Nicaragua
Medical Mission Trip

July 29 - August 6, 2016
History of the trip

• Annual trip, started in 2007

• Organized by a group of UT Med students who have attended the trip in the past

• Work closely with a local physician who determines which villages need our assistance

• Attending physicians are UT faculty

• PT students have been involved for past few years
Who goes on the trip?

Interdisciplinary team of ~30 people:

- Medical students
- PA students
- Pharmacy students
- Physicians, PAs, and a licensed PT
- ...and PT Students!
Location: León, Nicaragua

- Second largest city in Nicaragua
- Originally founded in 1524, used to be 20 miles east of present site
- City relocated in the 1600’s after series of earthquakes caused by a nearby volcano
- Cathedral is a UNESCO World Heritage Site
Trip Itinerary

• Leave from Detroit on Saturday July 29th
• Arrive in Managua and travel to León via bus
• Sunday: beach day, shopping, group meetings and dinner outing
• Clinics Monday through Friday
• Orphanage Friday
• Pool day on Saturday
• Depart for home Sunday, August 6th
Home away from home: El Ayudante
Daily Schedule

- Wake up, coffee/breakfast
- Travel to the clinic site (different site each day)
- Set up clinic, treat patients
- Break for lunch at the site
- Treat patients, pack up clinic, travel back home
- Dinner at El Ayudante or restaurant
Services Provided

• Triage station: initial evaluation, vitals, and care coordination for:
  • Adult medicine
  • Pediatric medicine
  • Gynecology: pap tests and pelvic exams, OB
  • Pharmacy students dispense meds
  • Dental: preventive services (usually off site)
  • Physical Therapy
What can PT do there?

Lots of things!

- Patients get referred to PT by med teams
- PT history and examination and discuss with PT
- Explain PT diagnosis to patient
- Demonstrate interventions, activity modifications, etc.
- Provide illustrated home exercise handouts, written in spanish
- Provide donated assistive devices
- ...and lots more!
Patient Cases from 2016

Low back pain
Shoulder pain
Neck pain
Arthritis
Cerebral Palsy
Knee pain
Positional vertigo
Communication

- Lots of interpreters available
- Dr. Black (PT) speaks Spanish well
- Spanish not required for students, but even a little bit helps!

Cost

- Total cost: between $1500-$1700 (based on last year)
- This includes flights, group lodging at El Ayudante, most meals, transportation
- Group FUNDRAISING can help bring the cost down
Join us!

If you are interested in applying, or if you have questions, please talk to us!

...or email:

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