

Dr. Mitchell Schuster with

# The Road to Humanitarianism

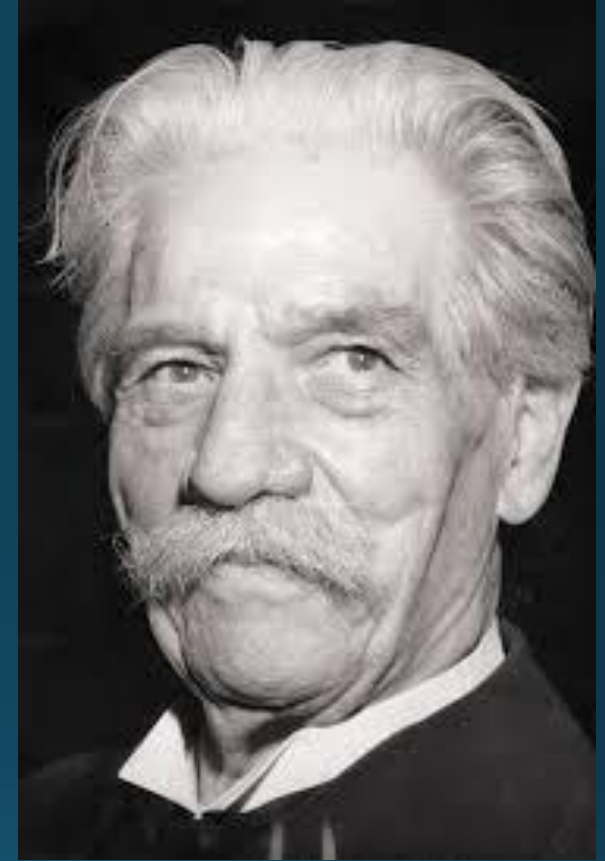
# Disclaimer

I am the President and Founder of the Bicol Clinic Foundation , therefore any mention of that charity today might benefit it financially through donations. However, I personally am not receiving any financial compensation.



# Dr. Albert Schweitzer

- Born in Germany, near the border of France
- Achieved a doctorate in religion, music and medicine.
- Became an expert in the philosophy of Immanuel Kant and by utilizing the Kantian premise of a priori reasoning
- After receiving a Nobel Prize, he dedicated himself to constructing a leprosarium on-site. It was consistent with his message of compassion through spirituality and the Hippocratic Oath



# A note from Dr. Schuster

- Dr. Albert Schweitzer, was a physician and a mentor both spiritually and humanistically
- He possessed a sense of wonder and awe of the possibilities that exist outside of our realm of comfort and our zone of complacency.
- Upper middle-class, well-educated, and well-cultured young man
- Gave up a lucrative career
- Gathered his young wife
- Traveled to the “dark continent”
- Dedicate himself to an ideal far greater



# Global Health; What's in it for us?

- Dr. Satish Gopal M.D. M.P.H, Malawi Cancer Consortium
- University of NC, Chapel Hill
- JAMA, A Piece of my Mind, October 10, 2017
- 17 year old daughter catches cerebral malaria
- placing his family at risk
- In NC she would have been in pediatric intensive care
- Rationalizing his commitment
- African Asian children demonstrate artesunate best treatment for malaria
- HIV-infected patients treated with antiretrovirals noninfectious to social partners
- Changing world wide policy by research conduct in Africa

# Former President of Doctors without Borders, Dr. James Orbinsky

- Humanitarian medicine is often practiced in a system of collapse because of
  - Poor state policies
  - Inadequate resource allocation
  - Natural disaster
  - conflicts





# Former President of Doctors without Borders, Dr. James Orbinsky

- Humanitarian incentives are a parachute
- Temporary provisions of humanitarian service
- Best existing standard of care vs. public health sustainability with local restrictions
- Training local health personnel after the humanitarian mission is complete
- Laboratory capacity for surveillance
- Effective infection control

# Former President of Doctors without Borders, Dr. James Orbinsky

- Humanitarian medicine conforms with the ethics of
  - Hippocratic teaching
  - Principles of world health org
  - Charter of the united nations
  - Universal of declaration of human rights
  - Red cross convention

# Duty of Humanitarian Assistance



# Objectives

- Discuss options for medical students to study abroad
- Proposal for residents to participate in overseas medical experiences
- Participation in a disaster relief mission?
- Practical tips for attending's and practicing or retired physicians to get involved



# Humanitarian Assistance

To save lives, alleviate suffering, and minimize the economic costs of conflict, disasters and displacement. Humanitarian assistance is provided on the bases of need according to principles of unversality, impartiality and human dignity.







# Projects Abroad

- Offers Medical Internships, Medical Elective and Preferred Medical Placement for students at any stage in their medical career
- Level of the program intensity and the nature of the work will depend on whether you are first or second year medical student or third or fourth year medical students
- Available opportunities in over 20 countries in Africa, Asia, Latin American and Eastern Europe



# Hands-On Experience

Volunteers are able to do procedures such as medical checkups, medication administration, and other basic functions

Experienced students and healthcare professionals are usually preferred but there is always room for well motivated volunteers

# Puerto Rico

- The hurricane disaster created a disruption in the healthcare chain of the entire islands health structure
- You may ask what supplies are necessary under such circumstances
- Depends, catheters, colostomy bags, medications, IV supplies, etc.
- Showing that collection of any and all supplies can always find a place of need



# Pathway to humanitarianism for medical students and residents

- Supporting International Health Efforts While at Home
  - Join **GHEC**, the Global Health Education Consortium
    - Free for students/residents at member schools
    - Great source of newsletters, resources, and meetings
  - Join the American Medical Student Association (AMSA)'s Global Health Committee
- Join a global health committee, section or interest group of medical professional society of your choice





# Pathway to humanitarianism for medical students and residents

Collect and donate medical supplies and equipment

- American Medical Resources Foundation
  - 508-580-3301
  - [www.amrf.com](http://www.amrf.com)
- World Medical Mission/Samaritan's Purse
  - [www.samaritanspurse.org](http://www.samaritanspurse.org)
- AMSA's Medical Instrument and Equipment Recycling Program





# Pathway to humanitarianism for medical students and residents

- Select research projects relevant to developing countries
- Provide logistical support for nongovernmental organizations
- Join advocacy organization
  - Global Health Council
- Learn how US compares to other nations regarding foreign aid and international development
- Educate yourself and others about the health and human rights issues of children around the world
- Network with other medical schools, public health schools/residencies with international health programs





# Pathway to humanitarianism for medical students and residents

## Finding An Appropriate Elective (Start early if you can!)

- Get leads by word of mouth; network at conferences
- Inquire in person while traveling abroad
- Contact NGO's directly
- Take a "formal" international health/tropical medicine course
- Take a medical Spanish or French health course
- Apply for an established elective through a medical school or organization



# Pathway to humanitarianism for medical students and residents

## Funding and International Health Elective

- Massachusetts Medical Society (Global Medicine Committee, scholarships available for students or residents, approx. \$750 each)
- Professional organizations: (American Academy of Pediatrics has \$500 scholarships each year for pedi residents doing electives abroad; see the AAP Section on Students, Residents, and Fellows website at [http://www.aap.org/sections/education/section\\_on\\_students\\_residents\\_and\\_fellows](#))
- MCAAP (Mass. Chapter of the American Academy of Pediatrics) International Health Studies Grant Program, \$500 each, rolling deadline. For medical students, residents and pediatricians
- Yale/Johnson & Johnson Physician Scholars in International Health Program





# Colorado proposal for elective study in Nepal and the Philippines

- To begin in summer of 2018
- \$1,500 stipend per resident provided by University of Colorado
- Matching stipend NGO, in this case Bicol Clinic foundation
- Teaching hospitals to form relationship with FAU Schmidt College of Medicine
- Tribhuvan Teaching Hospital in Nepal
- Legaspi Christian Medical College



# Pathway to humanitarianism for medical students and residents

## Preparing Before You Go

- Have a reliable contact(s) at your overseas site (supervisor, evaluator)
- Investigate the site: Work and living conditions – contact others who have been there!
- Medical/professional Preparations: diseases you'll see, malnutrition, limited diagnostic/treatment options
- Language Preparations: [www.globalhealthedu.org](http://www.globalhealthedu.org)
- Cultural Preparations: travel guides such as Lonely Planet, Personal Contacts
- Personal Preparations: CDC Website – [www.cdc.gov](http://www.cdc.gov) - Click on "Travelers' Health"
- Medical, Malpractice, and Evacuation Insurance: Travel Insurance Center – <http://www.worldtraveler.com/>



# Florida Atlantic University & Technion Israel Institute of Technology



- First Technion American Medical School (TeAMS) program in Florida.
- Places FAU's College of Medicine with a handful of medical schools in the U.S. and Canada, which have established partnerships with the Technion — Israel's leading science and technological university — for college graduates to live in Israel while completing their medical studies.
- The two medical schools will expand scholarly ties, develop student programs and promote international and inter-cultural understanding.







# Global Health Initiative at NYU School of Medicine



- Gives MD students an introduction to global health practice, research, and collaboration through a variety of learning opportunities on campus and around the world
- By working with clinicians and patients in medical systems other than our own, you gain exposure that enhances your cultural competence—an asset to any career path you might choose.





# Global Health Initiative at NYU School of Medicine

- If you are in your third or fourth year of medical school and want to do a rotation abroad, it must be approved for elective credit regardless of whether credit is needed. **This ensures that you are covered by the school's malpractice insurance while you are out of the country.**
- The minimum number of hours required per week for elective credit is 35.
- You must submit an online application to Global Health Initiatives at least three months before your intended departure date
- Speak to the International Health Program office if you need a letter indicating your enrollment in medical school to include in your application for a clinical elective abroad.



# Global Health Initiative at NYU School of Medicine – Planning Your Experience

The application process follows these general steps:

- Identify the dates in your academic schedule when you are able to travel.
- Identify a site and confirm that it can accommodate you on your proposed dates
- If you are pursuing research, work with your proposed site supervisor to determine the project.
- Confirm the project site and project with the International Health Program office.
- Submit your application on [OrgSync](#) (Kerberos ID and password required) at least three months prior to departure

Funding for Travel:

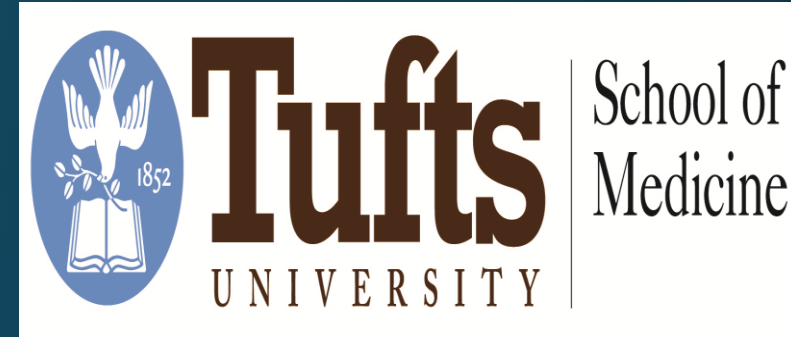
- The International Health Program funds up to 85% of essential costs for student research experiences, with an award maximum of \$3,000.







# Global Health Programs at Tufts University School of Medicine



- Tufts University School of Medicine views global health education as an important component of its educational mission.
- TUSM graduates and faculty are engaged in collaborative research, education, and training with colleagues in a number of countries around the world and serve as advisors and mentors for students planning global health experiences.





# Global Health Programs at Tufts University School of Medicine

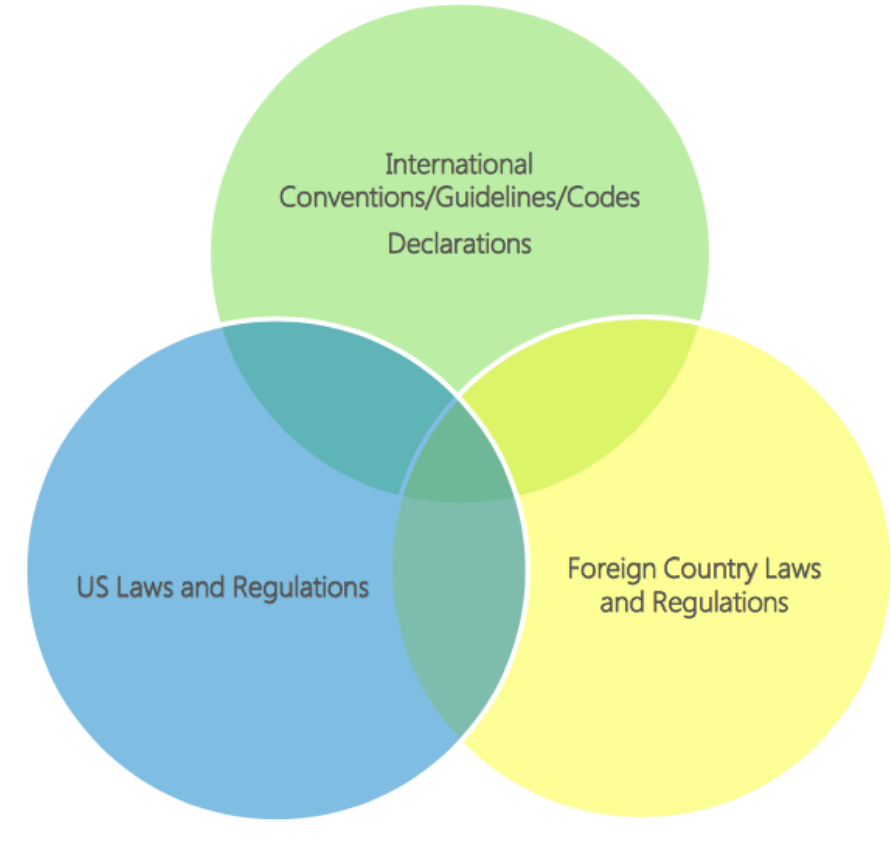
Students wishing to work with an independent program will be held to high standards and must have a well thought out application. Requirements include:

- Identify a TUSM faculty mentor
- Have an agreement with a partner organization and an on-site preceptor within that organization
- Provide a detailed description of the partner organization and its experience working with students/capacity to provide support to students
- Form a clear project proposal and plan for carrying out the project
- Arrange all travel, housing, and logistics
- Projects must be a minimum of seven weeks long (four weeks for 4th year students)



# Conducting International Research

- Consider local culture, tradition, and language, current political and social climate.
- Research must be conducted in compliance with the host country's laws protecting human subjects and any requirements for local IRB approval must be met.
- Consent process and participant protections must be appropriate for the level of risk and the nature of the proposed research setting in which the research will be conducted









# Personal Health & Vaccinations

When planning a mission trip, it is important to include pre-trip medical preparations in your planning and budgeting.

**Passport Health's** Travel Medicine Specialists will review with you the immunizations required and recommended for:

- the area you will be visiting
- based on the time of year
- length of stay and your activities while you are there

**Passport Health** utilizes advice from the World Health Organization (WHO), the Centers for Disease Control (CDC) and the US Department of State and requirements are constantly updated.





# Pathway to international disaster relief missions

Need to Know:

The primary goal of relief work is to help the greatest number of people as effectively as possible. Volunteers can be an asset to this end, but they can also be a hindrance







# Pathway to international disaster relief missions

Prospective volunteers with medical training are strongly encouraged not to go to disaster sites on their own, but to contact an agency or organization that is working on the ground and has authorization from the government to bring in personnel.

Many of these organizations will also require that volunteers have registered with them before a disaster, so that they have sufficient time to review their qualifications and experience.



# Pathway to international disaster relief missions

- Volunteers are limited
  - Prospective volunteers with the best chance of being selected have fluency in the language of the disaster-stricken area, prior disaster relief experience, and expertise in technical fields such as medicine, communications, logistics, or water/sanitation engineering
- Gaining Necessary Experience
  - Starting small and starting locally
  - Volunteering in one's own community will yield useful experience in helping people in need
- Medical and Healthcare Professionals
  - In most international emergencies local doctors are available, within the country. In most cases, the affected country government will rely upon these resources first, before requesting outside assistance, since these doctors are most familiar with the area, medical system and language.





# Military Work – Operations Other Than War

The U.S. military is increasingly being called upon to provide medical support for U.S. forces, coalition forces, and civilian populations in "operations other than war" (OOTW) — a broad range of missions including peace operations, humanitarian assistance, disaster relief, and nation assistance, among others.













# America's NAVY Hospital Ships

The Navy operates two dedicated hospital ships, the USNS *Mercy* and the USNS *Comfort*.

Both serve as 70,000-metric-ton symbols of how much America cares as a nation and as a people. If a tanker can be transformed into a symbol of hope, consider how the *Mercy* and *Comfort* transform the health-care professionals aboard.



# Mercy Ships



- **Mission.**

Mercy Ships, a global charity, has operated a fleet of hospital ships in developing nations since 1978. Mercy Ships follows the 2000-year-old model of Jesus, bringing hope and healing to the world's forgotten poor.

- **Vision.**

Mercy Ships uses hospital ships to transform individuals and serve nations, one at a time.



# Ready to help transform lives?

## Financial obligation

All applicants are required to provide or raise their own funds to cover crew fees, insurance, transportation to and from the ship, and personal expenses.

## Health and Age Requirements

Physical Evaluation and Immunizations are required for all applicants. Due to maritime medical regulations and other circumstances, those with certain disabilities and/or health histories may not be eligible to serve with Mercy Ships.

## Positions, Time Availabilities & Expertise

Medical professionals are required to be licensed and have a minimum of two years' experience. Mariner applicants should be able to provide copies of current mariner licenses and certificates.

For all positions, Mercy Ships has set a minimum and maximum commitment, ranging from two weeks to five years.

## Required Training

**Foundations of Mercy Ships** is a 5-day course held at the Mercy Ships International Operations Center in Texas.









# Build healthy global communities

- Health Volunteers work within their communities to promote important topics such as nutrition, maternal and child health, basic hygiene, and water sanitation.
- Volunteers also work in HIV/AIDS education and prevention programs, where they train youth as peer educators, provide support to children orphaned by the disease, and create programs that provide emotional and financial support to families and communities affected by the HIV/AIDS epidemic.



- Select - Search current openings and apply to the one that best suits your skills and interest, or apply to where you are needed most and we'll select the position that best suits your skills.
- Apply - You can only have one active Peace Corps Volunteer application. Filling out the application is fast and easy.
- Health History - Provide your health history and learn which countries can support your medical needs.
- Interview - If selected, interview via videoconference.
- Invitation - If chosen, accept your invitation to serve.
- Medical and Legal Clearance
- Departure
- Embark on your Peace Corps service assignment!







MALNUTRITION MASS SCREENING IN KOLLO  
HEALTH DISTRICT  
DEPISTAGE DES MALNUTRIS AGUS SEVERES  
DANS LE DISTRICT SANITAIRE DE KOLLO  
COMMUNE RURALE DE JINGA  
Mars 2015







**MEDECINS SANS FRONTIERES**  
**DOCTORS WITHOUT BORDERS**

# Doctors Without Borders

At its core, the purpose of humanitarian action is to save the lives and ease the suffering of people caught in acute crises, thereby restoring their ability to rebuild their lives and communities.





# To work in the field with MSF, every applicant must meet the following general requirements:

- At least two years of relevant professional experience
- Availability for a minimum of 9 to 12 months
- Relevant travel and/or work experience outside the United States
- Ability to work and live with a diverse group of professionals
- Flexibility and adaptability
- Computer skills
- Commitment to MSF's principles

## Assets:

- Language skills (mainly French)











# 7 Sins of Humanitarian Medicine

- Leaving a mess behind
- Failing to match technology to local needs and abilities
- Failing to nongovernment organizations to cooperate and help each other
- Failing to have follow-up plan
- Allowing politics training or other distracting goals to trump service
- Going where we are not allowed or needed
- Doing the right thing for the wrong person











# Ethical Reasonability

Altruistic and socially conscious physicians are dedicating a portion of their professional lives to humanitarian relief of disadvantaged populations in increasing numbers. These efforts are primarily carried out through short-term medical missions (STMMs).

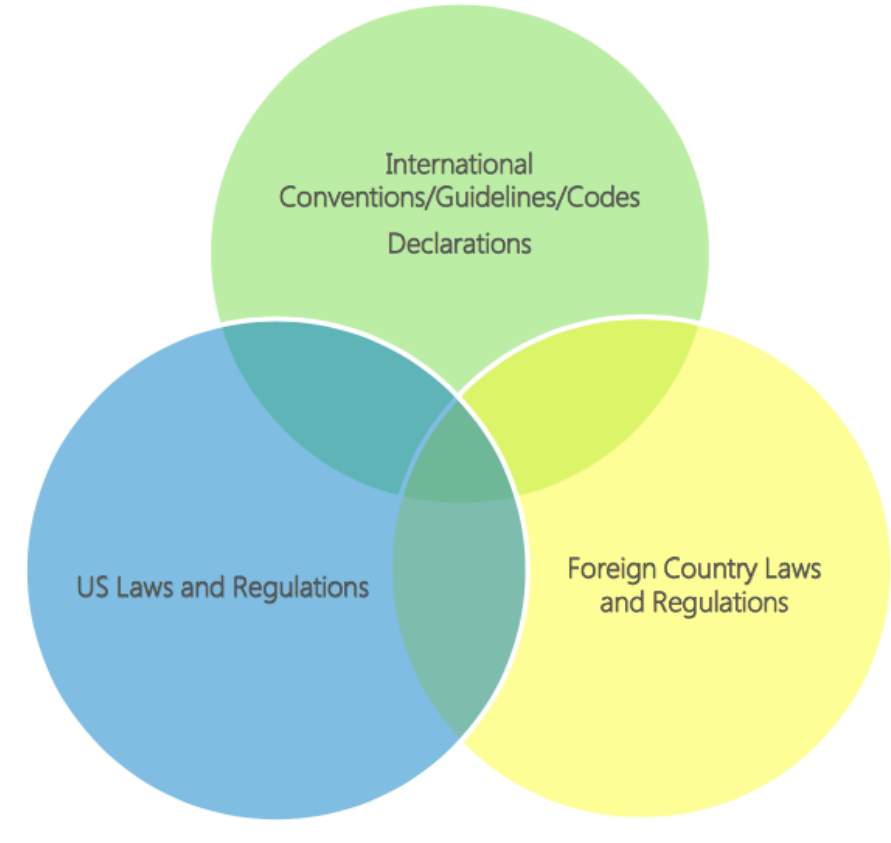
However altruistic and compassionate are the physicians' intentions, there are ethical rules of conduct that should direct their actions in these humanitarian efforts, and failure to comply with them can violate international standards of care.



# Conducting International Research

## Elements of the consent process

- The informed consent process involves:
- giving a subject adequate information concerning the study,
- providing adequate opportunity for the subject to consider all options,
- responding to the subject's questions, ensuring that the subject has comprehended this
- information, obtaining the subject's voluntary agreement to participate and,
- continuing to provide information as the subject or situation requires.













# What to look forward to

- A job with meaning that aligns with your values
- Opportunities to make a difference
- A community of motivated co-workers
- Challenge and responsibility
- See the world, experience different cultures

# Factors to consider

- Family Comes First
  - It is easier to be a medical student and assume that one's life will work out so that they can spend 3-6 months traveling each year; not always apparent to their spouse and family
- Personal Finances
  - Someone has to provide a salary for each person while they're working abroad
- Licenses & Working in Foreign Government
  - If you're going overseas for a long-term arrangement to try to set up a clinic, it is not easy to obtain a medical license in another country.
  - Malpractice concerns
- Research Support
  - Where is one going to do their academic teaching and research and how was one going to support the actual work that is being done?











# Conclusion

There is tremendous interest in physicians from the U.S. working overseas in clinic care settings and educational research. Short-term projects can be readily accomplished and contribute substantially to the healthcare of some of the worlds poorest people. However for an American academic physician to spend a large portion of their time overseas doing medical care research remains very challenging to arrange. Medical students should have a realistic understanding of the obstacles they face in the area and develop realistic personal and professional goals.







# Contacts

World Health Organization

[erecruit@who.int](mailto:erecruit@who.int)

Peace Corps

[application@peacecorps.gov](mailto:application@peacecorps.gov)

202.692.1840

Mercy Ships

[info@mercyships.org](mailto:info@mercyships.org)

903.939.70000

NYU School of Medicine

212.263.5290

Doctors Without Borders

212.679.6800

The Bicol Clinic Foundation

[volunteer@bicolclinic.org](mailto:volunteer@bicolclinic.org)

561.864.0298

Florida Atlantic College of Medicine

[COMinfo@health.fau.edu](mailto:COMinfo@health.fau.edu)

561.297.4828

Tufts School of Medicine

[Med-info@tufts.edu](mailto:Med-info@tufts.edu)

617.636.7000