Preface

The purpose of this handbook is to provide basic information for medical and pre-medical students participating in summer internship program at Touro University.

The manual is updated on yearly basis to incorporate new changes and modifications to the program following end of year evaluation.
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    Debre Markos Hospital

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Entoto Avenue, P.O. Box 1014
Addis Ababa, Ethiopia
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Emergency after-hours telephone: 251-11-517-4000 ext. 0
Facsimile: 251-11-124-2435
http://ethiopia.usembassy.gov/

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3506 International Drive NW
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http://www.ethiopianembassy.org/
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A. ETHIOPIA OVERVIEW

Federal Democratic Republic of Ethiopia was ratified in 1994. It is surrounded by Somalia, Djibouti, Eritrea, Sudan, and Kenya in Africa. It is about the size of Oklahoma, New Mexico and Texas combined. The capital is Addis Ababa. Other big cities are Gonder, Nazret, Mekelle, Bahir Dar, Dessie, Dire Dawa, Awassa, and Jimma. Climate is temperate in the highlands and hot in lowlands.

Nationality is mainly Ethiopian. Population is estimated to be 80 million with annual growth rate of 3.2% as of 2008. The majority is Sunni Muslim (45 to 50%) and Ethiopian Orthodox Christian (40%). There are a few Protestant (5%). Official language is Amharic. Other languages spoken are Tigrinya, Arabic, Guaragigna, Oromifa, Somali and English which is taught in secondary school. The Ethiopian unit of currency is the Ethiopian Birr (ETB). Work force is mainly in Agriculture (80%) which produces coffee, cereals, pulses, oilseeds, khat, meat, hides and skins. 20% of the workforce produces industrial products which are textiles, processed foods, construction, cement, and hydroelectric power. Natural resources are mainly potash, salt, gold, copper, platinum and natural gas. Infant mortality rate is 93 out of 1,000 live births with only 43% literacy rate. Please read more at http://www.state.gov/r/pa/ei/bgn/2859.htm.

The University of Capacity Building Program is the institution that Touro has chosen for the organization and coordination of the program in Ethiopia. The affiliated hospital for rotations and internships are at Debre Markos Hospital in Debre Markos.
Also known as Mankorar, Debre Markos is a city in East Gojam. Formerly capital of Gojam.

Set at an altitude of 2410 m in the highlands of the Blue Nile Gorge, Debre Markos was named after its primary church, which is dedicated to St. Mark and constructed in the late 19th century. Historically, however, Debre Markos is best known as the site where a mere 300 members of the combined Ethiopian-Allied army conquered more than 1400 Italian troops in April 1941 - a watershed event in the downfall of the Italian occupation.

Debre Markos’s economy depends largely on agriculture. Its climate is ideal for cultivating teff, the main ingredient for injera, the national staple. The largest employer is the East Gojam Zonal Administration center.

Debre Markos is located 300 km northwest of Addis Ababa. Amharic is the most commonly spoken language. Based on figures from the Central Statistical Agency in 2005 Debre Birhan has an estimated total population of 85,597 (Source: http://www.ucbp-ethiopia.com/e548/e572).

B. University of Capacity Building Program

The University Capacity Building Program (UCBP) is a large-scale capacity development and construction project conceived, steered and fully funded by the Ethiopian Ministry of Education and Ministry of Capacity Building.

As the project management and implementation agent, GTZ International Services - the German Technical Cooperation's foremost task is developing the capacity of the Ethiopian construction sector. GTZ IS is supervising the construction of 13 universities at 15 different sites throughout Ethiopia, mostly in rural locations (on 1,500,000 square meters for 121,000 students). The phased approach allows an intake of students to each university while construction is continued. This enables campuses to be functional as construction continues on other buildings of the campus. In January 2010, 77,552 students live and study on UCBP campuses.

The program aims to:
1) Modernize Ethiopia's construction sector, leading to increased international competitiveness; and
2) Design and construct public universities in 15 locations throughout Ethiopia, at a competitive cost and a very short time span.

Higher Education is critical for Ethiopia’s future economic development, and the need for an ambitious expansion of this sector in Ethiopia is undisputed. The UCBP addresses this need by geographically decentralizing and expanding Ethiopia’s Higher Education system on a large scale, resulting in unprecedented equitable access to university-level education. These students will form the backbone of a qualified and adaptable human resource base that will drive Ethiopia’s development forward. In addition to contributing to accelerated industrial development, these new universities will strengthen secondary education and Technical and Vocational Education and Training (TVET) by focusing on training qualified teachers.
C. DEBRE MARKOS HOSPITAL

Features:

- A minimum of 8 – 10 deliveries daily
- A continuously busy Obstetrics/Gynecology ward of ~25 patient beds
- A surgical ward of ~ 25 patient beds
- A larger inpatient ward
- A small pediatric ward
- An antiretroviral clinic
- Modern ophthalmology clinic built with German assistance

Some of the cases that you might encounter:

- Cesarean Section
- Pelvic mass/tumor removal
- Tubal ligation
- Bowel obstruction (most commonly sigmoid volvulus)
- Intraabdominal prostatectomy
- Circumcisions
- Neonatal resuscitations
- Minor procedures and surgeries

D. PROGRAM LAYOUT

i. Type of Program

- Site is ideal for
  - Clinical, Research and Community Service especially Elective Clinical Rotations and Internships, in OB/GYN, Pediatric, internal medicine, and infectious diseases.
  - Summer internship for first year Touro students.
  - Elective rotation for 3rd and 4th medical students.
  - Field study Global Health track, course # OH-600
  - Global health summer internship, course # BSC-670
- Preliminary Departure date : Last week of May
- Duration : 3 weeks minimum

ii. Pre Departure arrangements

Health

*Ethiopia is a mountainous country and the high altitude may cause health problems, even for healthy travelers. Addis Ababa is located at an altitude of 8,300 feet. Travelers may experience shortness of breath, fatigue, nausea, headaches, and inability to sleep. Individuals with respiratory (including asthma) or heart conditions should consult with a health care professional before traveling to Ethiopia. Travelers to Ethiopia should also avoid swimming in any lakes, rivers, or still bodies of water. Most bodies of water have been found to contain parasites. Travelers should be aware that Ethiopia has a high prevalence of HIV/AIDS. Travelers must carry their own supplies of prescription drugs and preventive medicines, as well as a doctor's note describing the medication. If the quantity of drugs exceeds that which would be expected for personal use, a permit from the Ministry of Health is required.*
Center for Disease Control and Prevention
1-877-FYI-TRIP (1-877-394-8747)
Concern: malaria, tuberculosis, HIV/AIDS, diarrhea, cholera and typhoid
Need prophylaxes and insect repellents
Vaccination

Visa requirements
Visa to Ethiopia is 20 USD at airport. No documents required.

Travel
Getting there: Selaam Travel is a travel agency based out of Los Angeles and Addis Ababa. They are very comfortable booking travel to Ethiopia and staff are incredibly friendly. They can book airfare, hotel in Addis, national flights in Ethiopia, and private cars.
In Ethiopia
• Mini bus~$50 pp (negotiable)
• Salem Bus~$30 pp
• Cobra/private car: ~$150 pp (negotiable)

All forms of travel take about 5 hours between Addis Ababa and Debre Markos, however they are listed in order of least to most comfortable. We highly recommend Selaam bus, but realize they only depart Addis once per day around 6am so travel may not be as convenient. Private car is very convenient for transit upon arrival to minimize hassle.

Application packet (Appendix C)
SIC requires that you buy travel insurance to cover at least hospitalizations and emergency medical evacuations. These typically cost approximately $80 for a two-month trip. You may also want to consider a comprehensive package plan covering cancellation, loss of baggage, compensation for delays, etc. These typically cost approximately $250 for a two-month trip.
We will ask you for a photocopy of your insurance plan, both to make sure that you have it and so that we have your plan on record in case of emergency.

Sources of Insurance
www.insuremytrip.com is an excellent way to compare prices and policies.
www.mnui.com is a good source of cheap medical-only insurance.
The International Student Identification Card (ISIC) is cheap, and includes some travel insurance. Check the benefits carefully though – their coverage is not as good as the more expensive plans.
iii. Lodging

**Bole Rock Hotel:** Addis Ababa (recommended, but have never utilized before)

**KZ Hotel:** Addis Ababa (frequently stayed). Nice rooms, internet access, good food, and helpful staff. www.kzfamilyhotel.com

**Shebel Hotel:** Debre Markos. (Really the only option and within 10 min walking distance to Debre Markos hospital.) Good food, clean rooms, friendly staff. Be sure to bring flip flops for the bathroom, a thin travel towel if you’re particular and some extra money for laundry service. There are other hotels available in Debre Markos however none seemed to be as convenient and of the western standard. Dr. Abinet can provide other suggestions as needed. You can google this hotel for an outside picture at least.

iv. Draft Activities

Students are required to commit to one of these committees.

<table>
<thead>
<tr>
<th>COMMITTEE</th>
<th>TASK</th>
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</thead>
<tbody>
<tr>
<td>Student Evaluations of the program</td>
<td>Student collects the evaluation from participants</td>
</tr>
<tr>
<td>Appendix F</td>
<td></td>
</tr>
<tr>
<td>Final report</td>
<td>Final report</td>
</tr>
<tr>
<td>Expenses and budget record during trip</td>
<td>Student prepares a summary of expenses for the next year group</td>
</tr>
<tr>
<td>Presentations to the upcoming class</td>
<td>Student gathers the pictures and prepare the presentation for the upcoming class</td>
</tr>
<tr>
<td>Research reports to the research program</td>
<td>Individual students</td>
</tr>
<tr>
<td>Services reports to the upcoming class</td>
<td>Student prepares a report on possible service projects for next year group</td>
</tr>
<tr>
<td>Osteopathic medicine seminar</td>
<td>Student plan to present a short seminar on osteopathic medicine at the host institution</td>
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</table>

**Osteopathic medicine seminar:** Students are encouraged to arrange for a seminar on Osteopathic medicine to the hospital community.

**Final evaluation:** Supervising doctors and students are expected to submit a final evaluation form to the supervising faculty. See Appendix E and F. The evaluation is used by the faculty and the administration as a tool to address any areas which need improvement. The program relies heavily on the student’s input.
E. In Debre Markos

- **Local Coordinator**: Dr. Abinet

- **Transportation**: The walk to and from the hospital is approximately 15min. Local transportation in small taxis is available for trips to the hospital and to and from town if desired.

F. Food

Be careful with what goes in your stomach!

G. Safety Issues

*Americans are strongly advised to review their personal safety and security posture, to remain vigilant and to be cautious when frequenting prominent public places and landmarks. Targeted bombings in Addis Ababa and south eastern Ethiopia in 2008 resulted in numerous injuries and deaths. Americans are advised to avoid public gatherings and public places, including hotels, if possible, and using public transportation and transportation hubs. They are advised to beware of unattended baggage or packages left in any location, including in mini-buses and taxis.*

*Travel in Ethiopia via rail is discouraged due to past episodes of derailment, sabotage, and bombings. Travelers should exercise caution when traveling to any remote area of the country, including the borders with Eritrea, Somalia, Kenya and Sudan. Ethiopian security forces do not have a widespread presence in those regions.*

*Pick-pocketing, “snatch and run” thefts, including from occupied vehicles and other petty crimes are common. These are generally crimes of opportunity rather than planned attacks. Travelers should be cautious at all times when traveling on roads in Ethiopia. There have been reports of highway robbery, including carjacking, by armed bandits outside urban areas. Some incidents have been accompanied by violence. Travelers are cautioned to limit road travel outside major towns or cities to daylight hours and travel in convoys, if possible.*

*In many countries around the world, counterfeit and pirated goods are widely available. Transactions involving such products may be illegal under local law. In addition, bringing them back to the United States may result in forfeitures and/or fines.*

*If you are the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate.*

**US Embassy**

Entoto Avenue, P.O. Box 1014
Addis Ababa, Ethiopia
*Telephone: 251-11-124-2424
Emergency after-hours telephone: 251-11-517-4000 ext. 0
Facsimile: 251-11-124-2435
http://ethiopia.usembassy.gov/*

*The embassy/consulate staff can, for example, help you find appropriate medical care, contact family members or friends and explain how funds may be transferred. Although the investigation*
and prosecution of the crime are solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed.

There is no local equivalent to the “911” emergency line in Ethiopia. Distress calls should be made to the local police station, the telephone number of which can be obtained by calling directory assistance at 997. This is the number for directory assistance throughout Ethiopia.

For the latest security information, U.S. citizens traveling abroad should regularly monitor the Department of State's Bureau of Consular Affairs' website, which contains current the Travel Warnings and Travel Alerts as well as the Worldwide Caution.

Up-to-date information on safety and security can also be obtained by calling 1-888-407-4747 toll-free within the U.S. and Canada, or by calling a regular toll line, 1-202-501-4444, from other countries. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

The Department of State urges American citizens to take responsibility for their own personal security while traveling overseas. For general information about appropriate measures travelers can take to protect themselves in an overseas environment, see the Department of State’s extensive tips and advice at http://travel.state.gov/travel/cis_pa_tw/cis/cis_1113.html.

H. FAQs

1. Are there research or scholarly activities opportunities?

Upon the submission of the letter of collaboration from the Debre Markos hospital medical research center, the students will submit their proposals to the supervising faculty who will forward it to the Shirati hospital medical research director for approval. Since the research is a joint effort between the two institutions, the Debre Markos medical center is expected to facilitate the students’ field work whether it is in the hospital or the community. See Research Handout for topics and previous work.

“Neonatal resuscitation” was reviewed in the form of a power point presentation created on Dr. Abinet’s laptop and projected onto the wall of the delivery room. The review was directed to the health officers and midwives who are largely responsible for the health and well being of newborns as the physicians are usually tending to the mothers if present at all. The lecture covered technique and skill, but emphasized the importance of organizing a 2-person resuscitation in terms of the A-B-C’s. I stressed the importance of having 2 designated people available for every newborn with one person focused on the airway and breathing (clearing and positioning airway, respiratory rate, and providing breaths or CPAP) and the other focused on the circulation (stimulation, heart rate and epinephrine delivery). Just as is the case here in the U.S., most of the chaos surrounding a floppy newborn is the absence of clearly defined roles prior to the delivery. I emphasized the importance of having two people not only designate themselves as being there strictly for the newborn, but also self designate as the ‘airway’ or ‘circulation’ person. The lecture was about 30 minutes and it was followed by 3 mock cases to utilize the skills and organization presented. All staff were engaged and enthusiastic to learn.” (Nicole Cala and Chris Roden, 2010)
2. What is the duration of the program and is it available any time of the year?
   Preliminary Departure date: Last week of May
   Arrival date: First week of June
   Duration: minimum 3 weeks

3. How available are the preceptors?
   The responsibilities of the supervising faculty differ according to the site location.
   - Work with the site coordinator and the host coordinator to ensure the availability of schedule to the students early at the beginning of the internship with time and place of each rotation clearly stated.
   - Monitor the participation of students in all activities: student’s attendance; students should attend fully and participate actively in all the scheduled rounds.
   - Work with the host coordinator to assign students to various clinics for the afternoon sessions, students should attend at least 2 days of these clinics and give a final report on the activity of each clinic.
   - Deliver an average of 2-3 clinical topics pertaining to the common clinical conditions for the site to the students and the local staff.
   - If applicable, participate in the clinical service of the hospital, example; diabetes clinic, radiology clinic, TB and chronic infection clinic.
   - Remain in close contact with host coordinator to facilitate student’s scholarly activities; collection of data, facilitations with the community members for public health research, facilitating with nurses for the screening and public health activities and health offices.
   - Coordinate with chief hospital administrator to facilitate community programs.
   - Carry daily meetings with students to check if everything went well that day.
   - Preparation of First Aid Kit for each site.
   - Provide a list and reference of clinical topics pertaining to the site for future participants to read prior the internship.
   - Evaluation of student’s log books, students should receive their feedback by the end of the program.
   - Provide an end of program evaluation to both the host coordinator and Tour site coordinator.

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<th>TITLE</th>
<th>ASSIGNED COMMITTE</th>
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<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
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4. What is the daily program template?

<table>
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<th>Time</th>
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<tr>
<td>Report to hospital ward</td>
<td>8:30 am</td>
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<tr>
<td>Rounds</td>
<td>8:30 – 10 am</td>
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<tr>
<td>Outpatient clinics</td>
<td>10 - 12 noon</td>
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<tr>
<td>Lunch</td>
<td>12 - 2 pm</td>
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<tr>
<td>Specialty Clinics</td>
<td>After 2 pm</td>
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<tr>
<td>Free time</td>
<td>After 5 pm</td>
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“We arrived daily around 8am and left around 5pm with a two hour lunch break. Both journey’s were usually on foot (~15 min walk), which allowed for a great opportunity to see the people of Debre Markos. Children would approach you with their laughter, smiles and requests for pens so prepare for such (pens might as well be gold to the children, we advise you bring a couple of boxes per person). On occasion we stayed late to observe/assist in a surgery. There is plenty going on after 5pm in the hospital (deliveries as well as general and ob surgeries), however participation is really structured around getting home safely (before dark or otherwise in a reserved taxi). We walked home in the dark one night and didn’t feel particularly safe/smart. In general, the people of Debre Markos are very friendly and inviting, however, the inherent socioeconomic discrepancy could be easily inviting. On multiple occasions we walked the town at night With Dr. Abinet and didn’t feel at all insecure”. (Nicole Cala and Chris Roden, 2010)

5. What kind of clinical experiences can be expected?

“We spent 4 weeks in Debre Markos working in the OBGYN ward with Dr. Abinet and staff. During our stay we watched and assisted in OB/GYN (gyne-obs in Ethiopia) surgeries, such as, ovarian tumor removal, hysterectomies and cesarean deliveries. If we weren’t in the OR (Operating theatre) we would be in the labor ward awaiting deliveries. Most deliveries were assisted with vacuum or forceps and fetoscopes were the mainstay of antenatal assessment so knowledge regarding all three devices is helpful. The labor ward is staffed by health officers who have acquired specific training pertaining to OB/GYN, however are responsible only to manage uncomplicated cases, predominately overseeing the intrapartum process. Midwives are called in to deliver the uncomplicated deliveries and the physician is only called upon when an assistive device is needed or cesarean section is warranted. “

6. Is it possible to extend the stay in Ethiopia?

Yes, it is possible to extend the stay in Ethiopia.
Recreational travel ideas:
Bahir Dar: 4 to 5 Hours by car this is a more developed city to visit in comparison to Debre Markos. It borders Lake Tana where there are multiple monasteries to visit by boat. Good food and access to accommodations of varying comfort.

Lalibela: Flights depart either Addis or Bahir Dar. This is an expensive trip including flight, lodging, and UNESCO admission/guide fees ($75pp) into the underground churches. The churches are beautiful. Again, good food and varying accommodation possibilities.

7. What are the necessary items to be brought?

TRAVEL LIGHT LIGHT LIGHT LIGHT LIGHT LIGHT LIGHT LIGHT !!!!!!!!
In your carry-on luggage:
Plane tickets
Medications, including Malaria Prophylaxis (carry in original bottles; bring any necessary prescription documents)
Travel and Medical Insurance Papers
Emergency contact information
Some cash—pack the rest in separate places
Credit card/ATM card with a 4-digit pin (Visa is universal, Mastercard is not accepted in many places)
Passport
Arrival Instructions
A change of clothes and your toothbrush (it is not uncommon for your luggage to arrive a bit after you do and for the overnight stay at Cairo.)

Pack:
Immunization Records
Clothes (See suggestions)
Walking shoes
Mosquito repellant w/DEET
Anti-bacterial hand sanitizer
Toiletries
Flashlight(s) – Bring two, you’ll be using it every day
2 photocopies of passport
Sunscreen
The IH program
Any other teaching materials

Highly recommended:
Items for donation (see previous class recommendations)
Camera
Large and small backpack
Money belt
Bathing stuff—flip flops
Books!
Operating room scrubs are in need so please have a spare set to keep at the hospital for sterilization and repeated use. Protective wear, such as goggles and face-masks, is also necessary.

**Optional:**
Music (CD walkman)
Sunglasses
Eye shades
Pictures of home
Extra batteries
Zip-lock bags (the big ones)
Sewing kit/safety pins
Things to trade (e.g. cheap watches, clothing)
Driver’s license

**Leave with a responsible person at home or email to yourself:**
Itinerary and emergency contact information
Copy of first page of passport
Copy of driver’s license
Copy of credit cards/ATM
Proof of medical insurance
Copy of physicians’ letters concerning medications
List of travelers check numbers

8. How is the weather in Debra Markos?

Please bear in mind that neither the buildings where you will be housed nor the hospitals have central heating or air conditioners; therefore, be open to either high or low temperatures in those places.

- [www.weather.com](http://www.weather.com)
- [www.weather.yahoo.com](http://www.weather.yahoo.com)
- [www.bbc.co.uk/weather/](http://www.bbc.co.uk/weather/)
- [www.accuweather.com](http://www.accuweather.com)

9. What are the expected professionalisms?

Basically, conduct yourself in a professional manner in all arenas. This includes showing up on time to rotations and being prepared. Our conduct not only represents ourselves, but foreigners in general.

“All staff are medically educated in English so language doesn’t present itself as a barrier in the context of medical jargon, however, using slow clear speech is appreciated. “ (Nicole Cala and Chris Roden, 2010)

“It is our responsibility to volunteer responsibly. We are not there merely to take, but also to give. Please be kind enough to be prepared to provide knowledge and/or supplies. And please be kind enough to contact us upon your return for ideas to update the list of needs.” (Nicole Cala and Chris Roden, 2010) See Appendix G.
• Review CPAP using a flow inflating resuscitation bag
• Review neonatal mask positioning on face
• Epinephrine administration to neonate
• ***Neonatal intubation ***(this is a very necessary skill needed to avoid sequelae of meconium aspiration)- currently no short-term intubation for quick suctioning is available.
• Peripheral intravenous line placement in neonate for antibiotic delivery

“Remember that Ethiopians are rightfully a very proud population; be respectful and sensitive in providing constructive feedback.” (Nicole Cala and Chris Roden, 2010)

10. Are the local health services reliable in case of emergency?

Serious illnesses and injuries often require travelers to be medically evacuated from Ethiopia to a location where adequate medical attention is available. Such “medevac” services are very expensive and are generally available only to travelers who either have travel insurance that covers medevac services or who are able to pay in advance the considerable cost of such services (often in excess of USD 40,000).

If you require surgery overseas and need a blood transfusion, remember that not all countries require the same standards for screening HIV-antibodies in donated blood. Red Cross offices and embassies overseas have information on safe sources of blood.

11. Is there any travel tips?

- Register your name and address with your embassy in Ethiopia
- Register online at https://travelregistration.state.gov/ibrs/
- For tips, visit http://travel.state.gov/travel/cis_pa_tw/cis/cis_1113.html
- Typhoid and Hepatitis A vaccination is recommended.
- Communication: country code is 251.

No knives, mace or other things that can be considered weapons (they will be confiscated at the airport). Do not bring anything you would be devastated to lose. Be sure to pack the following items in your carry-on luggage:

- Plane tickets
- Medications, including Malaria Prophylaxis (carry in original bottles; bring any necessary prescription documents)
- Travel and Medical Insurance Papers
- Emergency contact information
- Some cash—pack the rest in separate places
- Credit card/ATM card with a 4-digit pin (Visa is universal, Mastercard is not accepted in many places. You probably don’t need more than one).
- Passport
- Arrival Instructions
- A change of clothes and your toothbrush (it is not uncommon for your luggage to arrive a bit after you do and for the overnight stay at Cairo.)

Don’t bring anything you cannot comfortably carry by yourself
<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airfare</td>
<td>1750.00</td>
<td>SF- Addis Ababa (Egypt air)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cost may vary according to the airline taken by students</td>
</tr>
<tr>
<td>Visa</td>
<td>20.00</td>
<td></td>
</tr>
<tr>
<td>Transportation</td>
<td>200.00</td>
<td>Addis Ababa –Debre Markos, round trip</td>
</tr>
<tr>
<td>Accommodation in Addis Ababa</td>
<td>120.00</td>
<td>60.00 per night</td>
</tr>
<tr>
<td>Accommodation in Debre Markos</td>
<td>84.00 per week</td>
<td>Total varies according to course</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Field study: 5-8 weeks</td>
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<tr>
<td></td>
<td></td>
<td>Summer internship: 4 weeks</td>
</tr>
<tr>
<td>Food</td>
<td>10.00 per day</td>
<td>Total weeks: 4</td>
</tr>
<tr>
<td>Hospital/preceptor fee</td>
<td>150.00</td>
<td>Latest estimate 2010</td>
</tr>
<tr>
<td>Vaccination</td>
<td></td>
<td>Cost varies according to student’s insurance</td>
</tr>
<tr>
<td>Travel health insurance</td>
<td></td>
<td>Cost varies according to student’s selection of insurance form</td>
</tr>
</tbody>
</table>
Appendix B

Supply List
Please give some indication of item importance, i.e. what would you like to have immediately, short-term and long-term as well as number of each item desired.

Day-to-day supplies/equipment

- Personal Protective Equipment
  - Gloves [# ]
  - Eye protection [# ]
  - Disposable/Reusable Masks[# ]

- Ward Supplies
  - Heat lamps[# ]
  - Biodegradable diapers[# ]
  - Alcohol gel[# ]
  - Ultrasound Gel[# ]
  - 24 Gauge IV catheters for neonatal antibiotic administration[# ]
  - Suction Catheters
    - Neonatal[# ]
    - Adult[# ]
  - Thermometers[# ]
  - Hospital Scrubs [# ]
    - Nicole’s entire unit of ~150 nurses will be transitioning to standardized scrubs. Planning donation of personal scrubs that can no longer be worn
  - Blankets/Sheets/Pillows (or funding to purchase) [# ]
  - Kayland forceps [# ]

Operational Items/Big Ticket items

- Short Term
  - Portable Ultrasound
  - Portable (battery operated) Pulse oximeters
  - Continuous Fetal Monitoring
  - Lead for x-ray safety

- Long-Term
  - Autoclave
  - Updated X-ray viewer (wall mounted)
  - Isolette? (At some point if need exists and when can be accompanied by training)

  - Water- Independent water supply or back up system to ensure availability
  - Industrial washer and dryer for cleaning of hospital supplies
  - Supplies for Trauma Management

Educational

- Books: Most Current Editions Preferable
  - Netters Anatomy
  - Ultrasound books
  - Harrison’s
  - Williams
  - Nelsons
- Surgery (baily & loves)
  - Teaching/advancing care:
    - Neonatal Intubation - rapid technique for meconium aspiration
    - Family planning
      - Pathology - cervical PAP smear sample acquisition and interpretation
  - Other
    - Access to Touro University Online Resources
Eligibility and Requirements

The student must be in good academic standing. Applications from students who are on academic probation will not be accepted. Students participating in the summer internship must register for the prerequisite spring global health elective course. This course is established to follow the mission of Touro University to prepare students to deliver primary care to the underserved, to teach, to learn and to serve. The course will present an overview of issues in global health from the viewpoint of many different disciplines.

The following forms are due NO later than one week AFTER return from the internship:

- Clinical Performance Assessment form
- Touro Student Evaluation form
- Student Clinical Logbook

Application Process:

Website: http://www.tu.edu/departments.php?id=105&page=770&prev=1

1. Preliminary Application packet **Due the first week after Thanksgiving**

   The applicant should submit the following, to the site coordinator:

   - Personal Statement explaining why the student wants to participate in the internship (maximum 2 pages).
   - OR-
     Reference Letter, vouching for the participant's level of maturity and/or experience with clinical, international, unfamiliar or stressful conditions.

   - Resume/CV

2. Clearance by GHP

   The GHP will verify academic clearance and a good record of professionalism from the Student Promotion Committee upon receipt of the student’s application packet.

3. Student Selection

   Completed applications are reviewed by the Global Health Selection Committee, and students will be notified by the first week of December.

4. Upon student selection

   Register for the spring Global Health elective.

   Submit the following forms to the site coordinator. **Due the 1st week of December**

   - Student Handbook Signature Page
   - Completed "Student Information" form (Two copies)
   - Signed "TUCA Waiver of Liability for International Rotations Liability" form
   - Signed "Student Participation Agreement" form
   - Vaccination record (hard copy)
   - Proof of Insurance purchased (hard copy) **Due Spring - end of the 2nd block**

*Student participation in the summer internship is not guaranteed. The student must maintain good academic standing and a good professionalism record for the spring semester.
I hereby acknowledge receipt of the Touro University Global Health Program Student Handbook and have thoroughly read and understood its contents.

Name: _____________________________________________

Signature: ____________________________________________

Date: ________________________________________________
Student Information
Please print legibly! Submit two copies.

Name: ___________________________  School: _______________________
Program: ________________________  Email: _________________________
Phone number(s): __________________  _________________________
Date of Birth: ____________________  Place of Birth: ______________
Passport Number: ___________________  PP Place of Issue: ___________
Mailing ___________________________  PP Date of Issue: ____________
________________________________________
________________________________________

Emergency Contact #1
Name: _____________________________ Relation to you: ________________
Phone number: ______________________ Email: _______________________

Emergency Contact #2
Name: _____________________________ Relation to you: ________________
Phone number: ______________________ Email: _______________________

Do you have any allergies or medical conditions? Please explain.
________________________________________

What kind of malaria prophylaxis will you be taking? _______________________

Insurance Coverage*
*Touro requires that you buy travel insurance to cover at least hospitalizations and emergency medical evacuations. We will ask you for a photocopy of your insurance plan, both to make sure that you have it and so that we have your plan on record in case of emergency.
Touro University- California Waiver of Liability for International Rotations

Please read carefully; if you are unable to accept these terms do not participate in this rotation. If you accept, print out and return to Clinical Education prior to your departure.

I, _____________________________, hereby acknowledge that I am voluntarily selecting to participate in an elective rotation at (country) ______________________________ in _____________________________ (specialty). I understand that the malpractice insurance coverage of Touro University does not extend to lawsuits filed outside the United States. I am aware that living and working in a foreign country presents unique risks and hazards that may include but are not limited to personal safety, finance, medical care, and housing. I further understand that I have the responsibility to obtain and maintain health insurance coverage including an evacuation insurance policy for repatriation to the US as well as reasonable and necessary health care services in the foreign location I have chosen. I acknowledge that Touro University assumes no responsibility for any costs relating to this rotation, including but not limited to travel, housing, personal injury, property damage, or uninsured professional liability (malpractice). I voluntarily agree to personally assume all such risks and responsibilities. I release the University, its' faculty, directors, and employees from any and all injury, loss, financial responsibility, and/or liability of any kind which may arise out of my participation in this clinical experience.

________________________________________ (signature of student) __________________ (date)

________________________________________ (witness) ___________________________ (date)
Students Participation Agreement

Please print or type all of the information:

Student Name: _____________________

I am a student attending Touro University. I have agreed to participate in the Global Health Summer Internship in _____________________________, and I understand that my participation in this Program is voluntary.

Personal health considerations

I will obtain a policy of comprehensive medical and accident insurance (“Policy”) for the period that I am participating in the Program. The Policy will provide coverage for injuries and illnesses I may sustain or experience in the Program countries and those in which I will live or through which I will travel while on the Program. I certify that my Policy will adequately cover me while outside the United States and includes coverage for emergency evacuation and repatriation. I also Touro university at which I am matriculated, their agents and employees from all responsibility and liability for any injuries (including death), illness, claims, damages, charges, bills, or expenses I may incur while I am abroad. I assume full responsibility and liability for any injuries (including death), illness, claims, damages, charges, bills, or other expenses I may incur while I am abroad.

I am aware of all applicable personal medical needs and, at least 60 days prior to departure, I will report, in writing to Touro University any physical or mental condition that may affect my participation in any Touro University –Global Health -organized Program.

I have arranged, through insurance or otherwise, to pay for all of my medical expenses during my participation in this Program. I agree to pay for any immunization, services, etc. required by the countries in which I will be resident or through which I will travel as part of this program.

I understand that any medical requirements and/or restrictions placed on my participation in my Summer Internship Program (including disabled persons’ access to facilities or availability of special accommodations for visually-impaired or deaf persons) are determined by the laws of the countries in which the Program is head and/or by the policies or procedures of the institution(s) through which I have arranged for my Summer Internship Program. I acknowledge that, with the exception of Touro University Global Health Programs, Touro University Global health is not responsible for securing or supporting any other accommodations.

For Touro University Global Health -organized Programs, I understand that Global Health program reserves the right to change the Program itinerary, at any time and for any reason, with or without notice, and neither Global Health nor its co-organizers will be liable for any loss to me by reason of any cancellation of change. Global Health Program may substitute hotels, accommodations, or housing at any time. Specific room and housing assignments are within the sole discretion of Global Health program and its co-organizers. For any other activity, Global Health Program is not responsible for securing or supporting housing necessary for my participation in any activity or program I have chosen.
General travel advisory

I understand that Global Health Program at Touro University assumes no responsibility or liability for any losses that I may incur arising from: any delays; delayed or changed departure or arrival times; fare changes; dishonors of hotel, airline, or vehicle rental reservations, missed carrier connections; sickness, disease, or injuries (including death); losses or damages arising from weather; strikes; acts of nature; circumstances beyond the control of Global Health program; force majeure; war; quarantine; civil unrest; public health risks; criminal activity; terrorism; accident; damage to property; bankruptcies of airlines or accommodations, restaurants, transportation, or other service or for any substitution of hotels or of common carriers beyond Global Health Program’s control, with or without notice, or for any additional expense occasioned by liability for my hotel, transfers, meal costs, or other expenses; Global Health program will not be responsible for these. My baggage and personal property are transported entirely at my risk, and Global Health Program is not responsible for the loss of or damage to my baggage and/or personal property while in transit, in residence, or in storage for the duration of my chosen Program. I assume full responsibility and liability for any losses that I may incur arising from such events.

I assume full responsibility and liability for any losses that may incur arising from: any delays; delayed or changed departure or arrival times; fare changes; dishonors of hotel, airline or vehicle rental reservations; missed carrier connections; sickness disease, or injuries (including death); losses or damages arising from weather; strikes; acts of nature; circumstances beyond the control of Global Health Program; force majeure; war; quarantine; civil unrest; public health risks; criminal activity; terrorism; accident; damage to property; bankruptcies of airlines or accommodations, restaurants, transportation, or other service or for any substitution of hotels or of common carriers beyond Global Health Program’s control, with or without notice, or for any additional expense occasioned by any of these events. If due to weather, flight schedules, or other uncontrollable factors, I am required to spend additional nights away from home of my intended destination, I assume full responsibility and liability for my hotel, transfers, meal costs, or other expenses; Global Health Program will not be responsible for these. My baggage and personal property are transported entirely at my risk, and Global Health Program is not responsible for loss of or damage to my baggage and/or personal property while in transit, in residence, or in storage for the duration of my chosen Program.

I am aware and understand the risks and dangers of travel to, in, and around the Program countries, including but not limited to the dangers of my own health and personal safety posed by the use of public transportation and by civil unrest, political instability, terrorist, crime, violence, and disease. I will examine and periodically review the US Consular information <http://www.state.gov/> and the Centers for Disease Control information <http://www.cdc.gov/travel/> website for information and updates regarding the risks of travel to these countries prior to my departure. By my participation in the Program I have chosen, I assume, knowingly and voluntarily, each of these risks and all of the other risks that could arise out of or occur during my travel. Global Health Program reserves the right, in its sole discretion, to cancel any Program it organizes or withdraw its support of my participation in the Program or any aspects of it prior to departure or after departure, requiring that I return to the United States, if Global Health Program determines or believes that I or any person is or will be in danger if I continue in the Program or any aspect of it.
Responsibility for behavior

I understand that each country has its own laws and standards of acceptable conduct, including dress, manners, morals, politics, drug and alcohol use, and behavior. I recognize that behavior that violates those laws or standards can harm the relationship between the host country and the United States; the reputation of Touro University and the Global Health Program sponsors or co-sponsors; and my own health and safety. I will become informed of, and abide by, all such laws and standards for each country to or through which I will travel during the Program by reviewing the relevant travel guides and by consulting available US government resources <www.state.gov>. I assume full responsibility and liability for any consequences or violations thereof. I also understand that the Touro University is not responsible for providing any assistance, legal or otherwise, in dealing with the laws or standards of foreign countries.

Touro University Global Health Program reserves the right to decline or accept or retain me in any Global Health-organized Program at any time if my actions or general behavior impedes the operation of Global Health program or the rights or welfare of any person. Similarly, if my conduct violates any policy or procedure of the university at which I am matriculated, I understand that I may be required to leave the Program at the sole discretion of Global Health program advisor, and I may be referred to the appropriate university officials for disciplinary or other action. In such an event, no refund will be made for my program costs.

At my own expense, I shall defend, indemnify and hold Touro University –Global Health Program harmless (including GHP’s directors and advisors) from and against any and all loss, liability, claims, suits, actions, proceedings, judgments, awards, damages and expenses (including attorney’s fees) that they, or any of them may incur or suffer by reason of my participation in GHP summer internship.

Withdrawing from or declining participation in the Program

In the event that I should decide to cancel my participation in or am forced to withdraw from my chosen Program for any reason, I am still responsible for all Program costs that cannot be refunded. I will pay such expenses from my own funds and will hold Global Health Program harmless from any obligations irrespective of the date of or reason for my cancellation or withdrawal. These costs will not be replaced or replenished.

I hereby acknowledge that I have read, understand, and will abide by each of the terms and conditions of this agreement. I further state that I am of legal age to accept these responsibilities.

It is my express intent that this agreement shall bind the members of my family, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a Release, Waiver, Discharge and Covenant Not to Sue Touro University.

I hereby further agree that this agreement shall be construed in accordance with the laws of the State of California.
This agreement constitutes the entire agreement, and supercedes any prior contemporaneous agreements, understandings and negotiations, regarding this subject matter. This agreement (i) may not be amended, by course of conduct or otherwise, and (ii) may not be assigned, in whole or in part, except in writing duly executed by me and Touro University-Global Health Program.

If any provision of this agreement is held unenforceable by a court, such unenforceability shall not affect any other provision, and this agreement shall be construed as if such a provision, to the extent of such unenforceability, had not been incorporated herein.

Dated: ___________________________

Student’s signature:__________________________
Clinical Performance Assessment
International Health Summer Internship: Debre Markos -Ethiopia

Student: ___________________________ Internship Dates: ______________ Site: __________
Rotation: ___________________________ Preceptor: ___________________________

Check-off | Fail | Average | Superior | N/A
--- | --- | --- | --- | ---
Patient Care (compassionate, respectful, culturally sensitive) | ☐ | ☐ | ☐ | ☐
History & Physical Examination | ☐ | ☐ | ☐ | ☐
Procedures: Performance/Understanding | ☐ | ☐ | ☐ | ☐
Medical Knowledge (breadth, depth of knowledge, scientific understanding of mechanisms of disease) | ☐ | ☐ | ☐ | ☐
Practice-Based Learning and Improvement (seeks to improve own patient care; evaluates and integrates evidence) | ☐ | ☐ | ☐ | ☐
Professionalism (collaborates with others; clear ethical standards; assumes roles of physician and of patient advocate) | ☐ | ☐ | ☐ | ☐
Interpersonal and Communication Skills (listens and communicates effectively in case presentations, with patients, and with members of health care team) | ☐ | ☐ | ☐ | ☐
Didactics Attendance (%) | ☐ | ☐ | ☐ | ☐
Overall Performance | ☐ | ☐ | ☐ | ☐

Additional positive comments which may be used in Dean’s letter (Please use reverse for additional comments)
Areas for Improvement
Evaluation was reviewed with student ☐ Yes ☐ No
Student’s Signature ___________________________ Date: ______________
Preceptor Signature ___________________________ Date: ______________

This evaluation is based upon:
Close & Personal Observation
General Impression
Departmental Consensus

Deliver form to: Eiman Mahmoud MD., MPH
Touro University-CA College of Osteopathic Medicine
1310 Club Drive, Mare Island
Vallejo, CA 94592, USA
Or Fax: 707-638-5252
**TOURO STUDENT EVALUATION FORM**

**Student:**

**Site:** Debre Markos - Ethiopia

**Rotation Type:** Summer Internship/Core rotation/ Elective Rotation

**Start Date:**

<table>
<thead>
<tr>
<th>DISCRIMINATORS</th>
<th>Excellent &lt;=============</th>
<th>Poor</th>
<th>N/A</th>
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</thead>
</table>

**PRECEPTOR**

Preceptor's Attitude and Willingness to Teach

Overall Rating of Preceptor

**EDUCATIONAL PROGRAM**

Adequacy of Patient Contacts

Average Number of Patient Contacts a Day

Average Number of History & Physical Exams a Day

Exposure to History & Physical Exams a Day

Rate the following items as they relate to your ability to achieve the focus topic objectives:

- Scope of Pathology
- Volume of Pathology
- Didactics (i.e. Lectures, Reading, Rounds, etc…)
- Number of Observed Procedures
- Performance of Procedures

**INTERNSHIP SITE**

Attitude of Other Personnel

Staff

Living Arrangement

Overall Summer Internship Evaluation

Please briefly describe what you liked about this summer internship.

Please briefly describe what you did not like about this summer internship.

**Evaluation Grade:**

A Outstanding (90 & above)  B Average (80 – 89)  C Pass (70 – 79)  U Unsatisfactory (69 & below)