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