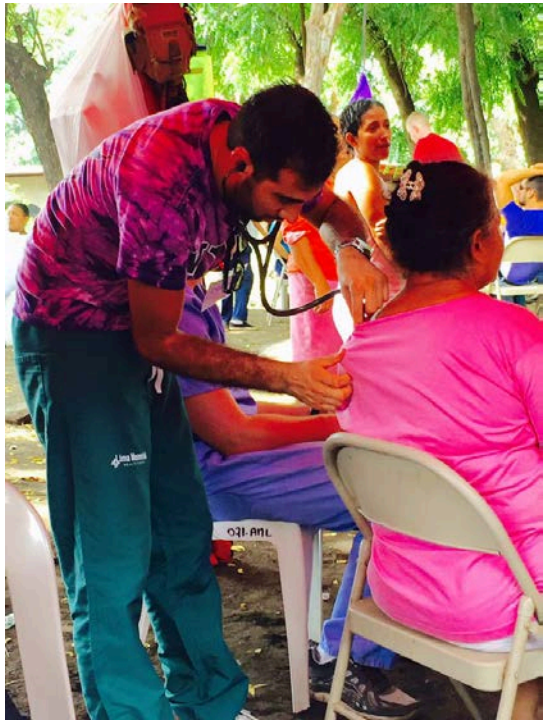
Nicaragua
Medical Mission Trip

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

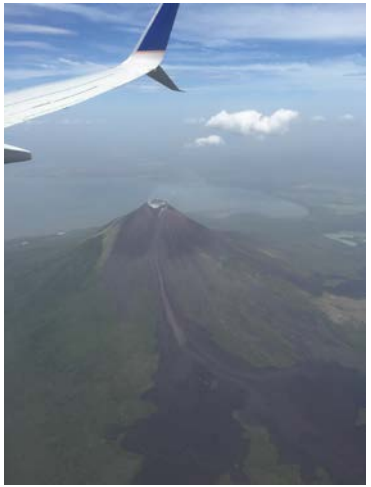
Cerebral Palsy

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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