos per week. Weekend turnos are 24hrs. Residents and Interns get 1 weekend completely free per month. I did not do any turnos during my rotation. (Residents and Interns work around 72-96 hours/week!)

<http://www.umms.med.umich.edu/globalreachsurvey>

-----My recommendations to improve the experience:

- Choose a variety of services: 1 week of GI/Cards (the majority of GI patients are very malnourished children with complicated infections), 1 week of Neonatology (a mix of C-Section ORs and the neonatal intensive/intermediate units), 1 week of Pediatric Critical Care Unit, 1 week of another service (Pulmonology ← Dr. Cukier is particularly helpful, General Peds Inpatient, ID, etc). Normally, I would suggest 2 2-week services, however you are not able to do very much so the more variety there is to observe the better!
- Coordinate 2-3 mornings of various clinics per week (consulta externa), particularly on Mondays and Tuesdays when there are fewer lectures.
- Arrange to go to endoscopies on Thursday mornings.
- Ask to go to interconsultas (consults) with the resident and attending while on the floor.

-----Hospital Tips:

- Interns wear all white. This is what you'll be wearing so bring lots of white clothes!
- The hospital is freezing. Wear layers. I would wear stretch pants under my white scrubs as well as a tank top, long sleeve, zip up, and white coat...
- Most people do not wear masks or gloves, even with very sick patients. Do not be ashamed to wear them if you desire! Just grab them before you see each patient.
- Everyone here gets vaccinated for Tb (except many members of the indigenous community). Since we do not get vaccinated in the US, you have extra cause to wear protection. According to some doctors here, children cannot pass Tb as easily as adults can.
- Bring a book to work. There can be a lot of sitting around. Particularly in the mornings when the resident and intern are handwriting patient notes. (Hopefully there will be less sitting around once the rotation is more organized!)
- While on a floor service, you may get more out of following the resident rather than the intern. The intern manages the floor all day (notes, draws labs) but if there isn't something going on, then you will be sitting around. The resident goes to more teaching sessions and does consults to other services. A resident should know that they are responsible for keeping you occupied!
- Ask to go to clinic and/or procedures with your attending.
- You may be asked to give a powerpoint presentation to your team (I was asked to present on Celiac Disease to my GI team – in English or Spanish – I chose to do mine in Spanish).
- Ask for a schedule of docencia (lectures) or else you will find yourself sitting on the ward wondering where your residents are. There are teaching sessions throughout the week at various times (usually mornings/noon).
- There is no WIFI in the hospital. There are a couple computers with Internet on E2.
- Lunch is free!

Disappointments

What were the most disappointing aspects of your experience?

It seemed that most residents and attendings did not know why I was there or what to do with me since I was the first medical student to rotate there in pediatrics. See my tips above as to how to improve your experience! I shared these tips with the department as well and they were excited to implement changes for the next student!

Suggestions

What factors could have made your international experience better?

Travel:

- Getting to David: Fly to Panama City. Then take either an 8-hour bus ride or 35 minute flight to David. I recommend flying from Panama City Albrook Airport (small, close) to David Airport as it is safer and will be covered by your funding. Airpanama.com.

- Panama City Airport Rides: Many hostels offer rides from the airport for \$35. You can also contact Rene Guardiola in advance to arrange a ride for \$35 (his company was recommended by Dr. Newton Osborne). They were very helpful and accommodating. Reneguardiola@hotmail.com, Yourmaninpanama.com.

- Panama City: I stayed a couple nights in Panama City before flying to David. I stayed at Magnolia Inn in Casco Viejo. Be sure to eat at Tantalo down the street (which is also a hotel). If interested, Renee's company offers a 5-6 hour tour of the city highlights for \$150 (including the canal). There are of course cheaper ways to go about seeing everything but if you're pressed for time or nervous about traveling alone, this is an option. I only had 1 day to explore and wanted to make the most of it and plan in advance.

-----Other helpful information:

- HTH Health Insurance: The school buys your health insurance for you before you leave. You are asked to reimburse them. Later on, you can have it covered by your funding.

- Vaccines: Standard home vaccinations + Hepatitis A. You do not need malaria, yellow fever, or typhoid prophylaxis in David or Panama City. You may if you travel to obscure areas of the rainforest. The water in Panama City and David is safe to drink.

- Cell Phone: I brought my iPhone 5S and exchanged the SIM card (Verizon is automatically unlocked. Find out if your smart phone is locked and ask to have it unlocked before traveling. I used the provider Digicel. A Panamanian assisted me in getting a good deal: 1 month of unlimited internet on my phone for \$15. I also put \$15 down for phone calls (which I rarely make). You can also buy a non-smart phone for around \$20 if you do not want to bring your phone.

- Communication: Everyone here uses Whatsapp for text messaging. I recommend Whatsapp for messaging to home as well. Viber also works for messaging and allows you to make phone calls as well to others with the app – all for free. Of course, there is also Skype for video chatting.

- Call your credit card company in advance to inform them that you'll be using your card in Panama! Bring cash. They use the American dollar in Panama.

- It's hot outside all year! Rainy season = heavy rain for a few hours in the afternoon.

- Bring copies of your passport, license, credit card etc in case you lose them.

- From David, I traveled to: Boquete, Playa Las Lajas (further), Playa Barqueta (closer), Volcan, Boca Chica, La Frontera (Costa Rican border). I did not make it to Bocas del Toro but it is highly recommended (4hr bus + boat ride to island)!

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes - I enjoyed learning about the differences in medical care, seeing diseases I will likely never see in the US, and improving my spanish and cultural competency. It was clear how much cultural beliefs, education, and income effect one's decision to access health care.

Global REACH International Activity Survey

General Information

Student	Schrock, David
Activity Type	International Clinical Rotation (M4s)
Country	Peru
City	Iquitos
Clinic or Hospital Name	Amazon Promise
Length of Stay	1 month
Date of Experience	
Foreign Attending/Primary Contact	Webster Patty
Address	
Email Address:	patty@amazonpromise.org
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Dr. Robert Hyzy - Dept of Pulmonary/Critical Care Medicine

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

We spent about 2.5 weeks holding clinics in various rural villages along the Amazon River Basin.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes - Many of the residents are too poor to be able to pay for an ID card, which is required to get public health insurance. As a consequence, many of their basic healthcare needs are unmet. It was incredibly humbling to be reminded of how lucky I am to have the opportunity to train as a physician in such a resource-rich area.

High Points

What were the best aspects of your experience?

Traveling

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

Rotation is listed in M4 elective handbook. There was an application for amazon promise that needed to be filled out as well. Deadlines for the various trips were listed on the amazon promise website (amazonpromise.org).

Funding

Please describe the funding source and how much you had to pay out of pocket.

Global REACH - funded \$1500 Out of pocket: \$900 additional

<http://www.umms.med.umich.edu/globalreachsurvey>

Housing

Please describe the housing accommodations and how you found them.

Housing was provided - 5 days in a hotel in Iquitos, Peru, and then 9 days spent in a river lodge off of the Ucayali river. Several days were also spent in transit, and the lodging was either provided, or I sought out a local hostel on hostelworld.com.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

Not necessary, as they provided translators for the medical portion of the trip. It was extremely helpful during the evenings (I was the only one in our group of 8 who spoke fairly fluent Spanish) so it was helpful when someone needed to go to the pharmacy, was ordering with dietary restrictions, etc. However, definitely not a prerequisite for the trip. .

Expectations

What were the expectations of you as a student?

Work with an attending or resident to see patients that came in for a visit in the various different villages. We were also expected to help out with keeping statistical records of the patients we saw etc.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

make sure to read packing list on amazon promise website (amazonpromise.org). Don't change money before getting to Peru - exchange rates are much better there, and there are extremely safe money changers in the airport as well as through Amazon Promise. Also, when they say to bring rehydration salts, they're not joking - I needed at least a liter of rehydration fluid a day to stay hydrated. You can buy them in the peruvian pharmacies, but they're higher quality/much cheaper from the US.

Disappointments

What were the most disappointing aspects of your experience?

It was tough adjusting to the heat of the Amazon rainforest. There were also a lot of patients whose problems we simply could not fix - either because it would require further diagnostic testing that was not available, or because there simply wasn't anything we could do. A lot of the problems were preventable (ie recurring parasitic infections), and it felt like we weren't doing anything to fix the root of the problem.

Suggestions

What factors could have made your international experience better?

Overall it was fantastic - no big areas of concern or suggestions.

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes. There is an infinite amount of need and as a physician, we have an obligation to use our skills to help those in need.

Global REACH International Activity Survey

General Information

Student	Chen, Yih-Chieh
Activity Type	International Clinical Rotation (M4s)
Country	Taiwan
City	Taipei
Clinic or Hospital Name	National Taiwan University
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	
Address	
Email Address:	
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?
No.

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

Worked with faculty, residents, and medical students at National Taiwan University Medical School in the dermatology department.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes, helped me to learn about other health systems and learn how to be more culturally sensitive. Taiwan operates on a national health insurance/single payer system. There is no referral system required to see specialists. This means that there are often patients showing up in dermatology with a basic/mild eczematous rash that could easily be treated by a PCP. They are also not limited in the number of times they can see physicians, so the number of patients is huge. In addition, there is less follow-up, because if a patient's problems improve symptomatically, they often do not return. Part of that is due to the long wait required to see a physician as they do not make scheduled appointments for the most part. Despite the national health system, the electronic medical records are not united across the country. Medications are also more widely available over the counter.

High Points

What were the best aspects of your experience?

Everyone was very welcoming and willing to show us the culture. The culture in Taiwan surrounding medicine is touched on briefly above as well: more patriarchal, more family involvement in decision points and medical care. Medical school is a 7 year process, with a required PGY intern year for everyone before they decide on their field for residency, so it is essential 8 years post-high school education, however, they have to decide much earlier on if they want to enter medical school. There is also a prevalence of traditional Chinese medicine that is much more respected and runs in parallel with eastern medicine. Traditional Chinese medicine is also covered by the national health insurance.

Everyone is very well-mannered, culturally sensitive, and interested in learning about medicine in the USA. They were all eager to teach medical students and show exchange students around Taiwan.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

Yes, formal application through their website (googled)

Funding

Please describe the funding source and how much you had to pay out of pocket.

The flight is the most expensive component: \$1200 roundtrip

Housing: I was able to stay with family

Food: Cheap, \$1-2 USD can often buy a filling meal

Transportation: subway and bus system is well-established and inexpensive.

Vaccinations: no additional vaccinations required

HTH: purchased prior to departure

Housing

Please describe the housing accommodations and how you found them.

Lived with extended family. Real estate is at a premium such as in NYC. I lived in a 3 bedroom apartment with 6 other family members. However, living standards are pretty similar.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

Speak fluently, but cannot read. I think that helped.

Expectations

What were the expectations of you as a student?

Shadowing for the most part. Was required to do 1 self-introduction presentation and one 1-page report.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Dermatology department rotation: consisted of a variety of general and specialty clinics, consults, and operations. I have not done dermatology at UMHS, but comparing patients in general, I felt that aside from very low ethnic, there was not much difference in the patients between NTU and UMHS (both are large teaching institutions). However, the patients had different views of going to the doctor. It is more of a patriarchal model and patients do what physicians order without asking many questions. The quantity of patients was also much higher, ranging from 30-100 patients in a half day of clinic. Families were also more involved in patient care and it was not necessary to get consent to disclose medical information to family members.

My daily schedule was as follows:

8-9am lecture or teaching rounds

9-12: morning clinic of interest (pediatrics, psoriasis, hair loss, immunology, oncology, psychoderm, general, etc)

12-1: lunch

1-5: Operating room, clinic, or consults.

<http://www.umms.med.umich.edu/globalreachsurvey>

Once a week: clinicalpathologic conference in the afternoon
Friday evenings 6-7:30: challenging case studies.

Disappointments

What were the most disappointing aspects of your experience?

None.

Suggestions

What factors could have made your international experience better?

Make plans to explore and travel while there as well! It's great to learn about other countries as part of your fourth year education.

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes. My goals were to learn more about the culture of Chinese medicine as well as improve my medical Chinese as I hope to work with such immigrant populations in the future. I think it is also important to do international work in order to gain new perspectives on medicine. Also, patients from different cultures have different expectations and goals when seeking medical care. I think this is necessary to understand regardless of where one practices.

Global REACH International Activity Survey

General Information

Student	Chu, Alan
Activity Type	International Clinical Rotation (M4s)
Country	Taiwan
City	Taipei
Clinic or Hospital Name	National Taiwan University Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	I-Wen Chang
Address	No. 1 Sec. 1, Ren-Ai Road, Taipei
Email Address:	iwchang@ntu.edu.tw
Phone Number	886223123456-88753

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Susan Morris, Department of Anesthesia

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

One month international rotation in Anesthesia at National Taiwan University Hospital. As a student, most of your time is spent in the operating room learning procedural skills (intubations, central lines, and arterial lines). There are also daily morning didactics and afternoon lectures with the other medical students on varying anesthesia topics.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes, it was a humbling and eye-opening experience to see healthcare provided at a different country, particularly one which has a national health insurance system that operates both efficiently and with high-quality.

High Points

What were the best aspects of your experience?

Seeing first-hand how a hospital operates in a different country.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

From a friend who completed the same rotation the year before. There was a formal application process through <http://www.med.ntu.edu.tw/main.php?Page=N8O2>

Funding

Please describe the funding source and how much you had to pay out of pocket.

<http://www.umms.med.umich.edu/globalreachsurvey>

Cost: \$1101.60 for airfare, \$500 for daily living expenses in Taiwan Funding: Global Reach grant - \$500 for airfare and travel expenses. Everything else was out of pocket.

Housing

Please describe the housing accommodations and how you found them.

Stayed with extended family. .

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

Basic Mandarin language skills made the rotation much more meaningful. Can get by with English.

Expectations

What were the expectations of you as a student?

Attend daily morning didactics and participate in clinical activities in the operating rooms and other clinical sites.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Disappointments

What were the most disappointing aspects of your experience?

None. Enjoyed the rotation very much.

Suggestions

What factors could have made your international experience better?

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes, it was an amazing experience learning from an international hospital.

Global REACH International Activity Survey

General Information

Student	Liu, Mei Ling
Activity Type	International Clinical Rotation (M4s)
Country	Taiwan
City	Taipei
Clinic or Hospital Name	National Taiwan University Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Shih-Chung Chiang
Address	
Email Address:	
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

No

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

I spent 4 weeks in the family medicine department rotating through inpatient and hospice services.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Yes, from couple attendings, I admired their communication skills with their patients. In Taiwan, family members are very active in patient's medical decisions. Observing how physicians work with family members to optimize medical care was very beneficial to me.

High Points

What were the best aspects of your experience?

Definitely to get to learn about the Taiwanese healthcare system, how they are different from our system including their national insurance policy, their referral system and in some cases their clinical practice guideline.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

Yes there was a formal application, but no real deadline.

Funding

Please describe the funding source and how much you had to pay out of pocket.

I paid about 2000 dollars out of pocket.

Housing

Please describe the housing accommodations and how you found them.

I found it through a friend's parents who were originally from Taiwan.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

Yes, most people in the department speak mandarin. However, all the medical terminology were in English.

Expectations

What were the expectations of you as a student?

Mostly to shadow the interns. I wish there is a more developed curriculum. Most of the time, it feels like the the team doesn't know what we are doing there.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Disappointments

What were the most disappointing aspects of your experience?

There is no set curriculum. Most of my time was spent figuring out how the teams work. I wish there is better orientation so we know their expectations. Also I would like to be more involved clinically, outside of just rounding with the attending in the afternoon.

Suggestions

What factors could have made your international experience better?

More direct communications with the family medicine dept prior to my trip, so I can clarify expectations and work out a more established curriculum.

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes, I am interested in global health work, therefore, i will definitely do more international work. I also find different health care systems very unique and fascinating to learn about, given their politics and culture.

Global REACH International Activity Survey

General Information

Student	Teng, Justin
Activity Type	International Clinical Rotation (M4s)
Country	Taiwan
City	Taipei
Clinic or Hospital Name	National Taiwan University Hospital
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Yen-Chun Hsu
Address	
Email Address:	
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

Spent 4 weeks on rotation with the anesthesia department, going through various functions of their department, such as pain clinic, OBGyn, cardiac, general surgery, thoracic, etc.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

Gives me perspective on healthcare, as USA's healthcare is trying to become more public, efficient, and cost-effective, it needs to look to places like Taiwan.

High Points

What were the best aspects of your experience?

Close contact with attendings, personal teaching, ability to perform procedures, many reflections from staff.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

Worked at NTUH before. Yes, there was a formal process.

Funding

Please describe the funding source and how much you had to pay out of pocket.

Global Reach provided 500. My ticket ~1300 round trip.

Housing

<http://www.umms.med.umich.edu/globalreachsurvey>

Stayed with family.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

Fluency is advised for communication, particularly with instructions for procedures and to get to know the staff.

Expectations

What were the expectations of you as a student?

Rather relaxed, show up, display interest, pay attention. Show enthusiasm.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Facilities and medical thinking is Western, with their own challenges due to their health insurance system

Disappointments

What were the most disappointing aspects of your experience?

None.

Suggestions

What factors could have made your international experience better?

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Yes, gives so much perspective and opportunity to learn different methods of performing the same procedure.

Global REACH International Activity Survey

General Information

Student	VanArtsdalen, Jamie
Activity Type	International Clinical Rotation (M4s)
Country	Taiwan
City	Taipei
Clinic or Hospital Name	National Taiwan University
Length of Stay	4 weeks
Date of Experience	
Foreign Attending/Primary Contact	Wu
Address	
Email Address:	
Phone Number	

UM Mentor

Did you have a UM contact or mentor? If so, who was it and what department were they in?

No.

Description of Experience

Please give 1-2 sentences describing the nature of your international rotation/experience.

Shadowed in the operating room and clinic for 4 weeks. Observed many living donor liver transplants and liver resections also observed breast, neuro, and gynecology procedures.

In the clinics I shadowed the doctor. All conversations were in Taiwanese or Chinese, but the medical records are in English, so I was able to follow as the doctor typed and then we would go over cases afterwards. Many of the patients that I saw in general surgery clinic were liver transplant recipients who were infected with Hepatitis B. Since this is not common in the United States this patient population was very specific to Taiwan. I was also able to observe a family medicine clinic with another medical student from University of Michigan. These patients had many different complaints that were very similar to a family medicine practice in the United States.

My Daily Schedule was generally getting to the hospital between 7:30 and 8:00 for the start of surgery or for a morning report. I would then observe various surgeries until 3 or 5pm. Often there were lectures for medical students throughout that time that I was also able to attend. When I was present lectures would be given in English.

Impact on Practicing Medicine

Do you think this experience affected the way that you think of yourself as a physician? If so how?

This is difficult to answer. I think the biggest impact it had on me was of thinking about how in the future I could be more mindful of resources. There were definitely things done in the operating room that were effective and did not cost as much as in the United States.

High Points

What were the best aspects of your experience?

Observing a clinic where the physician saw 120 patients in 4 hours was extremely interesting. The physician would sit at his desk and patients would come to him. He had one assistant who would take their national medical card and load the information into the computer before while the patient was in the waiting room and then type in parts of the medical record such as the H&P for the physician. Another Medical assistant would get the next patient. The doctor did not do any physical exam and kept any conversations that were not directly pertinent to the case to a minimum.

How Located

How did you find out about this rotation/international experience? Was there a formal application process?

One of the schools which UM has a MOU. There was a form that needed to be filled out and certified by the school a few months before the rotation.

Funding

Please describe the funding source and how much you had to pay out of pocket.

Global REACH provided \$500. Flight was \$1200, housing \$350, Food ~ \$10/day.

Housing

Please describe the housing accommodations and how you found them.

We did not live at the university because rent was pretty high. Through family connections of one of the other medical students at NTU the same period I was there, we were able to find an apartment about 15 minutes from NTU. The apartment was a very nice one bedroom which three of us shared for the month. There was a very small kitchen, but food was inexpensive so we mostly ate lunch at the hospital (~\$3) and dinner at a restaurant or street food.

Language Fluency

Was fluency in the local language necessary (barriers, skill level needed, etc)?

I don't speak any Chinese or Taiwanese. Although both of these would have been helpful, medical records are in English and all of the doctors speak English, so lectures when I was present were also in English. Taipei is very navigable with only English as well.

Expectations

What were the expectations of you as a student?

I met with my point person 3 times during the rotation and then was expected to be in surgeries and at lectures when possible.

Other Comments

Any additional comments other students might find helpful (e.g., state of the facilities, preparation you wish you had done ahead of time)?

Great rotation, would highly recommend it! Anything that you need you can buy in Taipei. Residents dress fairly casual so no need for lots of dress clothes. I was in scrubs most of the time in the hospital. In the wintertime it is 50s - 60s but damp, so warm clothing is a must. I should have brought some more warm clothing.

<http://www.umms.med.umich.edu/globalreachsurvey>

Disappointments

What were the most disappointing aspects of your experience?

I was not able to scrub into any of the surgeries. It would have been nice to be a little more active, but understandable that being an international student this is difficult.

Suggestions

What factors could have made your international experience better?

It was great having a point person that I could help me get to operating rooms with interesting surgeries occurring. It would be nice to be integrated into the intern curriculum a little more. Maybe be paired with an intern that I could go around with to different surgeries. Also, although I'm not sure this is possible, it would be great to be able to scrub into some of the cases.

More Overseas Work

As a result of this experience, are you interested in doing further international work? Why or why not?

Even before going I have been very interested in overseas work. This experience was very informative for how other health systems work in other developed countries.