



WHSO MEDICAL RELIEF TRIP

Panama Spring Break 2012

Trip Leader: Tom Engel

The Partner Organization

Global Brigades

- **Mission**
Empower volunteers to facilitate sustainable solutions in under resourced communities while fostering local cultures.
- **Vision**
Improve equality of life, by igniting the largest student-led social responsibility movement.




Look at How Happy we were!!!





Global Medical Brigades

Background

- Develops sustainable health initiatives and provides relief where access is limited
 - Each year 3,000 student volunteers and health professionals travel to Central America to establish mobile medical clinics
 - Each community receives a brigade every 3 to 4 months in which hundreds of patients are treated and volunteers deliver public health workshops.
 - Between brigades, in-country teams maintain relationships with the communities to provide follow-up.
- 



Quick glimpse of the Experience

- <http://tinyurl.com/GMBinfovideo>
 - Volunteers
- <http://tinyurl.com/GMBdoctors>
 - Medical professionals



Panama Background

- Southernmost country of Central America
- The 4th largest economy in the region, and is the fastest growing economy in the region
- Country is slightly larger than South Carolina
- Climate is tropical



Demographics

- Population of 3,405,813
- Predominantly Caribbean and Spanish
- 93% speak Spanish as first language
- Ethnically diverse due to large commerce economy
- 80 % Roman Catholic and 10 Evangelical



Facts about Panama

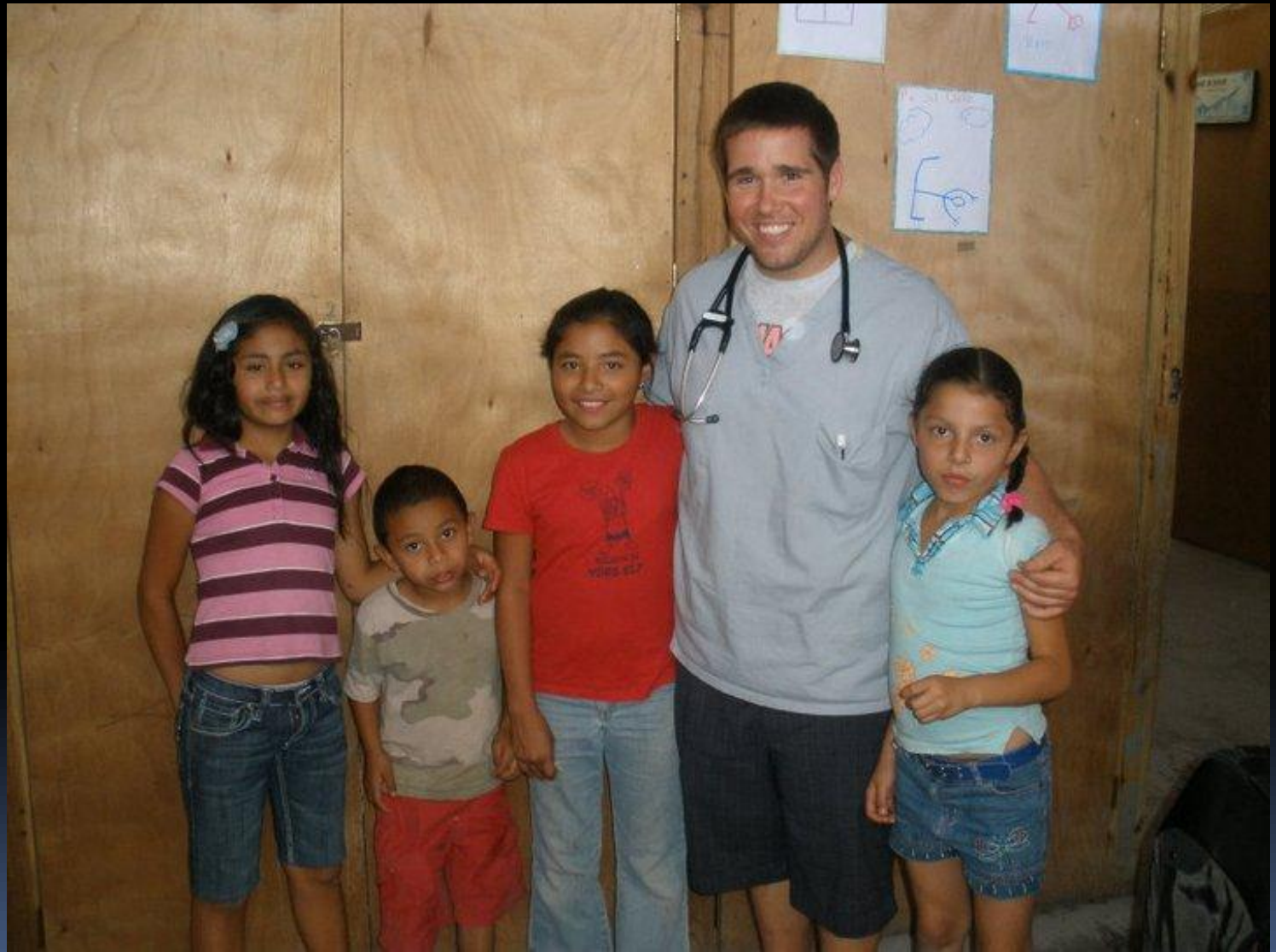
- 90 % literacy
- 9 providences and 4 territories
- 2nd most unequal income gap in Latin America
- 30 % people live in poverty 17 % are malnourished
 - Poorest group are the 8 % of the population who are indigenous





Panama Health Care

- Panama, a young republic with a growing economy and a democratic social organization,
- Last four decades experienced gradual changes in its health determinants that have made it possible to overcome many communicable diseases.
- Generated trends of social and epidemiological polarization that have resulted in poverty levels that reach approximately 40%
- Overlap of communicable and non communicable diseases in all sectors of the population.



Important information for Trip

Financial and Living

- 8 day Brigade costs 820\$
- Flights are slightly more than 700 \$
- 5 visa fee
- **Travel insurance is included in program fee (save 20 \$)**
- No need to spend any money during 8 day Brigade (3 meals a day provided)
- 8 nights spent in Brigade compound with beds and bathrooms

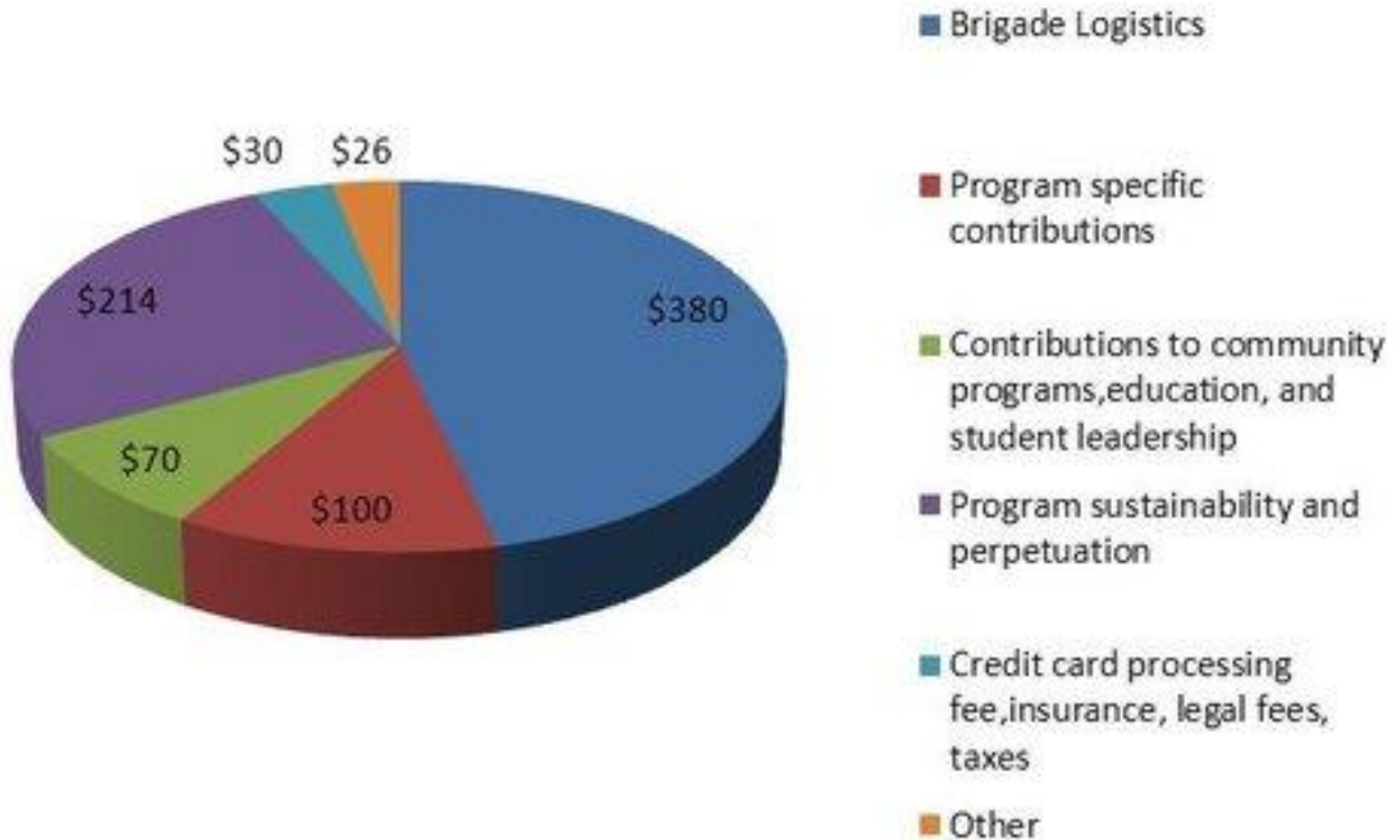


Cost Breakdown

- This slide needs to be better described, but for now the 820 dollar cost is broken down 50/50.
 - The NGO of Global Brigades gets 50%
 - HIV AIDS project in Panama gets 50%

Panama Program Contribution

\$820 per volunteer

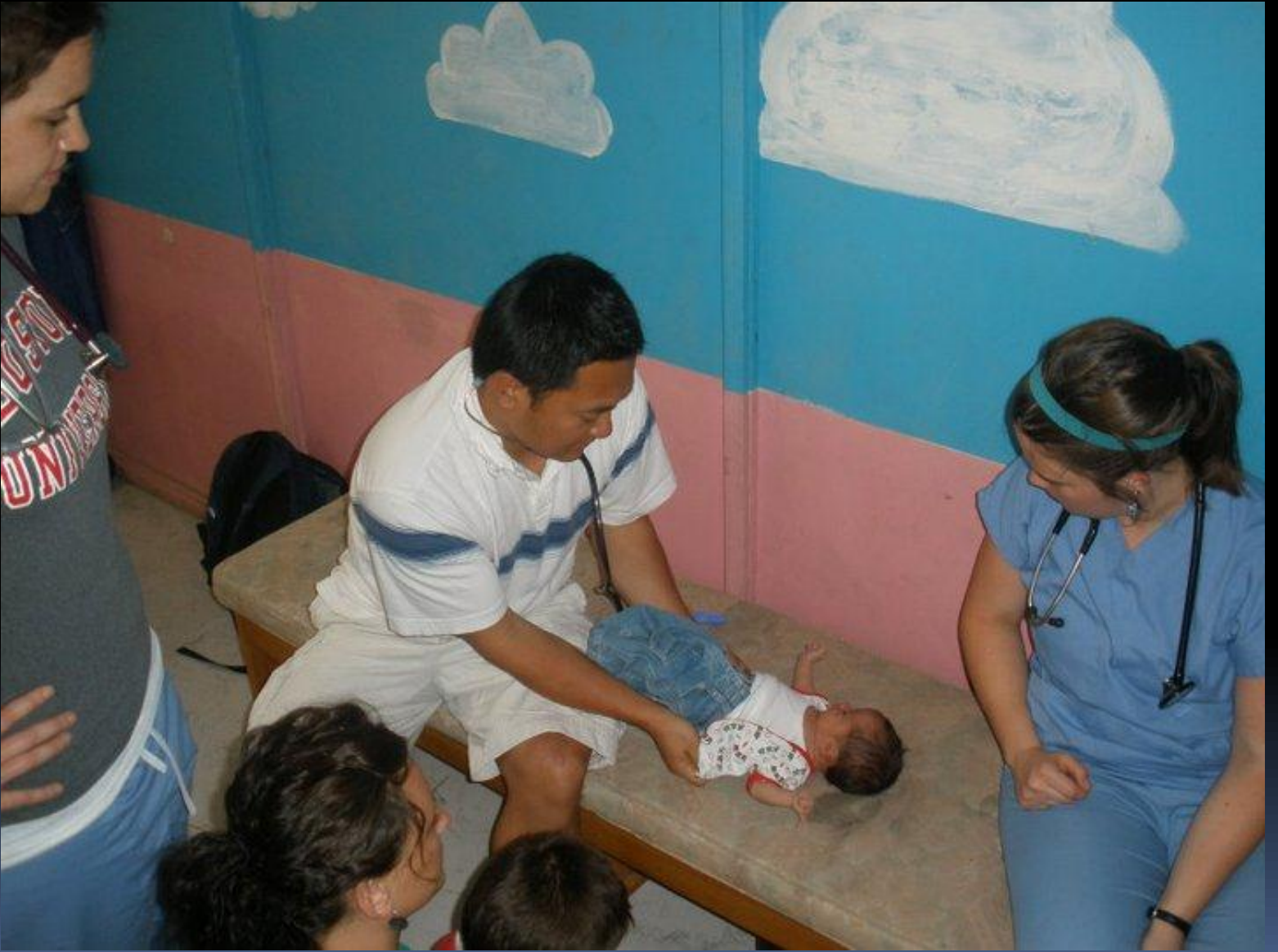


Transportation and Safety

- Flight into Panama cit Toncontin international airport
- Global Brigade buses throughout 8 day Brigade
- Night 1 and Night 7 spent at hotel Dona Victoria in Campana, 30 min outside Panama City.
- Nights 2-6 spent in compound in community
- Dropped off at vacation location after Brigade by bus
- Paramedic travels with Brigade at all times
- Local police available for security escort if demanded necessary

How the flights will be planned

- The students basically have a two day window of departure and a two day window of arrival (21,22Feb-4,5-Mar).
- It is possible they could miss an ultrasound lab and / or one day of class; however, precedent has proven this to be “kosher” with the SOM
- Global Brigades uses an organization called “Fly for Good” to book its travel. There is a very small fee, but the organization's sole purpose is to find the cheapest flight packages for volunteers around the globe.
- This does three things
 - Eliminates the need for a travel agent
 - Allows me to book flight earlier than when the students have been assigned to the trip by only putting down a small down payment that will not be effected if we lose a student on the trip.
 - Helps in case of flight delays





Trip Itinerary

Pre-Trip Dates

- 02Sept2011: General Body meeting
- 13Sept2011: Meet and greet
- 02Oct2011: Applications due
- 16Oct2011: Board decision on trips
- 31Oct2011: Student acceptance
- 31Oct-21Feb: 7 one hour group meetings to discuss trip, paperwork, fundraising, and needed clinical skills practice
- 19Jan2012: Vaccination day
- 10Feb2012: Packing and Dr. Ebright talk

Trip Dates (could vary by 1 day)

- 22Feb: Depart Detroit
- Day 1: night 22Feb
- Day 2: Overview and preparation
- Day 3: Clinic
- Day 4: Clinic
- Day 5: Clinic
- Day 6: Clinic
- Day 7: Public health project
- Day 8: Pack and depart to vacation spot for night of 29Feb
- 01Mar: Vacation
- 02Mar: Vacation
- 03Mar: Vacation
- 04Mar: Travel home

Pre-trip Group meetings (Tentative)

- 02 Nov 5pm (1 hour)
 - Trip overview / fundraising
- 21 Nov 330pm (1.5 hours)
 - Fundraising / History practice
- 02 Dec 12-1 (1.5 hours)
 - Fundraising / paper work / Public health project
- 09 Dec 12-1 (1.5 hours)
 - Fundraising / Vitals, HEENT, Ab, H and L, Musculo-skel
- 05/Jan 330pm (1.5 hours)
 - Fundraising / Pharm, derm, dental, public health
- 26 Jan 5pm (1.5 hours)
 - Fundraising / Pelvic, rectal, breast, testicular
- 14 Feb 5pm (1 hour)
 - Last minute purchases / history practice
- 21 Feb 5pm (1 hour)
 - Final prep

Fun Time



San Blas Islas



San Blas Islands



- String of 400 small islands (40 inhabited) within a few hours of where you will be working
- Good deals on some of the islands (15-20 \$ a night hostels / 35 \$ a night rustic hotels with meals)
- Beaches and day time activities
- Night time beach parties and places to purchase needed beverages
- Trip goes well set most of this part of their vacation up on their own because this is 100 % your time!!!!!!