Getting the Most Out of Your Global Health Elective at UNC SOM
Office of International Activities

A little bit about the OIA
- Martha Carlough (Director)
- Sylvia Becker-Dreps, Ian Martin (Associate Directors)
- Program Manager - Shay Slifko (starts at UNC 11/24!)
- Susanna Epling - Admin assistant

What we’ll discuss today:
- General issues
- Financial resources
- Basics of scheduling and planning an elective
- Resources that may be helpful

The most important things to take with you on any trip:
- A flexible and adventurous spirit
- Appropriate expectations
- The ability to laugh (including at oneself)

We want to lay the foundations for GH experiences that promote:
- Equity
- Reciprocity
- Sustainability
- Quality and safety in medical care
- Education and supervision for students
- Interdisciplinary models of work
- Address the health of populations
General questions:

- Why do you want to do a global health elective?
  - Learning, travel, service, other?
  - For you? For those you serve? For your career? Because of your faith and/or a desire to serve? Because everyone else is? Because it would “look good”
- What kind of experience are you hoping for?
  - Be realistic....
- How do you hope to integrate this experience into your continuing medical education and life?

Interest in global health

- Escalated in the last decade
- >30% of US/Canadian med students participate in a GH elective
- 84 UNC medical students traveled to 21 different countries last year
- Students START med school with more global experience than previously

Outcomes of participation in global health:

- interest in primary health care
- likelihood of community service
- skills in problem solving and clinical examination
- sensitivity to cultural issues and interest in care of the underserved

Different models of short term global health experiences:

- A 4-6 week pre-clinical community health oriented experience
- A research opportunity with UNC faculty or outside faculty
- A combo - language and medical learning
- A rotation in an established hospital/clinic (more common for MS4s)
- An extended experience - a year away from traditional medical school for a fellowship or MPH including an international practicum

When is the best time to go?

- Summer after 1st year (4-6 weeks, 8 weeks for research)
  - You can only apply 6 elective credits from MS1 & MS2 year towards the 18 elective credits necessary for graduation
- As a fourth year elective (4-8 weeks)
  - At least two clinical blocks of 4 weeks each (usually for two separate elective courses unless this is an ongoing research project)
  - YOU will have more choices for electives than in previous years as the intensive phase starts earlier
  - Longer electives/fellowships if you are considering an MPH year or a break in your med school years

Nuts and bolts of planning....

www.med.unc.edu/oia
When do I start to prepare?

- Start thinking about it one year in advance
  - which would be NOW for next summer
- Remember everything takes more time than you expect

Where do I start to look into the possibilities?

- OIA www.med.unc.edu/oia
- SPH Office of Global Health www.sph.unc.edu/globalhealth/
- UNC Global http://www.global.unc.edu/
- IGHID http://globalhealth.unc.edu
- Talk with other students/residents/faculty
- UNC International Health Forum
- Other organizations - see OIA website for ideas

How much will this cost?

- Not as much as it would if UNC SOM charged you for the credit
- Register your GH elective as a Fall 2015 course
  - You complete experience this summer
  - Credit is included in your normal fall tuition, no extra cost
  - No access to additional financial aid
- Register your GH elective as a Summer 2013 course
  - You complete experience this summer
  - Credit is counted as a summer course, extra tuition cost
  - Access to additional financial aid (if eligible)

How will I pay for this?

- UNC SOM fellowships (deadline Feb 15th, 2015)
- Other UNC based scholarships (variable deadlines, but mostly in early spring)
- Financial aid package (must be registered for summer course & paying tuition for summer)
- Other scholarships and grants, community organizations - Rotary club, churches, etc...
- Kind family and friends
- Wait tables...

How much will this cost?

- Students spend an average of $2500 on a 6 week overseas elective (for Africa or Asia may be significantly more)
- Hidden costs - visa, immunizations, etc...
- Some organizations have program fees that cover everything - may be worth it
- Travel health/evacuation insurance - $1.30 per day for students. **REQUIRED**

GLBE 201/401

- Foundations in Global Health GLBE 201/401
  - Combination of self-paced online course and international experience
  - Completion of 6 on-line global health modules
  - Two Reflective Papers: (4-5 pages each)
  - Preceptor evaluation
  - Geo-journal
GLBE 201/401

- Modules as of September 2014:
  - Neonatal Health
  - Global Family Planning
  - Global Health Ethics
  - Maternal Health and Safe Motherhood
  - Childhood diarrhea
  - Update on Global HIV epidemic - Part I
  - Diagnosis and Management of HIV Globally - Part II
  - Pediatric Malnutrition and Nutrition in Emergencies
  - Advance in the Prevention and Treatment of Malaria
  - Malaria in the Returned Traveler
  - Global Perspective on Mental Health
  - Health of Migrant Farmworkers

Other possibilities for UNC global health electives:

- Any UNC Faculty member can serve as a preceptor but credit/course arrangements made in advance
  - FAME 225/425 - Martha Carlough/Sylvia Becker-Dreps
  - FAME 233/433 - Honduran Health Alliance (Farahi/Morse)
  - FAME 271/471 - Proyecto Puentes de Salud (Evans Ashkin)
  - SOCMA 204/404 - Social Medicine (Gail Henderson)
  - PERU 401 - Marco Aleman
  - ERMD 414 (Kenya) and ERMD 415 (Tanzania) (Ian Martin)
  - MEDI 400X HIV/STD/Infectious Disease - UNC/Malawi, Zambia, China and Nicaragua programs - Irving Hoffman

As a UNC med student you MUST....

1. Purchase travel health/evacuation insurance through UNC.
2. Register with the UNC Global Travel Registry
3. Complete the two required online modules.
4. Sign and return the travel waiver form.
5. Register with the State Department, take care of any immunizations, and leave a copy of emergency plans and contact information with a family member.

- Have a UNC faculty advisor and an identified preceptor on site who will supervise and evaluate you if you are planning on receiving credit and/or involved in research
- Go through IRB approval if you are involved in human subjects research

Examples of what electives students have done recently:

- Research with UNC/Malawi, Zambia, China or Nicaragua program (applications DUE 11/26/2014)
- UNC student group trip with Honduran Health Alliance or Proyecto Puentes de Salud (Mexico)
- CDC research in Guatemala through SPH contacts
- Set electives with third party organizations:
  - Himalayan Health Exchange (India)
  - CFHI (Mexico, South Africa) and InterHealth (Ecuador)
  - Mayan Medical Aid (Mexico and Guatemala)
- Independent electives Family Health Ministries in Haiti, Shoulder to Shoulder in Honduras and Hospitalito de Atitlan in Guatemala
- Medical Spanish and Latina health elective at various schools in Costa Rica, Honduras and Guatemala
- Fogarty fellowship (year long) in South Africa and Schweitzer fellowship in Gabon (4-6 months)

A little advice....

- Give yourself time to rest between MS1 and MS 2 years - this is effectively your LAST scheduled summer break
- A global health experience is one of many good options
- If you travel, allow yourself re-entry time to process and reflect
- This summer is not the only time you to do a GH elective, if this summer is not a good fit - don’t force it
- You don’t have to cross an ocean to be involved in global health

Questions, comments?