

COMMUNITY HEALTH PRACTICE INTERNSHIP
AT UNAN – MANAGUA
NICARAGUA- CENTRAL AMERICA



NICARAGUAN MEDICAL SHOOOL

UNAN – MANAGUA, CENTRAL AMERICA

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I. General Information

The Universidad Nacional Autónoma de Nicaragua (UNAN), also known as the National Autonomous University of Nicaragua, was founded in 1812 in the city of Leon. It is the last of the Universities established by Spain in colonial America. The Campus "Ruben Dario" began its run in 1969. Then on April 29, 1982, by decree of the Government Junta of National Reconstruction, the UNAN-Managua became established as an independent institution.

UNAN-Managua is currently a public institution of higher education that has its roots embedded in academic autonomy. The university has consistently strived to contribute to the development and improvement of its country through promoting lifelong learning, multidisciplinary research, and practicing social justice by providing social and medical assistance to the most vulnerable people in the country.

UNAN-Managua is affiliated with ten institutions, including three campuses distributed in the city of Managua: Ruben Dario headquarters UNAN-Managua, Carlos Fonseca Amador, and Ricardo Morales Avilé. It has four regional campuses located in the cities of Estelí, Matagalpa, Carazo and Chontales. It is also affiliated with the Health Polytechnic Institute.

The institution consists of 847 faculty members, most of which harbor a master's and doctorate degree, and 1,232 administrative employees. With an annual enrollment of 33,000 students, the university provides students the opportunity to excel through its undergraduate programs, graduate programs, as well as specialty programs through which students are offered certification. 97 undergraduate courses are offered in the following subjects: Education and Languages, Health Sciences, Science, Engineering and Architecture, Economics and Administrative Sciences, Humanities, Law and Social Sciences. Graduate students are trained in medical and other professional specialties through UNAN and its affiliations. Further training is provided through special programs, including but not limited to the Community Health Practice Internship at UNAN-Managua.

The UNAN- MANAGUA is located in Rotonda Universitaria 1 km al Sur, Villa Fontana, Managua, Nicaragua

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II. MISSION

The UNAN-Managua's mission is to develop innovative programs that will facilitate and link students in training with the public and private sectors of civil society and

stimulate their growth through collaborations with international students. The Community Health Practice Internship aims to achieve this goal through international participation. It will provide international students the opportunity to provide medical care to families facing health disparities in the country and will facilitate the flow and exchange of ideas among local and international medical students.

III. OBJECTIVES

1. Provide foreign students and medical/dental students from the UNAN-Managua networking opportunities through collaboration and teamwork in Managua clinics and extracurricular activities.
2. Involve foreign students in the development of educational strategies for the community by providing lectures and educational material promoting preventative health measures for the public.
3. Provide foreign students with medical training in the community hospitals and community health clinics in Managua, Nicaragua.
4. Provide foreign students the opportunity to enhance their Spanish-speaking skills as well as their interactions with individuals of different cultural and ethnic backgrounds.
5. Allow foreign students to participate in the MOSAFC model (described below).

IV. REQUIREMENTS

Pre-medical, medical, and graduate students obtaining degrees relevant to the practice of medicine, with an interest in learning a new culture and helping the most impoverished people in our country, are welcome to participate in the Internship Community Health Practice at the UNAN-Managua.

Each student must complete, sign, and submit an application by the deadline provided on the Community Health Practice Internship UNAN-Managua website (currently under construction). On the application, we request general information such as your past medical history, current medications, and the reason for your particular interest in participating in this program. For non-U.S. students, please complete and submit your application to the Program Directors, Dra. Karen Herrera and Dr. Mauricio Gutierrez at cmpnic@gmail.com. All U.S. students, please

complete and submit your application to our U.S. Advisor, Montreh Tavakkoli at MontrehTavakkoli@gmail.com.

Each student must be up to date on his or her influenza and hepatitis vaccinations. Your immunization card will be checked prior to any student-patient interaction. In the absence of these immunizations, students will not be permitted to practice in any clinics or hospitals. Please visit your family practitioner for additional optional vaccinations or preventative measures.

Please note:

1. Students are not required to speak Spanish in order to participate in our programs.
2. Deadline for winter trip (application): October 15, 2013.
3. Deadline for winter trip (payment): October 31, 2013.

Please do not send the payment until you have been contacted by one of our staff following the submission of your application. This email will include specifics regarding the cost of the airfare, and confirmation that you have been selected to participate in the program.

V. PROGRAM OPTIONS

The UNAN-Managua offers 10-day internships to foreigners in careers related to medicine. Students will be immersed in all aspects of the health system in Nicaragua and have an opportunity to work with physicians and medical students at the UNAN-Managua as well as with the impoverished patients they will serve. The following programs are provided:

1. Community Health Practice

- ✓ First day (arrival):
 - Students will be assigned rooms in the International House UNAN-Managua.
 - A mandatory orientation will be held with the goal of enlightening students of the current health disparity in Nicaragua.
 - A complementary course will be provided on the most commonly used medical terminology in Spanish to enable students to better communicate with patients.
- ✓ Four days:

- Medical practice in community health clinics, serving patients from the poorest communities of Managua.
 - Complementary Spanish course (optional)
- ✓ Four days:
 - Community service at one of the hospitals in Managua.
 - Complementary Spanish course (optional)
- ✓ Last day: cultural exchange and visits to the tourist attractions in Nicaragua.

2. Hospital Practice

This program is intended for students who have obtained a higher level of education – i.e. residents and graduate physicians of various specialties who are interested in performing surgical procedures along with other physicians at UNAN-Managua.

- ✓ First day (arrival):
 - Volunteering physicians will be assigned rooms in the International House UNAN-Managua.
 - Mandatory orientation intended to enlighten physicians of the current health disparity in Nicaragua.
 - A complementary course will be provided on the most commonly used medical terminology in Spanish to enable students to better communicate with patients.
- ✓ Eight days:
 - Perform surgical procedures in the hospital
 - Complementary Spanish course (optional)
- ✓ Last day: cultural exchange and visits to the tourist attractions in Nicaragua.

VI. PROGRAM ACTIVITIES

1. Community Health Practice

- ✓ Each student will be under the supervision of a physician and will participate in providing patient care. Students will be involved in obtaining patient HPI, obtaining vital signs, performing physical

examinations, devising differential diagnoses, and discussing the steps required in making an accurate clinical diagnosis with the doctor in service.

- ✓ Students may be involved with performing pap smears, minor surgical procedures (i.e. suturing), providing prenatal care, etc.
- ✓ Students may participate in health prevention activities for the public (i.e. devise lectures and lead classes on the risk factors for and means to prevent the development of chronic illnesses).
- ✓ Observe medical care.
- ✓ Participate in the MOSAFC model.

Description: Provided that chronic illnesses such as diabetes, hypertension, and cancer are on a global rise, and that the treatment for such ailments are costly, the Ministry of Health at Nicaragua has devised the Modelo Salud Familiar Comiunitario (also known as MOSAFC – literal translation: Model Health Family Community), a new public health strategy. Through MOSAFC, each health center plans visits to individuals homes to identify the number of family members diagnosed with chronic ailments and to promote prevention and to treat already occurring disease. Each student will participate in this process by making visits to family homes and updating their files on record.

2. Hospital Practice

- ✓ Students will work in the emergency room, operating room, and delivery room under the supervision of a physician.
- ✓ Students may be asked to obtain patient HPI's, perform physical examinations, devise differential diagnoses, and discuss the most likely clinical diagnosis with a physician.
- ✓ Students will also scrub in on surgical procedures, observe and perform deliveries, and practice suturing under the supervision of the doctor in service.

VII. Complementary Spanish Classes

We will offer a three-hour Spanish class on the first day of arrival, followed by two-hour Spanish classes every day of the trip. These sessions will focus on helping students learn medical terminology used by the public to describe their health issues.

VIII. Student Certification

At the end of each program, students will be issued a certificate endorsed by the University as a stimulus for community work.

IX. Budget

Each student will pay an amount of \$900, which will be used for the following:

- ✓ Lodging
- ✓ Food (breakfast and lunch)
- ✓ Transportation
- ✓ Tax entry into the country
- ✓ Materials for the Spanish classes
- ✓ Staff expenses

Please note: Airfare and medical insurance are not included in this budget.

X. What Do I Need To Bring?

Every volunteer should bring the following:

- Personal items (including scrubs, additional clothing for potential outings, toothbrush, toothpaste, comfortable shoes, etc.)
- Passport, which is required to be carried at all times.
- Cash in case students decide to go out for dinner, for the purchase of souvenirs, etc.

XI. Contact Information

Contact us:

- UNAN -MANAGUA
Email: cmpnic@gmail.com
- U.S. Advisor
Email: MontrehTavakkol@gmail.com

XII. Picture Gallery of Hospital and Health Center

Manolo Morales Hospital



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Health Center Managua, Community Health Practical

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