TITLE: Nicaragua: Community and Healthcare Immersion

CREDITS: 3

PRE-REQUISITES: Interest in inter-professional health, service learning, community/healthcare immersion; Senior, graduate standing, or CE student

NUMBER OF STUDENTS: 12

COSTS: Three credit course tuition, program fee includes most meals, air fare and personal spending money

INSTRUCTORS:

Rebecca Ouellette-Morton PT, MS, DPT
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Rehabilitation and Movement Science
University of Vermont
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PH: 656-2682
Email: rouellet@med.uvm.edu

CLASS MEETING TIMES:

Lecture/discussions: 3 - 2 hour classes prior to departure, dates and times TBD for direct faculty instruction and group discussion.

- Session 1: Nicaragua Presentation/Group Service Learning Project
- Session 2: Culture, Travel, and Logistics
- Session 3: Supplies and Donations

In country March 11-19\textsuperscript{th}, 2017

Location: San Ramon, Nicaragua and surrounding rural communities (8 nights – 9 days)

Group Team Building Activities: Outing and team building activity TBD – first 1.5 days

<table>
<thead>
<tr>
<th>Date</th>
<th>Activities/Topics</th>
<th>Assignments</th>
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<tbody>
<tr>
<td>Date/Meeting</td>
<td>Event Description</td>
<td>Pre-departure readings</td>
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<tr>
<td>January TBD</td>
<td>Pre-departure meeting: Nicaragua presentation, and service learning project ideas</td>
<td>TBD and mandatory attendance</td>
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<tr>
<td>February TBD</td>
<td>Pre-departure meeting: Culture, Travel, Supplies, Donations, and logistics Representative from Planting Hope</td>
<td>TBD and mandatory attendance</td>
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<tr>
<td>Saturday March 11</td>
<td>Departure for Managua, Nicaragua</td>
<td>Pre-departure readings</td>
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<tr>
<td>Saturday March 11</td>
<td>Arrival in Managua</td>
<td>Overnight stay and team building activity</td>
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<tr>
<td>Sunday March 12</td>
<td>Travel to San Ramon: Host Family Welcome and Introductions</td>
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<tr>
<td>Monday/Tuesday March 13 and 14</td>
<td>Los Pepitos: San Ramon Los Pepitos: Delihia San Ramon Elementary School Rural Community and Medical Clinic</td>
<td>Patient/Student care and provider/teacher education</td>
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<tr>
<td>Wednesday March 15</td>
<td>Rural home visits: TBD based on student enrollment Community/social event:</td>
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<tr>
<td>Thursday March 16</td>
<td>Los Pepitos: Matagalpa Matagalpa Hospital</td>
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<tr>
<td>Friday March 17</td>
<td>Health Fair or Community Based Learning Project TBD in San Ramon Community/social event</td>
<td>Community health education: individual projects TBD</td>
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<tr>
<td>Saturday March 18</td>
<td>Early morning San Ramon Hike Day Trip</td>
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<tr>
<td>Sunday March 19</td>
<td>Travel to Managua for departure to BTV</td>
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<tr>
<td>Friday April 14</td>
<td>Nicaragua Presentations</td>
<td>IP Group presentations Participation and attendance mandatory</td>
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**COURSE DESCRIPTION:**

This faculty-led service learning opportunity in rural areas of Nicaragua introduces students to an interprofessional approach to healthcare and community health education. Team work, collaboration, and cultural sensitivity will be the focus of the experiential learning opportunities. Student will explore
diversity in the healthcare system and community setting by examining the social, culturally, psychological, and local infrastructure as compared to VT healthcare and communities. Students will work as a larger team and smaller inter-professional teams to educate providers/patients/students, problem solve, set goals, and achieve outcomes. Students will work along-side healthcare providers in rural Nicaraguan communities to better understand local health care systems and practices. Pre-travel course content will include an introduction to Nicaragua, project planning, readings in community-based health education, review of course coordinator health assessment data, fundraising and donations, preparation for community health fair, project presentations, and evaluation of projects. The majority of course learning will be delivered via service learning. Students and faculty will work with Planting Hope San Ramon to connect with local rural community health care clinics, schools, and community residents to assist with development projects/skills that improve health, education, and economic well-being of Nicaraguan families. Students will work closely with local healthcare providers and teachers to provide discipline specific education as well as community and provider education.

Course Objectives

At the end of this course, students will be able to

1. Describe the healthcare system in rural Nicaragua
2. Describe the core functions and essential services of public and private health in Nicaragua
3. Describe patient and provider benefits of inter-professional healthcare
4. Identify common health problems and access issues for people living in rural Nicaragua
5. Compare common health problems and access issues for people living in rural Nicaragua to people living in rural VT and to people living in Chittenden County VT
6. Compare and contrast health care practices and models of health care delivery in Nicaragua and the US to further develop understanding of health care in an underserved area
7. Explore and experience, through active participation, health care assess, health beliefs, and delivery of health care in rural community settings in Nicaragua
8. Plan and carry out an inter-professional community health fair
9. Plan and implement provider training workshop based on community/patient needs – including provider education involving content knowledge, skills/interventions, goal setting, preventive choices based on a model of local sustainability
10. Analyze complex interactions among social, medical, environmental, economic and political forces as they affect public health in Nicaragua

TEACHING METHODS AND LEARNING EXPERIENCES:

To assist you in successful accomplishment of all course objectives, this course employs a variety of teaching methods and learning experiences. Each involves and depends on your active participation to maximize your learning in this course.
- **Meeting/discussions** – Mandatory; required readings
- **Observation and communication** – Healthcare providers, teachers, community members, and host families in Nicaragua
- **Skills technique development** - Supervised practice with patients/students in rural communities using faculty demonstration
- **Health Education** – supervised education of providers, teachers, and community members
- **Presentations** – inter-professional group presentations upon return to UVM
- **Self-directed learning** – learning opportunities relevant to specific interactions
- **Journaling** – written record keeping of personal impressions during time abroad
- **Blackboard Technology** – for 24/7 access to course materials, student-student and student-faculty discussion, and quizzes/exams. All course materials can be found at [https://bb.uvm.edu/](https://bb.uvm.edu/). Access to these materials will be communicated to all UVM students using UVM e-mail or Blackboard announcements.
- **Personal computer recommended but not required.** It is recommended that students have a laptop or mobile device but not required. The course material will be available in electronic version for those travelling with a laptop or mobile device to save space and weight when travelling. However the course material will be posted on Bb prior to departure and students can print and bring a paper copy of lecture and lab materials to Nicaragua.

**RESOURCES:**

**Required:**
TBD

**Journal Articles:** Assignments from various journals will be included for specific topics as needed. Set of recommended readings will be available at the time of the pre-travel meetings.
Links to articles will be available through Bb course site.

**Web Sources**
EVALUATION METHODS:

<table>
<thead>
<tr>
<th>Date Due</th>
<th>Assignment</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Jan-March</td>
<td>Readings, preparation, and participation in class discussion</td>
<td>10</td>
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<td>Jan-March</td>
<td>Reflective journal</td>
<td>20</td>
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<tr>
<td>March</td>
<td>Community/HealthCare Clinic/Elementary School Service Work</td>
<td>20</td>
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<tr>
<td>March</td>
<td>San Ramon Community Health Fair</td>
<td>30</td>
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<tr>
<td>April</td>
<td>Final Presentation</td>
<td>20</td>
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**Evaluation**

**Readings and Participation**

Students will be provided electronic versions of all course readings or links to website readings. Students are expected to attend all pre-travel and post-travel classes. Students are expected to participate in discussion of the assigned readings for the day. Participation also includes fundraising activities and group decision on donations to support service projects.

**Reflective Journal**

Each student will keep a reflective journal starting with pre-travel discussions, throughout the trip, and post-travel thoughts and presentations preparation. Grading will be based on consistency, depth, insight, and creativity. This is to be completed in WORD format and submitted through email. A journaling prompt will be given for journal entries based on the daily activity.

**Community/HealthCare Clinic/Elementary School Service Work**

Students are expected to work collaboratively with Nicaraguan non-governmental organization (Planting Hope) staff, community members, health care providers, patients and other professionals during projects and group activities. Evaluation is based on effort, effectiveness in educating, willingness to try to communicate in Spanish, attitude, team approach, and positive, professional representation of UVM.
San Ramon Community Health Fair

Students are expected to work as a larger group to identify professional scope of practice being represented within the group traveling to Nicaragua. Students will be evaluated based on ability to identify areas of content expertise and design a plan to deliver increased health awareness to residents of San Ramon, Nicaragua. Needs assessment and pre-travel planning will be necessary in order to successfully deliver appropriate community/family health education.

Final Presentation

Students will be placed in inter-professional presentation groups of 3-4 for final presentation. Small groups are expected to prepare a 20 minute power point, discussion, project, and/or reflection that captures their experience in Nicaragua. Creativity, and thoughtfulness in summarizing students 9 days in Nicaragua will be expected as the outcome for this final project. A specific grading rubric will be provided prior to travel.

GRADING CRITERIA:

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<tr>
<th>Grade</th>
<th>Score Range</th>
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<tbody>
<tr>
<td>A+</td>
<td>97 – 100</td>
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<tr>
<td>A</td>
<td>93 – 96</td>
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<tr>
<td>A-</td>
<td>90 – 92</td>
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<tr>
<td>B+</td>
<td>87 – 89</td>
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<tr>
<td>B</td>
<td>83 – 86</td>
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<td>B-</td>
<td>82 – 80</td>
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<tr>
<td>C+</td>
<td>77 – 79</td>
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<td>C</td>
<td>73 – 76</td>
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<td>C-</td>
<td>70 – 72</td>
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<tr>
<td>F</td>
<td>less than 70</td>
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Travel

Enrollment in the course is limited to 12 students. Selection will be made by application and personal interview.

Students are expected to adhere to all UVM policies and rules set by faculty during the trip. Possession or use of drugs or failure to adhere to standards of conduct set by faculty may result in being sent home and a failing grade in the course. Penalties for lewd behavior, drug use, or weapon possession in any form in Nicaragua are subject to local laws and penalties. Students who violate Nicaraguan law may be prosecuted.

Students who are of age may purchase beer in Nicaragua, however, inebriation during class and field work may be cause for immediate failure of the course and being sent home. Students will be reminded of all UVM travel/study abroad policies before departure.

About 2-3 months before departure, students will be asked to purchase a ticket to Managua, Nicaragua. We will travel as a group with a group discount via UVMs travel partner Accent Travel. At the point that the reservations are confirmed, all students will have about 24 hours to provide a credit card number or payment to Accent Travel. The program fee is set based on the budget set for the course.
program fee includes lodging, daily meals at the home stays in San Ramon, meals on planned trips involving the whole group, transportation, salaries/stipends of Planting Hope staff, project supplies and fees for additional services as required. The program fee also includes the team building activity. Drinks, snacks, and personal purchases are not included in program fees.

Expenses that are not covered by the program fee are:
- a. Meals, snacks, and drinks not originally planned for in group itinerary
- b. sundries at local stores and markets; souvenirs/gifts
- c. purchases enroute to or from Nicaragua
- d. fees for money exchange
- e. phone charges (phones supplied, minutes must be purchased in-country)

Internet access is extremely limited in Nicaragua; students will have daily access to free Wi-Fi at the Planting Hope office in San Ramon.

**UNIVERSITY POLICIES**

**Classroom Code of Conduct**
Faculty and students will at all times conduct themselves in a manner that serves to maintain, promote, and enhance the high quality academic environment befitting the University of Vermont. Details of the code of conduct are outlined on the UVM website.

**Student Course Evaluation**
As a matter of professional responsibility, all students are expected to complete a course and instructor evaluation at the end of the semester. Evaluations will be anonymous and confidential. The Course Coordinator reserves the right to withhold the final grade for any student who has not completed the evaluation.

**Attendance Policy**
Students are expected to attend all regularly scheduled classes and not schedule outside activities during the scheduled time in the country. It is the responsibility of the student to inform the instructor regarding the reason for absence or tardiness from class, and to discuss these with the instructor in advance whenever possible. Due to the short duration of this travel course, there will not be opportunity for make-up work or extensions of due dates. Details of the UVM attendance policy are outlined on the website.
**Religious Holidays**

Students have the right to practice the religion of their choice. Each semester students should submit in writing to their instructors by the end of the second full week of classes their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

**Academic Honesty**

The principal objective of the policy on academic honesty is to promote an intellectual climate and support the academic integrity of the University of Vermont. A full statement of the policy can be found in The Cat's Tale. Each student is responsible for knowing and observing this policy.

**Grade Appeals**

If you would like to contest a grade, please follow the procedures outlined in this policy: [www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf](http://www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf)

**ADA Student Accommodations**

In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact ACCESS, the office of Disability Services on campus. ACCESS works with students and faculty to create reasonable and appropriate accommodations via an accommodation letter to professors with suggested accommodations as early as possible each semester. Contact ACCESS: A170 Living/Learning Center; 802-656-7753; access@uvm.edu; or www.uvm.edu/access.