

University of Washington
DEPARTMENT OF GLOBAL HEALTH



GHCE

Global Health Clinical Elective



2018

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.

Table of Contents

Contact details: Dhulikhel Hospital (DH) and US/UW Contacts

1. Accommodation

- Guest House
- Logistics

2. Visa

3. Pre-departure Information

4. Travel Instructions

- Getting to Dhulikhel
- Money
- Public Transport

5. Trainings for Students in DH-KUH

- Basic Training
- Clinical Placements
- Internships on Global Health

6. Hospital Rules

- Morning Conference
- Dress Code
- Identity Card
- Computer Facilities, Email and Internet
- Library Facilities
- Telephone, Mobile and Fax
- Attendance to the Course Activities

7. Medical/Health Information

- Insurance
- Medical Services
- Recommended Vaccination
- Safety Measures
- Body Fluid Exposure Management

Miscellaneous

- Appendices
- Map

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 (hospital Administrator)	Dhulikhel Hospital, Kathmandu University Hospital GPO Box 11008 Kathmandu, Nepal	Phone: 00977-11-490497 Fax: 00977-11-490707 977-9841422358 Mobile: 980-100-2204 akinakoju@gmail.com	Email: makaju_nirupa@yahoo.com Main email: dhos@mail.com.np www.dhulikhelhospital.org
Faculty Supervisor	Dr. Robin Karmacharya		Mobile: 977-9813150067	Reachrobin773@hotmail.com shrinkhalabarun@gmail.com
U.S. Embassy	U.S. Embassy Kathmandu	Maharajgunj Kathmandu, Nepal	Telephone: (977) (1) 400-7200 Emergency Telephone: 977-1-400-7266 and 977-1-400-7269 Fax: (977) (1) 400-7281	consktm@state.gov http://nepal.usembassy.gov
Emergency	Dr. Rajeev Shrestha		977-11-490497 (Dhkl Hospital) 977-11-490737 (Dhkl Hospital) 977-9851074417	

U.S. CONTACTS

	Name	Address	Telephone	Email or Website
UW International Emergency #	-	-	+1-206-632-0153	www.washington.edu/globalaffairs/emergency/
GHCE Director	Dr. Scott McClelland	Harris Hydraulics Building, Room #315 1510 San Juan Road Seattle, WA 98195	+206-473-0392 (cell) 001-254-731-490115 (Kenya)	mccllell@uw.edu
GHRC Manager	Rachel Lazzar	Harris Hydraulics Building, Room #315 1510 San Juan Road Seattle, WA 98195	+1-206 685-7418 +1-206 685-8519 (fax)	rlazzar@uw.edu
Insurance	On Call International		call +1.603.328.1358	http://student.uwsearchlightportal.com studentclaims@oncallinternational.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)	http://depts.washington.edu/madclin/providers/guidelines/pep_occ.html
Nepal Embassy		2131 Leroy Place, NW Washington, DC 20008	Tel: 202 667 4550, Fax: 202 667 5534	info@nepalembassyusa.org

Accommodation

Institution Owned Guest House

Dhulikhel Hospital (DH) takes care of booking accommodation for those students who has received acceptance letter/or any documents from DH. The guest house is located 20 minutes walking distance from the central hospital. Accommodation with shared kitchen and unshared bathroom will be offered. Bed sheets, kitchen set will be provided.

**Notes from 2017 Student:

-Although you will receive a confirmation email, you may not have a room when you arrive, and you may have to share a room even if you "booked" a private room (this is based on how busy the guest house is at the time)

-The wifi (at the time of writing) is intermittent at best, and generally not useable at all

-Breakfast is provided at no charge (although sometimes runs out)

-Dinner is NRs 200 per meal

-suggested to bring: sleep sheet, sleeping bag if visiting in winter months, adapters were not necessary here but were often necessary in hostels/restaurants/etc...

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

Email: makaju_nirupa@yahoo.com

In case DH-KUH arranges housing we sometimes need to sign a contract, which means that you are obliged to comply with these contracts.

Cost of

Breakfast: NRs 100

Dinner: NRs 150 per meal

Accommodation per day: About NRs 600 but price varies according to the length of stay

Kathmandu University International (KUIC)

Location: Near the road to Dhulikhel Hospital, 5 minute walk from DH

Availability: Private bathroom, hot water, laundry

Charges per day: About NRs 800 per day

Website: <http://www.ku.edu.np/kuic/>

Visa

You will need a visa to enter Nepal which you purchase (\$100(USD) for 90days at the airport).

You will need a passport photo for this

Communication with DH (Also see directory on page 3)

Communicate with the administration department of the hospital for the formal entry via the following email address (dhos@mail.com.np), from where you will be communicated to the interested department.

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.

Finances

You will pay a fee based on length of stay (see following pay schedule under clinical placement electives) and:

- Transportation

- Lodging: If you share your room, your room charge would be split with your room mate.
- Currency: Please take your passport with you when you want to change money. Changing money can be done at the airport or banks. The money exchange office at banks open from 10:00 – 16:00 hours. Avoid the many small exchange counters in the city areas; the commission rate is quite high. You can find banks in the Banepa, the nearest city from Dhulikhel.

Pre-departure information

Dhulikhel

Location: Dhulikhel is a municipality of about 10,000 people and 30km east of Kathmandu along the Arniko Highway. It is located in the middle-hill region of Nepal at an altitude of 1600m.

Climate

Dhulikhel has sub-tropical climate characterized by monsoons.

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

Public Holidays in Dhulikhel Hospital Area

some of these change based on the year so check the calendar. The following are 2018 holidays during GHCE:

Date	Day	Holiday
11 Jan	Thu	Prithvi Jayanti
15 Jan	Mon	Maghe Sankranti
18 Jan	Thu	Sonam Losar
30 Jan	Tue	Martyrs' Day
13 Feb	Tue	Maha Shivaratri
16 Feb	Fri	Ghyalpo Losar
19 Feb	Mon	Prajatantra Diwas
8 Mar	Thu	International Women's Day
17 Mar	Sat	Ghode Jatra *
25 Mar	Sun	Ram Navami
14 Apr	Sat	Nepali New Year
24 Apr	Tue	Loktantra Diwas
30 Apr	Mon	Buddha Jayanti
1 May	Tue	Labour Day

Transportation Instructions

Getting to Dhulikhel

The nearest international airport is Tribhuvan International Airport in Kathmandu. Airport code is KTM. You can travel to Dhulikhel from airport by taxi. It will take an hour (30km from Kathmandu). DH can arrange pick up for NR 3000 per two people

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.

DH can also arrange a pick up for you but you will need to pay NRS 1200 for the provision which is most preferred. Prior information should be provided for receiving this service.

Money

- Change or take out money at the airport at least for your first expense. If you arrive on Friday afternoon or weekend, please change enough money to sustain yourself until banks open the following Sunday, 10a.m to 16:00 hours. Credit cards are not everywhere 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. **The exchange rate as of December 2017 is \$1US = 103.9 Nepalese Rupees (NPR).**
- **Credit cards are rarely accepted.**
- **There is an ATM under the bank in town, next to Café Rukh**

Please take your passport with you when you want to change the money. You can find banks in Banepa, the nearest city from Dhulikhel.

Groceries/Stores

Dhulikhel has small stores in some of the town areas.

Clinical Placement/Electives

i. For Medical and Nursing Students

Duration	Departments	Cost	Remarks
<6 weeks	Any Clinical department of DH/ Department of Community Programs and Global Health Program	US\$ 200 € 150	Visit to at least two of the outreach centers will be arranged.
6-8 weeks	Any Clinical department of DH/ Department of Community Programs and Global Health Program	US\$ 250 € 200	Exposure to various Public health programs and community development programs will be done.

ii. For Public Health/ Global Health Students

Duration	Departments	Cost	Remarks
8 weeks and more	Department of Community Programs and Global Health Program	US\$ 400	Internship will be offered in following areas: <ol style="list-style-type: none"> 1. Health Services in remote areas 2. Public health Programs 3. Community Development Programs 4. Monitoring and Evaluation 5. Research
Note: The students wanting to enroll for research require paying separate charges of US\$ 100 for the institutional research committee (IRC) and should get approval as per their rules and regulations. Students need to fill out the application that can be downloaded from the website www.dhulikhelhospital.org . IRC approval process requires some time so communication prior to arrival is mandatory.			

Information about courses for students

DH offers following courses for the students from all over the world

- Clinical Placement/ Electives
- Basic Training
- Internship in Global Health Programs
- Visit to outreach centers can be arranged: Contact Ms. Shrinkhala"

Course Secretariat

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

The tasks of the course secretariat are mainly to assist the students for the

- Administrative procedures
- Health matters
- Solutions for any unacceptable matters

Note

- The secretariat room is only accessible for participants when the course secretary is present.

- The computers and communication equipment of the secretariat are not for use by course participants.

1. 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. Akina 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

** You should try and contact the site admins, however, they may not respond. You may have an orientation meeting, but you may not. If this is the case ask someone how to get to the hospital and head to the library to get an ID badge, then go to the community health center and try and find Shrinkhala. Note: you can add money to your badge to eat in the cafeteria at the "financial building" (across from the pediatrics building)

During the time of first meeting, we will have an informal and general introduction session and we make some time for the necessary administrative procedures, such as filling up the arrival form, collecting DH identity card, financial matters. Within this day/hour, we will spend some time on individual interviews as a general introduction, discussion of some ground rules. Then you will get the time schedule of your internship. After all these administration, you will get a tour of the DH.

Attendance to the course activities

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

Attend morning conference

This conference is only necessary to go to once, sometime in your first week. Each morning at 8 a.m. on the second floor of the main building, representatives from each department of the hospital reports each day and discuss and solve the issues, share the progresses. This is an opportunity for you to introduce to the hospital. So, after having meeting with Dr. Robin and Akina, we request you to attend this conference. Be prepared to share who you are, where you study, where you are from, and what is your objective at DH.

Facilities for the Students

a. Hospital Identity Card

- In the first week of the course go to library and ask the librarians for an ID card that charges NRs 140.
- You will need to fill out the form and take a photo.
- The card will be received the day after at 14 hours. This card gives you access to the different departments in the hospital including library, canteen.
- After the completion of the course the card has to be returned to the secretariat.
- In case of loss around NRs 500 has to be paid.

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
- Cafe Rukh has fairly good internet; Nawaranga cafe has fair internet

c. Library facilities

- Library is accessible on Skill Laboratory Building. As a rule, 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.

d. Photocopying

- Photocopying could be done at the expense of the individual participants in nearby stationary shops.
- Photocopying at the DH-KUH institution will be done only in emergencies.
- It is strongly advised, whenever possible, to copy outside DH-KUH: there are copy-shops near the institute, which are much cheaper.

e. Telephone, Mobile and fax:

The telephones and faxes of the DH-KUH are not accessible for private use by participant. For accessing 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 purchase a mobile phone and/or local SIM card. If you bring your own phone, it needs to be a 'quad' band and unlocked in order to work in Nepal. You can buy a SIM card of NRs 200 in Dhulikhel. 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). *UPDATE*: the Nepal government has created a policy making it illegal for non-Nepali citizens to purchase a SIM card. Inquire with local mobile phone vendors upon arrival. You will have to present your passport and your visa for purchase.

Check before leaving if your phone is unlocked. Most phones released in the last several years are. However, AT&T phones often are not. Given the extremely limited internet and connectivity it is nearly necessary to have a phone with a SIM card. You can purchase a limited smart phone in town for around \$50, bring a phone that is unlocked, or find a way to get your phone unlocked (reportedly there are places in Kathmandu that will do this).

f. Restaurants/Cafeterias:

- Breakfast and lunches in the canteen are served using an identification card. You can add a balance in the accounting buildings across from the Pediatrics building.
- Breakfast consists of omelets, vegetable curry, yogurt, toast, and milk tea.
- A lunch of *daal baat* 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 Cafe", which is just outside the hospital

Health Insurance, Medical Service and Emergencies

Insurance

Nepal has no National Health Insurance System so payments to be made for doctor visit and medication. The prices of the medication are made available at reasonable rates. Therefore, international insurance card 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 notice of the following:

First, contact On Call International, your travel insurance provider, to alert them of the situation. If appropriate you may use the list of on-site physicians below while communicating with On Call International.

*print all information about your travel insurance before you leave, to have on hand if you have to call them.

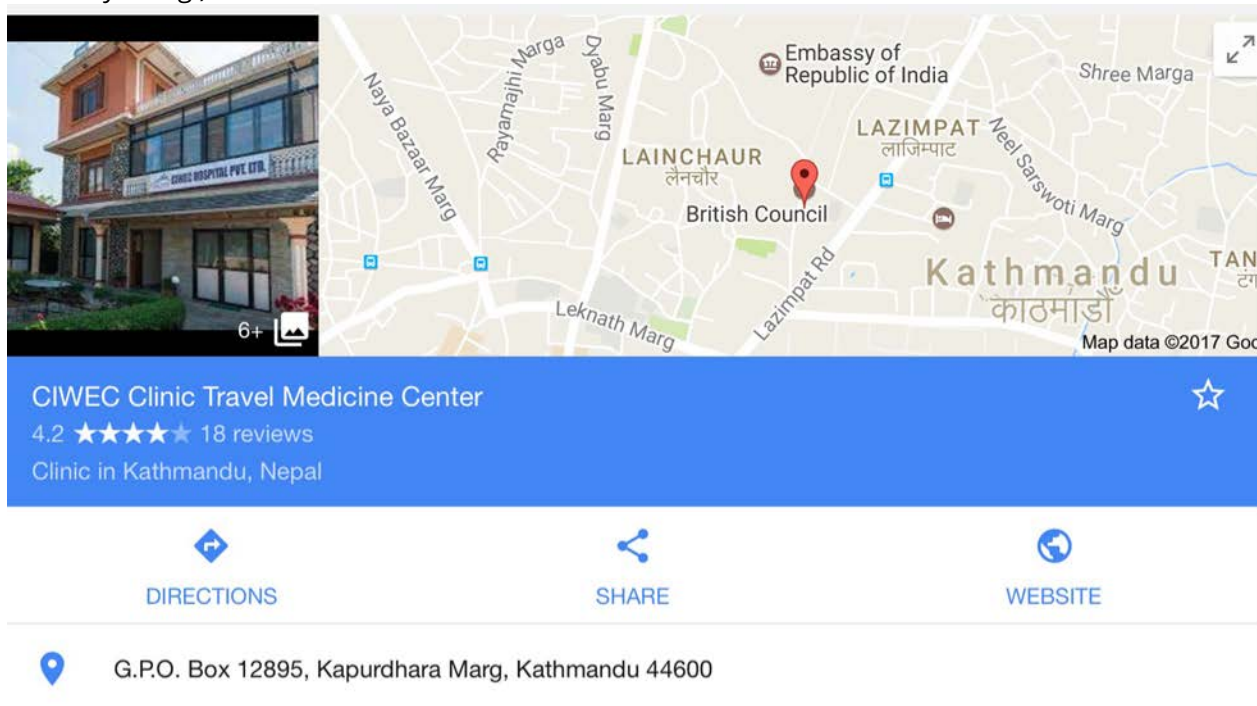
*You have "annual insurance"

*There is an international and local agent who will be assigned to you. You should be dealing with the international agent, the local agent may call you, but they technically should not (they should deal with your international agent as well).

*You should call the UW Emergency number and you will be assigned a doctor who can provide you clinical advice (which Scott technically cannot give you) and assist with any help you need with OnCall

*Scott is a great resource for general advice and coordination of care

*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 resident. 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 admin office that will work with OnCall International to ensure your treatment is covered by insurance. (They have HRIg there in the case you are bitten by a dog.)



In Dhulikhel Hospital the following doctors are available:

S.N	Name of department	Contact person	Phone Number
1.	Internal Medicine/Intensive Care	Dr. Ram Gurung	9841461884
2.	Dental	Dr. Chandan Upadhyaya	9841807572
3.	Dermatology	Dr. Dharmendra Karn	9841470987
4.	ENT	Dr. Bikash Shrestha	9841267602
5.	Emergency	Dr. Sanu Shrestha	9841256202
6.	Obstetrics and Gynecology	Dr. Anjana Dongol	9851059055
7.	Ophthalmology	Dr. Purnima Rajkarnikar	9813252962
8.	Orthopedic	Dr. Deepak Shrestha	9851033353
9.	Pediatrics	Dr. Shreejana Singh Dongol	
10.	Psychiatry	Dr. Ajay Risal	9849550155
11.	Radiology	Dr. Kirti Subash	9851042223
12.	General surgery	Dr. Bala Ram Malla	9851094434

- Please take your identity card and outpatient card in the registration for your examination.
- You'll have to pay NRs 25 for the registration card in the registration department. Same card can be used later (buy the renewal with NRs 15).
- 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 On Call International, and for emergency call the number below:

Dhulikhel Hospital on 011-490497 for calling the ambulance.

Safety measures

- Register with your embassy in **Kathmandu**.
- Never break curfews if any are announced)
- 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.
- 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.

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.

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. 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 in Garden City, although they can be expensive.

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 Ugandan SIM card for your U.S. phone or a Ugandan cellphone, all SIM cards require a passport photo and copy of your passport so that your SIM card can be registered. The mobile phone companies will 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
- Consider bringing a portable mosquito net, although most hotels have them and they can be purchased locally.

- 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. Most basic items will be available for purchased in Garden City, but they can be a bit expensive. 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	Tweezers
Sunscreen (SPF 30 or higher)	Acetaminophen (Tylenol)
Insect Repellent (at least 25% DEET or 20% Picardin)	Ibuprofen or Naproxen (Aleve)
Malaria prophylaxis	Diphenhydramine (Benadryl)
HIV post-exposure prophylaxis	Pseudoephedrine or phenylephrine (Sudafed)
Stand-by treatment for diarrhea	Hydrocortisone cream
Any medications you normally take	Antifungal cream
Band-Aids	Antibiotic ointment

Supplies for the medical wards:

White coat	Gloves
Penlight	Digital thermometers
Stethoscope	Blood pressure cuff
Otoscope	N-95 Masks
Hand sanitizer (lots)	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
- MP3 music player and/or a small shortwave radio
- Extra batteries
- Extra food (energy bars, dried fruit, etc.)
- 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	Property is communal and belongs to the group. This is particularly true for food, which is expected to be shared by all.

	things, and there is no obligation or expectation to share.	
Planning Planning Continued	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. "Monochromic 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. "Polychromic 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. The exact number of pills will depend on where you are going. If you are in a country where we have identified someone who will be responsible for treating you in the event of an exposure, 1-2 days of medications may be enough. If you are in a remote area and would need to return to the U.S. to obtain treatment, then a 3-5 day supply may be prudent.

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 1-5 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.

Miscellaneous

Post Office

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

Religious Matters

There are two churches in Dhulikhel.

Electricity

Major towns have electricity and the voltage available is 220-volts and 50 cycles. Load shedding is a seasonal phenomenon during the dry season and eases off once it begins to rain.