



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

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

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



Contact Information

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