



**HMS
Medicine 518 41b 2008
MG Herrera Course Director**

**IHCAI Foundation
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M Tristan Course Co-Director**

Outline of collaborative program with the International Health Institute of Central America (IHCAI) in Costa Rica: Medical Spanish and Community Service

The program is designed for second year medical students with a range of fluency in Spanish from beginners to advanced intermediate speakers. The duration of the program will be seven weeks from June 22 to August 8, 2008. The first 4 weeks of the program will be devoted to an intensive language training course; the last three weeks will be devoted to community service.

Housing

All students will be hosted by Costa Rican families selected by IHCAI. Each student will have a private room. Families will provide breakfast, dinner, laundry service and access to telephone for local calls.

Transportation

Students should provide IHCAI and OEP their air travel itinerary. They will be met at the airport and transported to the home of their host families. Students will be expected to use public transportation to get to class and to their community placement sites. On the first day they will be accompanied by a member of their host family to the IHCAI headquarters who will explain how to use the. The cost of public transportation is approximately US \$ 0.25 each way. The IHCAI Foundation headquarters are located in the eastern sector of San Jose Center. The host family homes are situated approximately 3 to 5 Km from the center in small peripheral townships along San Jose by-pass road (similar to Rt. 128 in Boston) to the north and the north east.

Access to information and services

On June 23 there will be an information session on IHCAI, Costa Rica and living arrangements. Security issues will be reviewed. IHCAI staff will be available at other times as well to provide information and advise regarding the planning of activities and side trips during leisure time on weekends. Classes will begin after the orientation session.

Students are welcome to use the IHCAI facilities which include Internet access, WiFi connectivity, coffee shop and social area. Each student will also be provided with written information on services and security.

Textbooks and manuals:

IHCAI Foundation is an equal opportunity organization www.ihcai.org
Central American Branch of Cochrane Iberoamerican Network cochrane_ca.@ihcai.org



1. Each student will receive a Spanish manual appropriate for their level of fluency in the language and a manual of Tropical Medicine used by IHCAI
2. Students should purchase and bring with them the following books which will be available at the Harvard COOP:
 - An English Spanish Dictionary not the small pocket version but a medium size dictionary
 - A copy of Werner's "Donde no hay doctor"
 - More information about text books and manuals will be forthcoming.

Extra curricular activities:

During weekends and during the Community Service module during the last three weeks of the program students will have access to the following activities:

1. Tour of the city of San Jose and environs. This activity will complement the orientation session. Students will receive 'in situ' important information concerning services and security in the San Jose.
2. Visit to the National Museum and to the Jade Museum. (Duration three hours each). These visits will expand awareness of Costa Rican history (Pre-Colombian era, colonial era, the foundation of the second republic, abolition of the army and recent history). Knowledge of such history provides insights into the present health profile of the Costa Rican population, one of the best in Latin America, and the evolution of the National Health System.
3. Lecture on the National Health System: current structure, challenges and threats, its place in the "global village" Two hours.
4. Visits to clinics and hospitals in San Jose and in rural areas. Duration 1 day.
5. Lecture on evidence based medicine (Medicina Basada en Evidencia [MBE]) and the Cochrane Collaboration. An introduction for first and second year medical students. Two hours.
6. Visit to INBIO park. An introduction to the tropical environment. Three and a half hours.
7. Lecture series: Five one hour lectures designed for second year medical students: Malaria, dengue, leishmaniasis and snake bites.
8. Three day tropical medicine seminar in Tortuguero. This activity, conducted in Spanish is designed to consolidate language skills and concepts of evidence based medicine and tropical medicine. The seminar takes place in an authentic tropical environment. Three days and two nights which will be scheduled at the end of the seven week program.
9. Soccer game – Costa Rica's national sport - once a month

Organization and description of the intensive language course



Students will be assigned to the following three sub groups based on the evaluation of their ability to communicate in Spanish which will be conducted by personal interviews on June 23.

SG 1: Students with advanced knowledge of Spanish

SG 2: Students with intermediate fluency in Spanish

SG 3: Beginning students and those with only rudimentary knowledge of the language

Each SG will follow a different schedule. However the schedule and activities of SG 2 and SG 3 will be similar. Both groups are expected to attend all sessions and to devote full time to the course (Seven hours of class in addition to homework).

SG1 will have a different schedule. They are invited to participate in the development of a home care program for patients at the Hospital Nacional del Nino. They will be integrated into a task force that is planning, testing and then implementing a program of home visits by health professionals and volunteers to complement in-hospital care. Each week SG1 will have access to one of the language instructors to address any needs in language proficiency that they have.

SG1 Program

Students in this group will be assigned to the Hospital del Nino Home visit program from the start of their stay in Costa Rica. They will be integrated into the planning team that will be working on the details of the program by the time the Harvard students arrive. Pilot visits and organization of the field teams as well as the design of a system to maintain electronic medical records of the patients are examples of the activities. Spanish is of course the language used by the staff of the Home Care program. The details of the specific roles that the SG1 students will play will be defined as planning progresses during the spring of 2008.

One three hour session per week will be scheduled for these two students to meet with Prof. Chad Wright to discuss language and grammar issues. The students will also have the option of participating in one or two of the tutorial sessions with a medical provider and simulated patients offered to SG 2 in the afternoons. These sessions are designed to drill participants in the vocabulary, expressions and correct use of Spanish when conversing with patients, taking a medical history and performing a physical examination. Verbal skills in presenting clinical cases to peers and supervisors will also be covered.

SG! Students will also be expected to participate in the TM lectures, other academic activities and the final TM workshop in Tortuguero.

SG2 and SG3 Program

Both subgroups will participate in two distinct modules during their stay in Costa Rica

1. Language training module (four weeks): This intensive medical Spanish course will be offered at two levels: one designed for beginners and early intermediates and a second one designed for intermediate speakers. The main objective of this module includes acquisition of basic grammatical concepts and vocabulary with emphasis in both comprehension and oral expression. The correct use of Spanish and the skills necessary to interview a Spanish-speaking patient will be emphasized. The manuals and text books listed above will be utilized. Clinical cases involving Latin



American patients will be used during clinical breakout sessions in the afternoons. This session will be led by Costa Rican health professionals; two or three students will participate in each session and trained actors will pose as patients.

- 2: Community service module and seminar in Tropical Medicine (three weeks): Students in both SG2 and SG3 will participate actively as members of the home visit teams of the Pediatric Home Care program of the Hospital del Nino for children over the age of 13 with chronic illnesses. Data collection, observation and recording of home conditions, physical examinations of patients, review of medication schedules are examples of the duties of the home care teams which will be led by Costa Rican health professionals. This is a pilot program to test the feasibility of caring for certain types of pediatric patients at home instead of having them institutionalized. Specific aims include determining the kind and intensity of communication and supervision of care givers that will be necessary.

Course schedule

SG3 and SG1 Professor Chad Wright will meet with the SG3 group from 9 to 12 and 1 to 4 pm during the first week of the course. (June 23 to June 27) During the following three weeks Prof Chad Wright will meet with all the students in SG3 in the mornings. In the afternoon sessions the SG3 group will be divided into halves. One half of the group will stay with Prof Wright during the first one and a half hours of the afternoon (1 to 2:30 pm). The other half of the group will participate in a medical conversation session led by IHCAI instructors who are health professionals. During the second half of the afternoon (2:30 to 4 pm) the subsets of SG3 will trade location: those who were with Prof. Wright will work with the IHCAI instructors on clinical conversation while those who were with the IHCAI instructors will return to the classroom with Prof. Wright. Friday afternoon's all students in SG3 will participate in a conversation session with IHCAI personnel. Prof Wright will devote the Friday afternoon session to the students in SG1.

SG2 students will meet with Prof. Alba Vargas every morning from 9 to 12. During the afternoons SG2 will be subdivided into smaller groups of 2 or 3 students who will meet with different sets of IHCAI instructors and actor patients to rehearse and review conversation skills needed to interview patients. SG1 members will have the option of participating in these sessions but the student to instructor ratio will be kept low.

SUMMARY

Everyone should be in San Jose on Wednesday June 22
Orientation will take place at 8 am on Monday June 23
Classes begin immediately afterwards
Tour of the City and visit to the National Museum will be scheduled during the weekend of the 26 and 27
From June 23 to July 18 Intensive Language course for SG2 and SG3
SG1 begins community service module at Hospital del Nino June 24

July 21 to August 5 Community Service and seminar program in Spanish on the Costa Rican health system, evidence based medicine and tropical medicine.



August 6 to August 8 Tropical Medicine workshop in Tortuguero

August 9 Travel back to US

