Since 1993 the School of Nursing has offered a required course in which students participate in a reflective experience that provides the context to integrate classroom and experiential learning into an evolving professional identity. Over the years a number of students have opted to complete course requirements through work in an international setting. In 2008 a new course NURS 489 Practicum in Nursing: Global Health Experience was offered successfully for the first time. This course mirrors the objectives of NURS 487 with a focus on the profession and leadership in regards to nurses as members of interdisciplinary health care teams. NURS 489 provides an opportunity to consider these broad objectives through a global health experience.

Supporting this new course option is the understanding that health professionals in North Carolina must demonstrate competencies to provide quality health care for a diverse patient population. The US Office of Minority Health’s 2001 Standards for Culturally and Linguistically Appropriate Services in Health Care (CLAS) requires health professionals to provide effective and appropriate care. A 2003 North Carolina Institute of Medicine report challenges North Carolina universities to take a leadership role in assuring appropriate training in language and cultural competencies for their students enrolled in health care curricula.* Furthermore, recent research shows that short-term immersion in international settings is one of the most effective methods for advancing cultural competency of nursing students. **

Design of NURS 489 reflects the commitment of the School of Nursing to endeavors that support students in developing new knowledge and skills to become leaders who provide quality care in global environments as well as to recent immigrants to the United States.

Chris Harlan serves as course director for NURS 489. Chris is a public health nurse who teaches in the School of Nursing and the School of Public Health. She speaks Spanish and has traveled and worked in Latin America, the Caribbean and East Africa.

NOTE: Although the SON may provide some assistance, students are expected to secure their own volunteer opportunity to meet course objectives. Students may elect to provide clinical care in hospitals or clinics, health education with community based organizations, participate in medical mission trips with church or community groups or develop an observational experience through which they gain a greater understanding about how health care services are provided. Students are responsible for all financial costs and meeting all health and safety requirements of the university. They must have a nurse preceptor or mentor, although it’s not necessary to work directly with a nurse throughout the experience. It order to complete course assignments in a timely fashion, it is best to plan travel between late May and early August.

* North Carolina Latino Health, IOM, 2003

For more information about NURS 489 contact:

Chris Harlan, RN, MA
Carrington Hall  Office 425
chris_harlan@unc.edu
N 489/Prerequisites

In order to be eligible to travel all students must:

- Be registered for NURS 489
- Be in good academic standing
- Be able to pay all travel expenses
- Have a valid passport with expiration date 6 months beyond the dates of travel
- Have appropriate VISA (s) for the destination country or countries *
- Have UNC Travel Insurance
- Have completed all health and safety compliance protocols per UNC-SON including documentation of required vaccines and a current TB test

Note:
VISA requirements for international students may be different than for US citizens. Therefore advanced planning is very important!

NA I and II Certification is recommended but not required.

Sample Budget

Average expenses for 1 month: Africa $5000, Asia $3500, Central America $1500, Eastern Europe $5000 and Latin America $3000.

Pre travel

Airfare may be as high as $2500 depending on region of travel
UNC Travel Clinic Screening ~ $50
Vaccines may be as high as $600 depending on region of travel
UNC Travel Insurance ~ $1.00/day
US Passport ~ $100
Visa for destination country $50 to $100 per country

Don’t forget to include tuition and student fees for summer course work

In-County
Room and board
Travel
To and from airport (Airport departure taxes)
Taxis
Day trips or sightseeing
To and from work sight and home
Other misc:
Eating out
Shopping
Communication: Phone, internet access
N 489/Travel Planning Checklist

October/November

_______ Attend information session for NURS 489

December/January

_______ Identify country or area of world
_______ Identify volunteer opportunities
_______ Identify funding sources
_______ Review US State Department travel information: Check to see whether your country is on the State Department “Travel Warning” list and contact OASS if it is… PRIOR to making any plans
_______ Review Centers for Disease and Control (CDC) health & safety information
_______ Contact destination country’s Embassy to obtain VISA requirements
_______ Passport Application completed and submitted

February/March

_______ Make an appointment with Student Health Services Travel Clinic or comparable health provider and begin vaccines. NOTE: Hep A is required for ALL travelers regardless of destination. Make sure your Tetanus and TB test are up to date. If you need a TB test do it BEFORE having any vaccines! (Vaccines will interfere with TB results)
_______ Make an appointment with your family physician if you have a chronic disease or disability
_______ Confirm with host agency your dates of travel, hours worked, job description
_______ Purchase plane ticket
_______ Complete and submit VISA applications to appropriate Embassies

April/May

_______ Meet with Chris Harlan in April TBA for Q&A
_______ Orientation to NURS 489 in May TBA (after exams)
_______ Submit required health and safety documentation to OASS
NURS 489
Practicum in Nursing: Global Health Experience

If you plan to register for NURS 489 please fill out this form and return to Chris Harlan in Room 425, Carrington Hall by the last week in January. PLEASE PRINT CLEARLY.

Name:______________________________________________________________

Email address:________________________________________________________

Telephone number:____________________________________________________

Country or Region of Interest:___________________________________________

Have you identified a specific agency? Yes________ No________

Do you know your dates of travel? If yes, specify__________________________

If yes, provide name, type of agency and brief description of what you think you will be doing:

Please describe below any experiences you have had working with recent immigrants to the US, languages you speak….other than English, clinical experiences in diverse settings, and prior international travel….vacations/work/living abroad.

Work with immigrant communities in the US

Level of competency of languages spoken other than English

Clinical experiences in diverse settings

International travel
Suggested Readings:  Just a sample to get you started!

*The American Plague*  by Molly Caldwell Crosby
*Saving the World*  by Julia Alvarez *
*Enrique’s Journey*  by Sonia Nazario*
*Nine Hills to Nambonkaha*  by Sarah Erdman
*Ana’s Story: A Journey of Hope*  by Jenna Bush (George W. Bush’s daughter) *
*Infections and Inequalities: The Modern Plagues*  by Paul Farmer
*Pathologies of Power: Health, Human Rights and the War on the Poor*  
  by Paul Farmer
*Mountains Beyond Mountains*  by Tracy Kidder (Biography of Paul Farmer)
*Global Health Care: Issues and Policies*  by Carol Holtz
*Immigrant Medicine*  by Patricia Walker and Elizabeth Barnet
*Journal of Transcultural Nursing*
*International Journal of Nursing Studies*
*Journal of Globalization and Health*
*Available in Spanish

Global Resources

- Global Health Council  www.globalhealth.org
- World Health Organization  www.who.org
- Pan American Health Organization  www.paho.org
- Joint UN Programme on HIV/AIDS  www.unaids.org
- Doctors for Global Health  www.dghonline.org
- Think Cultural Health  www.thinkculturalhealth.org
- Save the Children  www.savethechildren.org
- International Committee of the Red Cross  www.icrc.org
- Foundation for Sustainable Development  www.fsdinternational.org
- International Council of Nurses  www.inc.ch
- Global Health Facts/Kaiser Fdn.  www.globalhealthfacts.org
- Centers for Disease Control  www.cdc.gov/travel
- US Department of State  www.travel.state.gov

Public Broadcasting System (PBS)

*Rx for Survival*  www.pbs.org/wgbh/rxforsurvival
Health Education Materials
Hesperian Foundation  www.hesperian.org
-  *Where There is No Doctor*
-  *Where There is No Dentist*
-  *Helping Health Workers Learn*
-  *A Book for Midwives*
-  *HIV, Health & the Community*
-  ….and many more!  (a lot are available in Spanish)

University Resources

School of Public Health – Office of Global Health - http://www.sph.unc.edu/ogh
Includes information for student opportunities for internships (Under the Office of Global Health, click on “Students”), Student Health Action Coalition, Student Global Health Committee, other global health organizations and ways to get involved.

International Gateway - http://international.unc.edu
Office of the Provost for International Affairs that serves as a central location to the global initiatives of UNC.

Center for Global Initiatives - http://gi.unc.edu
Formerly the University Center for International Studies, this is a resource for internship, funding, and global opportunities.

A non-profit, volunteer-run organization dedicated to recycling surplus medical supplies for use in developing countries. All supplies are still valuable, but no longer used in the United States due to technological change, regulatory requirements, or procedural excess.

Carolina for Kibera – http://www.cfk.unc.edu
Established in 2001, Carolina for Kibera (CFK) is an international, nongovernmental organization based in the Kibera slum of Nairobi, Kenya. In the United States, CFK is a 501(c)(3) charitable corporation and major affiliated entity and program of UNC-CH and the Center for Global Initiatives.

Health Sciences Library – http://www.hsl.unc.edu/Services/Guides/internships.cfm
The UNC-Chapel Hill HSL has developed a website: *International Health Internships and Service Opportunities* which gives information about study abroad programs
Thinking ahead to life and work after graduation!

Help with job searches:
International Jobs Center              www.internationaljobscenter.org
Public Health Jobs Worldwide     www.jobspublichealth.com
International Medical Corps         www.imcworldwide.org
Doctors without Borders              www.doctorswithoutborders.org
Peace Corps                                  www.peacecorps.gov

Skills to have when you want to travel and practice nursing abroad:

- **Cultural competency** – knowing how to ask the right questions and understand the community in which you practice
- **Assessment** – practice your physical assessment and history taking skills
- **Know how to work within a network** – find doctors, nurses, and others who can support you in knowledge and practice
- **To gain experience stateside, volunteer or work with local groups serving international needs** – migrant farm worker outreach, local public health departments, free clinics such as SHAC
- **Flexibility and willingness to learn new skills** – International work values nurses with masters degrees, experience in program planning and evaluation, outcomes research, experience with infectious diseases, training, teaching, and clinical nurse specialists

Practical tips when practicing abroad:

- Work with a recognized organization, one that works with the Ministry of Health within the country that you are practicing in.
- Research volunteer, internship, and work programs extensively before you go.
- Licensing varies by country and it is best to work through your organization and keep your license through the state through which you have your current license
- Keep your own malpractice insurance while you practice abroad
- When traveling, bring supplies for your host family, host clinics, free medical supplies (these can be donated by your local hospital)
- Foster your learning of political and cultural awareness – keep up on current events, know the situation of the community in which you practice, know the cultural brokers in your community to learn cultural practices
- While abroad, understand cultural practice while also knowing when to speak up about nursing practice