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Lessons from a Community Health Elective in Rural Guatemala on Cultural Humility

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Lessons from a community health elective in rural Guatemala on cultural humility

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Children's Mercy Kansas City, Kansas City, Mo.

Background

- Passion for global health
- Pursuing a career involving global health
 - Exploring how I want this incorporated into my practice
- Passion for Hispanic health inequities
- Perspective on immigrant and indigenous care considerations stateside

Goals of Experience

- Develop clinical decision making in limited resource settings
- Expand knowledge of care considerations in low- and middle-income countries
- Learn cultural considerations in Hispanic indigenous populations
- Seek more experience to guide global health research initiatives
- Develop professional relationships for continuity

Preparation

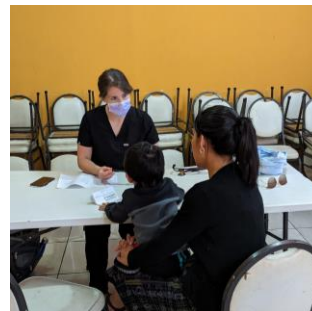
- Supplies collected:
 - Fluoride varnishes
 - Mean upper arm circumference rulers
 - Basic sanitation and triage supplies
 - WHO E-pocketbook
 - Antibiotic reference guides
- Updated immunizations recommended for region



Reflection

- Opportunity to reflect on my own personal, professional and cultural biases
- Forced me to confront racial prejudice in Guatemala
- Reinforced medical knowledge in resource-limited setting
- Tested the limits of my practice outside of my comfort zone
- Learned of the racial, socioeconomic and cultural reservations towards western medicine on behalf of indigenous populations

Experience



- Community medicine
- Types of community settings included:
 - Maternal infant health centers
 - Rehabilitation centers
 - Community sites
- Some inpatient/ED
- Access to deliveries
- Access to basic labs/imaging

Future Directions

- Significant opportunity for bidirectionality
 - Consider resident exchanges in the future
 - Medical education opportunities

