



DOCARE INTERNATIONAL ROTATION ORIENTATION – KENYA



Welcome to the DOCARE International Rotation Program! DOCARE offers rotations for students to gain practical clinical experience in Ngoswani, Kenya, while assisting underserved communities.

We expect this rotation to challenge your abilities and enrich your mind. During your rotation, you will encounter many medical situations unique to socio-economically challenged populations. You will gain an understanding of how healthcare can be delivered with limited equipment and resources, and you will be encouraged to rely on your mind and hands. In addition, you'll have the opportunity to immerse yourself in a rich cultural experience of daily life in this community. We believe you will find your global health rotation a valuable addition to your learning experience in U.S. healthcare facilities.



PARTNERSHIP BETWEEN DOCARE & NEW FRONTIERS HEALTH FORCE

About DOCARE

For over 50 years, DOCARE's volunteers have brought much-needed health services to people with insufficient access to care. Our early teams flew their own airplanes to serve Tarahumara Indians in Northern Mexico (who have since been made slightly famous by Christopher MacDougall's 2009 book *Born to Run*).

DOCARE has since expanded our care to populations around the world. Today, DOCARE is a not-for-profit, tax-exempt organization with continuity of care clinics in Nicaragua, Guatemala, and Kenya. Our workforce is mostly volunteers, and it represents a wide range of medical disciplines: physicians, nurses, dentists, veterinarians, pharmacists, podiatrists, physician assistants, nurse-anesthetists, physical therapists, and clinical psychologists, plus university faculty, paramedical personnel, students, and lay people who contribute special skills and services. We are bound together by a common thread: interest in meeting the health needs of underserved populations worldwide.

New Frontiers Health Force

New Frontiers Health Force is a nonprofit organization that runs a number of projects in Ngoswani, Narok Country, Kenya. Among these is a 24-hour health clinic that provides a wide range of services to the surrounding community. The clinic combines Kenya professional staff with a US-trained medical doctor, Tonya Hawthorne, DO. The Ngoswani Community Health Center was opened in 2009 in by NFHF. Currently our services include 24-hour staffing, trauma stabilization, antenatal clinics, labor and delivery, immunizations, tropical disease treatment, laboratory services, essential oil therapy, and pharmacy. [Click here to see photos](#) of the clinic and surrounding community.

More Information

New Frontiers has made considerable information on this rotation opportunity available on [their website](#). Please review [their documentation](#) for rotating students and residents, which includes several essential forms as well as information on accommodations, travel experience, and the roles of visitors. If you have additional questions, contact Dr. Hawthorne at mamadaktari@verizon.net with questions.



CHECKLIST: YOUR ROTATION IN A PAGE: KENYA

1. [Read the rotation pages of DOCARE International's website.](#)
2. [Apply to the rotation \(timeline: 4-16 months before travel\)](#). All rotation applications are managed through My Clinical Exchange (mCE). Once your rotation is approved you will need to set up an account with mCE and upload all required documents there. Dr. Hawthorne may request to meet with you by phone or Skype prior to approving your rotation request.
3. If you have received an approval, you can consider the rotation arrangement confirmed. Please
 - a. Communicate about the rotation to your university/residency program,
 - b. Review the [DOCARE rotation guidebook](#) and [New Frontiers info sheets](#) (PDF),
 - c. [Review and submit a liability form to New Frontiers](#) (PDF),
 - d. [Review and submit a volunteer agreement to New Frontiers](#) (PDF),
 - e. [Pay the DOCARE rotation fee online](#), and
 - f. [Pay the New Frontiers deposit and fees as per their instructions](#) (PDF). **(timeline: by 60 days before rotation starts)**.
4. Make travel arrangements.
 - a. Get a visa to Kenya **(timeline: 30 days before travel date)**.
 - b. [Book flights](#) **(timeline: ASAP for best airfares; 30 days before the travel date)**.
 - c. Complete travel medicine visits for vaccinations, etc. **(timeline: six weeks before travel)**.
 - d. [Purchase travel insurance](#) **(timeline: before your departure)**.
 - e. Email DOCARE your passport page, insurance card, and flight itinerary **(timeline: before your departure)**.
 - f. Prepare to travel: pack, exchange currency, etc. **(timeline: before your departure)**.
5. Prepare for university/residency requirements.
 - a. Complete any procedures at your university/residency (e.g., registering for credits).
 - b. Ensure you have the paperwork for your evaluation **(timeline: before your departure)**.
6. Do the rotation: travel to Kenya and work in the clinic.
7. Complete evaluations and surveys.
 - a. Dr. Hawthorne will complete your evaluation **(timeline: by the last day of the rotation)**.
 - b. Complete [a post-rotation survey from DOCARE](#) **(timeline: within 30 days after the rotation is completed)**. (Communicate any additional comments whenever you like.)

TRAVEL INFORMATION

Insurance

Insurance is required for all rotation participants. Most United States plans do not cover any medical treatment abroad, so it is necessary for all volunteers to purchase medical and evacuation (medevac) insurance for the trip. We require a coverage level of \$500,000. Vendors can be found in [the links section](#) of the DOCARE website. Students might wish to check the insurance policies available via their degree program, as some schools include medevac insurance.



Travel insurance designed to protect you against cancellation or trip interruption is an optional addition. This is not a substitute against medevac insurance.

Please note that most travel insurance policies do not cover high-risk activities, such as mountain-climbing or scuba-diving, even with high-risk activity riders. They also do not cover incidents that occur as a result of alcohol or drug use. Therefore, DOCARE recommends all participants exercise caution in high-risk activities and alcohol use. (DOCARE strictly prohibits drug use.)

Passport and Visa

A passport is required to enter and exit Kenya. If you are a U.S. citizen but do not have a current passport, please keep in mind that it takes 6-8 weeks to obtain or renew a passport, and this must be done in advance of getting a visa.

Kenya requires a visa for all U.S. citizens. You will need to go to ecitizen.go.ke to get your visa prior to entering the country. A visa is typically also required for individuals with passports from a country other than the United States. If you are not an American citizen, it is your responsibility to contact government offices to ascertain and fulfill your specific visa requirements *prior* to your departure.

E-Visa Instructions

You can get a visa through a Kenyan consulate office or by applying online. The following information assists you to apply online.

1. Prepare to apply.
 - a. Apply early so that you can cope with any delays.
 - b. Have your passport, credit card, and a passport-style photo (of your face) in jpeg format at the ready. For the photo, you can visit a passport photo shop, shoot a picture of yourself (look up a how-to online), or crop an existing photo.
 - c. You also have to upload a letter of welcome from New Frontiers.
2. Go to <http://evisa.go.ke/evisa.html>
 - a. If the website is down, try later. This happens periodically.
 - b. Don't worry about the non-red asterisk items. They are optional.
3. Create an account.
4. Apply for a single entry visa.
 - a. Under "reason for travel," write "education" (if it asks you to fill in a box specifying reasons, put down "education, tourism, medical").
 - b. Where the application asks for your destination hotel, write the name and address of New Frontiers. This is noted on the "Clinic" page of the rotation guidebook.
 - c. The email to add is Dr. Tonya Hawthorne's email: mamadaktari@verizon.net.
 - d. In the relevant space, write that you will be arriving by air to Jomo Kenyatta International Airport in Nairobi.
5. In the "additional documents" section, add the letter of welcome you have received upon the confirmation of your rotation.
6. Check back two to four days after completing the application, and then print out your e visa and tape or paperclip it to the inside of your passport.

If you are not a U.S. citizen, we advise you to complete all visa requirements well in advance of travel.



All rotation participants are welcome to contact the DOCARE office for additional documentation or support if required.

Vaccination Certification

Entry into Kenya is not currently contingent upon showing a certification of yellow fever vaccination, but that might change. If you have received this vaccination, carry certification (typically a yellow card from the World Health Organization) in your carry-on luggage. ***Please see additional information on essential vaccines and medical preparation on pages 8-10.***

Passport

We advise that all volunteers photograph or photocopy their passport and keep a copy in four places: one copy to New Frontiers Health Force; one copy printed and on your person; one in electronic form in your email inbox; and one in the hands of a family member back home. This ensures that the passport information will remain accessible in any circumstance. In particular, this will facilitate replacement in case of loss or theft. ***Please see additional information on managing passport loss or theft on page 10.***

Air Travel

Booking Your Ticket

It is your responsibility to secure round-trip air travel to and from the Jomo Kenyatta International airport (NBO) in Nairobi. Many airlines fly to and from Kenya, often with a stop in Frankfurt, Amsterdam, Milan, or another European city. You may use any carrier that is convenient. Airfares change frequently, and you are encouraged to book your flight early to get the best fares.

The rotation will begin on the Monday after you arrive, and most students end their fourth week on a Friday and depart on Saturday or Sunday. (You can choose to remain in the country longer, but please be aware that the clinic and DOCARE will not be able to offer assistance after your rotation is complete.)

After you have booked your flight, email a copy to Dr. Tanya Hawthorne at mamadaktari@verizon.net and copy in our secretariat at docare@osteopathic.org.

Ground Transportation from the Airport to the Rotation Site

The clinic will arrange your transportation from the Nairobi airport to Ngoswani. Once you clear customs, proceed outside and look for the sign with your name on it. The driver will take you to the hotel the clinic has arranged for you for the night. Do not give your luggage to anyone other than the driver, and do not tip the driver, as that is all covered in your transportation cost. The next day, you will travel approximately four to five hours to Ngoswani by car with a New Frontiers approved driver. New Frontiers is responsible for all your travel pertaining to the rotation.

FINANCIAL MATTERS

Costs

Please refer to the New Frontiers Health Force website for [information on their deposit and payment processes](#).



In addition to these, you will need to become a member of DOCARE International (\$50 for students and \$60 for residents) and pay an additional rotation fee of \$400. These payments can be submitted [via the DOCARE website](#).

Currency and Finance

Currently, the exchange rate is roughly US\$1:101 Kenyan shillings. If you desire, you can change money prior to traveling at a bank or a currency exchange (such as Thomas Cook). Please note that these facilities might need to order the currency, which can take several days. Additionally, exchange services are available in the Nairobi airport. These can be convenient, but offer worse exchange rates than banks and exchange services located elsewhere in Kenya. Finally, the NFHF team will help you change money once you arrive in Kenya. In order to get the best rate, bring money you want changed in new \$100 bills.

Consult the [New Frontiers Health Force documents](#) for additional information on financial matters.



LIFE IN KENYA: ACCOMODATIONS & PRACTICALITIES

Accommodations

Accommodations will be on the New Frontiers compound. This is the sole option available to all rotating students and residents. Please refer to their documentation for additional information.

Language

The languages in Kenya are primarily Swahili and English (along with 66 more). It is not expected that you will speak Swahili. However, please learn and use respectful phrases taught to you by NFHF staff.

Electric Current and Power

The electric current is 220-240 cycles, which differs from the 110-cycle, 60-volt American appliances. Kenya uses the "Type G" British BS-1363 plugs (three rectangular plugs in an isosceles triangle). You might wish to purchase adaptors prior to leaving the US. Some stores sell a "British" adaptor or a "worldwide" adaptor set. That said, the compound has limited electricity and you might not be able to plug in and charge your phone or additional electronics. Please consult New Frontiers documents for more information.

Phone and Internet

You will have minimal ability to charge and use your phone while in Kenya. To avoid costly roaming/international fees, you might wish to contact your phone company regarding your travel or simply choose to leave your phone on airplane mode *and* turned off for the duration of your trip.

Having a phone is not essential for the trip, particularly in Ngoswani, where phone use will be difficult and largely unnecessary. If you consider it a must, it is possible to purchase a pre-paid SIM card at low cost, which will permit you to use your mobile phone in Kenya. Please note that you must have an **unlocked** phone to be able to use a new SIM card. (Ensure your phone is unlocked before your departure by getting the unlock code from the original packaging or by contacting your American provider.) Once in Kenya, you might buy the SIM card from companies such as Safaricom and Vodafone, which have shops and stalls in urban areas. You might need to show a passport to be able to complete this purchase. It will be necessary to do this before going to Ngoswani.

Time Zone

Kenya is in the East African time zone (UTC +3 hours) and does not observe daylight savings time.

Clinical Attire

DOCARE will provide you with two scrub tops to wear at the clinic. Scrub bottoms are encouraged, but nice khaki, denim or dress pants are allowed. No white coat is needed. Please consult with the New Frontiers Team Booklet for further information.

Casual Attire and Packing List

When dressing for your time outside of the clinic, keep in mind that Kenyan people are conservative and often dress modestly, especially in the more remote communities. Shorts or skirts above the knee should be avoided. Comfortable shoes with rubber soles are a must, as walking is necessary for transportation. Avoid expensive jewelry and watches. Consult the New Frontiers Health Force documentation for a comprehensive packing list.



HEALTH ADVICE

Staying Healthy

The standard health precautions that apply to travel in any low- and middle-income country apply to this trip. We ask all volunteers to review this information and act on it to the fullest extent applicable to their personal circumstances.

General Pre-Departure Preparations

- Consult your doctor or travel medicine department for specific, individual advice regarding medical precautions, as well as checking [the CDC website](#), State Department travel advisories, and other travel medicine guides.
- Carry copies of health and accident insurance policies and important medical records with you.
- Bring an adequate supply of all prescription medications, in their original packaging and/or with a letter from your doctor indicating they are prescribed to you.
- Although stores will stock most hygiene items, it is wise to pack an adequate supply.
- In addition, bring a spare pair of eyeglasses or contact lenses if you require them.

General Safety While Traveling

- Wash hands often with soap and water or an antibacterial cleanser.
- Drink and brush your teeth only with bottled or boiled water. Avoid tap water, fountain drinks, and ice cubes. Opt for carbonated drinks in cans or bottles where water appears to be of uncertain origin.
- Avoid roadside stands, street vendors and tourist traps. Food prepared in highly recommended restaurants is usually safe. Eat only thoroughly cooked foods. Fruits and vegetables should be carefully washed or peeled. Remember: *cook it, boil it, peel it, or forget it.*
- Do not eat raw seafood, rare meat, or unpasteurized products.
- To prevent fungal and parasitic infections, keep feet clean and dry and do not go barefoot.

Immunizations

As a matter of good health practice, all routine vaccines (TB, polio, DTP or Td, Hib, MMR, varicella, influenza and pneumococcal meningitis) should be kept up to date. ***To work in the Ngoswani clinic, you are required to have current Tetanus, Hepatitis A, and Hepatitis B shots.*** Carry documentation that you have received these immunizations with you when you travel.

Malaria Prophylaxis

Malaria is a blood-borne parasite that is spread by mosquitos that fly at dusk and during the night. Transmission occurs in Kenya, and as a result ***we require you to take malaria prophylaxis drugs***, which you must obtain in the US before traveling. You may choose to take Mefloquin or Malarone. Doxycycline is not recommended. These drugs have side effects, contradictions, and practical considerations that should be discussed with a physician or travel nurse in the United States prior to your departure. They need to be purchased and started *before* you travel to Kenya.

In addition to prophylaxis, please use a DEET insect repellent every evening and wear long-sleeved shirts and long pants from dusk through dawn. These precautions will help you avoid bites by night-flying mosquitoes. You may also wish to bring a bed net, whether impregnated with insect repellent or not, to help ensure you are protected from mosquitos while sleeping.



If you develop a relapsing fever (once per every two to four days) with pain, fatigue and malaise, contact a doctor and clinic staff for assistance immediately for assistance in procuring an appropriate medication. Bearing in mind that active disease can be present in malaria-naïve populations even when parasitemia is *below* the minimum amount necessary for diagnostic accuracy (whether immunochromatographic rapid diagnostic tests or standard microscopy), we advise presumptive treatment for any suspected cases of malaria.

Advice on Other Diseases

Hepatitis A (Immune Globulin IG): *Hepatitis A immunization is required.* The importance of being protected against Hepatitis A tends to increase as the length of stay increases. It is particularly important for persons to have this immunization who will be visiting rural areas, or who will have close contact with local persons in settings with poor sanitary conditions.

Hepatitis B: *Hepatitis B immunization is required.* Vaccination is always advised for health care workers, persons anticipating direct contact with blood, other potentially infectious materials, or infected individuals.

Yellow fever: This is a viral illness that involves fever, malaise and a variety of other self-limiting symptoms. Up-to-date vaccination eliminates risk. (Note: at some point, proof of vaccination might become necessary to enter the country.)

Cholera: Kenya has experienced an ongoing cholera outbreak since early 2015. While the outbreak has not affected the counties in and near our clinic's location, we do urge our visitors to take basic precautions against this severe illness. Cholera is a disease spread by the oral-fecal route, typically through unclean water. We strongly advise taking care to ingest safe water and food. A cholera vaccine has recently been developed, but immunization is not deemed necessary at this time and is not currently easy to obtain. If you are interested in this vaccine, seek out a physician or travel nurse in the United States prior to your departure.

Zika: Zika outbreaks have been reported in Kenya, but they are not widespread. Due to the risks of birth defects in babies born to women infected with the Zika virus, we advise not traveling there if you are pregnant or plan to become pregnant in the near future. We also advise wearing long pants and covering exposed skin on feet, arms, and elsewhere with DEET or other insect repellants, especially during the rainy season, as the virus is transmitted by mosquitoes that bite during the day.

Chikungunya: Chikungunya is an under-recognized but highly prevalent viral infection endemic to East Africa that can cause fever, malaise, and lasting joint pain similar to arthritis. It is spread by mosquitos, and travelers should take precautions against mosquito bites as outlined above.

Dengue: This disease is very rare in Kenya, but has recently resurged in limited areas. As above, it is spread by mosquitoes, and precautions against other diseases will be simultaneously effective against this one. There is no immunization. Dengue is a self-limiting disease involving fever, malaise, and an itchy rash on hands, feet or other body parts, and care is supportive and nonspecific. However, be



mindful that high fevers might develop, and be extra cautious if you have had dengue and develop it again, as serious complications can arise in this case.

Gastroenteritis: Past students have reported GI upset. This is a common part of international travel, and preventive measures mostly involve food and beverage safety (as detailed below). If you do get sick, don't panic. Stay hydrated with water and Gatorade. Most mild GI upset is caused by an introduction of new bacteria into your system, and can be treated with Pepto Bismol alone. More severe GI upset may warrant treatment with Ciprofloxacin or an anti-parasitic drug. You can typically purchase these medications in local pharmacies without a prescription. Seek medical advice if needed.

Seeking Medical Care

Please notify the clinic managers if you become ill. Please make sure to report all fevers in particular. Notify DOCARE's main office of any serious health event that occurs during your rotation, by calling 312-202-8149. You may also opt to call your travel medical insurance company or the US Embassy in Kenya to access advice on where to seek medical care.

SAFETY WHILE TRAVELING

Safety on the New Frontiers compound

New Frontiers has developed comprehensive rules to ensure your safety on the compound. Please read all New Frontiers documents and consult with people on the compound as needed. Please follow all rules, as some circumstances might be unfamiliar to you (such as risks related to wild animals).

Precautions While Elsewhere in Kenya

DOCARE offers additional comments for the limited amount of time you might spend in urban areas, whether for recreation or as part of your pre- and post-rotation air travel.

Unfortunately, no area can be called "always safe." Kenya does have high levels of crime—in fact, Nairobi has been nicknamed "Nairobbery." Theft in particular might affect you. Be careful, especially in crowded markets or deserted streets. It is prudent to follow practical precautions such as walking in groups, staying inside at night, and making sure any travel is accompanied by a trusted security escort or guide, and letting others know where you are going and when you plan to return. Leave your passport at the hotel and take a copy with you, unless you need the passport for a specific reason. Do not carry large sums of money. Make sure you have the numbers of your credit cards and credit company customer service phone numbers written down somewhere, so cards can be cancelled if needed. Finally, don't resist a robbery, as this might help you avoid injury.

Embassy Assistance

If you do experience a crime, you can contact the U.S. Embassy in Nairobi (on United Nations Avenue, Gigiri, Nairobi) at (+254) (20) 363-6000 from 7:15 a.m. to 4:30 p.m. Monday-Thursday and 7:15 a.m.-12:15 p.m. on Friday. The after-hours emergency number for U.S. Citizens is (+254) (20) 363-6000.

Loss or Theft of Passport

If your passport becomes lost or stolen, call the US Embassy to complete procedures for replacing it. This will require travel into Nairobi and might also require changing your departing flight.

CLINIC

Established in 2009, the Ngoswani Community Health Center continues to thrive and make a profound impact on the lives and health of the community. The Health Center serves a population of over 20,000 people, primarily Masaai, from several catchment areas and villages. The clinic has three exam rooms, a dental facility and a pharmacy.

Hours

The clinic is open Monday to Friday from 8:30 AM to 4:30 PM, and after 4:30 PM and on weekends for emergencies.

Clinic Address

Ngoswani Community Health Center
PO Box 488
Narok 20500, KENYA
Phone: 0791410118



Patients

The majority of patients are seen in the late morning and early afternoon. There may be days and times where there are no patients, such as rainy days. Patients are walk-ins and travel many kilometers to reach the facility. Visits involve a cost to patients of 150 Kenyan shillings and up, depending on services.

Clinic Staff

Tonya Hawthorne, DO, runs the clinic. She employs a clinical officer, a registered nurse, lab technician, and office manager. All report directly to Dr. Hawthorne or her teammate, Linda Brown, CNA.

Common Presentations

Living in Sub Saharan Africa presents lots of medical challenges. Currently, the clinic deals with typhoid, brucellosis, malaria, HIV, and a host of general practice maladies. A student/resident should be aware of waterborne diseases, respiratory infections, pediatric evaluations and some trauma knowledge.

Obstetrics/Gynecology

The clinic runs a bi-weekly antenatal clinic for expectant mothers. There is no ultrasound, but the clinic does initial assessments and follow up care. If a mother chooses to come to the clinic for delivery, then you may have the opportunity to participate in the labor and delivery.

OMM

The clinic primarily serves Masaai, who are very open to other modalities of treatment. Students and residents who currently practice OMM or would like to work on OMSS skills in the clinic can speak with clinic staff about doing manipulative therapy for patients.

Preventative Care

Local culture is not open to preventative care. This is a multifactorial problem in the area, related to drought, economic issues, and proximity of healthcare services, and the patient populations' resulting perceptions of and ability to access care. Other elements of culture prevent women and children from



seeking preventative care. Dr. Hawthorne will prepare and deliver lectures throughout your time in Kenya that touch on this and related topics.

Pharmacy

The clinic has an on-site pharmacy that dispenses all the medication the physician orders. Every volunteer will work in the pharmacy to understand what the clinic has available and determine how to best form treatment plans for patients.

Final Evaluation

Dr. Hawthorne will complete all evaluations in a personal interview and discussion with the rotating student/resident. Please bring along paper copies of all university/residency program's evaluation forms to have the physician complete them.

Medical Records

The clinic's medical records are very basic and are stored at the clinic. All participants will have an opportunity to work in the office to see how the clinic file, charge, and record patient information for their own use and for the government.

Public Health

Throughout your rotation at our health facility, you may be involved in health campaigns in local schools, ranging from delivering vaccines to giving lectures. Please be prepared to give one lecture, which Dr. Hawthorne will discuss with you prior to your rotation in Kenya.

Transportation

The daily commute involves walking to the clinic from your residence in the same compound. Any travel outside the compound for public health activities will be arranged with/by the New Frontiers staff.



CULTURAL REMINDERS FOR TRAVELING IN KENYA

You Are a Representative

In going on this trip, you will be representing DOCARE, your school, New Frontiers Health Force, and the United States. Help us to maintain a strong, positive reputation in Kenya by being respectful and polite. We are guests and should treat our hosts with the utmost courtesy.

You Are a Guest

As a guest, it is not our responsibility to analyze or critique established methods put into place by our host. Second-guessing clinic policy or procedure is not permitted. If you have an issue, please take it to the team leader. Remember not to criticize our colleagues as they are sensitive and can often understand everything you say, even if they don't speak English.

Flexibility

One of the most important things to remember is to go with a flexible attitude and open mind and heart. The pace in Kenya is different and more relaxed than our rushed, time-conscious lifestyle. This can be a very enlightening and enjoyable difference.

Additional Information

For insights into cultural rules around clothing, gift-giving, photography, and safety, please consult the New Frontiers Team Booklet.

TIME AWAY FROM THE ROTATION

Kenyan Culture

Kenya is a place that features considerable diversity in languages, ethnicities, and ecosystems. It is not a corner of the world, but rather a crossroads where the African Great Lakes, Horn of Africa, and Persian Gulf meet. As a result, there is no one single Kenya, but rather a range of cuisine, art, music, ritual, tradition, and environments. We encourage you to experience Kenya with this in mind, and in particular to focus on the people and communities right in front of you, the Masaai.

Exploring Kenya

You might have some time during weekends or before departing to see Kenya beyond the Ngoswani area. Nairobi, a popular tourist destination, is three hours' drive from the clinic. It offers restaurants, nightlife, and access to Nairobi National Park, the only nature preserve *inside* a world city. Check out "[36 Hours in Nairobi](#)" in *the New York Times* to learn more.

For additional insights into Kisumu (located on the eastern shore of Lake Victoria) and nature preserves such as Mount Suswa Conservancy, South-Western Mau Natural Reserve, and Lake Naivasha National Park, get a guidebook. Tip: The Bradt Guide is more useful for budget travelers than Lonely Planet.

Although these options for experiencing Kenya are enticing, please understand that they are secondary to your rotation experience. DOCARE and New Frontiers have made this rotation available for educational purposes, and we cannot offer any specific support for touristic activities. The sole exception is the safari experience included in your month with New Frontiers. For more information on that opportunity, consult [the documentation on their website](#).



APPENDICES

- Sexual Harassment and Assault Policy
- Needlestick and Blood Borne Pathogen Policy
- Release from Liability and Acknowledgement of Assumption of Risk



SEXUAL HARASSMENT AND ASSAULT PREVENTION & ACTION POLICY

DOCARE strictly prohibits sexual violence of any kind, from harassment to assault. In the spirit of ensuring the safety and well-being of our participants, colleagues, and patients, we provide the following information.

Harassment is unwelcome conduct on the basis of gender, sex, sexual orientation, or many other personal attributes. Harassment covers a wide range of offensive behaviors.

Sexual assault is any sexual contact (including, but not limited to, sexual intercourse) when such contact is achieved without consent or with the use of force, coercion, deception, or threat. **Rape** is sexual intercourse achieved without consent or with the use of force.

Consent is informed, freely and actively given, and mutually understood. Consent cannot exist where one person uses physical force, coercion, intimidation, and /or threats against another. There is no consent if an individual is mentally or physically incapacitated or impaired, whether in conditions related to intoxication, sleep, unconsciousness or disability.

Cultural and social attitudes toward sexual violence can vary greatly in different countries. DOCARE believes that acts of sexual violence are attacks not only on a person's body, but also on the person's dignity. We will not tolerate them.

The following information is intended for use in any country where participants may travel.

Witnessing

DOCARE strictly prohibits sexual harassment. If any DOCARE member, officer or employee is found to be participating in such acts, the executive director, president, and/or board shall take all necessary actions to correct the behavior for the betterment of the organization. Any member who witnesses discriminatory or harassing behavior, or is informed of incidents of such should contact the DOCARE executive director and/or president at docare@osteopathic.org or phone 312-202-8149.

Risk Reduction

While an assault is never the fault of the victim, there are actions that might protect a person from experiencing the risk of assault. We recommend that you

- Stay with your group and avoid traveling alone if possible.
- Avoid night travel.
- Use caution when socializing, particularly after work related activities have ceased.
- Consume alcohol in moderation and consume no recreational drugs.

Aftercare

There is no "right way" to react to experiencing sexual assault. Each individual can decide whom to tell and what steps to take next. Below are a few tips to consider.

Talk with someone: We encourage you to immediately contact your program or trip director and our national office, at docare@osteopathic.org or phone 312-202-8149. Alternatively, talk to a friend or



relative, or contact the nearest resource, U.S. Embassy, Consulate, or Diplomatic Mission. Be sure to understand if the person you talk to is required to tell anyone else about what you share.

Get medical care: Have your medical needs attended to at a clinic or emergency room. If you have purchased international medical and evacuation insurance, your medical care may be covered and you can receive advice on locations by contacting them.

Report the assault: Consider whether you would like to make a police report. If there is any chance you want to report your assault: *Do not shower or douche; save the clothes you were wearing in a paper bag; save sheets, blankets, or anything else that may have evidence.* Do not throw anything away or try to clean up; go to a hospital, clinic, or emergency room where you can receive a sexual assault exam. This can be performed up to 72 hours after an assault, but is most successful within the first 24 hours. If you choose not to report the crime soon after the incident, forensic evidence may be lost. A sexual assault exam is subject to availability in the country in which you have visited. U.S. Embassies, your program director, and contacts listed in the Directory below can tell you about local police and legal procedures, as these can often be different from in the U.S. You may be covered by your homeowners or travel insurance for any belongings you may have lost at the time of the assault. It is likely you will have to report the incident to the police in the country that you are in for the insurance to be valid. If you choose to report the incident to the police, ask someone to go to the police station with you—many find it helps not to be alone. Remember, only you can decide if you want to take legal action; no one else can make that decision for you. In most countries, you must report the crime before leaving the country if you want it to be investigated. Many countries will not open a criminal investigation upon your departure.

Remember: You cannot change what has happened, but you do get to make their own decisions about what is best for their recovery. Some feel that it is a personal victory to finish their overseas experience while others feel their recovery will be hastened by returning home.

Go here for a list of international [sexual assault resources](#).



NEEDLE STICK AND BLOOD BORN PATHOGEN POLICY

Access & follow your home institutions Needle Stick/ Blood Born Pathogen Policy.

Prevention

- Have adequate emergency medical coverage for international travel.
- Wash hands frequently and thoroughly before and after patient care.
- Use Personal Protective Equipment (PPE) – gloves, gowns, boots, shoe covers, eyewear, and masks, as appropriate for the patient care situation.
- Gloves must be worn when any kind of percutaneous procedure is being performed.
- Use sharps with caution in a safe environment, dispose of properly, do not recap needles.
- Investigating the circumstances surrounding the exposure incident shall occur immediately.

If a blood born pathogen (BBP) exposure occurs, do the following:

1. Treat exposure site:
 - Use soap and water to wash areas exposed to fluids as soon as possible after exposure.
 - Flush exposed mucous membranes with water.
 - Flush exposed eyes with water or saline solution.
 - Do NOT apply caustic agents or inject antiseptics/disinfectants into the wound.
2. Notify your supervisor.
3. Document the source patient's information (name, contact, and med history) if known.
4. Seek immediate medical care.
 - Most likely this will be at the nearest emergency room.
5. Steps in Managing BBP Exposures:
 - Assess risk:
 - nature of injury and type of fluid
 - source patient factors
 - Determine whether to offer PEP
 - Select PEP regimen
 - Obtain baseline laboratory tests (HIV, Hep C antibody)
 - Repeat labs 12 weeks post exposure
6. Provide written commentary of the injury to DOCARE and your home institution that includes the following information:
 - Date & Time of injury
 - Location of source patient
 - Describe procedures and measures taken
 - Explain the effect of the injury on you

[National Physician's Post Exposure Prevention Hotline \(PEP\), 1-888-448-4911](#), for additional information and advice

[Updated U.S. Public Health Service Guidelines for the Management of Occupational Exposures to HIV and Recommendations for Post-exposure Prophylaxis.](#)



RELEASE FROM LIABILITY & ACKNOWLEDGEMENT OF ASSUMPTION OF RISK

I, _____, an individual residing in the State of _____, apply to DOCARE International NFP (“DOCARE”), an Illinois not for profit corporation with offices located at 142 East Ontario Street, Chicago, Illinois, to participate in the upcoming global health outreach opportunity with DOCARE. In making this application, I understand and agree that:

1. I will participate in this outreach opportunity as my free and voluntary act.
2. I recognize and assume all risks and expense as a result of participating in the global health outreach. These risks include but are not limited to:
 - a. Exposure to blood-borne pathogens and other potentially infectious materials, where ability to access immediate treatment may be limited.
 - b. Personal injury. Accidents inherent to travel in motorized vehicles.
 - c. Sickness including exposure to endemic infectious disease.
 - d. Death
3. I understand my existing health care coverage will most likely not provide any coverage outside of the United States and that I have been advised to obtain additional coverage at my own expense.
 - a. DOCARE has determined that it is necessary for all volunteers to purchase medical/evacuation insurance as most insurances based in the US do not provide coverage outside the country. Medical care outside of the US can be very costly, and many providers ask for payment first. In the event medical evacuation is needed, the costs can exceed \$200,000 US dollars.
 - b. It is important to know that most travel insurance policies do not cover incidents that occur as a result of high risk activities (mountain climbing, scuba diving...) even with high risk activity riders. They also do not cover incidents that occur as a result of alcohol use and drug use is strictly prohibited. Thus, we recommend that all participants exercise caution with regard to these activities.
 - c. Some vendors for the medical/evacuation insurance can be found on the Resource page of our website: <http://docare.osteopathic.org/web/Resources/Links.aspx>
4. My travel to and presence in a foreign country will expose me to potential risks of disease, injury and physical and emotional harm, including death, that I would not otherwise be exposed to.
5. DOCARE is not a travel advisory service. It is my responsibility to review information from the U.S. State Department and other organizations regarding the travel risks involved for the host country.
6. I understand that laws of the host country will apply, and I will be subject to the host country’s jurisdiction.
7. I bear full legal and financial responsibility for myself, including responsibility for all indebtedness or other legal obligations incurred by me while participating in this global health outreach.
8. DOCARE shall have the right to require my withdrawal from the global health outreach if it is determined in DOCARE’s sole discretion, that my ongoing participation may be detrimental to me, to others, or to DOCARE.

I, do for myself and my heirs, executors, administrators, legal representatives and assigns (hereafter, collectively, “I” or “me”) hereby release, forever discharge and agree to hold harmless DOCARE International, its directors, officers, agents, employees and clinic staff and employees from any and all liability, claims or demands for personal injury, sickness or death, as well as property damages and expenses, of any nature whatsoever which may be incurred by me in connection with or resulting from my participation in the DOCARE global health outreach. I certify that I have read and fully understood the provisions of this Release from Liability and Acknowledgment of Assumption of Risk and had the opportunity to review it with an attorney of my choosing if I so desire. I agree to be legally bound by this Release.

Signature

Date