



Global Community Health Volunteers (GCHV)  
***General Healthcare Team***

- Following is a sample itinerary for a ***General Healthcare Team*** composed of students that are interested in a profession as an **MD, DO, Dentist, PA, Nurse, Pharmacist, Ophthalmologist, and PT/OT.**
- This draft itinerary is for a 9-day program, and includes 3 meals per day, in-country transportation, lodging, 24-hour staff assistance, and in-country orientation.
- This itinerary is adapted to the experience of each group in the area where the community is located, the type of program, and is subject to changes before and during the experience.
- Cost for the program is **\$1800.00** plus application fee **\$50.00**. Program cost is based on a minimum of 10 students.

**Goal:** To learn about global health issues, provide healthcare to populations with little or no access, experience Nicaraguan culture, and gain perspective on the global landscape.

**Safety Measures:** Built into every GCHV program will be many safety precautions specific to the Coronavirus Pandemic to include all breakfasts and dinners at the hotel, lunch served at the clinic sites, dedicated transport to/from the clinics with buses cleaned after each transportation, increased screening protocols in the clinics, handwash/alcohol stations, masks provided for all students, GCHV employees, and additional/replacement masks provided for all patients that arrive to the clinics, adherence to any/all State Department/Embassy calls for additional precautions, screenings, quarantines, etc. During house visits replacement/additional masks will be provided to local inhabitants that need them as a part of a public health campaign, and when doing the initial assessments at these houses the students will practice social distancing. Additionally, GCHV will have MD's on site to monitor student health on a daily basis to include temperature checks and health screenings prior to departure for the clinic, at lunchtime, and in the evenings after supper.

**Day 1 (Saturday)**

Meet GCHV staff at the International Airport of Managua.

Transport and settle into hotel

Welcome Dinner

## **Day 2 (Sunday)**

### **Morning:**

“Welcome to Nicaragua” orientation at the hotel.

### **Afternoon:**

*Seminars* (MD and Staff)

Simulated Community Clinic Scenarios

### **Evening:**

*Eco-Tourism Activity*

Group reflection; discuss tomorrow’s agenda

## **Day 3 (Monday)**

### **Morning/Afternoon:**

Group will split into small sub-teams to visit assigned communities. All communities are located within 30 minutes from the hotel. Volunteers will do “home visits”, accompanied by GCHV staff and local community volunteers, letting the local residents know that we are providing free health care, assessing living conditions and inviting people with healthcare problems to be treated in our clinics. During the visit we will assign a date/time to be seen at our clinic. These visits enable us to reach the most vulnerable people in our communities. Along with a team of Doctors, health promoters, and interpreters, we analyze the current living conditions and habits that affect the well-being of our patients. The information gathered will be transferred to local health authorities and we will have a chance to educate our patients and give recommendations to the families. Common health concerns include lice, scabies, intestinal parasites, diarrhea, urinary tract infections, diabetes, hypertension, COPD, and childhood illnesses. This house visit program will allow the volunteers to correlate lifestyle with disease.

### **Evening:**

*Seminars* (MD)

Group Reflection; discuss tomorrow’s agenda

## **Day 4 (Tuesday)**

### **Morning/Afternoon:**

Establish Community Clinic in assigned communities (volunteers will work in small groups and rotate through a variety of roles to include performing patient interviews, taking vital signs, assessing the patient and presenting the patient to the MD, and helping in the pharmacy). Volunteers will also have the opportunity to observe the examination/diagnosis/treatment process where appropriate under the supervision of a local MD.

### **Late Afternoon:**

Review of cases with MD

*Eco-Tourism Activity*

### **Evening:**

*Seminars* (MD)

Group Reflection; discuss tomorrow’s agenda.

## **Day 5 (Wednesday)**

### **Morning/Afternoon:**

Community Clinic

### **Late Afternoon:**

Review of cases with MD

*Eco-Tourism Activity*

### **Evening:**

*Seminars (MD)*

Group Reflection; discuss tomorrow's agenda

## **Day 6 (Thursday)**

### **Morning/Afternoon:**

Community Clinic

### **Late Afternoon:**

Review of cases with MD

### **Evening:**

*Eco-Tourism Activity*

Group Reflection; discuss tomorrow's agenda

## **Day 7 (Friday)**

### **Morning:**

Community Clinic

### **Afternoon:**

Health Education fair in assigned communities. On this day we will share healthcare education to include information on prevention of Sika, Dengue, Chikungunya, Malaria, and Coronavirus, Diabetes, Hypertension, proper nutrition, as well as dental hygiene and much more.

### **Late Afternoon:**

*Eco-Tourism Activity*

### **Evening:**

Group Reflection; discuss tomorrow's agenda

## **Day 8 (Saturday)**

### **Recreation day:**

*Eco-Tourism Activities*

## **Day 9 (Sunday)**

**Departure**

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**Specialty Seminars - to include but are not limited to the following:**

- Professional Medical Orientation with focus on learning/practicing taking vital signs, patient histories, patient examinations, how to do house visits, community triage, and review of tropical diseases.
- Medical Spanish with focus on medical record and common medical vocabulary.
- Introductory Spanish - basic communications
- Professional medical education to include anatomy and physiology, common diseases and treatment regimens
- Basic suturing
- Pharmacy
- Medication calculation
- Injections
- Tropical medicine
- Resume building

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**Potential Eco-Tourism Opportunities:** (Facilitated through collaboration with Nica Bike Ecotours)

- Granada Sightseeing
- Granada Islets
- Chocolate Museum
- Zipline
- Volcan Masaya (Day / Night)
- San Juan De Oriente
- Catarina
- Mercado de Artesania
- Coyotepe
- Cultural Cooking Class
- Cultural Dance Class / Zumba Dance Class

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**GCHV Director / Physicians / Team Leaders:**

Executive Director: Pavel Guevara  
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Medical Director: Dr. Camilo Gutierrez

Dental Director: Dr. Carolina Soto

Dentists:

Dra. Raquel Ramírez

Dra. Cristina Suarez

Team Leaders:

Massiel Acetuno

Harold Mojica