

# Global Health Day

## **A 10,000 Foot View: A Spanish Immersion and Clinical Global Health Experience for the Family Medicine Resident in Quito, Ecuador**

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**Background and Purpose:** Global Health experiences are a valuable part of graduate medical education which increase both domestic and international medical understanding for physicians and may help to supplement healthcare efforts in underserved populations abroad. This poster is a review of a 4-week Spanish immersion elective in Quito, Ecuador through Child and Family Health International (CFHI) and Northwestern University.

**Methods:** Educational objectives include 1. Fostering partnerships with local medical providers, 2. Improving healthcare access in underserved communities, and 3. Increasing Spanish language proficiency. Several weeks were spent in a clinic providing direct care to underserved patients with mental and physical disability. Additional time was spent observing in rural indigenous and family medicine clinics, and inpatient obstetrics. The resident also received 20 hours of weekly Spanish language instruction and lived with a local host-family.

**Results:** Of the 24 patients examined in clinic, half were pediatric, and mean age was 18yo. Pathology encountered included genetic and movement disorders (n=22), orthopedic and musculoskeletal pain (n=5), acute infectious disease (n=2), and severe malnutrition (n=12). During this time, a 14yo patient with intellectual disability, mutism, and 4 months of severe hip pain was diagnosed with a dislocated hip, triaged, and referred for urgent surgical intervention and resolution. The resident's medical Spanish competency increased from baseline. All learning objectives were met and as a summary of this case study, a checklist was developed to guide medical residents planning similar immersion rotations.

**Conclusions:** Drawing on field experience and clinical encounters, key considerations were identified to maximize the immersion experience, including an emphasis on local-partnership, medical supervision, bioethics, and continuity of care. This experience highlights the value of global medical education to the family physician as well as local communities abroad and helps to increase clinical competency and better equip providers to serve patients in increasingly diverse settings.

*This research was presented as part of Northwestern University Institute for Global Health's Annual Global Health Day on Friday, December 4<sup>th</sup>, 2020.*