



“DO” Consider Volunteering Abroad

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Conflict of interest

- Co-Chair of a non-profit, Power of a Nickel, which takes medical mission teams to several countries annually. I will not specifically promote Power of a Nickel during my presentation.





Behavioral Learning Objectives

After participating in this presentation, the physician will be able to:

1. Understand the advantages of global health missions
2. Identify types of global mission trips available
3. Explain the reasons to participate in international missions



References: Global Health

1. The positive contributions of global health initiatives:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2649542/> (Accessed 12-8-23)

2. Volunteering reduces risk of hypertension in older adults:

<https://www.sciencedaily.com/releases/2013/06/130613092344.htm>
(Accessed 12/8/23)

3. Volunteer Abroad Programs: <https://www.goabroad.com/volunteer-abroad> (Assessed 12/6/2023)

4. Global work:

https://www.jerichoroadglobal.org/?gclid=CjwKCAiAmsurBhBvEiwA6e-WPMboq0Q5f3gImKc06-AHnBosawhYQob910AHhAKHkSXtleoJ43mbdRoCdR4QAvD_BwE
(Accessed 12/8/23)



What is global health?



- Health concerns and issues in different parts of the world
- Mission trips that focus on global health, strive to meet those needs
- Variety of opportunities:
 - Could serve in a hospital or clinical setting in an underserved nation
 - Could work with community and national leaders to create healthcare initiatives
 - Could serve as a teacher in a classroom in an underserved part of the world
 - Could provide disaster relief
 - Could be an osteopathic or a medical doctor, a dentist, an optometrist, a physical therapist, pharmacist, psychologist, NP, PA, nurse, etc.
 - Participants do not need to be medically qualified



Giving vs Receiving

- The act of giving gifts brings joy and satisfaction to both the giver and the receiver.
- While receiving gifts can certainly bring happiness, research suggests that the act of giving brings about even greater levels of joy





Helping others, helps decrease B.P.

- Hypertension affects
 - Estimated 65 million Americans
 - Major contributor to cardiovascular disease
- Helping others can also help you protect yourself from high blood pressure
- Older adults who volunteer for at least 200 hours per year decrease their risk of hypertension by 40%



Reasons to do global health missions

- The need is great
- Chance to experience a different culture(s), making one more sensitive to people's needs
- Hands on experiences without lab and Xray
- Meet new friends
- Learn, practice a new language
- Observe the pain that people in other countries are experiencing
- Use your gifts and talents to help others
- Teach and over see osteopathic/medical students
- Truly a life changing event



A few of the needs for global health outreach

- Approximately two billion people around the world do not have access to lifesaving health care
- Many people may have difficulty receiving care because of poor roads, lack of transportation, fuel, etc.
- Maybe lack of qualified health personnel
- Little, if any potable water.
 - Women and children spend 200 million hours fetching water every day often from sources that are infested with insects, animal waste, and chemicals, and serve as breeding grounds for waterborne diseases





How did Barbara and I get started in global health outreach

- Bought Barbara, my wife, a water well in Nicaragua for Christmas via a Tulsa, Oklahoma Rotary project
- We, of course, then had to visit the well which supplied 400 families in Leon, Nicaragua area
- Rotarians took us to the well – we tested the water, and it was clean – very rewarding!





Possible Educational Topics to Discuss/Present to Underserved Areas of the Globe

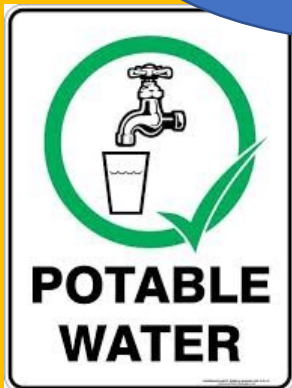
Nutrition



Mosquito protection



Use of Portable Water



Importance of Handwashing

Prevention of Infection



Women's Health and Wellness

Committed to compassionate, expert care for the unique needs of women





Examples of global health experience making one feel good

- Prevention of long-term blindness – proper diets
- Education for proper food sources
- Joining with local agencies such as Rotary International for Water and Sanitation/Hygiene (WASH) projects) and Humanitarian Projects
- Education as to sanitation
- Educate for proper waste disposal
- Working with local healthcare persons
- Dental check ups and cavity prevention
- Using osteopathic hands-on skills for diagnoses and treatments
- Suppling specialized care for special needs children
- Helping child with TB with proper diet
- Seeing cases no longer common in US
- Suppling shoes to prevent diseases
- Being available for emergencies
- Participating in cultural activities
- Providing needed medications and supplies
- Making long term friendships
- Making cardiac diagnoses
- Interactions between populations and religions
- Helping poor children with education (India)
- Teaching osteopathic students
- Referring adolescent to Shriner hospital
- Teaching at a nursing school
- Using networking
- Make tent visitation - Greece
- Teaching math by music
- Seeing happiness



Networking with Masaka, Uganda Rotarians



Masaka Rotarians developed
gardens with yellow veggies,
and we started kids on Vit A



Discovered
150 of 350
school kids
with Vit A
Deficiency
resulting in
<20:200
vision

Costs
minimal, but
results
enormous for
150 kids

One year later
re-tested the
kids, only 2
couldn't see
better than
20:200



Foods before (white) vision testing and foods (yellow/orange) after vision testing.





Uganda – Networking with other agencies such as rotary and obtaining grants

- \$52,000 in Blessing of Joy School in Mweurka, Uganda
 - New eco-sand latrines
 - Water storage tanks
 - Educational materials – teach hand washing
 - Resource center for teachers
- \$48,000 in St. Lucia School and Village, Uganda
 - Deep well with potable water
 - Coffee/Maize plants
 - Pregnant heifer, goats, pigs
 - New latrines





Obtained Water and Sanitation, Hygiene (WASH) Rotary International (RI) Grant with funding from Sunrise Tulsa Rotary and Masaka Clubs = \$58,000.



President and Past-President of Masaka Rotary Club



\$5000 from a Tulsa non-profit resulted into \$58,250

Did a needs assessment for possible 2nd WASH grant



Replaced old “smelly” latrines with odor-free Eco-San Latrines



Old latrines.... BAD odors



New Eco San Latrine, no odor



New library resources at Blessings of Joy, School





Building projects
St. Lucia (\$48,000)



Villagers are being trained on animal husbandry to care for the swine, goats and heifers



Plenty of rain in Masaka and crops are doing well. Look at my maize corn



New cooking stoves



Working with local Masaka, Ugandan nurses to have care for school children after we leave





Sunrise Tulsa Rotary passed the “hat” to help fund our Rotarian, Ugandan Dentist to Complete His Surgical Education



- Sunrise raised \$500 and PON matched the \$500 for \$1000.
- In return Hilary, DDS, spends the week with our medical team examining and removing teeth annually
- We coat the teeth of kids with fluoride and apply a cavity “halter”, Silver Diamine (OK’s Sherri Wise pictured)





Using your osteopathic palpatory skills





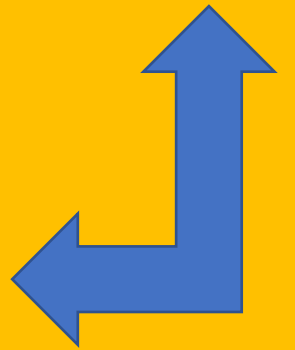
Utilizing OMT to patients, one with massage table and one using bench





Helping special needs children, Kiev, Ukraine

- Tennis trainer ball with base
- Pump for fit balls
- 12 tennis balls for mini tennis
- Fit balls
- Rented five Balance Cushions
- Rehabilitation equipment
- One tennis racket
- Ball for basketball
- Rugby ball for remedial exercises
- Second tennis racket with balls for mini-tennis
- Small tennis net for mini tennis
- Vladymyr, President Rotary Club of Kiev





Supplied funds for 350 pairs of leather shoes to prevent Jiggers (parasite in ground)





Providing emergency care: Two OKC Ob-Gyn nurses when on mission trip to Philippines, heard a lady screaming on street and ran out of hotel to resuscitate baby and tie cord – new experience.





Wheelchairs and walkers from Rotary and Friends

Check out the
smiles on
recipient faces!



No Costs, big
benefits

Yes, I can
go
outside



Provided wheelchairs to amputees in Barbados. One gets chills watching the people be able to get around!





Participating in cultural events. Riding on Nicaragua horse and wagon. Our own Katrina Lin (Ped PSY) eating Iguana in Nicaragua. Pile of iguana ready for cooking – tastes like chicken☺



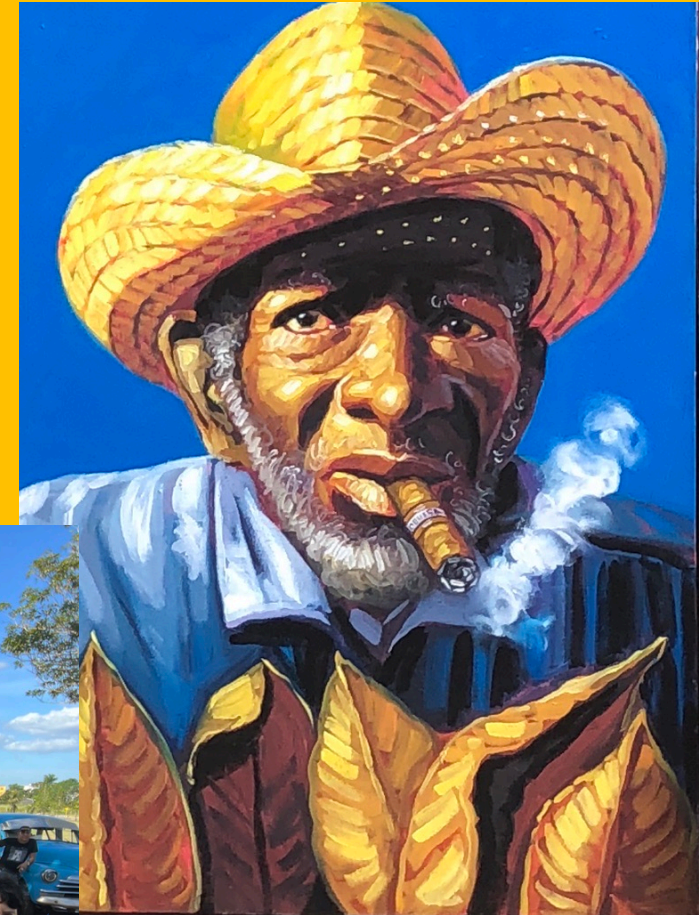


In developing countries, kids are innovative and are interesting to observe.





Cuba, a country in great need of medicines and supplies but many cultural experiences



Sarah Hall, DO
Art Wallace, DO



Visited Chernobyl nuclear reactor in Ukraine, which was very sad but remarkable endeavor.





Muskogee physician, Michael Stratton, DO fell in love with kids in Uganda





Ugandan Interpreters – new friends with communications via social media





Network with Playa Del Carmen (PDC) Club in Mexico

Rotary Club of Playa Del Carmen Seaside

For the children of Playa del Carmen



Provided
Interpreters and a
Dentist for care of
people in Mayan
Villages



Rotary Club of Nagpur, India



- Collected \$1200 from Rotarians and gave the Nagpur Club money to educate, board, provide uniforms and educational materials for 4 children (\$400/child) which will take care of the costs from K1 – 12th grade
- Invested at 12% interest annually 😊 at a Rotarians Bank in India



Helping insure child gets proper diet in order to take TB medications

10 y/o child had been diagnosed with TB. She needed a balanced diet and vitamins in order to obtain medication from the government.



- Costs: \$100/mon for 6 months
- Benefits, child cured of TB



See unusual cases, which typically would only see in textbooks, you can support and/or provide affection

Untreated hypothyroid



Cytomegalic Viral infection with Microcephaly



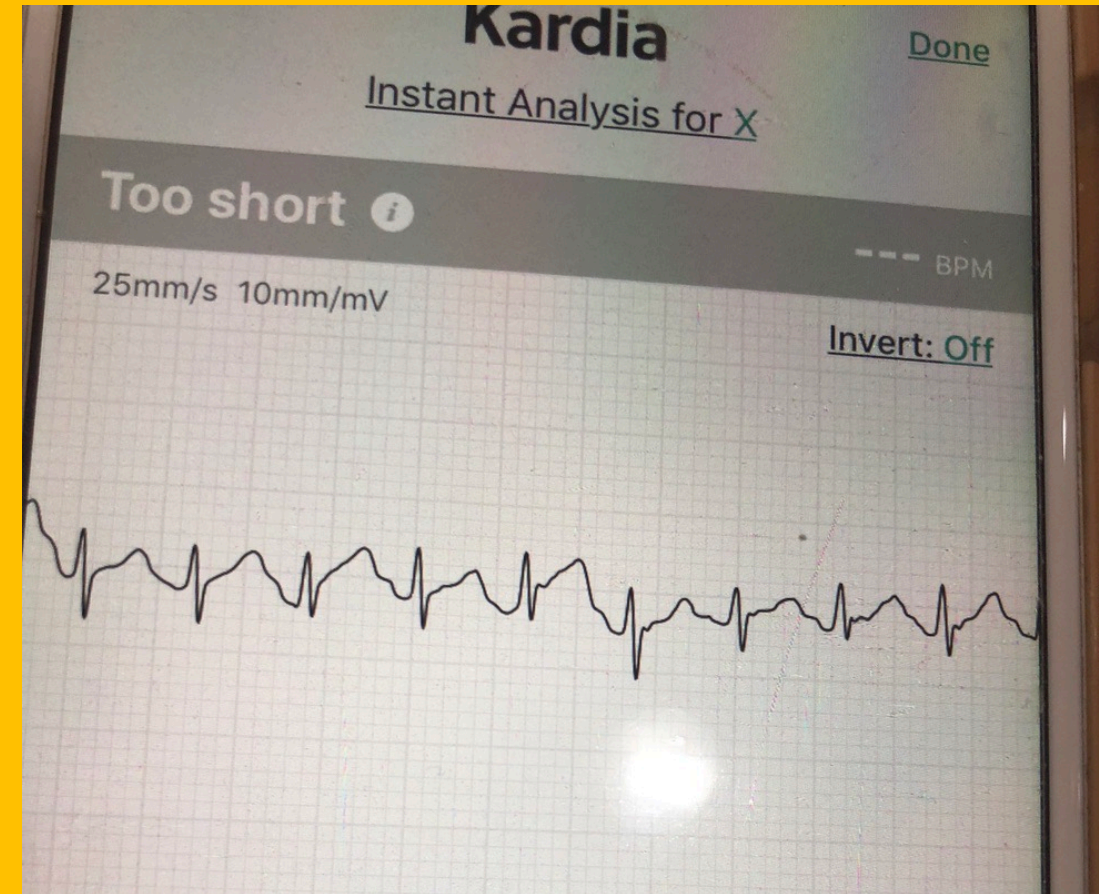
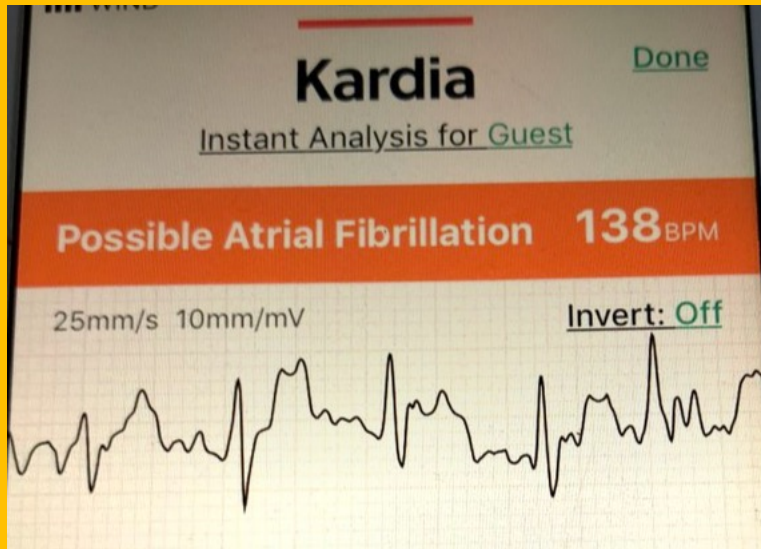


Extreme tinea capitis and multiple caries





Diagnosed atrial flutter (referred to cardiologist) and Paroxysmal Atrial Tachycardia (PAT) in infant (referred to pediatric cardiologist), could have died





17 y/o girl with multiple congenital anomalies, possibly related to agent orange (scoliosis/kyphosis and club feet)



- Was able to be referred to Shriners' hospital in Dallas, Texas for evaluation and recommendations. Family and patient were very happy with recommendation from Shriners
- An osteopathic student wrote up a case presentation and was published in an International Journal



Teaching about anemia to Bangalore, India's nursing students – a learning experience





Medical camp in Bangalore, India and working with Doctor's Without Borders in Athens, Greece for follow-up care of refugees.

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Suppling medication to patients in Greece. Make home visit to tent on streets of Athens, Greece. Someone had to stay with tent or it would be stolen.





Children and Adolescents in tribal village and orphanage saying good-bye by making heart shapes with arms – tear jerking for the mission participants





Playing with kids





Arthur Thompson, a Grammy nominee, teaches math by music (drumming)





Suggestions to incorporate global health initiatives

- Involve local health care workers and institutions
- Connect with other organizations and government partners that address sustainability in education, water, and sanitation
- Teams must be knowledgeable of the credentials, scope of practice, and skill comfort levels of team members – Do no harm!
- Discuss cases and treatment each evening after clinics
- Share assessment findings, interventions conducted, and recommendations with community leaders and engage and follow up with them to keep the work going



Further examples of helping developing countries

- Disease-targeted programs allow better use of the scarce resources for health systems
 - By reducing mortality among health-care personnel
 - By reducing the incidence of infectious diseases through prevention interventions
 - By limiting hospitalization rates for appropriately treated individuals



A place to consider volunteering

- Cuba
 - Although the Cubans have appropriate doctors and a public health system, there are no significant medications or supplies
 - Four common conditions seen, and medications needed
 - Hypertension - Enalapril
 - Diabetes both type 1 and 2 - Metformin/insulin syringes
 - Gerd- omeprazole
 - Feminine hygiene products – Days for girls
 - Reading glasses



Typical clinic

1. Reading glasses
2. pharmacy
3. BP checks
4. Seeing and talking to the patients about disease management

Patients thank you and blessing you – so rewarding!





Days for Girls course – very rewarding

Supplying reusable pads for girls and teaching self-defense to protect against rape



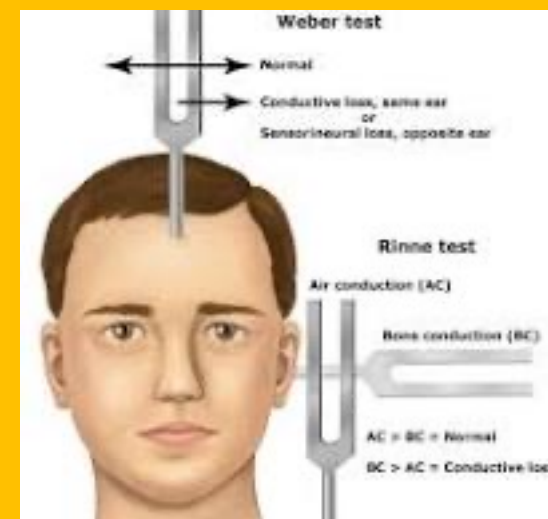


Former US army ranger in Vietnam war, meets former Vietnamese soldier who lost one leg and belongings in war. Learning experiences for both





Teaching osteopathic students (our own Larry Dullye, DO) and I am teaching osteopathic students the Weber-Rinne testing with tuning fork.





The positive contributions of global health initiatives

- Majority of total health expenditures in most developing countries are funded through households' out-of-pocket payments at the point of consumption
- Global health initiatives subsidize access to essential medicines
- Examples:
 - In Rwanda, a Global Fund has supported the expansion of community health insurance coverage for 3.3 million people on low-incomes, including approximately 300,000 people living with HIV/AIDS and 150,000 orphans
 - About 1/3 of expenditures for global health are devoted to upgrading health-care infrastructures and to training and capacity building for health-care personnel



Conclusions:

- Global Health Outreach Trips are very rewarding and needed!





Typical one word descriptions of trip by team members

- Exhilarating
- Humbling
- Extraordinary
- Fun
- Touching
- Affirming
- Fulfilling
- Enlightening
- Chaotic
- Life-changing
- Real
- Revitalizing
- Educational



Questions/comments/concerns

- I can be contacted at:
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