Welcome to the DOCARE International Rotation Program! DOCARE offers global health rotations for students to gain practical clinical experience in Chacraseca, Nicaragua, while providing medical assistance to disadvantaged communities.

We expect this rotation will challenge your abilities and enrich your mind. During your rotation, you will encounter many medical situations unique to impoverished 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.

ABOUT DOCARE INTERNATIONAL

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 the Tarahumara Indians in Northern Mexico (who have since been made slightly famous by Christopher MacDougall’s 2009 book Born to Run). DOCARE International 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 nearly all volunteers, and it represents a wide range of medical disciplines: physicians, nurses, dentists, veterinarians, pharmacists, optometrists, podiatrists, physician assistants, nurse-anesthetists, physical therapists, and clinical psychologists, as well as university faculty, paramedical personnel, students, and lay people who contribute special skills and services. We are bound together by one common thread: concern for the unmet health needs of underserved populations.
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.

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,
   c. Pay the DOCARE rotation fee online, and
   d. Review the DOCARE liability form (you signed this at the time of your application).
   e. Send in your emergency contact form. (Timeline: by 30 days before your travel date).

4. Make travel arrangements.
   a. Book flights (timeline: ASAP for best airfares; 30 days before the travel date).
   b. Complete travel medicine visits as needed. (timeline: at least four weeks before your travel date).
   c. Purchase travel insurance (timeline: before your departure).
   d. Email DOCARE your passport page, insurance card, and flight itinerary (timeline: before your departure).
   e. 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 program’s evaluation paperwork in hand (timeline: before your departure).

6. Do the rotation: travel to Guatemala and work in the clinic.

7. Complete evaluations and surveys.
   a. The supervising physician in the clinic will complete the evaluation and any other paperwork you require (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.)
   c. Complete any final procedures with your university or resident program.
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 minimum 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 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 Guatemala. If you are a U.S. citizen but do not have a current passport, please keep in mind that it takes six to eight weeks to obtain or renew a passport, and this must be done in advance of your travel. No visa is currently required of U.S. citizens, unless travelers plan to stay three months or longer.

A visa may be 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.

We advise that all volunteers photograph or photocopy their passport and keep a copy in three places: printed and on their person; in electronic form in their email inbox; and 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. The Guatemalan government requires all U.S. citizens to have a valid passport in order to depart Guatemala and makes no exceptions. U.S. citizens whose passports are lost or stolen in Guatemala must obtain a new passport and present it, together with a police report of the loss or theft, to the main immigration office in Guatemala City to obtain permission to depart Guatemala. This office is not open on the weekends.

Air Travel

Booking Your Ticket

It is your responsibility to secure round-trip air travel to and from the La Aurora airport (GUA) in Guatemala City. Delta, American, Continental/United, Spirit and Taca are the well-known airlines flying to and from Guatemala, but 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.

Students should plan to fly into Guatemala City on Saturday. 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, irrespective of your departure date, Just Hope, the clinic and the guesthouse may not be able to offer assistance or support to you after your rotation is complete.)

After you have booked your flight, email a copy to Raul Barrera, the clinic manager, at assadeguate@gmail.com and copy in our secretariat at docare@osteopathic.org. Raul will arrange your transportation to and from the airport.
Arrival in Guatemala
When you arrive at the airport in Guatemala City, Raul Barrera (or arranged transportation) will greet you outside of the airport exit. He will be holding a sign with your name on it. You may contact Raul on his cell phone at (502) 5978-6966 as needed.

FINANCIAL MATTERS

Estimated Costs

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<thead>
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<th>GUATEMALA - SAN ANDRES</th>
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<td>DOCARE Membership Fee</td>
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<td>DOCARE Application Fee</td>
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Currency and Finance
Since some flights arrive in Guatemala City in the late evening the banks are closed, you might like to change some ($100-200) of your travel money into the local currency, quetzals, before leaving the United States. It is advisable to carry small bills, as it is more difficult to exchange larger ones. Exchange may be done at your local bank, a specialized exchange service such as Thomas Cook, or at a U.S. airport. (Airports might not always have Guatemalan currency on hand and banks might need to order it, a process that can take several days.)

If you need to exchange money in Antigua, there are two banks at the Guatemala Airport that will exchange money. There are also convenient exchange service locations in the city, which remain open Monday through Saturday. However, there are often long lines waiting for services; a 45 minute wait is not uncommon. The best rate and convenience is therefore provided by ATM machines found in Antigua. These are safe, as long as you use ATMs in public areas and avoid ones on side streets and in low-traffic areas.

Hotels, restaurants and shops in Guatemala City, Antigua and most of the tourism areas accept most major credit/debit cards. Travelers’ checks can be exchanged at most banks and are accepted in the larger establishments. VISA is the easiest travelers’ check to cash and Master Card is the most commonly accepted credit card. Some places accept American Express travelers’ checks, but rarely the credit card. Keeping a couple travelers’ checks in a different location from your ATM card is not a bad idea.

Please note: it is best to carry small denominations of money, such as 5Q bills. When you are in San Andres Iztapa, many businesses and individuals will not have change available.
LIFE IN GUATEMALA: ACCOMODATIONS & PRACTICALITIES

Time Zone
Guatemala is in the Central Standard Time zone and does not observe daylight-savings time.

Language
The language in Guatemala is primarily Spanish, but Cakchiquel and Quiche, two Mayan dialects, are commonly spoken. To make the most of this experience, an advanced level of Spanish language skill is recommended, as translators are not available.

Accommodations
Most students choose to live in Antigua, Guatemala, because it is a tourist destination with many restaurants, shops, stores, and has a wide variety of options for housing including; hotels, hostel rooms, homestays or an entire apartment. Hotels in Antigua range from the very inexpensive to Five Star resorts. Housing options closer to central park or the central market are ideal locations, however, all of Antigua is very compact and walkable. Many students have had great luck with finding housing options on Airbnb.com. Renting an apartment can cost anywhere from $400 USD - $800 USD for the 28-30 days.

Electric Current
The electric current is 110 V 60 cycles, which means the hair dryers you use at home will work in the hotels in Antigua. Avoid plugging two hair dryers, or other appliances in at the same time in a room or condo. The outlets in some hotels accept American plugs. However, smaller hotels require adaptors, not transformers, in order to plug in.

Meals
There are outstanding dining options available in Antigua with many different cuisines available and also fast food places like McDonald’s, Burger King, and Domino’s. By all means, sample the delicious local fare, but keep in mind that eating food prepared by a street vendor may pose a health risk. Always take bottled water with you. In fact, choose only bottled beverages or purified water. Antigua has many small convenience stores and grocery stores to buy food.

Phone and Internet
While in Antigua, the clinic will provide you with a cell phone to borrow during your rotation. Raul will give you the cell phone when you arrive. The cell phone will let you dial anywhere in Guatemala and make short calls to the US. It is pre-loaded with the numbers for all the clinic employees. The student must purchase minutes; the cost is approximately 100 quetzals (US$15). Some hotels and restaurants may have internet access in San Andres Itzapa. There is a computer at the clinic. It is only for business, but you are allowed to send an email to your family. Wifi is available in the clinic.

Past students advise future students to bring their cell phone, but leave it in airplane mode while in Guatemala or purchase an international phone plan.

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 allowable. No white coat is needed.

Casual Attire
Keep in mind when dressing for your time outside of the clinic that Guatemalan people are conservative and dress modestly, especially in the more remote communities. Short-shorts or skirts above the knee should be avoided.
Most places you go will be very casual, and you will feel comfortable in jeans, or in clothing you would wear to a neighborhood restaurant. Spring or summer-weight clothing is best most of the year during the day. The evenings are cool, so a jacket or sweater is nice to have. The rainy season is usually May through October, so you may want to bring a poncho or waterproof jacket.

Comfortable shoes (especially with rubber soles) are a must since the streets are cobblestone and walking is the primary means of transportation. Wearing sandals or flip flops could result in foot injury. Note: If you have health problems or a disability that prevents you from walking, you may arrange for taxi service (about $5.00 U.S.).

Avoid bringing expensive jewelry or watches.

Laundry Service

There are several laundries that will do laundry with a one-day turnaround. You can get a week’s worth of clothes washed, ironed, folded and packed for about $20.00 U.S. Most of the larger hotels also have laundry services.
DOCARE/ASSADE CLINIC

Established in 2011, the DOCARE clinic in Guatemala continues to thrive and make a profound impact on the lives and health of the community. The clinic is currently operated in partnership with ASSADE, a Guatemalan non-profit, in San Andres Itzapa, a municipality of Chimaltenango, Guatemala. The community the clinic serves has a population of 32,000 in a 90-kilometer-square territory. Approximately 90% of the population is indigenous Mayan with very low incomes.

The clinic has three exam rooms, a dental facility and a pharmacy on site. DOCARE has updated the clinic to meet basic US standards and provides the medical supplies and pharmaceuticals needed to provide year-round assistance to the people of San Andres Itzapa.

Hours
The clinic is open Monday – Friday from 8:00 am-3:00 pm (or until all patients have been seen for the day).

Clinic Address
ASSADE/DOCARE Clinic
02 Calle 04-30
Canton San Pedro y San Pablo
Zona 3
San Andres, Itzapa, Chimaltenango
GUATEMALA

Patients
The clinic sees anywhere from 5-25 patients a day, of whom 70% are women and children. The majority of patients are seen in the morning. There may be days and times where there are no patients, such as rainy days. The patients are walk-in, and visits involve a cost to patients of 5-25 quetzals and up.

Clinic Staff
Dr. Erik Hernandez is the main clinic physician. Sra. Maria Elena, a registered nurse, also sees and treats many patients. Patients refer to her as “la doctora” as she is highly respected by the community. Raul Barerra serves as the clinic manager. Julio oversees the public health programs at the clinic.

Common Presentations
In 2015, the patient’s most common presentations included: infectious disease problems, mostly gastrointestinal in nature; dermatological; OB/Gyn; pediatric; vision checks/ocular diseases; environmental pollution; and musculoskeletal. Dr. Erik does ultrasounds so you can expect to gain experience doing all types of abdominal, obstetric and pelvic ultrasounds.

Obstetrics/Gynecology
Once a month, an OBGYN comes to the clinic, Dr. Chuy, to do rapid PAP tests and ultrasounds and consults. You will have the opportunity to work with him for the entire time he is at the clinic. He likes to teach and ask questions.
OMM
Dr. Erik is open to learning more about OMM and its uses. If you express interest, you can treat patients with musculoskeletal complaints.

Preventative Care
Continuity of care is relatively new to Central America. Preventative medicine does not exist in most of the areas where you will see patients. However, the staff focuses increasingly on preventive medicine, and you might participate in outreach activities to be scheduled by Dr. Erik. Most of these are currently conducted by the clinic nurse rather than the physician who is traditionally viewed by locals as someone to be seen only when having an urgent or serious need.

Pharmacy
There is a pharmacy on-site that carries many medications. The pharmacy is also where patients pay for their appointments, ultrasounds, and other treatments. Many patients are treated with IV fluids (Suero) or IM injections. If you would like to learn and practice, ask to work with the woman in charge of the pharmacy.

Final Evaluation
Dr. Erik will complete your evaluation. It is advisable to speak to him early about what is needed. Please bring your own evaluation forms with you to have the physician complete them for you.

Medical Records
There are no extensive medical records kept at the clinic. There is a list of patients that Dr. Erik keeps and enters into a chart each month. You may be asked as the medical student to record this information for the time they spend at clinic. You may use the computer in the clinic room or on your own computer (Dr. Erik can email you the template).

Public Health
Each student will be given the opportunity to give an outreach presentation on a health-topic of your choice to a local school. The topic should address one of the major health problems affecting San Andres Iztapa: poverty, pollution, diabetes, smoking, injuries, GI issues, and respiratory issues. Julio oversees this program and is willing to share and give insight on past projects and ideas. It is helpful to ask for details early (what age group, what day).

Transportation to the Clinic
Most students choose to ride to the clinic with Raul in the morning since he lives in Antigua and take the bus back to Antigua from San Andres at the end of the day. The bus runs at 2:30PM and 3:30PM. It is a red, green and white bus named “Maria Jose”. The bus boards in the center of town. The trip ends conveniently at the central market in Antigua. The cost is 5Q. Transit time is approximately 45 minutes.

Lunch
It is best to take your lunch break at the same time Dr. Erik takes his lunch, usually from 12-12:45pm/1pm. You can choose to pack a lunch or purchase one in town. There is a refrigerator and dining area at the clinic. Dining options in San Andres Iztapa include a mercado (market) with several vendors, a small restaurant at the Mercado (15Q per meal), and a fast food fried chicken restaurant (25Q per meal).

Downtime: Advice from Past Students
● Dr. Erik likes for the student to ask patients as they arrive if they are here for “una consulta”.
● You can check on any patients that are getting suero (ask how they feel)
● Dr. Erik may bring up topics to talk about
You will have plenty of time during evenings and weekends to enjoy exploring Guatemala. Antigua, a popular tourist destination, is located 45 minutes away from the clinic and offers numerous restaurants, vibrant nightlife, and beautiful historic architecture and ruins of this former colonial Spanish capital city. There are also many nearby excursions, adventure tours and outdoor activities.

ANTIGUA, THE CITY
Antigua, the capital of Guatemala from 1543 until 1773, was founded in 1541 and is an attractive colonial city of about 30,000 people. It is located approximately 30 miles southwest of Guatemala City in a valley at an altitude of 5,000 feet and is surrounded to the south and west by three volcanoes: Agua, Fuego and Acatenango. Antigua is beautifully preserved with a large central plaza and cobblestone streets. Its churches have lost much of their Baroque splendor due to the many earthquakes and restorations but many remain impressive, in particular, La Merced, the Iglesia de San Francisco and the Convento de las Capuchinas (now a museum). Casa K’ojom is a fascinating museum of Mayan music and ceremonies and related artifacts. A visit to the local cemetery also provides insight into ancient Mayan beliefs. The city has some of the most well-known language schools in Latin America and is a popular destination for tourists and students.

Walking around Antigua and exploring its colonial architecture and native markets is an enjoyable experience. Guided walking tours of the city are available for minimal costs and are recommended. Other local tourist attractions include: Chichicastenango, a village that offers one of the largest and most well know Mayan markets in Guatemala; Lake Atitlan, a beautiful volcanic lake nestled in the countryside northwest of Antigua; and Tikal, the magnificent Mayan ruins in northern Guatemala.

During Antigua’s rainy season (mid-May through early October), the skies are clear in the morning with the afternoon bringing showers that can last a few hours. It is a good idea to bring along lightweight rain gear at that time of the year. The dry season boasts temperatures ranging from 75 to 80 degrees Farhenheit. March and April’s temperatures average a little above that. Evenings can be chilly, especially during December and January, so sweaters or light jackets would be appropriate at night.

HELPFUL HINTS/RECOMMENDATIONS
- Explore some Spanish ruins in Antigua, such as "las capuchinas" or the arch.
- Take a tour: popular ones include the chocolate museum/farm or coffee farm.
- Hike a volcano: Acatenango and Pacaya are within proximity to Antigua.
- Explore markets: you will find endless rows of vendors at the big marketplace, and hundreds of smaller shops around Antigua.
- Visit the multiple ruin sites in and around Antigua along with El Cerro de la Cruz
- Nightlife: hundreds of cafés, rooftop bars, and dancing spots are located in Antigua.
- History: take time to learn about the Guatemalan history, including the civil war and current politics. This will help you understand the population that you are treating.
- If you book shuttles/tours, ask Raul or other local Guatemalan residents for recommended travel companies to avoid being scammed or overcharged.
- Get a shuttle to Lago Atitlan, to stay for at least an overnight. It is beautiful and there are a lot of activities to enjoy!
- The Guatemalan beach town, Monterrico, is approximately 2 hours away and is a nice getaway.
CULTURAL REMINDERS FOR TRAVELING IN GUATEMALA

You Are a Representative
In going on this trip, you will be representing DOCARE, your COM and the US. Help us to maintain a strong, positive reputation in Guatemala by being as caring, respectful and polite as you can be. We are guests and should treat our hosts with the utmost courtesy.

You Are a Guest
As a guest, it not your responsibility to analyze or critique local established methods. Arguing or second-guessing clinic policy or procedure is not permitted. If you have an issue, please discuss it with clinical staff. Remember not to criticize colleagues, as they are sensitive and often understand what you say, even if you say it in a language they don’t speak.

Flexibility
One of the most important things to remember is to go with a flexible attitude and open mind and heart. The pace in Guatemala is different and more relaxed than our rushed, time-conscious lifestyle. People do not judge themselves according to the speed with which tasks are done. This can be a very enlightening and enjoyable difference.

Greetings
Guatemalans are friendly but formal. They are accustomed to greeting each other frequently and will greet you as well. It is much appreciated if you can respond in the appropriate way.

Handing Out Gifts
It is not advisable to hand out items such as candy, balloons, or money to children. Candy can create a problem since children cannot brush their teeth on a regular basis. Handing out toys or money sets a difficult precedent, in that local children begin to see North Americans as people with unlimited wealth who come simply to offer gifts. Pens, pencils, and erasers are valuable, however, since children are required to bring their own writing instruments to school.

Cameras
Please be considerate when taking pictures of people. It is respectful to ask permission before taking a picture. They may agree, but they may ask for a small payment in exchange for their picture. Many people like it when you show them the image, give them a Polaroid picture. If you take a picture of a person and tell them you will send them a copy of the picture, please do so. They take you at your word, and the few pictures they have can be precious.

Periodically, unfounded rumors that foreigners are involved in kidnapping children for the purpose of harvesting their organs for black-market transplants have led to difficulties. While this is not a current concern, travelers should be aware that outside of the major tourist business destinations, there exists greater likelihood, albeit small, of an incident arising from a distrust of outsiders. As a matter of respect for Guatemalan people, it is a very good idea to avoid contact with children and to always ask before taking a picture of anyone’s child.

In addition, never take a picture of the Guatemalan military.

Acting Prudently
It is our policy to make every effort to keep volunteers fully informed as to the risks to health and safety while traveling in Guatemala. Unfortunately, incidents of assault and robbery involving American citizens do occur. In the past, travel during daylight hours and travel in groups generally afforded some measure of personal security. However, a few recent incidents reported to the US Embassy have occurred during daylight hours and, in some cases, affected entire groups of tourists. Pickpockets and purse-snatchers are prevalent in major cities and tourist areas, such as Antigua.
So be careful, especially in crowded markets or on deserted streets. It is prudent to follow practical precautions such as walking in groups, making sure any travel outside the city is accompanied by a trusted security escort or guide, asking locals which areas are safe, and telling others where you plan to go and when you plan to return. Do not carry large sums of money with you. Leave your passport at the hotel and take a copy with you, unless you have a reason to take the passport. Make sure you have the numbers of your credit cards and credit card customer service numbers recorded somewhere, so cards can be cancelled if need be. Finally, if you are robbed, do not resist. This can help you avoid injury.

A special tourist police force has recently been deployed in Antigua. American citizens targeted for crime can contact the U.S. Embassy Consular Section at 502-331-1541 or 502-331-8904 (after hours).
Staying Healthy
The standard health precautions that apply to travel in any developing 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.

Prepare Before You Go
- Consult their personal doctors or university travel medicine department for specific, individual advice regarding medical precautions, as well as checking the CDC website, State Department travel advisories, and guidebooks.
- Carry health and accident insurance documents and copies of any 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 are available for most hygiene items you might need, it is wise to carry an adequate supply of personal hygiene items.
- In addition, bring a spare pair of eyeglasses or contact lenses if you require them.

Stay Safe 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 and street vendors. Food prepared in 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 general rule, all routine vaccines (such as TB, polio, DTP or Td, Hib, MMR, varicella, influenza and pneumococcal meningitis) should be kept up to date as a matter of good health practice unrelated to travel.

Advice on Specific Diseases
Hepatitis A (Immune Globulin IG): Hepatitis A immunization is strongly recommended. The importance of being protected against Hepatitis A increases 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 for health care professionals. Vaccination is always advised for health care workers, persons anticipating direct contact with blood, other potentially infectious materials, or infected individuals.

Cholera: Cholera is a disease spread by the oral-fecal route, typically through unclean water. It causes the rapid onset of severe diarrhea. While the illness is self-limiting and treatment is primarily supportive, an infection with cholera can kill in as little as 12 hours. The incidence in Guatemala is not high, but 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. However, vaccination may be appropriate for travelers with impaired gastric defenses or those being exposed to unsanitary conditions. Vaccinations are not advised for pregnant women or persons with a history of severe reaction to
the vaccine. If you are interested in this vaccine, seek out a physician or travel nurse in the United States prior to your departure.

**Malaria:** This is a blood-borne parasite that is spread by mosquitoes that fly at dusk and during the night. Malaria transmission is known to occur in Guatemala. The best prevention is to apply a DEET insect repellant every evening and wearing long-sleeved shirts and long pants from dusk through dawn to avoid bites by night-flying mosquitoes. You might wish to bring a bed net, whether impregnated with insect repellant or not, to help ensure you are protected from mosquitoes while sleeping. Malaria prophylaxis medication is also a possibility. There are several options, including primaquine and malarone, with side effects, contradictions, and practical considerations that should be discussed with a physician or travel nurse in the United States prior to your departure. (In most cases, these prescription medications must be started several days before entering the country.)

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 perceptible limit of laboratory testing (whether immunochromatographic rapid diagnostic tests and standard microscopy), we advise presumptive treatment for any suspected cases of malaria.

**Dengue Fever:** This virus is transmitted by mosquitoes that bite during the day. For this reason, we advise wearing long pants and covering exposed skin on feet, arms, and elsewhere with DEET or similar insect repellants, especially during the rainy season. There is no immunization for dengue.

The disease is self-limiting, and care is supportive and nonspecific. Nonetheless, contact a doctor and clinic staff for assistance immediately if you develop fever, malaise, and an itchy rash on hands, feet or other body parts, as high fevers can develop. In addition, be extra cautious if you have had dengue and develop it a second time, as complications can arise in this case.

**Zika:** Zika outbreaks have been reported in Guatemala. Due to the risks of birth defects in babies born to women infected with the Zika virus, we advise not traveling there if you become pregnant or planning to become pregnant in the near future. We recommend all participants take precautions against mosquito bites to prevent this disease, as outlined above.

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

**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.

**Seeking Medical Care:** Please notify Raul 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 opt to call your travel medical insurance policy or the US Embassy in Guatemala to access advice on where to seek care.
• Sexual Harassment and Assault Policy
• Needlestick and Blood Borne Pathogen Policy
• Packing Suggestions
• Release from Liability and Acknowledgement of Assumption of Risk
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, shoes 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 DO CARE 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**.
PACKING SUGGESTIONS

Clothing:
- Jeans or other lightweight pants and T-shirts
- Scrubs for work week
- Sweater, sweatshirt or light jacket
- Underwear
- Socks
- Bathing suit (some hotels have a pool)
- Tennis shoes
- Hat with visor or broad brim
- Water repellent jacket, poncho or umbrella (Rainy season is May-October)

Toiletries/Personal Medications:
- Personal toiletries, deodorant, shaving gear, cosmetics, soap, shampoo, toothpaste and hand/body lotion
- Personal medications, headache, allergy medication, cold or sore throat remedies
- Pepto-Bismol, Kapectate or other diarrhea medicine. (If you tend to get traveler’s diarrhea, you may want to ask your doctor for other medications)
- Lip balm
- Insect repellent for skin or to spray in the room
- Sunscreen (SPF 30+)
- First aid items such as Band-Aids or antibiotic ointment
- Hand sanitizer/wipes
- Most toiletries can be purchased in Guatemala if you forget to bring a particular item.

Medical Equipment:
- Stethoscope

Other:
- Notebook, paper, pen
- Spanish/English dictionary or electronic Spanish dictionary (e.g. Franklin)
- Medical Spanish book or app
- Sunglasses
- Flashlight
- Kleenex (some clinic bathrooms have no toilet paper)
- Film, camera and camera batteries (children and parents love Polaroid pictures given back to them)
- Digital camera pictures are also enjoyed by children and can be printed at many internet or photo shops
- Flash drives or blank CD’s for photo image transfers
- Swiss Army Knife (do not place in your carry-on luggage)
RELEASE FROM LIABILITY AND 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.
   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