HIMALAYAN HEALTH EXCHANGE: SPITI 2013

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Introduction: Program Information
Program: Himalayan Health Exchange, Spiti
Dates: June 20th – July 11th 2013
Description:
• Flew into Delhi, connected to Chandigarh
• Drove through Himachal Pradesh, through the Himalayan mountains to visit multiple cities and monasteries
• Went to Shimla, Bilaspur, Manali, Kibber, Tabo and Dharamsala Monasteries, in addition to others
• Drove from city to city, setting up nine days of consecutive medical camps for the residents nearby
• Saw nearly 1,000 patients over the 9 clinic days

Reasons for Going Abroad
• Previous exposure to global health - 2 months spent in Cape Town, South Africa
• Love of traveling, experiencing new cultures
• Exposure to other country’s medical system
• To help those with no/limited access to medical care
• To gain clinical experience, practice skills

Plans for Future Involvement
• Adopted an orphan in one of the local schools
• Potential for additional volunteering as a resident, attending
• Maintain connections with two attendings (FM in Alaska, EM in Rhode Island)

My Experience Abroad
A Case Study: Sameek and Sameek
• Family of mom, daughter, twin boys
• Sameek 1 first got sick, passed to Sameek 2, then sister caught illness as well
• Very sick looking children, both irritable and falling asleep during physical exam
• Diarrhea, vomiting, lack of appetite
• Concern for dehydration – counseled patients on using oral rehydration solution
• Likely viral or bacterial etiology
• In developing countries, diarrheal episodes cause 2 – 2.5 million deaths annually
• Second leading cause of death in children under 5 years old
• Emphasize good hygiene, including frequent hand washing and access to safe drinking water

Himachal Pradesh: Fast Facts
• 21,495 square miles
• Population of 6.8 million
• Average per capita income: 73,608 Rs (about 7,000 dollars)
• Elevation ranges from 1,148 – 22,966 ft
• Literacy rate of 84%
• Hindi is the official language, but most speak Pahari
• Well known for handicrafts including carpets, shawls, and paintings

Contact Information
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Himalayan Health Exchange: http://www.himalayanhealth.com