

Ghana – Global Health Elective

4 week elective rotation available for senior residents

Value of the Rotation

- o International travel is becoming more prevalent with 35 million international travelers in 2016 per the World Tourism Organization. Due to the increasing prevalence of global health and its impact on children, the AAP and the ABP developed a set of global child health goals that could be addressed by the pediatric community with defined skills germane to education of all pediatric trainees. This elective rotation will expose residents to many aspects of global health including tropical, infectious, and nutritional diseases, social and cultural determinants of health and their impact on healthcare, knowledge related to the functioning of a healthcare system of a developing country, and increased cultural awareness/competency.

Broad Goals:

- o Gain broad knowledge of medical and surgical conditions not often seen during training at Penn State Hershey Medical Center
- o Immerse in local culture as much as possible including the language, customs, and cuisine
- o Develop awareness of social determinants of health and how they affect patient care in a developing country
- o Exchange information between both medical institutions and providers both in Koforidua, Ghana and in Hershey, Pennsylvania

Objectives:

- o Develop knowledge of common symptoms, diagnosis, treatments, outcomes, and complications of tropical disease and infectious diseases that are uncommon in developed nations
- o Develop knowledge of common symptoms, diagnosis, treatments, outcomes, and complications of nutritional disorders that are uncommon in developed nations and how they affect health outcomes of patients
- o Recognize “local” treatments and how the impact they have on the health of patients
- o Gain knowledge of the functioning of a different healthcare system, particularly one in a developing country
- o Gain experience of practicing medicine in resource poor areas and learn what adaptations can be made in the area to suit the needs medically, culturally, financially, and logistically
- o Engage in teaching experiences aimed at exchange of information between providers at both medical institutions: Penn State Hershey Medical Center and Koforidua Regional Hospital
- o Increase cultural humility, competency, and awareness by immersing in all aspects of the local culture as much as possible including the language, religion, customs, and cuisine

Rotation Description:

- o Residents will participate in a 4 week rotation which is a partnership between Eastern Regional Medical Center in Koforidua, Ghana and Penn State Hershey Medical Center in Hershey, Pennsylvania. During this rotation residents will stay in a guest house and commute to the local regional hospital daily. At the hospital residents will have the opportunity to work with the equivalent of local PA students, medical students, interns, pediatric residents, Pas, and attendings in addition to ancillary staff.
- o Residents will rotate through the Kids Wards (general inpatient pediatric unit), NICU, OPD (outpatient department), and select clinics such as the Children's Wellness Clinics (well-child checks), neurology clinic, sickle cell clinic, and Kangaroo Care (NICU follow-up). Residents will also have the opportunity to visit community health centers with hospital staff, both near Koforidua and in more rural locations.
- o Residents will prepare 1 hour long powerpoint presentations for the local pediatric team on selected topics and present these while in Koforidua. Residents will then prepare and present a Pediatric Grand Rounds upon returning to Penn State regarding their experience in Ghana and select global health topics.
- o Residents are expected to take keep records while in Koforidua of ideas that will improve Penn State residents' in preparation before the trip, logistics while in Ghana, and quality/improvement projects both for Regional Hospital and Penn State.

Expectations:

- o Follow time-line regarding submission of paperwork and completion of all pre-travel modules
- o Participate in pre-travel experiences/SIMs/meetings as able based off on clinical schedule
- o Familiarize self with medical knowledge and concepts regarding global health prior to going
- o Receive all required pre-travel medications, including vaccinations prior to leaving, in compliance with Penn State COM travel requirements
- o Prepare and present powerpoints to the pediatric staff and learners at Koforidua on selected pediatric topics
- o Engage in local culture as much as possible
- o Participate in debrief with entire team after returning from Ghana, including providing feedback for the rotation
- o Submit timely receipts for reimbursements from travel to Program Coordinator
- o Prepare and present Grand Rounds about global health and experience in Ghana to the Pediatrics department with co-residents upon returning from Ghana
- o Mentor future residents interested in global health and/or the Ghana elective

Logistics/Schedule:

- o 4 week rotation with dates pre-selected by the global health department
- o Dates are historically in block 8 (mid-January – mid-February), however there is variance each year
- o Residents are expected to round at the Koforidua Regional Hospital Monday-Friday for the 4 weeks while in Ghana with the exception of travel days as needed
- o Residents will not have any commitments during the evenings or weekends while in Ghana and should use this time to explore the local culture

Reading/Resources:

- o Packets of helpful PowerPoints covering a few basics will be e-mailed out to residents in the fall after they have confirmed their interest in going.
- o There is a Ghana Handbook which is provided for the medical students going as part of their global health curriculum, and while some of the specifics do not apply to the Pediatric Residents, many of the general concepts are still applicable.
- o Copies of protocols/formulary at ERH will be provided to residents prior to travel for familiarization as well.
- o Ghana travel guide is available for general questions and knowledge about Ghana.
- o There is COM funding available for each resident to help offset the cost of this experience, however there is pre-travel paperwork and post-travel paperwork that must be submitted in a timely manner for this to be considered.

Individualized Curriculum:

- o Residents will have the ability to rotate through different departments at ERH as they are interested including the ICU, NICU, Kids Wards, OPD, and a variety of clinics, and while they should rotate through all locations early in their rotation for a complete experience, they are able to tailor their daily schedule based on clinical interests and the other learners present at this time.

Feedback & Evaluation:

- o Residents will be evaluated by their timeliness and effort in completing pre-travel requirements as well as their presentations given both in Ghana and at Penn State.
- o Faculty from Penn State will be in contact with faculty from Koforidua Regional Hospital throughout the resident's rotation.

Questions & Concerns:

- o Please contact Dr. Parvathi Kumar (in the Department of Pediatrics), Dr. Sheila Clarke (in the Department of Pediatrics), or Lindsey Kline (Global Health Center Manager) with any questions or concerns regarding this elective.
- o Please reach out to any residents who have previously gone as well for first-hand accounts.