

NEXUS

Physician Assistants for Global Health Monthly Newsletter

JULY 2013

CONTENTS

- Welcome . . . 1
- World Update . . . 2
- Speaker Bio. . . 2
- Student Corner . . . 3
- Announcements . . . 4
- PAGH Positions . . . 5
- Careers . . . 6
- Medical Service Trips . . . 7
- Organizations . . . 8

PAGH 2013

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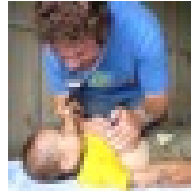
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PAGH
Physician Assistants for Global Health
Local Hands, Global Reach

You May Be More Ready Than You Think!

Jacob Hauptman, PA-C, President, PAGH



Some of our members are practicing PAs who have a keen interest in volunteering in a global health shortage area but haven't done so because they feel they must gain more specific knowledge prior to volunteering. Although it is essential to be familiar with the nuances of medical conditions specific to the area you will be traveling to, all of us already share an in depth understanding of common chronic conditions which are incredibly valuable assets no matter which part of the world we are working in. With the fast-paced globalization which currently exists, diabetes, hypertension, and high cholesterol, among other common ailments, can be found in almost every corner of the world. A recent article in the New York Times, titled *Diabetes Is the Price Vietnam Pays for Progress* (June 4th, 2013), highlighted the growing problem of type 2 diabetes in Vietnam, where the rate of type 2 diabetes has increased from less than

1% of the population in 1991 to 6% of the population in 2012. Also mentioned in the article was a shocking statistic reported by the International Diabetes Federation which states that "four out of five people with the disease live in poor or middle-income countries like Egypt, Guyana or Vietnam."

This current global health crisis can benefit from the skills that all PAs learned in their training and commonly use in their day-to-day practice. Although volunteering abroad can be intimidating because of the unknown, many times the amount of familiarity with the medical complaints will be surprising. As PAs we are blessed with an incredibly diverse training which will serve us no matter what type of ailment presents in our patients. Don't let doubts about your "readiness" stop you from following your dream of contributing your time and skills to improving the lives and health of those that need it most!



Now Recruiting Board & Committee Members!

- * Treasurer
- * President-Elect
- * Public Relations Chair
- * Web Co-Coordinator
- * Healthcare Disparities/ Cultural competency committee Chair
- * Network Resource Coordinator
- * CME Chair
- * Research Committee

See Page 5 for more details!



World Update: MERS-CoV (Middle Eastern Respiratory Syndrome-corona virus)

Olivia Bockoff, PA-C

Middle Eastern Respiratory Syndrome-corona virus (MERS-CoV) was first diagnosed in September 2012. Since then, more than 50 cases have been identified with 25 or more deaths. Of the cases identified, all have had direct or indirect connection with the Middle East. Human to human transmission has occurred within households, the work environment or health care setting, but the mode of transmission remains unknown.

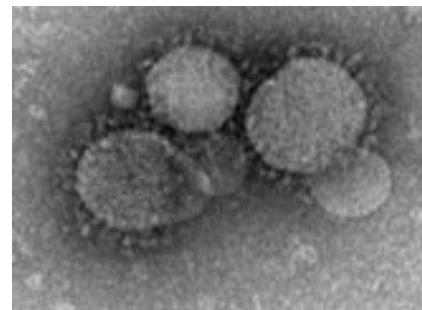
MERS-CoV has most commonly presented as pneumonia, but has also been found with a clinical presentation of kidney failure. Most commonly, symptoms have been reported as fever, cough and dyspnea. Immunosuppressed patients may present atypically with symptoms such as diarrhea.

Healthcare providers should consider MERS-CoV in patients with a history of recent travel to the Middle East with complaints of fever,

cough, and shortness of breath. Recommendations for travelers include:

- Avoid close contact with people suffering respiratory infections
- Wash hands frequently
- Avoid raw or undercooked meats and vegetables
- Avoid unsafe water
- Avoid close contact with live farm/wild animals

At this time, the WHO does not recommend special screening for MERS-CoV at points of entry. People with respiratory infection symptoms are recommended to practice cough etiquette (cough or sneeze into sleeve or disposable tissue, wash hands frequently) and avoid travel until they are asymptomatic.



2013 PAGH Global Health Symposium Speaker Bio: Judith Brown, PhD.

Judith E. Brown, PhD, received her training in medical anthropology at Harvard University. She has spent more than thirty years living overseas (mostly in Africa) and collaborating with communities, governments, churches and non-governmental groups on local and national health programs. Dr. Brown has consulted for USAID, The World Bank, Catholic Medical Mission Board, IMA World Health and UNICEF.

Dr. Brown's particular areas of expertise are child nutrition, family planning, and HIV/AIDS. She has authored numerous research articles, clinic manuals, casebooks and public booklets on these topics. She now teaches Global Health at Eastern Virginia Medical School (Norfolk, VA) and is Senior Consultant for Family

Planning / Reproductive Health with Christian Connections for International Health.

While living in Congo, Kenya, and Haiti, Dr. Brown hosted and oriented many visitors on short-term medical trips. She welcomes opportunities to help U.S. groups and individuals plan meaningful cross-cultural travel.

She will be doing a lecture on Cultural Sensitivity and Short Term Medical Missions for our 2013 Global Health Conference, and we are so lucky to have her!



See page 7 for more info about our 2013 Global Health Symposium, Sept 28-29, 2013.



Student Corner: Lessons Learned from International Travel

By Rachel Bonertz, PA-S1, Arcadia University

Becoming a PA has not always been a clear-cut career for me. However, after three years since my college graduation, it became evident that this was the path for me. For many years I have had a desire to be involved in international health. Specifically in medical mission trips combined with health education. I am a strong believer that medicine without knowledge and application of that knowledge will not go far when the ultimate goal is to help medically deprived communities. This idea can also be applied to the general public as well. This dream has led me to pursue a double masters in MMS/MPH with an emphasis on international health at Arcadia University in Pennsylvania. I plan to utilize my masters in public health concurrently with my masters as a PA. The hope is that my masters of public health will give me a broader outlook of healthcare worldwide while providing me the tools to address health issues found within public communities.

Of course, a dream without a plan of action will not go far. That is why I have been encouraged to travel before I begin graduate school. I have gone to the Bahamas, the Dominican Republic, and Italy, the latter for a period of three and a half months. Granted, these are not all communities lacking medical care, however the varying lengths of stays has taught me quite a lot about survival and living in a country foreign to myself: communication with the locals, becoming familiar with the surroundings, and mental preparedness.


Addressing the first point is that of the importance of communication with the locals. This is not to be taken lightly when a person enters another country. Awareness of the culture and language of the country being visited is crucial, not only for oneself, but also for the locals. This allows the people to potentially trust at a quicker rate because the effort shown on our part is recognized and appreciated, showing that we aren't intruding their country, rather we are sincerely interested in who they are and what they stand for. From my experience of travel, people are quite passionate about their country

and where they come from. Therefore, if we take the time to learn about their country and their culture, prior to departure, settling in with the locals could become a smoother transition.

The second key point is familiarity with the surroundings. While visiting a foreign country, it's important to feel as comfortable as possible. This allows a person to relax, enjoy, and perform better. This begins with becoming knowledgeable of the areas that are safe and those that are not so that a person doesn't accidentally end up in the wrong neighborhood. Additionally, buy a map and take the local transportation around the city. This simple act can be one of the most beneficial. On a personal note, it has allowed me to feel freedom, sustainable, and independent.

Finally, I find it important to prepare the mind for the trip. A two-week expedition is quite different than a four-month stay. Despite the time frame, be completely cognizant of what lies ahead. Granted there can only be so much preparation until the rest becomes part of the experience. However, the mind is powerful, therefore understanding the circumstances may ease the shock that some experience. For instance, typically I had traveled for a maximum of two weeks out of the country. This was never a problem when it came to communication with loved ones. However, when I was on my three and a half month trip, I found this to be difficult. I enjoy touching base with family and friends. It brings me back to a place of complete familiarity and comfort. Of course in time, I became adjusted to the lack of communication.

Through my experiences I have been able to discover how I like to travel, how to be resourceful, and how to enjoy the experience when it's different from what I was use to. Because I chose to go out on my own and see different parts of the world, it has only enhanced my desire to continue to seek international health as a physician assistant. I now know that I would be able to endure, handle, and enjoy my time abroad. It has become part of who I am and what I desire. To be able to incorporate two of my joys, travel and healthcare, will be a pleasure for me.





Announcements

Welcome To Our New and Returning Fellow Members!

Kate Raftery, Lillian Blosser, Amy Keim, Elizabeth Pelezo, Andrew Earle-Richardson, Zehra Ahmed.

Welcome To Our New and Returning Student Members!

Adam Abudra, Sarah Cloughly, Terrin Phillips, Rebecca Rideout, Catherine Hickey, Eric Ramos, Elesea Villegas, Jessica Blank, Aaron Van Rees, Carrie Clark, Erin Campbell.

Fellow Grants

\$500 fellow grant which is intended to support members working in underserved areas. You must be a current PAGH member to apply. Applications for our \$500 fellow grant will be available on our webpage, www.pasforglobalhealth.com. More details available on the application.

Due Oct 20, 2013 @ 12 pm PST

2013 PAGH Global Health Symposium

Virginia Beach, VA the Sheraton Virginia Beach. Sept 28-29, 2013.

www.sheratonvirginiabeach.com

* Clinical CME for work in underserved areas topics may include: women's health/contraception, ethics, nutrition, HIV, Burn care in Africa, neglected tropical diseases and more!

* Network with global health PAs and organizations

* PAs in Global Health semi-annual meeting, update, and resource sharing session

* Questions or recommendations? Contact conference coordinator Harmony harmoniouspa@gmail.com

PAGH members \$175.

Non PAs/Non PAGH members \$225 (includes PAGH membership)

PAGH Student members \$100.

Non PAGH students \$115 (includes PAGH membership).

Single day \$115. Single day student \$60

Sheraton room rate \$149 (must book by 08/27/13)

Nearest airport: Norfolk ORF

International Training Courses Available

Oregon Health and Sciences University; Portland, Oregon. Sept 12-Nov 22, 2013
www.ohsu.edu/xd/education/continuing-education/global-health-center/gh-education/ptgh.cfm



Open PAGH Positions

Want to participate in the only organization dedicated in advancing the PA profession globally? Email pasforglobalhealth@gmail.com if you are interested in an active role.

1. Treasurer

- Maintains treasury information.
- Develops Fundraising Plan with Fundraising Committee Chair.
- Presents monthly Treasurer reports .
- Develops aspects of Grant applications with Fundraising Committee.

2. President-Elect

- Supports President in duties including meeting agendas, business plans, progress reports.
- Helps coordinate committees.
- Automatically assumes President Position after 1 year of service.

3. Public Relations Chair

- Maintain our relationship and influence with AAPA, PAEA and state PA organizations, including participation on international committees of other large PA organizations.
- Help PAGH assert its role in Global Health arena.
- Develop informational tools for promotion of PAGH and use of PAs in underserved areas.
- Develop educational tools for NGOs that use PAs on the PA-physician team and proper use.
- Public relations with media.

4. Web Co-Coordinator

- Help manage web page, www.pasforglobalhealth.com.
- Announcements on web, Facebook, LinkedIn.
- Topic discussions on Facebook, Forums.
- Direct member questions to proper people.

5. Healthcare Disparities/ Cultural competency committee Chair

- Member and non-member education.
- Recruit experts to write articles for PAGH email/newsletter and speak at conferences.
- Topic discussions on FB, web forum, Nexus (newsletter).

6. Network Resource Coordinator

- Maintain and update database of organizations that use PAs in underserved areas.
- Research and publish upcoming opportunities for PAs and PA students.
- Develop searchable web-based database of organizations that use PAs.

7. CME Chair

Attending the 2013 PAGH Global Health Symposium is a perfect opportunity to learn the ropes so you can then lead the planning for our 2014 PAGH Global Health Symposium.

8. Research Committee

- Help coordinate and execute research projects directly related to global health and PA role.



Careers / Announcements

Clinical Associate Mentor, South Africa

American International Health Alliance, a government-funded non-profit that works in global health primarily in Sub-Saharan Africa, is actively recruiting **Clinical Associates Mentors** to serve in a 3-12 month placements in South Africa. Launched in 2008 by the South African Department of Health, Clinical Associates are similar to Physician Assistants and are dramatically increasing the number of mid-level medical professionals in the health workforce who are able to confront the country's immediate health needs.

The Volunteer Healthcare Corps began a South African Clinical Association Mentorship Program, providing US professionals (primarily physician assistants) with the opportunity to serve as mentors and clinical trainers of the students while they are in the district hospitals, often located in rural areas. This is an unique opportunity for highly skilled health professionals to directly apply their skills and expertise in a place that desperately needs it.

www.twinningagainstaids.org/documents/SouthAfricaCountrySnapshot07-09-12.pdf

Please contact Sara Adelman for more information about this post: *sadelman@aiha.com*

Positions Open in Afghanistan

Onsite OHS is looking for PAs to work in Afghanistan. Make a difference to EXPATS and Third Country Nationals in our clinics. Bring your boots and spirit of adventure! 12 month contract for up to \$205,000 plus benefits. For more information please go to *www.onsiteohs.com* or contact *jessie.dyer@onsiteohs.com*

Travel Packs by MAP International: Medicines and Supplies For Mission Trips

MAP International provides essential medicines for short-term missions through their Travel Pack Program. Medical providers experienced in short-term medical missions have helped design the MAP Travel Pack, a program with options for ordering either pre-packed assortments and/or customized orders, all consisting of the most essential supplies for clinic settings within the developing world. Products include: antibiotics, analgesics, antifungal creams, vitamins, medical supplies, rehydration salts, over-the-counter medications.

It is designed to relieve the time consuming and lengthy process of identifying diseases common to developing countries and then choosing appropriate medicines to take.

Per their website: Preferred MAP partners who order 20 or more Travel Pack Originals will get them for \$300 each until September 30, 2013. Regular price: \$400 each.

For more information, brochures, and order info, visit *<http://map.org/content/travelpack>*



Upcoming Medical Service Trips

Health Horizon International

www.hhidr.org

Dominican Republic:

August 31 – September 7, 2013;

January 4 – 11, 2014.

Amazon Promise

www.amazonpromise.org

Villages of the Yarapa, lower Ucayali, and lower Marañon rivers:

July 13 – Aug 3,

Sept 7 – 28, 2013.

International Medical Relief

www.internationalmedicalrelief.org

Panama: July 18 – 28, 2013

Kenya: August 1 – 12, 2013

Thailand Gulf: September 7 – 15, 2013

Mountain Medics International

www.mountainmedics.org

Pisco, Peru, Earthquake Recovery: Ongoing

Cordillera Huayhuash, Peru: August 3 – August 16, 2013

Flying Samaritans

www.flyingsamaritans.net

Frequent trips originating from California and Arizona to clinics throughout Baja California, Mexico

Peacework Medical Projects

www.peaceworkmedical.com

Ranquitte, Haiti: Summer 2013

Sea Mercy, Floating Health Care Clinic

www.seamercy.org

Tonga: June – August 2013

Benjamin Wellness Center

www.benjaminwellness.org

Gatamaiyu, Kenya: Jan 2 – Jan 19, 2014



Volunteer Organizations

If you are aware of any trips or organizations that are looking for PA volunteers, please contact Olivia at obockoff@gmail.com. Please Note: it is not our desire to promote specific organizations only to connect PAs with opportunities and encourage professional philanthropy. This information is not an endorsement of these organizations.

Africa Cancer Care Inc - International opportunities with an oncology focus.
www.africacancercareinc.org

Amazon Promise - Medical trips to portions of the Amazon Basin. www.amazonpromise.org

Benjamin Wellness Center - Opportunities in Gatamaiyu, Kenya. www.benjaminwellness.org

Christian Medical and Dental Assistance - www.cmda.org

Community Coalition For Haiti - need for medical professionals for 1-2 week trips to staff a primary clinic in Jacmel, Haiti. www.cchaiti.org

Exploration Logistics - Places PAs worldwide to serve as medical support for various expeditions. Positions include oil rigs and other industrial projects, etc. www.elgfze.com

FIMRC Global Health Volunteer Program: Opportunities in El Salvador, Nicaragua, Peru, Costa Rica, India, and Uganda. www.fimrc.org

Flying Doctors of America provides medical assistance and hope to as many of the poor and needy as they are able to reach. Medical & dental teams to wherever the current need is.
www.fdoamerica.org

Flying Samaritans Mexico - year-round for Baja California, Mexico. www.flyingsamaritans.net

Goabroad.com - Assists different professions with placement internationally. www.goabroad.com

Grounds for Health - Uses PAs in Africa, Mexico, Peru, Nicaragua. www.groundsforhealth.org

Health Horizon International - www.hhidr.org

Health Volunteers Overseas - looking for volunteers to train and educate local health care providers around the world. www.hvousa.org

HealthChildren - Ecuador, Haiti. Contact: jensorooni@gmail.com. www.healthchildren.us

Heart to Heart International - weekly trips to Haiti and Guatemala. www.hearttoheart.org

Hospitals of Hope - Year-Round Clinic work opportunities in Bolivia, Haiti, and Liberia.
www.hospitalsofhope.org

ICHA Outreach to fight Cardiovascular Disease - Opportunities in Ghana.
www.ichaonline.org



Volunteer Organizations

International Medical Relief :Currently recruiting for a trip to Pakistan. Also trips to Asia, Africa, South & Central America, Eastern Europe. www.internationalmedicalrelief.org

Kenya Relief - www.kenyarelief.org

Lalmba - Lake Victoria in Kenya and in a rain-forest in Ethiopia. Goals are clinical medicine, coupled with public health, and working with local physicians. www.lalmba.org

Many Hands For Haiti - www.mh4h.org

Medical Missions Response - North Africa, Middle East, South/East Asia. www.mmronline.org

Mercy Ships - volunteer opportunities aboard “hospital ships”. www.mercyships.org

Mountain Medics International - Cordillera Huayhuash, Peru. www.mountainmedics.org

Nunoa Project - two trips a year to Peru. www.nunoproject.org

NYC Medics - deployment to disaster zones and humanitarian emergencies. www.nycmedics.org

Omni Med - work focused in Uganda. www.omnimed.org

Operation Smiles: providing surgeries around the world. www.operationsmile.org

Palmetto Medical Initiative - www.palmettomedical.org

Panama Global Connections - www.panamaglobalconnections.com

Peacework Medical Projects - www.peaceworkmedical.com

Physicians for Peace - work in Central/South America, Africa, Asia. www.physiciansforpeace.org

Project Hope - land based and ship-based care to regions around the world. www.projecthope.org

Rotations and Courses Internationally - www.gorgas.dom.uab.edu and www.cugh.org

The Carolina Honduras Health Foundation - Limón, Honduras. Active clinic, frequent need for medical volunteers. www.carolinahonduras.org

Timmy Global Health - looking for volunteers year-round. www.timmyglobalhealth.org

US Doctors For Africa - utilizes PAs for Africa work. www.usdfa.org

WellShare International - www.wellshareinternational.org

Help Nexus Improve! Your input can make a difference for future issues of Nexus. We welcome suggestions and submissions for future Book Reviews, Spotlights, or other features. And of course any and all comments are welcome. Contact chad.eventide@gmail.com

