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# My Global Health Experience – Eldoret, Kenya

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## Background

- First experience in Eldoret as a 4<sup>th</sup> year medical student
- Desire to translate Medicine/Pediatrics training into global health
- Strong interest in medical education and training, especially within different healthcare systems around the world



## Preparation

- Reached out to Kenyan friends/colleagues I met during my previous trip
- Brought a pulse oximeter and other general medical equipment
- Read through my journal and reflections from my previous time in Kenya to remember my experiences – both the positives and hardships



## Reflection

- Successful Global Health initiatives focus on sustainable practices, cultural awareness and exchange of knowledge
- Kenyan culture is rich in community and hospitality, yet financial burden and healthcare literacy remain constant barriers in access for many patients
- Community outreach is a crucial component to engaging the general public's negative perception of the medical system



## Objective

- Explore tools necessary to optimize healthcare in low resource settings
- Improve professional and cultural humility in caring for patients of various socioeconomic and ethnic backgrounds and how those factors play a role in social determinants of health
- Better understand the global burden of disease and identify specifically vulnerable populations



## Experience

- I worked as a member of inpatient ward/teaching teams at Moi Teaching and Referral Hospital (MTRH) in Eldoret
  - Two weeks on the General Pediatrics wards at Shoe4Africa
  - Two weeks on the General Medicine wards
  - One week with the hospital's Pediatric Cardiologist
  - One week in the cardiac ICU



## Future Directions

- I hope to pursue a career in Pediatric/Adult Congenital Cardiology
  - Address global disparities in access to subspecialists
  - Focus efforts and improve access for specifically vulnerable populations including heart disease in pregnancy and rheumatic heart disease

