Global Medical Brigades
At San Francisco State University

GMB TRIP DATES:
January 4th – January 11th, 2010
Agenda

- About Us
- Where?
- What?
- How?
- Help
Global Medical Brigades is a network of over 80 university chapters and volunteer organizations. Our goals are to....

- Provide sustained health care to underserved communities
- Improve the quality of life in those communities
- Work alongside medical professionals to increase our understanding of and participation in the medical field
**The Public Health Brigade is not something we’re focusing on, however if anyone feels compelled to organize a public health sector please let us know and we will provide you with all the necessary information**
Honduras at a Glance

• Major health and medical facilities concentrated in 2 areas
  • Tegucigalpa (the capital) and San Pedro Sula
  • Half of rural population is without access to health care

• Second poorest country in Western Hemisphere
• 15% of population lives on US$1 a day
• 80% of population lives on US$2 a day
• Doctor to patient ratio: 1:1,667 (USA’s ratio is 1:185)
• Infant Mortality Rate: 24.61 deaths/1,000 live births (USA’s is 6.37: 1,000)
Where we serve

Urban Centers in Honduras
How a Medical Brigade Works
How a Medical Brigade Works

1. **In-take**
   Students record the patients’ name, age, gender, and community of residence as well as the date of visit.

2. **Triage**
   Students record patients’ allergies, weight and chief complaints. And diabetes tests and BP for the elderly.

3. **Consultation**
   Doctors diagnose patients and prescribe appropriate prescriptions.

4. **Pharmacy**
   Prescriptions are filled by students under the supervision of a doctor or pharmacist.

5. **Med Directions**
   Students explain and illustrate to patients medical instructions.
Public Health Education

Preventive health services education programs:

- Provide education to help patients understand the role they play in their health and wellness

- Will give patients hygiene packs (soap, nail clippers, toothbrushes, etc) and teach them how to use these items

- Eventually will be incorporated into all Global Medical Brigades trips
Data Informatics System

- Each brigade station will have a laptop for creation of and access to patients’ electronic medical records
- Records stored for follow up
- Health cards for children
- Records and health cards will help us tackle GMB impact and discover health trends in the villages we serve
Accommodations

Three primary residences

Posada Azul, Nuevo Paraiso, and Hacienda

• Electricity
• Showers
• Linens
• Laundry and room cleaning
• Private chefs
• Tasty, healthy food (3 meals/day)
• Security on duty
• Internet cafe

How?
7 Day Itinerary

January 5 - Arrival

Noon: Flight arrives in Tegucigalpa
1:00pm: Transport to accommodations
2:00pm: Lunch and settle into housing
3:00pm: Meet & greet Honduran Team
• Rules and expectations
• Presentation on GMB
4:00pm: Unpack/sort medicine
6:00pm: Dinner
8:00pm: Night time bonding
7 Day Itinerary

January 6 - Brigade Prep

8:00am: Breakfast
9:00am: Medicine packing
12:00pm: Lunch
1:00pm: Brigade prep with MDs
6:00pm: Dinner
8:00pm: Night time bonding
7 Day Itinerary

January 7, 8, 9 - Medical Brigades

7:00am: Breakfast
8:00am: Travel to community
• Setup medical clinic
• Provide care to patients
12:00pm: Lunch
1:00pm: Continue Medical Brigade
4:00pm: Leave once all are cared for
6:00pm: Dinner
7:00pm: Post-brigade organizing
• Sort medicines
• Hand-off patient records for follow-up to MD’s
7 Day Itinerary

January 10 - Relax, unwind, and sightsee

- **8:00am:** Breakfast
- **9:00am:** Travel to Tegucigalpa
  - Visit artisan community
  - Souvenir shopping
- **12:00pm:** Lunch
- **4:00pm:** Travel back to Nuevo Paraiso
- **5:00pm:** Free time
- **6:00pm:** Dinner
- **8:00pm:** FIESTA!
7 Day Itinerary

January 11 - Depart

8:00am: Breakfast
9:00am: Travel to Tegucigalpa
11:00am: Leave to airport
Timeline - What to do before we go!

- **At least 8 months before brigade**
  - Reach out to Global Medical Brigades Volunteer Advisor
  - Form student club at university
  - Set up a club checking account through university

- **5-7 months before brigade**
  - Hold information session to recruit volunteers
  - Secure brigade week
  - Start fundraising
  - Start recruiting health professionals

- **1 week after info session**
  - Collect nonrefundable deposit of $200
  - Secure airline reservations
  - Hold 2-3 monthly meetings until brigade
  - Obtain Typhoid and oral Malana vaccines

- **3 weeks before brigade**
  - Collect in-country cost of $650
  - Collect at least $100 of donations
  - Write one large check to in-country facilitator

- **1 week before brigade**
  - Review itinerary
  - Review welcome pack
  - Final review of flow of a brigade, triage basics, patient intake forms, pharmacy setup, and applicable Spanish

- **BRIGADE!**

- **After Brigade**
  - Debriefing meeting
  - Post-experience survey
  - Write thank you letters (within 2 weeks)
  - Prepare and submit press release for school paper
  - Debrief with GMB Advisor & Repeat!
  - Email entered brigade data (within 1 month)

- **2 weeks before brigade**
  - Sign three mandatory forms
  - Collect two copies of passport
  - Ensure have/ Acquire emergency SOS insurance
  - Sort medicine
  - Print 7,500 medication labels
  - Collect 2,000 plastic bags
  - Print/Copy 2,000 patient intake forms

- **4-5 months before brigade**
  - Apply for medical grants
  - Collect medicine and supply donations

- **1 month after deposit collection day**
  - Collect remainder of airfare
How is GMB@SFSU organized?

Into 4 different committees which cover all of the most important aspects of the club’s responsibilities

1) **PUBLICITY**
   - Establish a presence on campus
   - Publicize fundraising events
   - Network with the community outside of SFSU

2) **FUNDRAISING**
   - Obtain business sponsorships
   - Reach out to potential donors
   - Apply for grants
   - Coordinate/plan large scale fundraising events

3) **MD RECRUITING**
   - Recruit physicians and other medical professionals for brigades
   - Network with physicians to develop partnerships and mentorships
   - Write update emails for professionals involved

4) **MEDICINE/ PHARMACY**
   - Coordinate medicine purchases and donations
   - Research new ways to obtain meds
   - Develop partnerships with NGO’s
Program Costs

Medical Brigades in Honduras

Total Cost: $650 + airfare + fundraise $200 for meds
Join GMB!

- Applications are on our website: www.gmbatsfsu.weebly.com
- We will also be emailing out applications today
  - Due Date: Monday September 7th @ 7 pm
  - Email completed application to gmbatsfsu@gmail.com
- If you turn in your application, are accepted, and turn in a $150 deposit by 12 am September 1 = discounted airfare!
- Contact us at gmbatsfsu@gmail.com, we are happy to answer any questions you have!