



The *Latin Spanish Patient in the environment of tropical medicine* Intensive Medical Spanish Course and Introduction to Tropical Medicine.

IHCAI P 010 A

- 2007, 2008, 2009, 2010, 2011 -

The **January, February, March April, May, August September, October, November and December** sessions give preference to **senior medical Students**, residents, Senior Physician Assistant students and other health professions students and health professionals. The **June and July** sessions give preference to **first, second and third year medical students** or similar level of other health profession students. All session are designed for accepting beginning level as well as advanced beginner/intermediate Spanish speakers.

General Course Information

Course dates:

IHCAI FOUNDATION runs the four weeks course every month of the year. The course starts the first working day of each month and runs until the last working day of the month. Students may travel in 3 days prior to the starting date and depart 2 days after the course last effective day.

The December session will be only available upon participants request, It is recommended that participants interested in doing this course session contact us before October 15.

We understand that some participant's academic calendar may not fit with our course monthly based course session calendar. We are flexible please contact us for doing a reasonable date adjustment

Warning!

This is a very intensive Medical Spanish Course focusing on the interaction between the physician or health professional and the patient, with an emphasis on Tropical Medicine as a learning model. Other medical problems and diseases are considered in the Medical Spanish learning models, such as chronic diseases, women and children health in the most common clinical problems

If you are expecting this course to give you only 'pre-formulated questions and statements' as 'pocket formula cards' (which are very common on the market now), then this course is not what you are looking for. These formulas are only useful to ask questions to a patient but do not prepare you to understand the response of the patient, it requires hard work to learn Spanish as a second language but that is exactly what you will do here.

After evaluating previous sessions of the course, IHCAI has made very important changes and now other aspects of medical Spanish such as the medical interview with patients are being strongly emphasized. Junior students are advised to work on this aspect, at least in English, before attending the course. As part of this emphasis IHCAI has installed a simulated consultation room with real persons. These exercises will precede the work in the real clinical environment.



Costa Rica's health system has many things to show as part of the learning process. Its main achievements are how to administer efficient health care with scarce resources and how to produce efficient outcomes.

However, applicants must be aware that the organization of the health care system is quite different from what they are used to in their home country. This is part of the trans-cultural experience. The students are expected to be prepared for this experience and they should accept the differences in order to learn from each moment and situation, rather than to show indifference to these aspects. In other words, the applicant should not ignore the cultural aspects with all its facets. If the student is intending to learn the language; culture is equally as important as the past tense of the verb 'ser' and 'estar'.

Applications- Registration forms can be completed online at
www.ihcai.org

**BEFORE SUBMITTING THE ON LINE APPLICATION PLEASE CONTACT IF YOU
NEED MORE INFORMATION**

For more information please contact Margarita Echavarria at:
info@ihcai.org

The Course

1. Course Identification

- This is an intensive Medical Spanish Course, focusing on the interaction between the health professional and the patient with a Tropical Medicine component as a learning model. Other medical scenarios, problems and diseases such as chronic diseases are also considered in the Medical Spanish learning models.
- The course grants six credits. Grades: High Honors (Students who get this grade will receive the Exceptional Student award) / Honors/ Pass Satisfactory /Fail.
- Four weeks / 160 hours.
- Eligible participants: Medical Students, Residents, and other Health professions students and Professionals.
- The June and July session are designed predominately for first, second and third year medical students or other health professional equivalent levels

2. Course Format

- Intensive grammar and Spanish pronunciation, comprehension and vocabulary sessions from 9 to 12 a.m. and 1p.m to 4 p.m. with two 15 minute breaks. Lunch is at noon. Some activities can be scheduled outside this timetable.
- Lectures and seminars on Tropical Medicine (Lectures and seminars are in Spanish for the intermediate and advanced students, handouts are bilingual for all).
- Simulated interviews with patients and peers. The Simulated Patient is video recorded for educative/evaluations goals (privacy is assure and students consent is required for analyzing it with other students).
- Medical interviews and analysis on 3 different levels of complexity. The interviews are video-recorded sessions with simulated patients.

3. The Family Experience:

An important part of the IHCAI program is living with a Costa Rican family. Course participants have breakfast and dinner with the family they are assigned to live with. For the beginner students there is a session on “Survival Spanish” and useful hints in the first day, to communicate with the family.

Objective

- To expose the student to the transcultural experience of living with a family, to enhancing the colloquial vocabulary of the student and the understanding of the health culture of the Latin community.

4. The Human Body:

Using anatomy images, live models, and other aids, as well as with the intensive student-faculty interaction, the IHCAI professionals and faculty teach, both scientific and popular anatomical terms in small group sessions. Of course, the interactive multimedia programs are also available but an introduction to Spanish grammar is essential at this level.

Objective

- To relate the normal physical examination to normal anatomy according to the Spanish terms, using either bio-medical or colloquial terms.

5. Medical History:

The Spanish Patient course is a real version of the complete history and physical exam, using the active communicative-interactive method for learning Spanish. You continue having access to the Spanish grammar and composition. The complexity levels both in Spanish and clinical aspects will vary according to the student level of knowledge.

Objectives

- Apply techniques for effective communication.
- Negotiate the agenda for the interview.
- Chat in non-biomedical terms and differentiate the colloquial from the scientific terms.
- Be able to see, listen to, understand, and accept the patient.
- Recognize and respond to emotion-laden topics.
- Identify the patient’s health beliefs and cultural constraints to accept treatments.
- Use an appropriate mixture of open and close-ended questions adapted to the Spanish language.
- Allow sufficient time for the patient to answer questions and to understand the meaning of the answer.
- Using appropriate non-verbal cues in a new cultural environment.
- Perform a basic problem-oriented medical interview.
- Chief Complaint and skills to re-question when the vocabulary is unknown or when the pronunciation was not understood.
- History of Present Illness.
- Essential past Medical History.
- Practice communication, interview, and examination skills during the four-week course.

6. Patient Interviewing:

The simulated patient program is the essential method implemented by IHCAI Foundation in all its transcultural Spanish training programs. IHCAI acknowledges the students requests to work with patients, but ethical and legal issues prohibit exposing patients to students who lack clinical training and fluency in Spanish. The standardized simulated patient model allows the student to interact with community members, using their Spanish, refining their medical knowledge, and practicing their interviewing technique.

The IHCAI 010 course emphasizes the differential diagnostics of tropical diseases; however other clinical scenarios and medical problems are also included throughout in the course.

Experiential learning is achieved by using real-life scenarios including family, clinical, and social problems with simulated patients as an individual and as a member of a typical family. The simulated patient has been carefully trained to portray the social, emotional, and physical characteristics of an actual patient and family. This technique teaches students how to handle sensitive patient issues, for example how to deal with the differential diagnosis of fever in relation to tropical diseases or other common diseases, adapted to the epidemiological profile of the Hispanic population in the USA and Canada. It also prepares the student to tackle other chronic diseases, such as cancer, and abuse. Delivering bad news and talking to patients who refuse surgery as well as consultations with adults and children after traffic accidents or accidents in the home will be practiced. The simulated patients provide consistent cases for the students in order for them to practice their clinical skills in Spanish and assess what they have learned. All sessions are recorded on video. A main aim is to assess the comprehension by the student of the patient response to different environments and situations according to his or her cultural, social, and emotional background.

Communication between physicians, physician assistants, nurses and their patients and families, or between colleagues, has been rarely formally taught or addressed in medical schools or trainings in medical Spanish. This is easily observed in all the Medical Spanish courses. Moreover, in all the medical Spanish books and courses, the attention is given to how to ask a patient questions but no importance is given to the interactions between physician, nurses, physician assistants, and other health professional. When the patient responds to the question with a very well formulated and clinically correct question everything is lost if the patient not only says “ sí” “no” “Mañana” or “ayer” but gives much more details and talks more about him- or herself. He or she might also ask a question that the interviewer does not understand. IHCAI has a lot of evidence that the situation of the patient has not been very comfortable when someone who is not fluent in the language of the patient asks him or her questions. Certainly, the worst is when the student or physician assistant does not understand the patient’s comments and questions. This does not help to foster trust in the medical personnel. IHCAI trainees can now practice communication, physical examinations, and procedures without putting patients at risk or waiting for a suitable patient to be available.

IHCAI Foundation will be opening a new clinic in February 2008. The clinic is running at IHCAI main facilities located in San Jose downtown main avenue east in the “Barrio la California”. IHCAI is also running a health post in the rural Costa Rica in LONGO MAI village (168 Kms south of San Jose). Both initiatives aim to offer high quality primary health care to people in social disadvantage and also are a training center in evidence based clinical practice for local and regional physicians and for overseas health professionals in different aspects such as the Medical Spanish skills.

Objective:

- To achieve at least the complexity level 3 for a medical interview and comprehension of the reasoning and comments of the patient about the chief complaint.

7. Standardized simulated patient and the level of interview and interaction complexity:

The IHCAI 010A is designed to achieve 4 different complexity levels of Medical Spanish. Level 3 of complexity is the highest expected level achieved for an average student. The levels are defined according to the use of different skills and knowledge such as of past, present subjunctive tenses and the colloquial and biomedical vocabulary in conjunction with the type of problems the simulated patient is presenting. A typical interview of the first complexity level should use the present and simple past tense and the vocabulary will not exceed 50 words. The other levels are defined in the same way according to the group average level at arrival. The level of clinical complexity also varies for junior medical students according to their clinical knowledge.

8. Peer Interview:

This activity is programmed in the class sessions before and after the video-recorded simulated patient sessions in order to learn through self corrections and analyze the interviews.

Objectives:

- Each student is videotaped performing an interview with a peer who has prepared to portray a common medical problem using the case history in the course manual.
- Students have ten minutes to introduce themselves, obtain the chief complaint(s), and develop a history of the present illness.
- This session also serves, on a secondary level, to desensitize the students to the cameras.

9. Standardized simulated patient interviews:

Objectives:

- Each student is videotaped performing an interview with a standardized patient who has a common medical problem.
- Students have ten minutes to introduce themselves, obtain the chief complaint(s), and develop a history of present illness according to the level of complexity.

10. Evaluation and Feedback:

- Students are given the opportunity to review their tapes and evaluate themselves in the classroom.
- Students then cue their tapes to representative passages to be reviewed in their small group.
- During scheduled group sessions, students receive feedback from both faculty and their peers.

The student will be videotaped performing an interview with a standardized simulated patient who has a common medical problem. The course uses seven common primary care cases and three tropical medicine cases. The level of complexity in each case varies. The simulated patients will be randomly assigned to the students and the student will be able to do sessions of ten minutes. All simulated patients are standardized for any of the cases, and the IHCAI faculty will give the rules and terms for each session. The case selection varies and is adapted to the July session according to the preliminary evaluation of the clinical understanding and knowledge of each student.

11. Teaching and learning equipment:

The equipment and rooms are home to both basic Spanish training and the Medical Spanish Standardized Simulated Patient Program. One consultation room is equipped with video-monitored exam rooms and a reference and materials room.

12. Community Experience:

Cross-cultural and international health, scientific and clinical Spanish with a particular emphasis on tropical medicine are taught throughout the course. This makes this course an interesting hybrid between language and medical, training emphasizing tropical medicine in its natural environment. The community experience can be enriched by the student's initiative and effort. According to the student's performance and necessity the course directors can arrange an individual schedule to participate in home visits with the health team whose daily responsibility is to visit the members of the community.

13. Location:

The course is based in San José, Costa Rica. The course offers two field trips 1. Inbio Park one day trip. This is an introduction to tropical biodiversity of Costa Rica. 2. Trip to Tortuguero north Caribbean rain forest During this trip they students and faculty will organize a seminar on Evidence based Tropical Medicine . IHCAI Foundation offers lodging and food at **Pachira Lodge**, which recently received an award as the best place in the tropical rain forest (www.pachiralodge.com) In addition, depending on student's training and requests, they may have access to health and medical facilities. The host institution is the International Health Central American Institute Foundation "IHCAI Foundation". The program is led by IHCAI Foundation and with the partnership of: INBio, Tropical Biology Foundation. <http://www.inbio.ac.cr/en/default.html>.

Faculty

Spanish Language Department:

Cristian Baidal M.Sc Coordinator- Irene Ulloa M.Sc. Assistant Coordinator

Clinical Scenarios and Tropical Medicine and epidemiology training:

Dr. Juan Pablo Solís -IHCAI FOUNDATION CLINICAL CURRICULUM COORDINATOR)
Marcelo Abarca RT (IHCAI FOUNDATION CLINICAL SCENARIOS COORDINATOR)
Dr. Sofía Blanco -IHCAI FOUNDATION "CLINIC WITHOUT FRONTIERS" MEDICAL DIRECTOR
Juan J. Jimenez RN IHCAI FOUNDATION- CLINIC "WITHOUT FRONTIERS" CHIEF NURSE
Dr. Mario Tristan.- IHCAI FOUNDATION DIRECTOR - GENERAL

14. Applications and registration:

Who is eligible for the course?

Senior Medical Students, Residents, health professionals are eligible to participate in the course. All have to show proof that they are studying or working at an accredited Medical School, Hospital or Health Institution.



The application – registration is available online at <http://www.ihcai.org> and selecting the IHCAI course P010A. PLEASE COMPLETE THE ON LINE APPLICATION ONCE YOU READ AND ACCEPT ALL THE COURSE CONDITIONS. IHCAI FOUNDATION IS FLEXIBLE FOR CHANGING THE STUDENT DATES. However any change is subject to space availability. IHCAI FOUNDATION might hold the students space up to one year after the date – session change.

15. Tuition:

The course tuition is **US \$1560**.

Early registration (at least 8 months prior to the course starting date) is **US \$ 1404**.

The tuition covers:

- Airport transfer in at arrival and Transfer out at departure.
- Accommodation in a single room with a middle class Costa Rican Family.
- Full Breakfast and dinner.
- Laundry and clothes ironing (max 2 a week) recommended once a week.
- Instruction with high qualified Spanish instructors and Health Professionals.
- Manual for Medical Spanish and Tropical Medicine Manual.
- One Day Travel to INBio Park as introduction to Tropical Biology & Biodiversity transportation and lunch is included.
- Two nights and three days travel to the Tropical Rain forest national Park “Tortuguero” lodging all included in Pachira Hotel.
- Medical Spanish and introduction to tropical Medicine Certificate when the course is approved is presented to participants.

Application- Registration and initial deposit and full Tuition Payment:

We highly recommend to all participants to complete the on line Application- Registration form once they have all the information and they are sure about the participation, if more information is needed please contact us before completing the Application- Registration form at info@ihcai.org Participants must wire transfer an initial US\$ 300 deposit not after 3 days they complete the application form on line otherwise the application might be removed of the eligible participants list the automatic system remove the applicants name. **Applicants are urged to read very carefully the confirmation message they will be receiving in the next 24 hours after submitting the application.**

The balance due after transferring the initial deposit is US \$ 1260 must be paid at arrival.

The balance due after transferring the initial deposit to be paid at arrival for early registration applicants is US \$ 1104

Groups discounts:

IHCAI Foundation will give a discount to participants from the same home school and attending the same session according with the following discounts schemes: 2 students will get 3 % discount // 3 to 4 students 5 % will get discount // 5 and more students will get 10 % discount.

Please contact us for more details.

IHCAI FOUNDATION **does not accept: Money Orders, personal checks, or Cashier checks. Travelers checks are accepted** in the national banks if the owner cashes them directly in the banks cashier, please only sign them once you are in the cashier desk. Be aware that your signature is the same that you have in your passport when buying your travelers checks. There are several ATM cashiers machine in all around the country, please check with your bank your cash draw limit.





You may choose any of following ways to wire transfer your initial US\$300 deposit:

- Bank to Bank wire transfer.
- WARNING given to recent changes in the International wire transfer service charges please contact our office in order to give you more details. If you use the WESTERN UNION IHCAI FOUNDATION will cover the 50% cost of delivery at your arrival. Please keep the Western Union receipt in order to process the refund.

1. WIRE TRANSFER TO OUR BANK IN SAN JOSE:

Banco Popular y de Desarrollo Comunal
San José, Costa Rica, Centroamérica.

Headquarter Metropolitan Building, Second Avenue and First Street Number 240
Telephone switchboard 506 2022020 / 506 2117000

**THROUGH THE BANCO POPULAR Y DE DESARROLLO COMUNAL
CORRESPONDENT BANK**

CITIBANK N.A.
111 WALL STREET, 21ST FLOOR
NEW YORK, NEW YORK.
ABA : 021000089
Account): 36023394
Swift: citius33
*(PLEASE (NOTICE THAT IS THE BANCO POPULAR
account number IN THE CITY BANK)
The information below must be added to complete the wire*

:FOR FINAL PAYMENT TO:

**A. Beneficiary: Fundación Instituto Centroamericano de Salud Internacional IHCAI
FOUNDATION)**

**B. (IHCAI FOUNDATION Account Number) USA Dollars account Number
16101000120001524**

Please be aware that the funds are transferred to our bank BANCO POPULAR Y DE DESARROLLO COMUNAL (Account: 36023394) IN THE CITY BANK NEW YORK. YOU MUST INDICATE IN THE TRANSFER THAT THE FINAL BENEFICIARY IS IHCAI FOUNDATION AND THE IHCAI FOUNDATION ACCOUNT NUMBER IN THE BANCO POPULAR IS 16101000120001524.

Please be sure that you use all the information above and DO NOT miss the final Beneficiary account number.



2. VIA WESTERN UNION. If you want to use Western Union below you will find the information. See <http://www.westernunion.com/> for more information. For transfer wire the deposit via Western Union, you only need the following information:

Receiver or beneficiary :

Mr. Mario Tristan
Address: San José, Costa Rica
Telephone: (506) 227-6564

The name of the person handling the WESTERN UNION deposit may vary please read carefully the Application. Registration confirmation message.

IHCAI Foundation is making the arrangements for the deposit transfer management via **PAY PALL**. Once it is completed it will be announced in our web site and in the registration confirmation message

Please make sure you use the same name on your application when you wire transfer the deposit or give the full name of the person doing the deposit. Once you have wired the money, please e-mail the money transfer code number (MTCN) to ybaidal@ihcai.org copying to info@ihcai.org. Until new notice IHCAI FOUNDATION will be covering 50 % the Western Union wire transfer COST upon presentation of the receipt at arrival be aware that this condition may change.

The remainder of the tuition (US \$1260) or US \$ 1104 for early registration (is to be paid upon arrival. You may pay it to Yuri Baidal (IHCAI Program Development Director) or any other authorized IHCAI staff. Please note that **personal checks, money orders, cashiers checks and credit cards are NOT accepted. Traveller's checks** are welcome and it is possible to use the most current credit cards at the local banks.

Scholarships are available in each course session. Preference is given to our partner institutions: Tulane School of Medicine, Harvard Medical School and Connecticut School of Medicine and Michigan State University College of Human Medicine. Participants from other Medical Schools may also apply for the Scholarships.

16. Other requirements for Application and registration:

One recommendation letter from the applicant's advisor, preceptor or of a faculty member at the home institution could be requested please email , or send via regular air mail the recommendation only if it is requested by IHCAI FOUNDATIONS . Please have your recommender email the letter to Dr. Mario Tristan, Director, at mtristan@ihcai.org or the secretariat of the Board of Directors at juntadirectiva@ihcai.org or to P. O. Box 1677-2100 San Jose Costa Rica

The electronic Application/registration form is available online at. www.ihcai.org

17. Home school evaluation forms:

Students doing the course and needing to gain credits are urged to handle the documentation at arrival to the IHCAI FOUNDATION officer doing the welcoming information session.

18. Health and insurance:

Students are covered by a basic health insurance for minor health problems not needing hospitalization and resulting of regular academic activities of the student while in Costa Rica, however this INSURANCE DOES NOT COVER SPORTS, ENTERTAINMENT OR SEVERE ACCIDENTS NEEDING HOSPITALIZATION AND EVACUATION. A FULLD ISNDURANVE COVERING OF THIS EVENTES IS MANDATORY The student must present a reasonable proof that he/she possesses travel health insurance protection for conditions described above.

You can get an online insurance quote for extending your travel health insurance protection IHCAI Foundation has a insurance company in USA that we recommend to the participants given that has very good rates and conditions. Find an online quote and information about the recommended company for health insurance at <https://www.worldtrips.com/quotes/default.asp?referid=99690> . **MULTINATIONAL UNDERWRITERS** pays a commission to IHCAI Foundation for each policy. These funds are used for supporting the IHCAI FOUNDATION research, community health interventions and scholarships to students from Central America

Costa Rica is safe for malaria, yellow fever and other tropical diseases. However, in some areas of the country the water is not completely safe. IHCAI advises all participants to take precautions and to drink bottled water when traveling outside of San José. The water is safe only in San José, but if you have a fragile stomach you might want to drink bottled water as well.

Malaria (*Plasmodium vivax* mainly) and leishmaniasis are endemic in some areas of the country but, according to national and International recommendations, no prophylaxis is needed. Mechanical protections such as repellents are certainly recommended. Air-conditioned accommodation is considered safe. This is only necessary when traveling to the south Caribbean. Applicants should be aware of the health precautions that the World Health Organization recommends for health care workers and professionals.

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