

NEXUS

Physician Assistants for Global Health Newsletter

NOVEMBER-DECEMBER 2014

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PAGH 2014-2015

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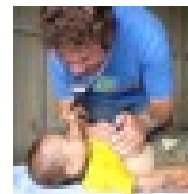
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Ingrid Bedinotti, PA-C

Giving Thanks to Our Newest Board Members

Jacob Hauptman, PA-C, President, PAGH



Over my 5 years with PAGH I have watched more and more of our members commit to helping PAGH as members of our board, ensuring that PAGH will continue to serve PAs and PA students turning their sights to underserved areas around the globe. Recently two exceptional PAs, Lisa DeWolf and Jessica Roberts, have joined our executive board as the President-Elect and Vice President respectively, bringing along with them their enthusiasm and passion for global health. I want to take the chance to introduce them as they will help shape the future direction of PAGH and the services we offer to our members.

Lisa DeWolf has been a practicing PA for over 25 years in Maine after graduating from the Northeastern University PA Program and currently works in the Veterans Administration in internal medicine. Her passion for global health has taken her to many areas of the world including Palestine and the Himalayas in India near the Tibetan border. She will be the President-Elect for PAGH for the next

7 months and then will assume the presidency June 1st, 2015.

Jessica Roberts is a graduate from the University of South Alabama PA Program and currently works in internal medicine in Ridgecrest, California. In addition to her clinical work she is an active member of the National Guard. Jessica has traveled to India, Honduras, and most recently completed a mission trip to Mexico. She will be the Vice-President of PAGH for the next two years.

Without the time and effort donated by Jessica and Lisa, as well as all of our board members, PAGH would not be able to continue to be an active voice for PAs and PA students. I sincerely appreciate the passion, dedication, and expertise each and every one of the PAGH board members brings to our organization and I look forward to continuing to serve our members in the future by their side.

Sincerely,
Jacob Hauptman, MMSc, PA-C
President, PAGH



Physician Assistants for Global Health
Local Hands, Global Reach

Online: www.pasforglobalhealth.com / **Email:** pasforglobalhealth@gmail.com

Join us on Facebook: *Physician Assistants for Global Health*



Decreasing Healthcare Disparities: World AIDS Day

Ismah Jawed, PA-C

“I was in shock and I felt as though my life was ruined forever. But something in me must have wanted to survive because I knew I mustn't wash and that I had to get to a clinic within 72 hours to get medicines to protect me from HIV. I had heard it on the radio and read the leaflets.”¹ A 25 year old rape survivor in South Africa recounts her life changing moment. Her courage and knowledge is an example of closing the gap between prevention and treatment.

World AIDS day on December 1st draws needed attention to the global epidemic of AIDS. 35 million people are estimated to be living with HIV/AIDS in 2013 including 3.2 million children. The majority of people living with HIV are in low and middle income countries with those most affected in sub-Saharan Africa. Affected children in this region become infected by their HIV-positive mothers during pregnancy, childbirth and breastfeeding.

Of the 35 million HIV affected persons, only

12.9 million are receiving antiretroviral therapy. The public health campaign for post-exposure prophylaxis in South Africa is one of the many efforts to increase timely and affective treatment. The World Health Organization has also issued new recommendations to initiate earlier treatment. The guidelines have also broadened the age recommendation and to being with the single dose combined pill regimen, all in effort to decrease mortality and end the epidemic by 2030.

References

- 1) HIV prevention: offering home to victim of sexual violence. (2014). World Health Organization <http://www.who.int/features/2014/pep-antiretrovirals/en/>
- 2) The Global HIV/AIDS Epidemic. (2014). U.S. Department of Health and Human Services. <http://aids.gov/hiv-aids-basics/hiv-aids-101/global-statistics/>
- 3) WHO issues new HIV recommendations calling for earlier treatment. (2013). World Health Organization. http://www.who.int/mediacentre/news/releases/2013/new_hiv_recommendations_20130630/en/

PAGH: Open Positions

Secretary - If you want to get an introduction to PAGH and also lend a tremendous hand, consider joining as our secretary. A 2 year position, the secretary helps by keeping meeting minutes, monitoring the PAGH email account, keeps track of all documents and manages distribution of Nexus.

Web Coordinator - If you have a talent with websites and web design then please consider joining PAGH as the Web Coordinator and creating a strong online presence for PAGH! Stephen Pasquini, PA-C has been working in the background as our web coordinator for almost 2 years now but he is leaving for international travel. Your duties will be to manage the already-built website, help keep postings on our website up to date and help expand the offerings to our members.

PAGH Delegate and Alternate Delegate for the 2015 AAPA House of Delegates (HOD) in San Francisco- A fun way to see the inner workings of the AAPA and to contribute to our profession as a whole. As of 2013 PAGH has an individual vote in the HOD, creating a chance for us to cast a vote in the HOD with a global health perspective in mind. If you like any sort of politics than this is the role for you. This will be a voted position with an application and platform statement required by early January 2015 and a request for a vote sent out to our members late January, 2015.



Student Corner: Haiti

Tony Steier, PA-S, Wake Forest Physician Assistant Program

“Can you please come quickly? My brother has just returned from the hospital and is having difficulty breathing!” Night had already fallen in the town of Ranquitte, Haiti, and I was preparing for bed when I overheard one of our translators speak those words. Minutes later I found myself sitting shotgun in an old Toyota 4Runner filled to the brim with five Haitian men, another PA student, an ER nurse, and an ER PA. Without any additional information about our patient, we sped down the overgrown two-track in the pitch black for what seemed like hours until suddenly we stopped. “Are we here?” No, it was a flat tire. The last quarter mile was on foot. We arrived to a surreal scene. The small concrete house with corrugated tin roof and dirt floors was overflowing with people. Friends and family of the sick man parted like the Red Sea as we walked into the candlelit bedroom. There lay a middle-age man in respiratory distress. He was exceptionally thin, even by rural Haitian standards. The history and physical was cut short when we learned he was diagnosed at the hospital with Tuberculosis and discharged with nothing more than Mucinex. Then, as if on cue, he expectorated bloody sputum into his trembling hands. We learned the next morning that he passed away just hours after our visit.

This gentleman was just one of many memorable patients from a recent mission trip to Haiti. I am currently a second year PA student at Wake Forest University and was fortunate enough to spend two weeks this September volunteering



with Peacework Medical as part of a rural health elective rotation. I was joined by one other classmate, two faculty members, and a diverse team of doctors, PAs, nurses, and EMTs from



across the country. We spent nine days in Ranquitte, a small, mountainous town approximately five hours north of Port-au-Prince. Including the surrounding area, the Ranquitte region has approximately 20,000 residents. There are a few small, nurse-run clinics servicing the area, but as evidenced by the preceding story, good healthcare is hard to come by, even at the larger hospitals. Peacework Medical has been involved in this region of Haiti since the earthquake in 2010. The organization, led by Pam Burwell, an emergency PA and fellow Wake Forest graduate, began by constructing clean water tanks and played a huge role in ending the cholera epidemic in this area. More recently, Peacework has constructed a new clinic to be staffed by a Haitian-trained nurse practitioner. At the time of our visit, the clinic was not yet functional and was too small for our operation. Instead, we set up shop in a local church.

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Student Corner: Haiti (*continued*)

Tony Steier, PA-S, Wake Forest Physician Assistant Program



Our days began before sunrise with the crowing of roosters echoing through town. A handful of us would strap on headlamps and head out for a morning hike. The steep, lush hillsides were tricky to navigate, but it was well worth it to reach the summit just as the sun was rising. To the east we could see the mountains of the Dominican Republic, and below us to the west, was the tiny town of Ranquitte waking up for another day. Back at the guesthouse we enjoyed another delicious breakfast of porridge, spaghetti, or rice and beans then made our way to the church to begin the workday. Each morning we waded through a mob of people elbowing their way to the front of the “line” to be the first seen. It was shocking to me to see the characteristic selfishness of Haitian culture evident here. There was no respect for one another such as allowing a sick old lady to be seen first. Rather, it was every man, woman, and child for him or herself.

Between the six providers and two students, we saw roughly 300 patients daily. Despite the heavy patient load, our workdays were relatively short thanks to the support of the Haitian locals employed by Peacework to help facilitate our presence, an efficient system for handling such high volumes of patients, and of course the absence of charting. Complaints were typical of those found in many primary care visits in the United States: headaches, back pain, indigestion, hypertension, UTIs, STIs, etc. Occasionally we

would see some more interesting cases like a wound from a Botfly or undiagnosed congenital cardiac defects.

History taking was the greatest challenge of these visits. Creole is the official language of the country and is very closely related to French. Unfortunately, none of us spoke either, and despite learning a bit in school, most Haitians did not know any more English than the phrase, “Blanco, give me one dollar.” We tried to get around this by using professional translators hired by Peacework. These men were very smart, helpful, and excited to be a part of our trip. Even so, the language barrier was often insurmountable. Haitians have a very difficult time localizing pain, describing pain, and constructing a cohesive timeline of events in their own language, let alone when trying to translate to English. At first this was incredibly frustrating, but I soon accepted it and began to focus on a very detailed physical exam. Without a solid history and the support of any diagnostic tools, the physical exam became the key to successfully evaluating each patient. As a student, I loved the chance to hone my skills.

Our evenings in Ranquitte were usually mellow. After an early dinner we would occasionally have a house call to make, but more often we spent our time reading, playing cards, walking around town, exploring the trails in the surrounding hills, and playing with the local children. If the afternoon showers stopped in time, the sunsets were usually spectacular from the roof of the guesthouse.

This was not my first mission trip, but it was my first mission trip volunteering as a medical provider. This was extremely meaningful for me. The opportunity to use my own knowledge, skills, and resources to help the poorest of the poor is one of the fundamental reasons I chose to pursue a career in medicine. It was wonderfully fulfilling to see this come to fruition, and it makes me excited to think about what my future holds. The chance to work alongside so many smart, dedicated PAs and doctors was also a tremendous learning experience, and I am grateful to everyone that made this trip possible, especially PAGH.





Physician Assistants for Global Health 2014 Fellow Grant Application

General Requirements:

- Current PAGH Fellow Member
- Applicants must be NCCPA certified
- Work of the applicant must be with patient population in underserved area (US or abroad)
- Applicants must submit a written essay answering question #9 of the grant application in 500-1000 words.
- Applicants must have either the organization they will be volunteering with or a PA/NP/MD colleague electronically submit a letter of recommendation for the applicant. The letter of recommendation must include the contact information of the organization or provider who submits it for further contact if necessary.
- Funds must be used directly to facilitate the applicant in providing medical care for the underserved population. Grant recipients must sign a written agreement stating that the amount of the grant is not otherwise provided other means; that they are in fact in financial need of the grant amount; and that any PAGH funds received will be used solely to fund the cost of the trip or provide direct patient care services while on their trip.
- Applicant cannot be a current PAGH board member or other employee or PAGH volunteer involved with financial decision making.
- Grant winners are required to contribute to an article for the PAGH newsletter – Grant candidates are also encouraged to contribute
- All portions of application are due no later than 11:59pm PST on **January 5, 2015**

Directions for Submission of Grant Application

- Please email this application to pasforglobalhealth@gmail.com. Please put this in the subject line: 2014 Fellow Grant Application, Your Name
- Letter of recommendation will need to be emailed to the same email address, placing in the subject line: 2014 Fellow Grant Recommendation, Your Name
- Questions regarding this Grant or application can be directed to PAGH at the same email.

Candidate Name:

NCCPA ID:

Address:

Cell:

Email:

1. In which underserved areas do you work or wish to work?

2. With which organization do you work with or do you work independently?
Please provide us with contact person who can verify your participation.

3. What patient population do you serve:

4. What disease states:

5. Dates of service:

6. Estimated cost to you to volunteer:

7. Please list any literature that documents the sustainability and efficacy of your organization or project.

8. Who will be sending your letter of recommendation?

9. Essay (500-1000 words): What is your role as a physician assistant to help rectify the global provider deficit and how would this scholarship help you achieve that?



Announcements

Welcome To Our New and Returning Fellow Members!

Mary Laxton, Leiana Jagolino, Chad Case, Sandra Ockers,
Marisa Girawong, Bethany Lindstrom.

Welcome To Our New and Returning Student Members!

Arsha Thomas, Kristine Schneider, Daniel Sanders, Farah Ali, Kathy Pederson,
Michael Uhlig, Amoya Morris-Berry, Kayla Bierschbach, Brenna O'Keefe,
Victoria Teele, Hayley Jenkins, James Barbosa, Carolyn Tampe, Kristen Dollahite,
Susan Strellec, Breanna Cook, Elisabeth MacDonald.

Upcoming Medical Service Trips

International Medical Relief

www.internationalmedicalrelief.org

Haiti: Dec 27, 2014 – Jan 3, 2015
Philippines: Jan 7, 2015 – Jan 17, 2015
Panama: Jan 29, 2015 – Feb 8, 2015
India: Feb 12, 2015 – Feb 22, 2015
Tanzania: Feb 28, 2015 – March 8, 2015
Philippines: March 7, 2015 – March 15, 2015
Nicaragua: March 15, 2015 – March 22, 2015
India: March 22, 2015 – April 1, 2015
Indonesia: April 3, 2015 – April 11, 2015
Brazil: May 22, 2015 – May 31, 2015
Madagascar: May 30, 2015 – June 7, 2015
Ethiopia: June 11, 2015 – June 21, 2015
Cambodia: June 9, 2015 – June 21, 2015
Haiti: June 20, 2015 – June 27, 2015
Kenya: June 25, 2015 – July 5, 2015
Russia: July 23, 2015 – Aug 1, 2015
Nicaragua: Aug 1, 2015 – Aug 10, 2015
Peru: Sept 4, 2015 – Sept 13, 2015
Thailand Gulf: Sept 12, 2015 – Sept 20, 2015
Malawi: Oct 23, 2015 – Oct 31, 2015
Indonesia: Nov 20, 2015 – Nov 29, 2015

Flying Samaritans

www.flyingsamaritans.net

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

Seattle King County Disaster Team

www.skcdteam.org

The SKCD Team is always looking for PA volunteers for it's 4 yearly trips to Haiti.
Visit *www.skcdteam.org* and contact any board member to discuss joining a team.



Volunteer Organizations

If you are aware of any trips or organizations that are looking for **PA volunteers**, please contact pasforglobalhealth@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

Global Brigades - www.globalbrigades.org

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

Heal the Children - Ecuador, Haiti. Contact: jensorooni@gmail.com. www.healththechildren.us

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

Holy Rosary International Medical Mission - www.hrimm.org

Hospitals of Hope - Bolivia, Haiti, and Liberia. www.hospitalsofhope.org

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

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



Volunteer Organizations

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.nunoaproject.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

The Damien House - Leprosy in Guayaquil, Ecuador - <http://thedamienhouse.org/aboutus.html>

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

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

Volunteer Kenya / ICODEI - accepting PA volunteers year-round - www.volunteerkenya.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

