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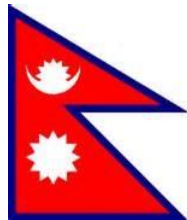


GHCE

Global Health Clinical Elective



2020
GUIDE TO YOUR CLINICAL ELECTIVE IN



NEPAL

Disclaimer: This booklet is provided as a service to UW students going to Nepal, based on information from Dhulikhel and associated faculty and students. The Global Health Resource Center is not responsible for any inaccuracies or errors in the booklet's contents. Students should use their own common sense and good judgment when traveling, and obtain information from a variety of reliable sources.

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CONTACT INFORMATION

Kathmandu, Nepal

	Name	Address	Telephone/Fax	Email or Website
Local program coordinator(s)	Ms. Shrinkhala Barun Shrestha Ms. Nirupa Makaju (housing) Ms. Akina Shrestha	Dhulikhel Hospital, Kathmandu University Hospital PO Box 11008 Kathmandu, Nepal	Phone (Hospital): 977-11- 490497 Fax (Hospital): 977-11-490707 Mobile (Shrinkhala): 977-984-142-2358 Mobile (Akina): 980-100-2204	Email(s): shrinkhalabarun@gmail.com makaju_nirupa@yahoo.com akinakoju@gmail.com Main hospital email: dhos@mail.com.np www.dhulikhelhospital.org
Faculty Supervisor	Dr. Robin Karmacharya		Mobile: 977-981-315-0067	Reachrobin773@hotmail.com
UW Contacts	Biraj Karmacharya Annette Fitzpatrick			birajmk@kusms.edu.np fitzpal@uw.edu
U.S. Embassy	U.S. Embassy Kathmandu	Maharajgunj, Kathmandu, Nepal	Phone: 977-1-423-4000 Emergency Telephone: 977-1-423-4000 Fax: 977-1-400-7272	consktm@state.gov www.np.usembassy.gov
Emergency	Dr. Rajeev Shrestha		977-11-490737 (Dhkl Hospital) Mobile: 977-985-107-4417	
Nepal Emergency Contacts			100 (police) 101 (fire) 102 (ambulance) 103 (traffic control)	

U.S. CONTACTS

	Name	Address	Telephone	Email or Website
UW International Emergency #	In case of emergency: 1. Notify someone in country 2. Notify CISI (see below) 3. Call 24-hr hotline 4. May call Scott/McKenna		+1-206-632- 0153 (24-hr hotline)	www.washington.edu/globalaffairs/emergency/ dbrencic@uw.edu travelemergency@uw.edu
GHCE Director(s)	Dr. Scott McClelland Dr. McKenna Eastment		+206-473-0392 (Scott, cell) 001-254-731- 490115 (Scott, Kenya)	mcclell@uw.edu mceast@uw.edu
GHRC Director	Daren Wade	Harris Hydraulics Building, Room #315 1510 San Juan Road Seattle, WA 98195	+1-206 685- 7418 (office) +1-206 685- 8519 (fax)	dghsom@uw.edu ghrc@uw.edu dwade@uw.edu
Insurance	CISI		24/7 call center available at 888-331-8310 (toll-free) or 240-330-1414 (accepts Collect calls)	ops@us.generaliglobalassistance.com
Hall Health Travel Clinic	Anne Terry, MN, ARNP	315 E. Stevens Circle Box 354410 Seattle, WA 98195	+1-206-543- 8915 +1-206-685- 1011	travel@uw.edu
Post-Exposure Prophylaxis	Harborview Madison Clinic	325 Ninth Ave Box 359930 Seattle, WA 98104	+1-888-448-4911 (CDC hotline) +1-206-744- 5100 (clinic)	
Nepal Embassy in U.S.		2730 34 th Place, NW Washington, DC 20007	+1-202 667-4550 (phone) +1-202 667-5534 (fax)	https://us.nepalembassy.gov.np/ info@nepalembassyusa.org

Accommodation

Dhulikhel Hospital Guest House is located 20 minutes walking distance from the hospital. Accommodations include both single and shared rooms, some with their own bathrooms and some with shared bathrooms. There is a shared kitchen for guest use. Bottom sheets, a thick quilt and pillows are provided (no need to bring a sleeping bag unless for trekking). There are fans in each room and electric space heaters for use in winter. Deepak (+977-980-100-3144) manages the guest house and cooks dinner for the guests each night. Breakfast is self-serve with bread, peanut butter, yogurt, fruit, oatmeal, eggs, instant coffee and tea bags provided. There is Wi-Fi, which works quite well unless the guest house is busy (you may have better luck Skyping in the morning than in the evening). Weather frequently knocks out the power for the city, at which time the Wi-Fi does not work. There is also solar hot water and a washing machine for clothes on the roof. The washing machine was broken last year.

- 500 NRS/day (regardless of type of room)

-250 NRS/dinner (eating out in town is often cheaper, although the food at the guest house is very good!)

Key contact person for the accommodation and logistics: Ms. Nirupa Makaju

Email: makaju_nirupa@yahoo.com

Note: Although you may request a single room or attached bathroom, if the guest house is busy you may not get either when you arrive.

Visa

You will need a visa to enter Nepal which you purchase at the airport (\$125 USD for 90 days). They now have machines in arrivals that will take your photo for the visa, but you may want to bring a passport photo with you just in case.

Communication with Dhulikhel Hospital

Communicate with the administration department of the hospital for formal entry via the following email address (dhos@mail.com.np), from which you will be connected to the relevant department(s). You can discuss your expectations and opportunities with the head of Department. Once you have established communication with the site, they will send you a survey to indicate your preferences for placement. Most of the scheduling is done directly through Shrinkhala. There are many international medical students and residents at the hospital, so it is not guaranteed you'll receive your desired placement.

Finances

Changing money can be done at the airport or banks, but it is quite easy to get money from ATMs. Change or take out money at the airport to cover your initial taxi ride and any other early expenses. If you arrive on Friday afternoon or weekend, please change enough money to sustain yourself until banks open the following Sunday, 10 am to 4 pm. Credit cards are rarely accepted. If someone comes up to you and asks you if you want to change your money with him, we urge you not to do

this. There is a Nabil Bank ATM at the main intersection in Dhulikhel (next to Café Rukh) that is a good place to take out money at any hour, is very reliable, and does not require a passport. If you want to change money you can do that at the banks in Dhulikhel. There are major 2 banks where you can exchange money, Nabil Bank and Civil Bank. You will need to bring your passport for this.

Your bill for lodging and the course should be paid at the administration building (across from the pediatrics building) and can be paid in USD or NRS. Be sure to check your bills before you go in, however, as those that are ripped may not be accepted.

Pre-Departure Information

Location

Dhulikhel is a municipality of about 30,000 people and is 30 km east of Kathmandu along the Arniko Highway. It is located in the middle-hill region of Nepal at an altitude of 1600 m.

Climate

Dhulikhel has a sub-tropical climate characterized by monsoons.

Month	Weather type	Remarks
October-May	Dry	Little precipitation
June –September	Wet	Frequent rain showers and thunderstorms
December-February	Cold	Temperature of night time is low around 1-4 degrees Celsius and daytime of 15-20 degrees Celsius
May	Hot	Hottest month of the year and could see the temperature as high of 35 degrees Celsius
Note: In the fall and spring months, lows are around 5-10 degrees Celsius with daytime highs of 20-30 degrees Celsius.		
The monsoon is, contrary to popular belief, not a heavy rain, but a light and warm rain with clouds.		

Public Holidays

Nepal follows a lunar calendar, so the dates on the western calendar for most of their holidays changes yearly. Your department will be able to inform you of which holidays the hospital recognizes.

Religious Matters

There are many Hindu and Buddhist temples in and around Dhulikhel. Do not be shy when visiting these; the general attitude in Nepal is that you should be respectful of every deity, regardless of if they are in your dharma or not. They may turn out to be real and then you will have missed an opportunity to gain favor or avoid their wrath if you decided to not pay your respects. Watch what

the locals do and if you have questions, ask. At some of the larger temples in Kathmandu, however, you will not be allowed to enter the main deity's area if you look obviously foreign. There are two churches in Dhulikhel – most churches have services on Saturdays as this is the day that most Nepali people have off from work.

Electricity

While there is no longer scheduled load shedding in Nepal, the majority of their power is still hydro and thus dependent on various environmental factors. In the winter, when the weather is dry and water levels are low, there tend to be frequent, unscheduled power outages.

Post Office

The Central Post Office is located near the remains of Dharahara Tower (ruined in the 2015 earthquake) in Kathmandu. It is open from 10 am to 5 pm, Sunday through Friday. The counters are open from 10 am to 4 pm and provide stamps, postcards and aerograms. Post Restante is available Sunday through Friday from 10 am to 5 pm. Express Mail Service (EMS) is available at GPO and at Thamel, Basantapur and airport postal counters. To get to the nearest post-office, you should take a walk of 15 minutes from Dhulikhel Hospital to a location around 2000 meters away.

Groceries/Stores

There are many small stores throughout Dhulikhel. There is one grocery store at the main intersection that is a good place to get toiletries and packaged foods.

Transportation

The nearest international airport is Tribhuvan International Airport in Kathmandu. The airport code is KTM. You can travel to Dhulikhel from the airport by taxi (it will be much cheaper if you get your taxi from just outside the airport rather than inside). It will take about an hour and a half (30 km from Kathmandu). DH can also arrange a pick-up from the airport for roughly 3000 NRS, which is often easier if you don't know where the guest house is. There are also buses that regularly run from Ratna Park in downtown Kathmandu (fare: 60 NRS) and stop in Bas Ghari (where the guest house is) and at the main intersection in Dhulikhel.

Beware of pickpockets!

When you leave the airport to find a taxi, keep a close watch on your luggage and valuables/papers. Many visitors have set down luggage or bags to look for a taxi or to make a telephone call and found them missing when they returned.

Beware of scammers!

A common scam at KTM is for someone to help you with your baggage or to arrange a taxi and then to demand payment before you leave. This can be quite confusing, they may make it seem like they are with your taxi driver and you may think that you are paying for your ride, only to have your driver request payment when you arrive at your destination. They will also sometimes grab your bags and try to help you without your consent if you don't keep your things close once you exit the airport. Keep your luggage close at hand and don't be afraid to wave people away. If you want space to arrange your own taxi without pressure walk outside of the airport gates. If you have a ride

arranged by the hospital there will be a driver holding your name outside the airport so wait until you meet the actual driver and don't deal with anyone else.

Clinical Placement/Electives

At Dhulikhel Hospital you will be exposed to various public health and community development programs during your 6 week elective. The administrative cost is \$200. The course secretariats, listed below, will assist you with administrative procedures and any concerns throughout the program. The secretariat room is only accessible for participants when the course secretary is present. Computers and communication equipment of the secretariat are not for use by participants.

- i. Ms. Shrinkhala Barun Shrestha; Email: shrinkhalabarun@gmail.com
- ii. Krishna Adhikari; Email: adhikari.133@gmail.com

Hospital Rules

After your arrival and settling into the Dhulikhel Hospital guest house, we will be expecting you to call Dr. Robin Karmacharya or Ms. Shrinkhala Shrestha on the day of your arrival and meet them on the day after your arrival at the Dhulikhel Hospital (DH). This is for us to know you have safely arrived and give you orientation of the institute. The mailing address and contact details are:

Dr. Robin Karmacharya; Mobile: 977-9813150067; Reachrobin773@hotmail.com

Ms. Shrinkhala Shrestha; Mobile: 977-9841422358; shrinkhalabarun@gmail.com

** The best way to contact the site admins is to find their offices in the Department of Community Programs building on the morning that you arrive. Most people get to the office around 9 am. You may have an orientation meeting. You have to go to library fill the form and take picture for an identity card. You have to pay NRs 200 and get it next morning. The card can also be used for the canteen since, canteens do not accept cash. For that you have to top up the money on the card at administration department across from the pediatrics building).

Do not be afraid to speak up if there is information that you need (e.g. the location of your department, who to meet there, at what time, etc...). Your orientation meeting may be quite brief.

Attendance to the course activities

One of the conditions to obtain the certificate of attendance is 80% attendance. Absences from course activities should always be notified to the focal person or course secretariat in advance.

Nepal has a 6-day work week, from Sunday-Friday. Many foreign students who visit DH stick to their home 5-day schedule of Monday-Friday, however, it can go a long way in building trust with your department if you follow their routine.

Each day goes from 9 am – 4 pm, however, the residents and interns arrive at 8 am and it can also go a long way toward building trust and relationships to arrive at 8 am and to pre-round with them. Many foreign students tend to leave early in the afternoon as it may not be easily apparent that they

care when you arrive and depart each day. While you are not an integral part of the care team as a foreign student, your department will notice if you leave early every day, especially if they have afternoon conferences or other events that you miss.

DH gets a huge number of visiting foreign students each year, some of whom only stay for very short amounts of time. As such, especially in the departments that get a lot of traffic, they tend to not invest much in foreign students unless they see that you are particularly interested or dedicated. This takes some work. While there is a lot that foreign students can do here, you will need to ask for opportunities as they won't be offered. Once you show your interest over time, more opportunities will come. There are also many learning opportunities that arrive if you are in the right place at the right time. Even if it may not be the most engaging initially, if you make a habit of being present in your department in the afternoon you are more likely to be grabbed for interesting procedures or admissions, etc... If you are not on the ward then it is very unlikely that anyone will go to find you for them.

Morning Conference

This conference is only necessary to go to once, sometime in your first week. Each morning at 8 am on the second floor of the main building, representatives from each department of the hospital report each day and discuss and solve issues, share progress. This is an opportunity for you to be introduced to the hospital. You should plan to go one morning during your first week. Be prepared to share who you are, where you study, where you are from, and what department you are in at DH.

Dress Code

The physicians at DH wear either light blue scrubs or white pants with a red top (often fleece, sweater or puffy jacket). If you are visiting in winter you will likely want to wear white pants or khakis (often with leggings or long underwear underneath) and many layers on top as there is no central heating and the concrete buildings are often colder inside than outside. If you are coming in warmer months, you may want to bring scrubs. Otherwise, wear formal dress and do not forget to bring your white coat, as this is worn daily by most doctors and students.

Facilities for the Students

a. Hospital Identity Card

- On your first day go to library and ask the librarians for an ID card that costs NRs 200.
- You will need to fill out the form and take a photo (bring your white coat).
- The card will be received next day. This card gives you access to the different departments in the hospital including the library and canteen.
- The card will also give you access to the hospital Wi-Fi (only functional on parts of campus) – to register for access you must present it on the 6th floor of the OPD building (the large white building at the main entrance) in the IT department.
- A replacement, in case it is lost, is around 500 NRs.

b. Computer facilities, e-mail and Internet

- There is a computer in the library of the skill lab building. The computers have basic text software that may not be compatible with documents.

- There are no printing facilities at the hospital.
- E-mail and internet are also available on all the computers and they are freely accessible for all participants.
- The computer rooms will always be accessible until 19:45 hrs at the latest.
- There is Wi-Fi in the library and at limited spots at the hospital, but NOT within the wards or clinics.

c. Library facilities

- A library is accessible at the Skill Laboratory Building. As a rule, the library is accessible until the last staff member of the department has left the office. In practice, this is until 19:45. Unless consented by the course management, it is absolutely prohibited to visit places in the institution after hours.

d. Photocopying

- Photocopying should be done at the expense of the individual participants in nearby internet cafes or stationary shops.
- Photocopying at the DH-KUH institution will be done only in emergencies.

e. Telephone, Mobile and Fax

- The telephones and faxes of the DH-KUH are not accessible for private use by participants. For help accessing a mobile phone, you can contact to the Procurement department of the hospital. The course management can make exceptions for urgent problems, and for course related messages.
- Most visitors get a basic data plan through their foreign cell service provider for use while abroad. It can be useful in some situations to have a Nepali cellphone, but most foreign students get by just fine without one.
- You can purchase a mobile phone (cheap versions with no Wi-Fi or data capabilities are around 1500 NRs) and/or a local SIM card. If you bring your own phone and want to use it on the local network, it needs to be a 'quad' band and unlocked in order to work in Nepal. It is technically illegal for non-Nepali citizens to purchase a SIM card in Nepal, however this is not widely enforced. You can inquire with local mobile phone vendors upon arrival or at one of the larger NCell or NTC service centers in Banepa (many options in Dhulikhel too). You can purchase an NCell SIM for 100 NRs, and 16 GB of data for 1000 NRS). You will have to present your passport, visa, and a passport photo for purchase. You can purchase NCell or NTC recharge cards to get minutes. These cards are available at most shops along the road (look for the purple signs that say NCell or the blue Nepal Telecom signs).

f. Restaurants/Cafeterias:

- You can purchase meals and snacks from the hospital canteens using your ID card. Balance must be added at the accounting building across from the Pediatrics building.
- Breakfast consists of omelets, vegetable curry, yogurt, toast, and milk tea.
- The main meal at lunch is always daal bhaat (lentils and rice, with vegetable sides) and costs NRs 60. Fried rice, chowmein, thukpa (Tibetan soup), yogurt, tea and other options are also available with varied prices. Friday is momo day, a delicious meal of Tibetan dumplings.

- Many people eat at "Professionals Café," which is just outside the hospital. 100 NRs per meal.
- There is also a small restaurant between the OB and Community Outreach buildings that serves all three meals and is cash-only. They have a rotating menu and do not serve daal bhaat for lunch.

Health Insurance, Medical Services and Emergencies

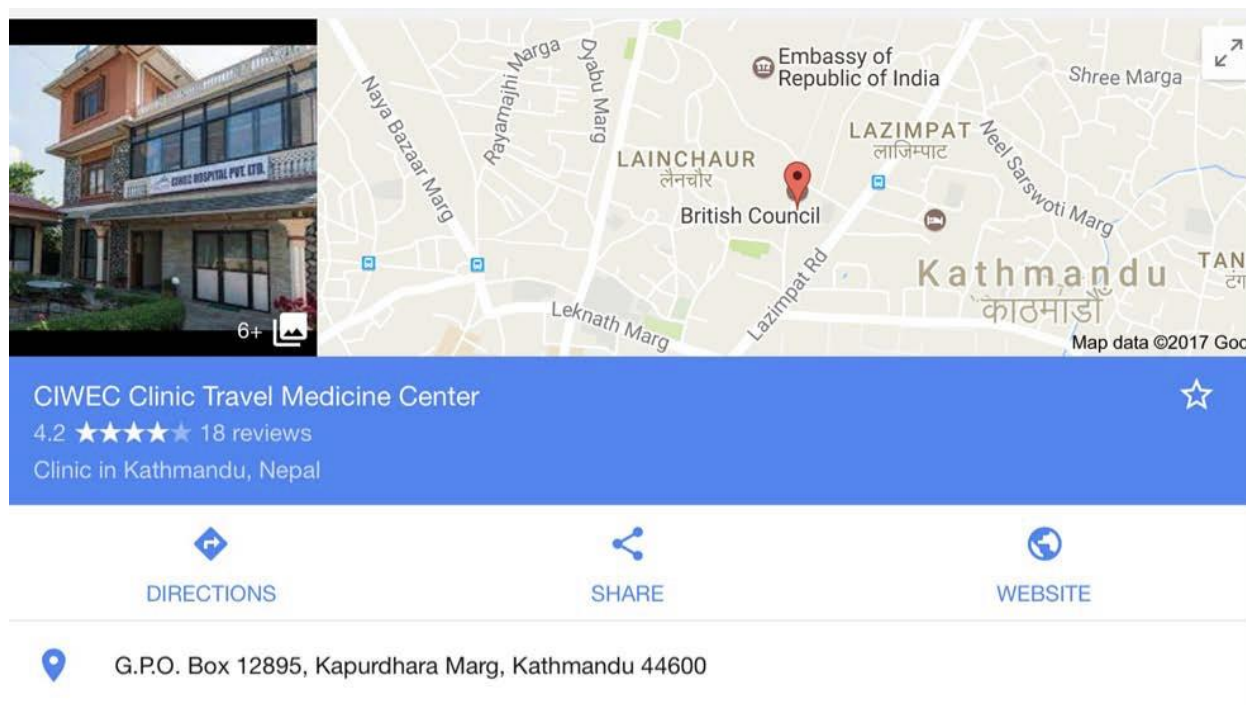
Health Insurance

Nepal has no National Health Insurance System so payments have to be made for doctor visits and medication. The prices of medication are made available at reasonable rates. Therefore, international insurance cards will not function in DH. Your student travel insurance will help you in these situations.

Medical Services

In case you get ill and you need a doctor, please take note of the following: First, contact your travel insurance provider to alert them of the situation. If appropriate you may use the list of on-site physicians at Dhulikhel Hospital below while communicating with your insurance. Remember to print all information about your travel insurance before you leave, to have on hand if you have to call them. Scott is a great resource for general advice and coordination of care, but in an emergency, you should call the UW Emergency number to be assigned a doctor who can provide you with clinical advice which Scott cannot technically provide, as well as get assistance with your insurance.

For medical care that DH cannot provide, you can go to CIWEC clinic in Kathmandu (just off Lazimpat Road) which is a clinic for foreign travelers and residents. You can make an appointment online or walk in. They have many resources and are knowledgeable about medical issues the visitors to Nepal face. They have an administrative office that will work with your travel insurance to ensure your treatment is covered by insurance. (They have HRIG there in the case you are bitten by a dog.) If you have any allergies do not forget to mention about it.



In Dhulikhel Hospital the following doctors are available:

Name of department	Contact person	Phone Number
Internal Medicine/Intensive Care	Dr. Ram Gurung	9841461884
Dental	Dr. Chandan Upadhyaya	9841807572
Dermatology	Dr. Dharmendra Karn	9841470987
ENT	Dr. Bikash Shrestha	9841267602
Emergency	Dr. Sanu Shrestha	9841256202
Obstetrics and Gynecology	Dr. Anjana Dongol	9851059055
Ophthalmology	Dr. Puja Shrestha	9851082192
Orthopeadic	Dr. Deepak Shrestha	9851033353
Pediatrics	Dr. Srijana Singh Dongol	9801315230
Psychiatry	Dr. Ajay Risal	9849550155
Radiology	Dr. Subindra Karki	9849926651
General surgery	Dr. Balla Ram Malla	9851094434

- Please take your identity card and outpatient card to the registration department for your examination. You'll have to pay NRs 40 for the registration card. Same card can be used later (buy the renewal with NRs 35).
- If you get a prescription, go to a pharmacy to collect it in front of the registration. You'll have to pay cash for the medicines too.
- If you need a doctor during the weekend or in the night, contact your travel insurance, and for emergency you may call 011-490497 for an ambulance.

Safety Measures

- Register with your embassy in Kathmandu.
- Don't travel during bandhs (strikes) or blockades. Get to safety if you notice that you are the only car on the streets of Kathmandu!
- Be flexible with your travel arrangements in case your transport is affected by a bandh or security situation.

Recommended Vaccinations

Nepal does not officially require any immunizations for entry into the country, but the further off the beaten track you go, the more necessary it is to take precautions. Travelers who have come from an area infected with yellow fever are required to be vaccinated before entering the country. Record all vaccinations on an International Health Certificate, available from a doctor or government health department.

Be familiar with the symptoms of altitude sickness when trekking and observe sensible acclimatization.

Keep photocopies of your passport, visa, flight ticket and travelers cheques separate from the originals.

PACKING TIPS



General

Err on the side of packing light. Don't bring anything that you would be heartbroken if it were lost, stolen, or ruined. Bring layers! Take fewer clothes than you think you will need: you can purchase clothing relatively cheaply locally: this helps make sure that they are more appropriate to local conditions, and helps out the local economy. Most toiletries, and any other items you may have forgotten, can be purchased.

Documents and Other Essentials

Make copies of important documents and leave them with someone you trust. This includes the front and back of your credit cards. You may also wish to make scanned copies and email them to yourself. Consider bringing an extra set of passport photos with you: they can be handy if you need to replace your passport or get other types of documentation. A laminated, color copy of the first page of your passport can also come in handy. If you plan to purchase/use a Nepali SIM card for

your U.S. phone or a Nepali cellphone, SIM cards may require a passport photo and copy of your passport so that your SIM card can be registered. The mobile phone companies may keep these items.

Be sure to bring

- Passport, valid for 6 months
- Travel itinerary, receipt, and copy of e-tickets
- Travel insurance documents
- Credit cards, including the one you used to purchase your airplane ticket
- Medications
- Syllabus and textbooks
- Back-up pair of glasses, if needed
- Sunscreen and mosquito repellent
- Power adapters
- Flash drive
- Digital camera
- Bottled water is readily available; bring a filter if you plan on drinking tap water
- List of your emergency contacts!

Toiletries

Remember that you are limited in what you can bring in your carry-on, though not your checked bag. Wet wipes can come in handy. A small roll of toilet paper or some Kleenex can be a wise investment.

DON'T bring an electric razor, hair dryer, or curling iron unless you bring a transformer, or they will burn out. It may be better to get these locally.

Suggested Personal Medical Supplies

- Thermometer
- Sunscreen (SPF 30 or higher)
- Insect Repellent (at least 25% DEET or 20% Picardin)
- Malaria prophylaxis (if you plan to travel to the Terai)
- HIV post-exposure prophylaxis
- Stand-by treatment for diarrhea
- Any medications you normally take
- Band-Aids
- Tweezers
- Acetaminophen (Tylenol)
- Ibuprofen or Naproxen (Aleve)
- Diphenhydramine (Benadryl)
- Pseudoephedrine or phenylephrine (Sudafed)
- Hydrocortisone cream
- Antifungal cream
- Antibiotic ointment

- Supplies for the medical wards:
 - White coat
 - Penlight Stethoscope Otoscope
 - Hand sanitizer (you can purchase at the grocery store in town)
 - Gloves
 - Digital thermometers
 - Blood pressure cuff
 - N-95 Masks
 - Pulse oximeter
- Other Suggestions:
 - Earplugs, especially if you are a light sleeper
 - A laptop is recommended, although they do invite theft
 - Flash drive
 - Digital camera and charger
 - Small notebooks
 - Headlamp and small flashlight
 - Extra batteries
 - Reading materials

CULTURAL ADJUSTMENT

- Look for a cultural broker, someone who has an understanding of both U.S. culture and the local culture. An expatriate who has spent many years living in the host country, or a local who has lived in the U.S. can be invaluable in helping you negotiate and understand your host country.
- Learn as much as you can about your host country's history, values, language, culture and norms.
- Resist the urge to assume that people are just "doing things wrong" in your host country, and that you know better. Try to understand the reasons why things might be handled differently.
- Remember that, in general, developing countries tend to be more formal than the U.S. and communication is more likely to be indirect. Value is placed on respecting social hierarchies, "saving face" and avoiding embarrassment.
- Be aware that needing to re-learn even simple routines in a foreign culture is stressful. Give yourself time to adapt, and don't be afraid to make mistakes.



In her book, *Foreign to Familiar*, (2000, McDougal Publishing), Sarah Lanier discusses the differences between “Hot-Climate” and “Cold-Climate” cultures. Although this distinction is a vast oversimplification, they do represent spectrums of cultural norms that can provide a useful framework for understanding cultural differences. The chart below is loosely adapted from her work.

	“Cold-Climate” Cultures	“Hot-Climate” Cultures
Social Interactions	Efficiency is valued. It is acceptable to be businesslike with people you don’t know, and personal questions are to be avoided.	Relationships are valued more than efficiency. It is important to acknowledge people and not rush interactions. Getting to the point too quickly is rude, and personal questions are welcome.
Emotions	Logic, restraint and objectivity are valued, and displays of emotion are rare.	People are emotionally demonstrative. Subjective feelings and intuition are given credibility.
Communication	Accurate, truthful information is valued. Communication is direct, words are to be taken at face value, and people say what they mean. “No” means “no,” and things are not meant to be taken personally.	Maintaining harmony is important, and disagreeing, complaining or causing offense or embarrassment is to be avoided. Indirect methods of communication are frequently used. It is impolite to directly say “no” or not give the answer a person expects to hear.
Individuality	Individuality, autonomy, personal initiative and self-reliance are valued. Individual likes and dislikes are important. People are expected to speak their opinions, and look after their own needs. People see themselves as “free to do as they please.”	Community cohesion and group identity are valued over individuality. (“I belong, therefore I am.”) The needs of the community are more important than personal desires. A person’s opinions should reflect those of the group. One’s actions should reflect well on the group.
Hierarchy	Society is fluid. People generally see themselves as equals, and authority is earned and can be openly questioned. What you know is more important than who you know, and the value of an idea depends on its utility, not its source. “Low-power distance”	Society is hierarchical. Class and social distinctions are maintained, acknowledged and deferred to. Authority is not to be questioned, and the value of one’s opinion increases with social rank. “High-power distance”
Formality	Interactions are casual. First names are used. Clothing choices reflect personal tastes and comfort. “Low context”	Interactions are formal, and it is important to follow protocols and demonstrate respect for elders and superiors. People are referred to by their titles. Greetings carry great importance, and clothing should reflect one’s place in society. “High context”
Privacy	People have a “right to privacy,” their own personal space and time to themselves.	People have a right to be included. Privacy is considered rude. Plans and conversations should include all.
Property	Personal property is considered sacred. People pay their own way, are responsible for their own things, and there is no obligation or expectation to	Property is communal and belongs to the group. This is particularly true for food, which is expected to be shared by all.

	share.	
Planning	Planning is expected, and schedules are adhered to except in extreme circumstances.	Spontaneity is preferred. Schedules are always subject to change. Flexibility and patience are valued. It is acceptable to show up unannounced or not follow through on plans.
Hospitality	Visitors are expected to make arrangements for their own food, housing and transportation, and payments are negotiated ahead of time. When people are invited out, it is expected that they will all pay their own way. Social events usually take place at public establishments.	Hospitality is important. Visitors need to be taken care of, and it is not appropriate to ask them to pay, although it is expected that they will leave gifts in exchange. When people are invited out, it is expected that the person who gave the invitation will pay. Social events usually take place in the home.
Gender	Gender differences are minimized. Women are judged on the same criteria as men. Traditional roles are less respected.	Gender differences are important, and women are expected to be submissive to men. Traditional roles are respected.
Time	Time is a linear phenomenon, measured by clocks. Punctuality and planning are valued. It is important to respect someone's time: Time is money. "Monochronic time"	Time is relative, and is measured by events. It is important to be living in the moment and to deal with things as they come up. Attending to people's needs is valued, regardless of how long it takes. "Polychronic time"

Culture Shock

"Culture shock" is real, and it is important to be prepared for it and to recognize when it is occurring. What people generally mean by culture shock is the stress that occurs from being away from familiar surroundings and continually having to struggle to understand what is going on around you. What begins as discomfort and confusion can subtly progress to frustration, anxiety, irritability, loneliness and withdrawal. More often than not, anger is the result, and it is not uncommon for this to lead to unprofessional behavior and lashing out at the local community. When you find your frustration mounting, be sure to take a step back and find productive and healthy ways to manage your stress. Remember, you are ultimately just a guest in their country. Above all, try and keep a sense of humor.

Be aware that you will likely have some reverse culture shock upon returning to the U.S.

Guidelines for the Management of Needlestick Injury and Body Fluid Exposure

Background:

When working in clinical environments, there exists the possibility for exposure to bloodborne pathogens, particularly in environments where universal precautions and sharps disposal practices may not be followed with the same rigor as in the US. Exposure to blood and other bodily fluids can transmit Hepatitis B, hepatitis C, and HIV, as well as other illnesses such as viral hemorrhagic fevers, including dengue. Transmission of malaria can also occur through needlestick, as can transmission of other parasitic diseases such as trypanosomiasis and visceral leishmaniasis.

Pre-departure advice:

PREVENTION: Obviously, the most important aspect of blood and body fluid exposure is prevention. Students should use gloves and other personal protective equipment if there exists the possibility of contact with a patient's blood. All students should bring with them a box of non-sterile gloves. You are also encouraged to bring some form of eye protection and face masks. If in a malarious area, tablets for malaria prophylaxis and attention to insect precautions can prevent this potentially fatal disease.

VACCINATION: Hepatitis B is highly transmissible through needlestick injuries (about 1 in 3 people exposed will seroconvert.) All students should have completed their hepatitis B vaccination series before leaving for their GHCE. You should be sure you are protected against measles, mumps, rubella, hepatitis A, tetanus, diphtheria, typhoid, and varicella, and polio. Depending on location, yellow fever and/or meningitis may be appropriate as well. Although there are as yet no efficacious vaccines for hepatitis C or HIV, in case of a needlestick it is helpful to know your baseline serostatus for these infections.

POST-EXPOSURE PROPHYLAXIS: You are required to purchase and bring with you two different HIV prophylactic medications.

In the event of a needle-stick injury with a contaminated needle, or other significant exposure, you would generally begin taking treatment right away, while arranging for the patient to have HIV testing. If the patient is HIV positive, you should then need to complete a full 30 days of medications. This would involve obtaining an additional supply of medications and arranging for follow-up evaluation and monitoring. In many cases, it may be best to return to the U.S. to ensure proper care.

Specific prophylactic regimens should be discussed during your Travel Clinic visit, and you should ask for a prescription during your visit for a 3-5 day supply.

WHAT TO DO IN THE EVENT OF A BODY FLUID EXPOSURE:

1. Don't Panic.
The vast majority of exposures result in no harm. For example, the seroconversion rate of an untreated needlestick injury from an HIV positive patient is less than 0.3%, and from a mucosal exposure less than 0.09%. With prompt initiation of antiretroviral medications, this risk is further reduced 85% or more.
2. Wash the exposed area.
Remove all soiled clothing. Wash skin and wounds with soap and water. Irrigate wounds copiously with water. Flush eyes or mucous membranes with water or sterile saline.
3. Let someone know.
Inform your clinical supervisor that you had an exposure. Contact a medical provider with experience in post-exposure prophylaxis (CDC Post-Exposure Prophylaxis Hotline, Harborview Madison Clinic, Dr. McClelland, etc.)
4. Decide if you need to start medications.
This will depend on the severity of the exposure and the HIV status of the patient. If the patient is HIV positive or of unknown status in a high-prevalence area, antiretroviral medications should be started as soon as possible in the event of a needlestick injury, or if visibly bloody fluid is splashed into your eyes or mouth. (See the attached CDC algorithm for specifics). Do not wait for the source patient's blood testing to come back before starting meds. If the patient has suspicion for *P. falciparum*, consider taking a presumptive treatment of malaria if you are not on malaria prophylaxis.
5. Arrange for testing.
If possible, arrange for HIV testing of the source patient and a malaria smear (if in an endemic area). If serologies for hepatitis B surface antigen and hepatitis C antibody are readily available, send these too. If you do not know your own HIV, hepatitis C, or pregnancy status, these should be checked. It is helpful to get a CBC, chemistry panel, and hepatic panel if you are going to be starting medications. This will allow your physician to have baseline labs in the event you develop side effects from your antiretroviral medications.
6. Decide if you need to come home.
If the source patient tests negative for HIV, and you think it unlikely that the patient contracted HIV in the past few months, you can stop treatment. If the patient is HIV positive, cannot be tested, or is felt to be at high risk of HIV despite a negative test result, continue treatment. It is generally recommended to arrange for medical evacuation back home for proper evaluation and monitoring while on prophylaxis. However, many countries now have doctors and facilities that are expert in treating patients with antiretroviral medications. The decision to stay at your post or return home is a serious one that should be discussed with a qualified medical provider. The GHRC is happy to work with you on ways to deal with academic credit and financial aid issues in the event an evacuation is needed.
7. Get support.
Having a body fluid exposure is often a deeply unsettling experience. It is recommended that you talk it over with someone to help put things in perspective. Most people feel extremely frightened and vulnerable right after an exposure. The CDC's "PEpline" is an excellent resource. This is a national hotline that provides around-the-clock expert guidance in managing healthcare worker exposures to HIV and hepatitis B and C. Callers receive immediate post-exposure prophylaxis recommendations and counseling. The phone number is +1-888-448-4911. You may also call Dr. McClelland at +1-206-473-0392.

Preferred HIV PEP Regimen:

Raltegravir (Isentress; RAL) 400 mg PO twice daily AND Truvada, 1 PO once daily (Tenofovir DF [Viread; TDF] 300 mg emtricitabine [Emtriva; FTC] 200 mg)

Also see Kuhar et al. JSTOR 2013; 37:875-93. This paper provides detailed information on the current US CDC guidelines for post-exposure prophylaxis, and is on Catalyst and in your site guide.