

PROSPECTUS
Program IHCAI- 001.
International Health Community Based Rotation for Overseas Senior Medical Students-

1. Overview:

The goal of the International Health Elective is to offer students an opportunity to learn about health and healing with a more global perspective by living and working in another country. Students will have the opportunity to live in a new and different culture, usually with little of the technical and medical facilities he or she is accustomed to using. The student will have a chance to see a different way of organizing health care to achieve good results in the health situation of the population, as is the case in Costa Rica. In other countries in Central America the student will learn about the health care limitations and scarce resources and how the populations are affected for this.

The resources that are taken for granted in the developed world may be lacking at times. The students have an opportunity to be of service to the community and to broaden their thinking about future medical research and practice.

This Program is only available in:

Costa Rica, Honduras, Guatemala Dominican Republic and Nicaragua.

2. Rotation Identification:

- This rotation is designed to give the student the opportunity to participate in the activities of the health team in the primary care network of Costa Rica, which corresponds to the first level of health care. In Costa Rica as well as in the other Central America countries where this IHCAI program is available the participant will have access to work in primary care clinics conducted by the government or by Non Profit organizations giving health care to underserved population. This rotation is fully community based and oriented.
- The participant will only work directly with patients according to the country regulations for medical care, and the international regulations on bioethics for medical care for health professionals and students. The IHCAI Foundation liability is only for those authorized activities according to each country or when an specific regulation is lacking in the country IHCAI FOUNDATION will apply the international regulations or the participant home country regulations for Medical students and Medical Practice.
- Preventative services are emphasized, including immunizations, maternal child services, prenatal care, growth and development of children, nutrition, community education, community sanitation and environment, as well as continuity of care in cases chronic diseases.
- In the USA and Canada, the Spanish speaking population represents an important number of people to whom the health professional must give appropriate care. To promote competence based medical education means to prepare the professional to face the reality of working, understanding, and communicating with this group. This rotation is competence based to expose the student to work with Hispanic populations, learn, and accept the culture differences as an important scientific and ethical principle of the medical practice.

3. Who is eligible to participate?

Program IHCAI 001 is for students in their last year at their home medical school. Students and advisors must be aware that this is primary care based and community oriented. Participants will have the opportunity of doing short visits to other health network centers in order to know how the entire system is organized.

The IHCAI Foundation programs use a problem and competence based learning model (PBL/PBI/CB).

These approaches place great emphasis on self-directed learning. The students are expected to find the necessary information to solve clinical problems with the guidance of a system of tutors and to acquire the appropriate competences to work with their patients and community according to their necessities and cultural background. To achieve this, students must have intermediate Spanish proficiency. This requirement is mandatory and IHCAI Foundation may request proof before or at arrival. Students with none or basic Spanish proficiency should apply for other IHCAI Foundation programs designed for Medical Spanish Training. IHCAI Foundation offers a 4 weeks rotation as a plus to those students completing and passing the Medical Spanish and Introduction to Tropical Medicine Course IHCAI 010. For more information about this course please check the prospectus available in this web page

4. Duration:

This program may be adjusted to the participant's home institution's requirements. However, the minimum time to earn three credits is four weeks and the maximum is eight weeks which awards five credits to the participant. In order to receive the credits the student needs to fulfill all the requirements of the rotation and must obtain a passing grade. Harvard Medical School (Harvard Elective Catalog ME518) must complete the eight week program in order to receive the credits required by their home institution. **Harvard students applying for the ME 518 elective Rural Medicine and Nutrition in Latin America must complete the application form on line specifically for this program. IHCAI 017A.**

5. Course Format:

- Four or eight weeks of community work in the Clinics or Hospital regular activities. Students are expected to work with the problem solving method for developing competences to work with patients using the Spanish language and to function in a different culture.
- Weekly tutorial sessions health care organizations of Costa Rica or other country (Tutorials are in Spanish)
- According to student's needs and faculty criteria standardized simulated patient interviews are available on three different levels of complexity. The interviews are video recorded sessions with simulated patients. This option is only available to some students according to arrangements made between the student and IHCAI faculty.
- The student will participate in the every day clinical rounds in the Internal Medicine and

Pediatrics services and health post in those countries where the program is available. In Costa Rica the participant will have to work in the EBAIS (Spanish acronym for Basic Team of Health Care, this is the smallest health care unit in the Costa Rican health service). At the hospitals, students have access to the emergency room and they can be on call at least twice a month. (This possibility is only available in some countries or areas where a hospital or major clinic is available) Students working at Clinics will do clinical work with the local physician and the health team.

- Hospital Clinical Session: Students working in Community Hospital or clinics area (at the Hospital or clinics) are supposed to attend Internal Medicine , pediatrics or other specialty sessions, which take place every week . When the student is working in a health post he or she would attend the team and community work meetings. Many times these meetings are in the evening.
- An important component of the rotation is the work place, School, or home visits or for immunization, child growth and development, prenatal care, and control of patients with
- Chronic diseases or prevention and education activities. When the student works at the clinic he or she will participate in these activities at least once a week when they are scheduled.

6. Educational Model:

The IHCAI 001 International Health Elective for senior medical students uses a mixture of teaching models and techniques since it is necessary to find a balance between the Medical Spanish comprehension and expression, and an introduction to learning about a different and new health care system. The epidemiological profile of the area and the ethical factor of working with real patients are also taken into consideration.

The rotation is centered on students' needs and their variable approach in order to adjust to the different levels of language skills and their adaptation to a different medical practice.

The rotation will necessarily contain an important emphasis on language skills for comprehending, speaking, writing, and reading Spanish in order to assure an appropriate communication with the patient. It is important to us to improve the new physician's competences when working with Hispanic minorities in the home country. It is also primordial that a new physician can understand the inequalities and the determinant role of poverty in the prevalence and incidence of diseases and their burden in the developing countries. The community component as the space-population where the burden of disease has its origin and solution is an essential component of the rotation.

7. Relationship to other courses and previous training requirements:

- The participant will need to apply the skills learned in Basic Primary Care and Clinical training as a senior Medical student in order to complete a good rotation. The student also needs Spanish language skills and ***to be fully familiar with the Evidence Based Medicine methods and practice including the Patient centered Evidence based care.***
- Human Behavior/Psychiatry/Trans-cultural work:
- The participant will build on Spanish communication skills learned during the rotation, and previous training at the home institution.
- It will introduce advanced topics such as mental status, sexual history taking, grieving in the Spanish language and trans-cultural medical intervention.
- Physical Diagnosis: The participant will build on interview and examination skills in Spanish as a second language.



- Thorough review of physical diagnosis and clinical reasoning using Spanish to speak, take notes, and to present a case,. The student will also learn about the disease prevention strategy for infectious preventable disease or chronic diseases. In theory, this is the basic strategy of current work of the primary care in the developing countries. In the Costa Rica Health System this is the essential activity of the Primary Health care strategy based primarily on the Health Team (EBAIS).

8. Where are the locations? What is their particularity?

The students will be placed in a primary care clinic. There are several locations – And there is choice for student either if they want to work in

1. Urban metropolitan area,
2. Suburban areas.
3. Other cities than the Metropolitan areas
4. Remote rural areas. *The spaces available in very remote areas such as in the South Caribbean of Costa Rica Indian reserves or in the Area of the Chirripó Indian reserve are very limited. This is applicable in other Countries where IHCAI Foundations runs the program. Students willing to work in these areas need to fulfill several requirements. Please Contact the IHCAI Foundation for authorization.*

9. IHCAI FOUNDATION policy for locations assigning -

In the most of the cases IHCAI Foundation tries to give a position in the locations according to students' choices. However, the spaces are matched according to the registration completion date and space availability in the different areas.

When completing the application form, it will match to next position available in any of the areas or clinics where IHCAI Foundation runs the program in each country.

10. How is time organized? What are students' activities during the clerkship?

Students in the program IHCAI- 001 will work for patients who normally visit the clinic. According to Costa Rica regulations and IHCAI Foundation ethics for Medical practice and Medical Students Work, this is only possible under direct supervision of an entitled physician. The students will participate in home visits, community work and in some cases the students may work in some specific IHCAI Foundation, community lay Leaders or Health Team intervention or research projects.

It is absolutely necessary to have intermediate proficiency in the Spanish language and an Introduction to the culture before working with patients' lay community leaders and health team.

Students receive support about the organization of the Health System, about medical Spanish, cultural issues, in accordance to the country where the student is doing the program. Of course that this has some variations and emphasis in different topics according to the country and area where the student is working.

Working hours are from Monday through Friday from 7am to 12pm and 1pm to 4pm. This schedule may vary according to the customs of the health site. It also depends on IHCAI Foundation and agreements with the students. In general, all students participate in the Health Team community work such as home visits for immunization, assessment of child growth and development, as well as monitoring and detection of chronic diseases.

Friday afternoons are off, in order to give the student an opportunity to travel or to undertake other activities. When the students are in the Hospitals they may have access to outpatient clinics in the afternoon as well as the emergency room this applies in some areas or countries and according to the local preceptor authorization.

Harvard students who are doing this program will be working on their projects in the afternoons.

11. Tutorial:

Students will have a one-hour medical Spanish tutorial at least once a week. The schedule may vary according to the student's needs. In addition there is a one-hour tutorial every week to discuss health problems. During this tutorial the student will do the case presentation in the last week of the rotation. The schedule will vary according to the IHCAI Tutor and/ or the local preceptor.

12. Case or theme presentation:

The week before the departure, the students will present a case or subject, in Spanish based on the interest of the clinic staff and their priorities, as well as the students' possibilities.

13. Evaluation and Grading:

IHCAI faculty of the Affiliate Hospital and Clinics will evaluate the student's work during the entire rotation and other optional and mandatory activities IHCAI will add the IHCAI seal and the Director's signature to all evaluations. A student's initiative will be recognized and highly appreciated in the final evaluation. IHCAI may use the evaluation form of the student's home institution or the IHCAI evaluation based on the Tulane School of Medicine standard evaluation form. The students are advised to handle the Home School evaluation form to the IHCAI Foundation staff at arrival or within the next 2 days after the arriving day.

14. Application dates and special requirements:

According to space availability, the application deadline is 3 months prior to the rotation starting date. The starting date may be anytime during the year. IHCAI Foundation is in recess from December 15th to January 1st. Given the high demand between January and April, students are advised to complete their registration at their earliest convenience. IHCAI cannot guarantee space to those students who did not complete the registration process, even if they complete the online application and do not complete all the registration requirements.

It is mandatory to fulfill all the requirements stated as well as any others that IHCAI Foundation considers necessary in individual cases. IHCAI Foundation may request a recommendation letter from a faculty member or an advisor if it deems it necessary.

15. Are there any fees, tuition, for this program?

Program IHCAI 001.

Initial deposit is US\$ 150. The application form can be completed online at www.ihcai.org. Once the application form is completed you will need to wire the initial deposit (preferably using Western Union).

The initial deposit does no apply for Harvard Medical Students doing the Harvard Medical School Catalog Elective ME518 Rural Medicine and Nutrition in Latin America and this corresponds to the IHCAI Foundation Program IHCAI 017A . Harvard students are advised that they need to be enrolled in the program and IHCAI Foundation requires a previous authorization of the Elective Preceptor Dr. Manuel Herrera at Harvard School of Public Health and Bingham and Women



Hospital please contact him at Manuel Herrera mlwis@hsph.harvard.edu. However those students who are not enrolled in the Harvard elective can apply for doing this rotation using the regular procedures.

1. Application/registration initial deposit is US \$150 for all IHCAI 001 options to be sent or wired along with the application form.

This deposit is not refundable, unless the student cancels the rotation at least 1 month prior to arrival. IHCAI Foundation will refund US \$ 100.

IHCAI Foundation will arrange the student's accommodation with a Costa Rican (or any other country) middle class family.

2. Total program cost based on the country and rotation length.

Option 1 Costa Rica - Four weeks: TOTAL COST US\$640. An initial US \$ 150 deposit must to be wired. The remaining US\$ 490 to be paid upon arrival. It includes:

Tuition and four weeks accommodation, the accommodation includes a single room, breakfast and dinner, laundry service and a moderate amount of local (Costa Rica or other Country territory) telephone calls (local phone calls are not free like in the USA). Other miscellaneous services.

Airport transportation at arrival and since January 2005 IHCAI FOUNDATION also gives transportation from the host family to the airport at departure.

Option 2 Costa Rica – Eight weeks: TOTAL COST US\$ 980. An initial US \$ 150 deposit to be wired when completing the application on line. The remaining US\$ 830 to be paid upon arrival. It includes

Tuition and eight weeks accommodation, the accommodation includes a single room, breakfast and dinner, laundry service and a moderate amount of local (Costa Rica or other Country territory) telephone calls (local phone calls are not free like in the USA). Other miscellaneous services.

Airport transportation at arrival and since January 2005 IHCAI FOUNDATION also gives transportation from the host family to the airport at departure.

Option 3 All other countries in Central America (Where the program is available) – Four weeks; TOTAL COST US\$ 600. An initial US \$ 150 deposit to be wired when completing the application on line. The remaining US\$450 to be paid upon arrival. It includes:

Tuition and four accommodation, the accommodation includes a single room, breakfast and dinner, laundry service and a moderate amount of local (Costa Rica or other Country territory) telephone calls (local phone calls are not free like in the USA). Other miscellaneous services.

Airport transportation at arrival and since January 2005 IHCAI FOUNDATION also gives transportation from the host family to the airport at departure.



Option 4- All other countries en Central America (where the program is available) – Eight weeks: TOTAL COST US\$ 900. An initial US \$ 150 deposit to be wired when completing the application on line. The Remaining US\$ 750 to be paid upon arrival. It includes:

Tuition and eight accommodation, the accommodation includes a single room, breakfast and dinner, laundry service and a moderate amount of local (Costa Rica or other Country territory) telephone calls (local phone calls are not free like in the USA). Other miscellaneous services.

Airport transportation at arrival and since January 2005 IHCAI FOUNDATION also gives transportation from the host family to the airport at departure.

Please wire transfer the initial deposit to Mr. Yuri Baidal San José, Costa Rica otherwise if other name is given in the confirmation message . WESTERN UNION is highly recommended and the sender only needs the following information:

**Recipient: Mr. Yuri Baidal Sequeira
Address: San Jose, Costa Rica
Reference Telephone Number: (506) 2276564**

Do NOT send cash or personal checks!

When the student completes the online application, IHCAI Foundation system would send a confirmation message. Please read this message very carefully because some changes may occur from time to time about the deposit-authorized receiver: It varies because one of the IHCAI Foundation authorized receiver is not available to handle the transaction now you place your application. IHCAI FOUNDATION will refund 50 % of the delivery cost. The participant must claim the refund WHILE doing the program and must present the Western Union receipt

IHCAI FOUNDATION will refund US \$ 100 as part of the initial deposit ONLY if the applicant cancels the participation at least one month prior to the arriving date as it was in the application form.

16. Research or intervention projects

Students doing this program can do a research or intervention project

Students doing a project that needs special funding should make the appropriate arrangements with the IHCAI Director-General in San Jose. IHCAI Foundation may assist the student with the allocation of funds and the request for project approval. IHCAI Foundation may also be able to fund some projects upon the authorization of the board of directors.

Some projects are fully funded by IHCAI Foundation. Those are included in the category of regular, annually budgeted projects of IHCAI.

The copyright of any publication belongs to both IHCAI Foundation and the students or faculty involved in the project. Anytime the project results are presented or published, all authors must be shown, and it must be done with the authorization of the authors and IHCAI Foundation.

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IHCAI FOUNDATION host and sponsor**



**The Cochrane Center of Central America
Branch of the Iberoamerican Cochrane Center**

17. Spanish Proficiency:

Students must have intermediate Spanish proficiency. If you do not fulfill this requirement, please contact the main IHCAI Foundation office for more information at info@ihcai.org. A moderate level of Spanish is primordial to guarantee patient respect as well as for ethical reasons.

During the rotation, IHCAI Foundation offers medical Spanish tutorials with a tutor, assistance, and multimedia support, but **this is NOT a Spanish course**. The tutorials are oriented towards improving your skills in medical Spanish.

Please note that IHCAI Foundation offers other options for students with a very small or no Spanish knowledge. The IHCAI Program P 010 is an alternative to a rotation for students with very limited or no Spanish knowledge. If you need more information, please visit our web site at www.ihcai.org and click on The *Latin* Spanish Patient ICON. You can download the course prospectus as a PDF file.

18. Registration:

The application form is available online at our homepage. Please read the information on the form carefully and make sure you fulfill all the requirements as indicated. Please submit your application registration form once you are sure that you will be doing the program. If you need more information please contact us at info@ihcai.org we will be very please to assist you.

19. Scholarships:

There are not scholarships available for this program. Please download the Scholarships and fellowships prospectus if you need more details about application form and information from the IHCAI Foundation web site. If you need more information, please email your request to Board of Directors Secretariat juntadirectiva@ihcai.org.

20. Services, transportation and insurance:

20. Services, transportation health advice and insurance:

Students are covered by a basic health insurance while in Costa Rica (hospitalization, traffic accidents and entertainment/ travel accidents are not covered in any country or program. Nevertheless, if you want a more extensive coverage you may contact IHCAI Foundation for other health insurance options. **The student must present a reasonable proof that he/she possesses travel health insurance protection.**

You can get an online insurance quote for extending your travel health insurance protection. Find an online quote and information about the IHCAI Foundation insurance company for health insurance at <https://www.worldtrips.com/quotes/default.asp?referid=99690>.

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 Foundation advises all participants to take precautions and to drink bottled water when traveling outside of San José and in most of the other countries. The water is safe only in San José, but if you have a fragile stomach, you might want to drink bottled water as well. In other countries in Central America, precautions must be taken according to the IHCAI Foundation local office.



Malaria (*Plasmodium vivax* mainly) and leishmaniasis are endemic in some areas of Costa Rica but, according to national and International recommendations, **no prophylaxis is needed**. Non Drugs prophylaxis protections such as air conditioned and repellents are certainly recommended. (**Clinical Evidence, 2005 BMJ Group**). Particularly Air-conditioned accommodation is considered safe when traveling out of San Jose for leisure . This is only necessary when traveling to the south Caribbean. In other countries in Central America, precautions must be taken according to the IHCAI Foundation local office advice.

Applicants should be aware of the health precautions that the World Health Organization recommends for health care workers and professionals.

IHCAI FOUNDATION will transport the students to the host family or the selected accommodation upon arrival. Transportation to the airport at the time of departure will be the student's responsibility.. There is no internet access at the clinics or hospitals but public Internet services everywhere in the country and in the main cities in other countries, called "Internet Cafes", are readily available the average cost is one USA dollar an hour.. IHCAI offers transportation to the clinic or working site on the first day and on other special occasions. In general, the accommodations are within walking distance of the clinic or working site. Internet access is available and free in the IHCAI FOUNDATION main facilities in San Jose, Costa Rica

IHCAI Foundation offers several discounts for traveling and main tourist attractions in Costa Rica. In other countries IHCAI local representative will give advice on student request.

These discounts can range from 10 to 50% depending on the service. Please contact the main office for more information at info@ihcai.org.

