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A Month in Manila

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A Month in Manila
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Preparation
• CDC Website
• Updated vaccines
• Met with global health mentor
• Global Health Course
• Pretreated clothes with permethrin
• Bought lots of hand sanitizer

Experience
• Spent 1 week in:
  • Emergency Room
  • General Pediatric Wards
  • Outpatient clinic
• Attended daily lectures
• Examined patients and rounded with residents
• Saw tropical diseases
  • Dengue
  • Tuberculosis
  • Malnutrition
  • Uncorrected congenital anomalies

Life in Manila
• Most densely populated city in the world
• Has most malls (22) in the world to make the Top 100 Largest Mall List, including the 5th largest mall in the world
• Roughly 7690 islands

Post-Travel Insights
• Learned about the varied presentation of diseases
• Learned the importance of hand hygiene
• Realized no health care system is perfect
• Extremely grateful for our healthcare system
• Appreciative of our resources, especially axillary staff
• Increased cultural sensitivity
• Plan to do potentially more mission trips focusing on education
• Thankful to the staff and patients at Philippines Children’s Medical Center for a wonderful experience