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February in Santiago Atitlan, Guatemala

Grace Milburn

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February in Santiago Atitlán, Guatemala

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Background

- Continuity clinic is CHICOS clinic
- Guatemala offered a chance to practice medical Spanish with a different patient population
- Opportunity to learn new pathologies, diseases, and styles of medical care
- Santiago Atitlán has a rich, traditional culture



Preparation

- General reading about Guatemala and Santiago Atitlán
- Global Health preparation meetings and pre-travel workshop
- Coping strategies in case of culture shock: journaling, podcasts, talking to others
- WHO book, phone applications



Reflection

- Perspective on patient care in the context of different cultural practices (ex. safe sleep, tummy time)
- Practice with increased autonomy
- Many patient visits completed with fewer resources (ex. no otoscope, scale, patient history available)
- Recognition of different treatment for the same condition (ex. zinc for diarrhea)
- Different recommendations based on different accessibility for families (ex. Olive oil in food rather than Pediasure)

Objectives

- Gain experience caring for patients in settings with different resources
- Improve my cultural competency and broaden my worldview
- Improve my ability to provide care in Spanish
- Problem solve when encountering new situations and different practices



Experience

- Hospitalito Atitlán and various community sites
- Outpatient pediatric visits (walk-in sick visits or well child checks)
- Common visits: well child checks, diarrhea, fever, malnutrition, URIs
- Referrals to city hospital for many imaging studies
- Presentation for the Materno e Infantil program



Future Directions

- Continue to care for Spanish speaking patients
- Continue to seek out Global Health opportunities
- Share experience and recommend global health to other interested providers
- Hope to return to Guatemala in the future

