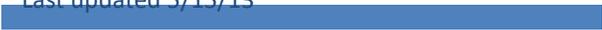




# **Nurse in Residence (NiR) Program**

Central Province, Kenya

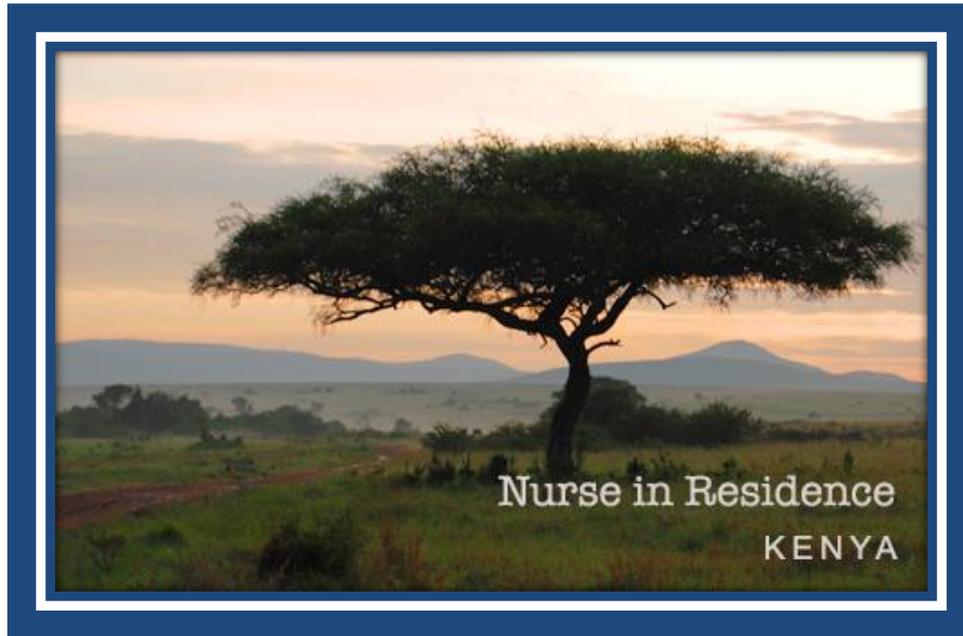
Vanderbilt Institute for Global Health  
Last updated 5/15/13



## TABLE OF CONTENTS

Introduction.....	2
About the Global Health Nurse in Residence (NiR) Program.....	3
Eligibility and Requirements.....	3
Program Expectations.....	4
Your Primary Kenyan Hosts .....	4
Ethical Considerations .....	5
Framework and Principles for Global Ethics.....	5
Questions for Individuals Prior to Global Health Work.....	6
Cultural Competence .....	6
Travel Preparation .....	7
Understanding the Host Country .....	7
Safety and Security.....	7
Additional Tips for Safety and Security .....	8
Staying Healthy Abroad.....	8
Vaccinations and Medications .....	8
Additional tips for staying healthy abroad.....	8
Communication.....	9
Central Province Kenya NiR Tips .....	10
Traveler’s Insurance .....	14
Additional Travel Resources.....	15
Budgeting.....	16
NiR Budget.....	16
Language.....	16
Important Contacts.....	17
Checklist.....	18
References.....	19

## INTRODUCTION



Congratulations!

As a Vanderbilt Nurse in Residence (NiR), we sincerely welcome you to this initiative and to this important and unique role in promoting the profession and the concept of nursing in global health. We recognize that each person brings his or her own goals and experiences to the NiR Program. We believe your goals intersect well with those of NiR which, in general, are to: enhance communication and the exchange of information between and among nurses in different sites; collaborate on ways and means to improve care for individuals, families and communities; and find meaningful ways to actively engage in advocacy and health diplomacy. These goals are important in all settings and take on even more significance in resource-limited settings. Pursuing such goals, you may have setbacks and challenges, but you will surely grow as a nurse and as a person, and your work has the potential to benefit many people in numerous ways. During this experience and through this process of discovery, learning, service, and cultural exchange, you will have the opportunity to develop skills that will likely remain with you throughout your career. This handbook is offered as a guide to assist you in in planning, financing, and preparing for your trip and your experience in Kenya.

## ABOUT THE GLOBAL HEALTH NURSE IN RESIDENCE (NiR) PROGRAM

The Global Health Nurse in Residence program promotes the profession of nursing and the nursing model of care as a primary means to improve the health and well-being of vulnerable populations in resource-limited settings around the globe. In its 2013 inaugural year, the program will operate in the Central Province of Kenya. The primary focus areas for the NiR program in the Central Province of Kenya are nursing education and service, largely carried out within or from the communities of Ndathi and Nyeri.

The NiR Project provides the opportunity for:

- 1) U.S. nurses to serve, train, collaborate, and network with Kenyan nurses and other health care workers in the Central Province of Kenya to achieve the goal of improving health and well-being of local populations.
- 2) Kenyan nurses to network and collaborate with U.S. nurses through designated sites and projects.

Participating NiR nurses, selected through an application process, will carry out their activities under the umbrella of Vanderbilt Institute for Global Health (VIGH). In conjunction with VIGH and Kenyan partners, NiR participants are required to: 1) identify and engage a mentor and/or a mentoring committee for their work in Central Kenya; 2) outline a general research/service project that compliments their own skillset and meets an identified need in the Kenyan nursing community. Participants are expected to spend 8 to 12 weeks in-country working on project(s) related primarily to the health care delivery system and nursing education protocols. Participants will be expected to secure a temporary Kenya nursing license (through the support of VIGH and Kenyan partners) in order to work in the clinics with their Kenyan hosts. Housing will be provided through home stays.

## ELIGIBILITY AND REQUIREMENTS

Candidates must have a current nursing license, hold a minimum of a Master of Science in Nursing, be at least 21 years of age, be affiliated with Vanderbilt University, and have the flexibility to travel for up to 12 weeks. Candidates should be in good health and prepared to adapt to a rural, resource-limited setting.

Those selected as an NiR will be required to complete orientation and debriefing sessions, as well as provide bi-weekly blogs with photographs appropriate for the VIGH website.

## PROGRAM EXPECTATIONS

The NiR participant, in conjunction with VIGH personnel and Kenyan hosts, will develop a project with agreed-upon expectations and objectives. These objectives may include but are not limited to: recording the numbers/types of patients cared for, educational programs initiated/participated in, and other activities of relevance to the project goals of the NiR program. The NiR participant is required to blog bi-weekly for the VIGH website to apprise the Vanderbilt community and other interested readers of the challenges and progress occurring at this site. Reflections and culturally-sensitive observations will help inform readers about the complexities of delivering health care in resource-limited areas.

## YOUR PRIMARY KENYAN HOSTS



Rosemary W. Kamunya  
MA Community Care and HIV/AIDS, RN, Nurse Midwife

Rosemary Kamunya is a Senior Regional Technical Training (Capacity Building) Advisor for reproductive health/family planning, HIV/AIDS, and standards-based management and recognition with JHPIEGO Kenya, an international non-profit health organization affiliated with Johns Hopkins University. She also is director of WAKA Maternity Home and Health Services, a private outpatient and inpatient clinic, and WAKA Continuing Medical Education Center, a Ministry-of-Health-recognized continuing professional development center in Nyeri, Kenya.

Mrs. Kamunya has built a distinguished career as an expert and educator in reproductive health (RH), family planning (FP), and the integration of RH/FP and HIV/AIDS counseling and care. Ms. Kamunya has been an international consultant for healthcare delivery in Africa and Kosovo and is a key contributor to improve nursing education in Africa and the community midwifery approach as an additional strategy to increase skilled attendance at birth and reduce maternal and child morbidity and mortality. Her career includes working with multiple institutions in Africa, the Kenyan Ministry of Health, the Kenyan National Nursing Association, Family Planning Association of Kenya, Pathfinder International, and JHIEGO. She is a frequent presenter at international scientific conferences, including International Federation of Gynecology and Obstetrics (FIGO), The East, Central and Southern African College of Nursing (ECSACON), Global Maternal Health Conference, and International Conference on Urban Health.



Susan Wanjiku Kaburu  
RN and Nurse Midwife

Mrs. Kaburu is a registered nurse/midwife with over thirty years' experience in health care delivery in Kenya, including large and small public, NGO, and faith-based hospitals and clinics. In 2004, she established the Samaria

Maternity and Medical Centre in Ndathi, Central Province, Kenya, a clinic registered under the Medical Practitioners and Dentists Board. She provides basic health services that include urgent and general practice care, maternal and child health, family planning and reproductive health, as well as antenatal/postnatal/post-partum services for a rural community of primarily subsistence farmers. Samaria Clinic is part of The PSI/Kenya TUNZA Family Health Network, a social marketing franchise made up largely of nurses and a few clinical officers and located in all provinces to address long-term family planning methods and cervical cancer screening.

**ETHICAL CONSIDERATIONS**

Participating in service abroad is ethically complex. Even with the best of intentions, it is possible to inadvertently do harm if you are not careful to examine all relevant ethical considerations when planning and implementing a project and when disseminating its results. It is important to remember the ethical dilemmas present when working in global health. There exist major disparities between the developed world and its health care professionals and standards of care as compared to patients in the developing world. The majority of the populations that you will be working with during your experience in Kenya have little to no control over their political and, arguably, over their social future. As a result of this power imbalance, cultural differences, and varying levels of available resources (human and physical), there likely will be required a different patient-nurse relationship and ethical framework for your work and project. Upshur (2007) presents ethical principles and questions to consider for persons engaging in global health work that are of relevance for consideration and reflection by participants of the NiR program.

**FRAMEWORK AND PRINCIPLES FOR GLOBAL ETHICS<sup>1</sup>**

Humility	People must realize their own limitations within the setting of global health work
Solidarity	People should work to ensure that their goals and values are aligned with those of the community in which they hope to work, in both clinical and research settings
Social Justice	Global health work should be concerned with diminishing the gross inequity seen in the world
Introspection	A rigorous examination of one’s motive is challenging but ultimately of great importance.

<sup>1</sup> Upshur, R. E. (2007). Global Ethics for Students. *Developing World Bioethics*.

## QUESTIONS FOR INDIVIDUALS PRIOR TO GLOBAL HEALTH WORK

Introspection is one of the more critical aspects of preparing yourself for your research abroad and should therefore be taken seriously. Understanding your reasons for engaging in a global health NiR project will help you engage more fully with the community and increase your ability to make a meaningful contribution to the community. Below are a few questions to consider during your process of self-examination and reflection:

1. Why do you want to do this work?
2. What are your objectives, short- and long-term?
3. What are the benefits, and who will receive them? What are the costs, and who will bear them?
4. In the context of very limited resources for global health needs, is your decision justified? What, if any, similar programs/resources exist close by?
5. What do you need to do to prepare for your service trip, both practically and personally?
6. Where are the weaknesses in your plan, specifically?
7. Is the work feasible, cost-effective, necessary, focused, and justified?
8. Will it work to undermine disparity, or actually contribute to it? Will there be a net benefit to the community?
9. What do you hope to bring back to your community, and whom will you share it with?
10. Is your work sustainable, and if not, will this leave a negative impact?

## CULTURAL COMPETENCE

Embedded in the concept of global health projects is the idea of cultural competence, or “behaviors, attitudes, and policies that enable a system, organization, or professionals to work effectively in cross-cultural situations.” This entails understanding and acknowledging the variations that may exist between the practitioner and host-culture. Individuals engaged in global health work should be acutely aware of the possible differences with respect to concepts of health and illness, appropriate treatment, the role of the patient and the role of the healer. NiR participants should understand that there are a multitude of characteristics and experiences that may shape the idea of health for the individuals with whom they will work. These factors include: geographic origin, age, ethnicity/race, gender, nationality, language, socioeconomic status, religion, and family configuration. Developing such competencies does not require expertise; however, it does imply that individuals are conscious and respectful of the unique economic, cultural, political and historical attributes which define the community with whom you will be working.<sup>2</sup>

---

<sup>2</sup> Heitman, E. (2011, April 13). *Cultural Issues in International Research: Demographics, Ethics, and Communication*. Presentation given at the Vanderbilt Student Emphasis Brown Bag Lunch Series Nashville, TN.



## TRAVEL PREPARATION

When travelling abroad, whether for pleasure, research, or business, it is important to adequately prepare for the logistics of the trip. Some key points to consider before departing include safety, finances, and health. This section will discuss each of these aspects and more in greater depth.

## UNDERSTANDING THE HOST COUNTRY

It is always important to have a basic understanding of the places that you will be traveling to before arriving. During your stay in Kenya, you will be working, researching and living in a country that is culturally different from your own. In order to facilitate this transition, do some basic research on Kenya. Although you will have an in-country orientation, it is expected that the NiR participant will access travel guides, embassy resources, and be in contact with those who are from or have previously visited Kenya.

Before you go you should know basic facts, including but not limited to:

- The official language spoken in Kenya and languages commonly spoken in Central Kenya
- The various subcultures or ethnic groups within the country, as well as the current and historical interactions of these groups
- The government and political structure
- Popular figures known within the country
- The role and religious traditions of Kenya
- Kenya's historical and current relationship with the United States
- Cultural norms (clothing, gender roles, social hierarchies, etc.)

Check out these sites for country profiles:

<http://www.lonelyplanet.com>

<https://www.cia.gov/library/publications/the-world-factbook/>

[http://www.travelchannel.com/Places\\_Trips](http://www.travelchannel.com/Places_Trips)

## SAFETY AND SECURITY

In preparation for your trip be sure to check with the U.S. Department of State for travel alerts and warnings specific to Kenya and the Central Province. While conflicts are unpredictable, having a basic knowledge of the events occurring in the country and its neighboring states will help you prepare for potential security risks while in-country. <http://travel.state.gov/travel/> In addition, it is advisable to register with the U.S. State Department (<https://step.state.gov/step/>) and familiarize yourself with the services and contact information of the U.S. Embassy in Kenya.

As in any country, it is important to be aware of your surroundings. Your host will point out places that should be avoided or could be considered dangerous. Familiarize yourself with certain cultural “do’s” and “do not’s.” Ask the host that you are living and working with questions about jogging, shopping, methods of transportation, etc. Be cognizant of the fact that you are an outsider and, while you will most likely not be able to blend in with the community, you should be respectful and mindful of their customs.

---

#### ADDITIONAL TIPS FOR SAFETY AND SECURITY

- Leave all valuable possession in a secure location.
- Avoid traveling by yourself and at night whenever possible.
- Wear clothing that is respectful of the culture in which you’ll be working.
- Always inform someone of your whereabouts (supervisor, friend, roommate, etc.).
- Avoid having visitors to your room or house. Instead meet in a public place.
- Do not carry large amounts of money on your person.
- Avoid areas with large gatherings, as you do not know what is happening or how the group will respond to your presence.

#### STAYING HEALTHY ABROAD

It is important to take extra precautions regarding your health when you travel abroad. For your personal and professional education, spend time learning about some of the major illnesses affecting Kenyans as well as travelers who are visiting.

---

#### VACCINATIONS AND MEDICATIONS

The CDC website and U.S. medical travel clinics can provide you with specifics about what immunizations and/or medications are required for travelers visiting Kenya or any other country you might travel to as a result of the NiR program (<http://wwwnc.cdc.gov/travel/destinations/list.aspx>). Be aware of some of the more common illnesses and their symptoms that may affect you as a traveler to resource limited settings including but not limited to fever, malaria, eosinophilia, diarrhea, flu, and food-related illnesses.

---

#### ADDITIONAL TIPS FOR STAYING HEALTHY ABROAD

- Pack a small first aid kit:
  - Hydrocortisone
  - Pain relievers
  - Hand sanitizer
  - Adhesive bandages
  - Decongestant
  - Digestive aids
- Allow yourself time to rest after travel; it will be worth it in the long run!
- Eat regularly and keep hydrated.
- Avoid eating food from street vendors. However, if you do eat food from vendors try to eat things that are hot or have been prepared in front of you.

- Check with past travelers and your hosts about drinking water. You may need to boil your water or use bottled water for cooking and drinking.
- If you have food allergies, travel with your EpiPen, as well as a note explaining its purpose in case you are questioned by authorities about it. It is also advisable to carry a small note with the foods that you are allergic to translated into local languages.<sup>3</sup>

## COMMUNICATION

Staying in touch with family and friends back home as well as communication with people in-country is generally easy. Upon arrival, purchase an inexpensive unlocked cell phone with SIM card, available from a number of cell providers including Airtel, ORANGE, and Safaricom. There are no contracts, and calling the U.S. from Kenya is very reasonable (US\$1 for about 10 minutes talk time). You can “top off” your pre-paid service provider at any number of local kiosks, even in the more remote villages. For about US\$30, you can purchase a USB modem plug-in for your computer that will give you sufficient internet time/downloads. In any event, you can “top-off” more access at any number of kiosks or stores. As in the U.S., internet and cell coverage can be spotty at times; however, sometimes it just requires walking to another room or outside to get a signal. The Kenyans rely on mobile phones for all manner of services, including banking. Communication connections may be slightly slower further out in the country-side but generally rival the access you see in the U.S.

---

*As you update your friends, family, and colleagues about your experiences and your work, please keep in mind what you are communicating. Remember that you are representing yourself, Vanderbilt University, your Kenyan hosts, and the project site, and that all communications are a reflection of the aforementioned entities. Be considerate of the information that you share with outsiders, as it has the potential to be highly sensitive or confidential. Be mindful of the photos (get permission to use them) and comments you post on social networking sites and blogs, and take into account that it may be inappropriate to share certain information*

---



<sup>3</sup> Norman, J. & Wester, W.C. (2011, February, 16). *Travel Medicine*. Presentation given at the Vanderbilt Student Emphasis Brown Bag Lunch Series, Nashville, TN.

### Housing

You will be living with your hosts in their homes. You will likely have your own room, although during holiday family visits, a female family member may share a room with you. Depending where you are, using a bed net might be recommended. Linens and towels and pillows are provided, although bring a small pillow and the quick-dry microfiber bath towels are recommended.

You will need to buy a plastic round tub for washing your clothes when you get to Kenya. It can also be used for bathing in at least at one of the sites. Showers are available at other sites with varying degrees of “hot” water, but all very comfortable. There are no hardships with host toilet facilities, though they may be quite different than U.S. toilets. Toilets can range from a pit to flush toilets, though be prepared to use a bit of engineering skills to ensure a flush.

### Electricity

You will have access to electrical or solar power outlets for charging phones and computers. At the present time, Samaria has only solar power. At night here, you will have flashlights and kerosene lamps.

### Trash

Trash is burned, including plastic and metal.

### Meals

Eating is usually family style and is a time of “fellowship” – general chit-chat. You are more than welcome to do some cooking and clean up duties. Your hosts are diligent in cleaning vegetables and fruit with soap and water or boiled water, so you can eat without much concern for mishandling. Milk and water are always boiled.

Meals usually consist of a starch: rice, potatoes, chapattis (brown flour flat bread), ugali (polenta-style cornmeal grits); vegetables: cabbage (lots of cabbage), carrots, onions, and/or whatever vegetable is in season – kale/collards, spinach, stinging nettle leaves, tomatoes; and sometimes a protein like soy meat, cow peas, white beans, green peas, eggs. If there is refrigeration, you might have pork, chicken, or goat meat.

Consider bringing foil pouches of tuna fish if you want fish or need more protein in your diet. In at least one of the sites, refrigeration is not available, so there will be limited fresh meat, chicken or fish.

### Often seen Kikuyu/Kenyan Food

- Millet Porridge
- Ugali (also known in Kikuyu as “geemah”)– polenta style cornmeal – tastes a lot like grits

- Mokemo (mashed potatoes, stinging nettle/pumpkin leaves/something green, corn kernels, and some kind of beans)
- Corn on cob – Not the sweet and tender corn of the U.S.
- Cabbage and carrots and onions
- Chai – tea, milk, sugar (can be spiced with Indian masala spice)
- Some pasta, no sauce
- Pumpkin (winter squash)
- Roasted meat – chicken, pork and goat
- Potatoes – white and sweet

### Customs

You will be well-received by your host families and their communities. Your hosts are considered leaders in their communities and are known by many.

### *Visitor Status*

Race can play a role in some interactions with nationals. For example, if you are Caucasian, you will be one of only a few “mazungu” (white person) visitors, and people, especially children, are excited to meet any visitor. There will be excitement and curiosity about your presence in the community and at the clinics. It will be up to you to introduce yourself, as many are shy about saying the wrong thing and embarrassing themselves. Here are a few Kikuyu greetings help break the ice:

Nĩwega mũno (Nee-weh-ga moonoo)= Thank you very much

We mũega (weh-mweh-ga) = Hello/how are you, *to an individual*

Murĩega (moor-ee-eh-ga) – Hello/how are you, *to a group*

Njĩtagwo (jay-ta-gweh) = I am [name]

Wĩtagwo aĩa (weh-ta-gwah-teeah) = What is your name?

### *Spiritual Life*

Spiritual life plays a central role in these communities. The Central Province of Kenya is about 90% Christian. There will be an assumption on the part of your hosts that you will participate in religious practices. However, they are also sensitive to your private beliefs and practices. Some hosts may have morning or evening devotions (Bible readings). Prayers are often offered daily at meals and particularly when anyone travels. Sunday church service is at least a half-day event, with just the sermons being an hour or two of the service. As a guest in the congregation, you would be expected to get up and greet the entire group and tell a bit about yourself and how you got to Kenya. They will translate. You may also have an opportunity to participate in health fairs sponsored by the churches.

### *Gifts*

It is customary when visiting a Kenyan home to bring a gift of food. Typically, guests may bring two or three items, such as sugar, maize flour, vegetable oil, rice, tea bags, coffee, or bread.

You can get just about anything you need at the supermarkets, including sundries like shampoo and lotion.

Before you arrive at your hosts' home, be sure to pick up supplies. Although your daily stipend is for room and board, it is still appropriate to bring groceries with you as a gift. It is recommended to pick up a few 5-liter bottles of water for your use too. Although water supply is not an issue generally in this area, it is easier and saves on fuel for boiling water, since Americans typically drink water more than Kenyans.

### **Suggested Grocery List (Purchase before you arrive at host site)**

Expect to spend around KS 5,000 (US\$55) or more, depending on your own needs and what you choose to provide to your hosts.

<u>Personal</u>	
Laundry soap for hand-washing clothes	Bar of bathing soap
Toilet paper	Wet towel- hand wipes
Kleenex	Gum Boots!
Umbrella	Bed Net
3 Five-liter bottles water	Rubber basin for washing/bathing
<u>House</u>	
Peanut butter	Tin of Vesta jelly
Tub of Blue Bell Margarine (not refrigerated)	2 loaves of brown bread
100 count tea bags	Tin of instant coffee (If you want decaf coffee or tea you can get it in Nairobi)
1- 2 kilos of 2 or 3 items below: <ul style="list-style-type: none"> <li>• sugar</li> <li>• maize (corn) or flour,</li> <li>• dry beans (cow peas or green peas)</li> <li>• rice</li> </ul>	Fruit -There are fruit stands on the way from Nairobi and in and around Nyeri, so you can pick up whatever is in season (mangos, passion fruit, watermelon, tree tomatoes, avocado, plums, pineapple, bananas, and papaya)
Hot chocolate ("Drinking Chocolate")	Mixed seasoning spices
Eggs	Paper towels
Cookies ("Digestives")	Bottle of vegetable oil

### Photography

Some people are very sensitive about having their picture taken and how the photos will ultimately be used. Do not assume that people want or will let you take their photos.

### Transportation

You can arrange for airport transfers, travel around Nairobi, and other long car rides through Falke Tours and Car Hire ([maina.kamunya@gmail.com](mailto:maina.kamunya@gmail.com)) or other services you may identify. Establish fares before you travel. Per VIGH policies, NiR participants may not rent a car to drive or drive anyone's vehicle.

Hosts' personal vehicles, trusted taxis or car services will be your transport. Although Kenyans ride the Mutatus (minivan), they have a very high rate of fatal accidents and generally hold twice as many people than authorized, especially outside of Nairobi. It really isn't worth the risk. *Really!*

Example taxi/car fare:

Samaria-Nyeri-Samaria KS 2,500 – 3,000 (60 kilometers roundtrip) – US \$29-\$35

Nairobi environs day trips - US \$50

Nairobi airport transfers - US \$20 each way

### Medical Supplies

Your hosts always welcome non-sterile and sterile medical gloves (medium) and 4x4 gauze (and would welcome lots of all three!). Head lamps for gynecological exams/screenings can be helpful. A BP cuff could be useful and a welcome addition to the clinic. Bring your own stethoscope and be willing to share it.

Everyone encountered in the clinics will likely be interested in medical information. There are protocols issued by the Ministry of Health that are followed; however, the providers to appreciate having recent references to review. Computers are not available to all providers, although that will likely change in the medium-term future.

### Other

Since there is a long history in Kenya of abundant Western aid and “the rich” visiting on expensive safaris, you will likely encounter requests for financial assistance. Your hosts can be helpful counsel on how to handle and address these requests. Past visitors have suggested reading *Toxic Charity: How Churches and Charities Hurt Those They Help (And How to Reverse It)* by Robert D. Lupton in preparation for travel.

### **Some suggested items to bring from the U.S.**

<b>Personal:</b>	
Head lamp for reading at night	Dental floss –toothpicks are used after eating
Microfiber bath towels	Kindle, Nook or other rechargeable E-reader
Powder flavoring for water	Water bottle
Hand sanitizers	Small pillow
Microfiber bath towel and washcloth/hand towel	Hard copy map of the U.S. and roads of Kenya
Lab coat	Stethoscope
Camera	Business cards
Power adapters	Air spray computer wipes, as there is lots of dust
2 Small flashlights and batteries (Batteries are expensive in Kenya)	Razors, which are expensive in Kenya

<b>Documentation:</b>	
Vanderbilt ID	Official letters of Introduction from VIGH
<b>Copies of :</b> NP, DNP certificate Current RN license Transcript of MSN or other degree program Passport Kenya Visa	<b>Extra passport photos for :</b> Visas for other border crossings Kenya Nursing Council (KNC) Temporary nursing license Replacement/Lost passport

<b>Credit Cards</b>	Money – Kenya Shillings (KS)
<b>Visa is the preferred credit or debit card</b> (inform your bank/credit card companies of your travel plans and dates) Barclays in Kenya accepts Mastercard debit cards You will only be able to withdraw about KS20,000 per day (about \$US240)	<b>Bring only</b> very clean and unblemished US dollars printed after 2006, preferably 2009.  Debit withdrawals are available at banks in many towns in the central province, including Nyeri, Karatina, Nanyuki, etc.

<b>Clothes:</b>	
<b>Below-knee</b> skirts and/or dresses for church or social occasions	<b>Quick drying anything!</b> Bringing enough for 2 weeks is all you need
Sandals, walking shoes, clinic shoes	Business casual pants and shirts for work – safari pants are fine too
Fleece and sweaters for higher elevations	Flip flops or mule slippers (shoes are taken off before entering a house)
Rain coat – repels water, not just resistant	Light wool socks for higher elevations
Sunblock	Bug spray

## TRAVELER’S INSURANCE

As part of your trip preparation, enroll in international health and evacuation insurance. There are a number of providers that offer competitive rates. The CDC has good information about getting and evaluating international health and evacuation insurances and links to some providers.

<http://wwwnc.cdc.gov/travel/yellowbook/2012/chapter-2-the-pre-travel-consultation/travel-health-insurance-and-evacuation-insurance.htm>

## ADDITIONAL TRAVEL RESOURCES

Although the primary purpose of your travel is to provide care, there may be opportunities for you to participate in additional travel. Below are links to sites that provide discounts and valuable information for international travelers.

[www.hostelworld.com](http://www.hostelworld.com)

[www.statravel.com](http://www.statravel.com)

[www.studentuniverse.com](http://www.studentuniverse.com)

<http://www.campustravel.com/university/vanderbilt/>

[www.fodors.com](http://www.fodors.com)

[www.lonelyplanet.com](http://www.lonelyplanet.com)

[www.frommers.com](http://www.frommers.com)

## GLOBAL HEALTH TRAINING IN GRADUATE MEDICAL EDUCATION: *A Guidebook*, 2nd Edition Global Health Education Consortium

This edition of GHEC's *Global Health Training in Graduate Medical Education: A Guidebook*, edited by Dr. Evert and Dr. Chase, touches broadly on the many challenges in global health program development. This publication also addresses diverse dimensions of global health education, including global health program evaluation and the role of mentorship in global health. This is an essential reference for any global health professional.

You can access the publication in its entirety here:

[http://globalhealtheducation.org/resources/Documents/Both%20Students%20And%20Faculty/GH\\_Training\\_in\\_GME\\_Guidebook\\_2Ed.pdf](http://globalhealtheducation.org/resources/Documents/Both%20Students%20And%20Faculty/GH_Training_in_GME_Guidebook_2Ed.pdf)<sup>4</sup>

## UNIVERSITY OF MICHIGAN GUIDEBOOK FOR GLOBAL ENGAGEMENT

While this guidebook was developed for and by university students, it may be helpful to you as it offers a roadmap for planning projects abroad, with advice on multiple levels from the logistics of paying for your trip and staying safe, to broader issues such as ethics and sustainability.

You can access the publication in its entirety here:

<http://www.globalhealth.umich.edu/pdf/CGH%20standards%20handbook.pdf><sup>5</sup>



<sup>4</sup> Chase, J.A. & Evert, J. (Eds.). (2011). *Global Health Training in Graduate Medical Education: A Guidebook*, 2nd Edition. San Francisco: Global Health Education Consortium.

<sup>5</sup> (2011). F. Anderson (Ed.), *Student Handbook for Global Engagement* Retrieved from [http://www.globalhealth.umich.edu/pdf/CGH\\_standards\\_handbook.pdf](http://www.globalhealth.umich.edu/pdf/CGH_standards_handbook.pdf)

## BUDGETING

### NiR BUDGET

Use the budget below to help you prepare and manage your expenses. The NiR program covers airfare, visa, vaccines, and administrative fees. The stipend is to support your basic needs (food, shelter, incidental expenses, etc.), so budget wisely!

- Roundtrip US-Kenya airfare
- Kenyan Visa (90 days) \$100
- Immunizations
- International Health and Evacuation Insurance
- Temporary Kenyan Nursing License \$200
- Airport transfers \$50
- Site visit transfers \$ 50-150
- Room and Board (\$US 25/day x 85 days)
- 2 night stay Nairobi x 2 (Arrival/Departure)
- USB internet modem for 3 months \$ 40

#### **Personal Budget**

- In-country excursions –
  - Car transportation x 8 trips ( \$60 - 100)
  - Room x 15 nights (range from \$50 -200/night)
- Host gift (flour, sugar, tea, eggs, cereal, beans)
- Mobile Phone
- Talk/text minutes for 3 months

## LANGUAGE

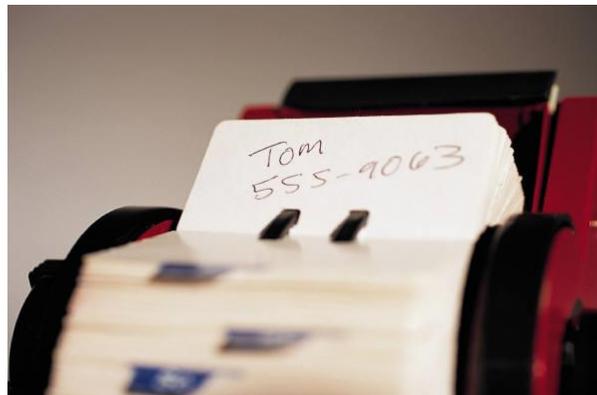
A basic working knowledge of Kiswahili and or Kikuyu will benefit you, your hosts, and your patients. To help bridge the language gap between you and the populations with which you'll be working, consider exploring online resources.

## IMPORTANT CONTACTS

Contact	Organization	Phone Number	Email Address
Carol Etherington	Vanderbilt Institute for Global Health	(615) 343-3270	carol.etherington@vanderbilt.edu
Amy Richardson	Vanderbilt Institute for Global Health	(615) 875-0038	amy.k.richardson@vanderbilt.edu
Marie Martin	Vanderbilt Institute for Global Health	(615) 875-0152	marie.h.martin@vanderbilt.edu
Annie Smart	Vanderbilt Institute for Global Health	(615) 343-3541	anne.g.smart@vanderbilt.edu
Vanderbilt Travel Clinic	VUMC	(615) 936-1174	

Use the below space to write important in-country contacts:

CONTACT	ORGANIZATION	PHONE NUMBER	PHYSICAL ADDRESS



## CHECKLIST

- Visa: If necessary, mail the appropriate paperwork to the U.S. Embassy with sufficient time in case something goes wrong (allow at least 2 weeks). Make sure that your visa will be good for your entire stay and if not, know what to do in order to be able to return to the U.S. successfully.
  - For an extended visa, get a letter from VIGH saying that you are in good standing and the reason for your visit, money order (from bank), and/or application for visa (online).
- Vaccinations: Follow the CDC recommendations. Ask for a copy of your vaccination records to take with you. <http://wwwnc.cdc.gov/travel/destinations/kenya.htm>
- Medications:
  - Prescriptions: malaria prophylaxis, Ciprofloxacin (for traveller's diarrhea), and personal meds (Bring at least a 3-month supply)
  - Over-the-counter: Consider bringing medications for pain relief, diarrhea, indigestion, heartburn, motion sickness, sleeping aids for the plane ride, allergies, a hydrocortisone anti-itch cream, eye drops, cold & sinus decongestant, yeast infections, and nausea. Also, consider Gatorade powder, band-aids, hand sanitizer, feminine products (tampons with applicators are typically not available in Kenya), ear plugs, non-aerosol insect repellent, sunscreen, and any other drugstore items that you may need.
- Complete forms needed by organization. (i.e., emergency contact information)
- Make list of important in-country contacts with phone numbers, physical addresses, and email addresses.
- Register with U.S. State Department's *Smart Traveler Enrollment Plan*.
- Copy and notarize a copy of your passport, visa and other important documents.
- Call bank and/or credit card companies to inform them that you will be travelling abroad. Make sure that you have the appropriate credit and debit cards that will work overseas to get money. Check on exchange rate before leaving.
- Request country's currency from bank in order to have pocket money right off the plane. Note, however, you will likely get a better exchange rate in Kenya.
- Check luggage allowances of each airline flights to pack appropriately or pay the difference. \*The NiR program is not responsible for luggage overage fees.
- Make arrangements for a cell phone, computer, and necessary chargers/adaptors for use in your host country.
- Make arrangements for Nashville—arrange sublet, forward mail, adjust A/C, U.S. cell phone, etc.
- Learn key phrases in Swahili before arriving.
- Make sure to have arrangements to be picked up once you arrive at airport in-country.

## REFERENCES

- (2011). F. Anderson (Ed.), *Student Handbook for Global Engagement* Retrieved from [http://www.globalhealth.umich.edu/pdf/CGH\\_standards\\_handbook.pdf](http://www.globalhealth.umich.edu/pdf/CGH_standards_handbook.pdf)
- Allen, C. L. (2011, March 23). *Emphasis Brown Bag Pre-Departure*. Presentation given at the Vanderbilt Student Emphasis Brown Bag Lunch Series Nashville, TN.
- Chairman bill frist*. (2011). Retrieved from <http://www.hopethroughhealinghands.org/chairmanbillfrist>
- Chase, J.A. & Evert, J. (Eds.). (2011). *Global Health Training in Graduate Medical Education: A Guidebook*, 2nd Edition. San Francisco: Global Health Education Consortium.
- China's emerging global health and foreign aid engagement*. (2011). Retrieved from <http://www.smartglobalhealth.org/blog/entry/chinas-emerging-global-health-and-foreign-aid-engagement/>
- Dining customs of different cultures*. (2011). Retrieved from <http://life.familyeducation.com/cross-cultural-relations/behavior/48976.html>
- Eppinger, L. (2010). *Healthy school program at primeros pasos: Guatemala*. Retrieved from [http://www.hopethroughhealinghands.org/blog?ContentRecord\\_id=cff2a462-a087-40e4-8e0e-2ae8d229e627&ContentType\\_id=7ee3f043-655a-41fd-ae51-d8cf19f29ba5&Group\\_id=135b9788-1130-4373-b931-a43d404be048](http://www.hopethroughhealinghands.org/blog?ContentRecord_id=cff2a462-a087-40e4-8e0e-2ae8d229e627&ContentType_id=7ee3f043-655a-41fd-ae51-d8cf19f29ba5&Group_id=135b9788-1130-4373-b931-a43d404be048)
- Frist global health leaders program*. (2011). Retrieved from [http://globalhealth.vanderbilt.edu/education/ed\\_home\\_page/first\\_scholars](http://globalhealth.vanderbilt.edu/education/ed_home_page/first_scholars)
- Global health*. (2010). Retrieved from [http://www.hcs.harvard.edu/hpsd/?page\\_id=133](http://www.hcs.harvard.edu/hpsd/?page_id=133)
- Health, development and culture in guatemala*. (2011). Retrieved from [https://webapp.mis.vanderbilt.edu/studioabroad/index.cfm?FuseAction=Programs.ViewProgram&Program\\_ID=1168&Type=O&sType=O](https://webapp.mis.vanderbilt.edu/studioabroad/index.cfm?FuseAction=Programs.ViewProgram&Program_ID=1168&Type=O&sType=O)
- Heitman, E. (2011, April 13). *Cultural Issues in International Research: Demographics, Ethics, and Communication*. Presentation given at the Vanderbilt Student Emphasis Brown Bag Lunch Series Nashville, TN.
- International Society of Travel Medicine*. (n.d.). Retrieved 01 17, 2011, from <http://www.istm.org/>
- Norman, J. & Wester, W.C. (2011, February, 16). *Travel Medicine*. Presentation given at the Vanderbilt Student Emphasis Brown Bag Lunch Series, Nashville, TN.
- Riley, B. (2011, Nov 19). Are you an optimist or a pessimist when it comes to fighting pneumonia? [Web log message]. Retrieved from <http://one.org/blog/2011/11/12/are-you-an-optimist-or-a-pessimist-when-it-comes-to-fighting-pneumonia/>
- Roberts, M. (2006). Duffle bag medicine. *Journal of the American Medical Association*, 295(13), 1491-1492. Retrieved from <http://jama.ama-assn.org/content/295/13/1491.extract>
- State, U. S. (2011). *Travel.State.Gov*. Retrieved from [http://travel.state.gov/travel/travel\\_1744.html](http://travel.state.gov/travel/travel_1744.html)
- Tips for travellers*. (2011). Retrieved from <http://www.selectwisely.com/index.htm>
- University of Michigan Center for Global Health . (2010). *Student Handbook for Global Engagement*. Ann Arbor, MI.
- Upshur, R. E. (2007). Global Ethics for Students. *Developing World Bioethics*.