




**It's a Small World  
Nursing Across the Borders**

Cheryl Herrmann, RN, APN, CCRN, CCNS-CSC/CMC  
Cardiac Clinical Nurse Specialist  
Rita Knobloch, RN, EMT-B  
Staff Nurse  
cherrmann@verizon.net    ritaknob@alliancecom.net  
www.cherylherrmann.com

**APOSTOLIC CHRISTIAN  
World Relief**

International Experiences

- Mexico Medical Missions
  - Juarez and Creel – health prevention clinic
  - Ixtlan – providing ambulance supplies and training
  - Zacatecas
- Ethiopia
  - Opening a hospital
  - Training
- Indonesia
  - Partnership with MAP International
  - Mobile Medical Clinic via boat -- island to island
- Haiti
  - Earthquake medical response teams

*As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith. Galatians 6:10*

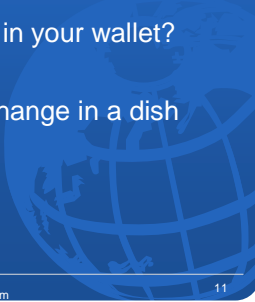


Do you have money in the bank?

Do you have change in your wallet?

Do you have spare change in a dish  
someplace?

Source: 2005 Statistics: State of the Village Report.  
Original version by Donella H. Meadows. www.odt.org/pop.htm



11

**YOU are among the  
TOP 8 %  
of the world's wealthy.**



Source: 2005 Statistics: State of the Village Report.  
Original version by Donella H. Meadows. [www.odt.org/pop.htm](http://www.odt.org/pop.htm)

If you have...

- Food in the refrigerator
- Clothes on your back
- A roof over head
- A place to sleep

Source: 2005 Statistics: State of the Village Report.  
Original version by Donella H. Meadows. [www.odt.org/pop.htm](http://www.odt.org/pop.htm)


**You are more comfortable  
than 75%  
of the world**



Source: 2005 Statistics: State of the Village Report.  
Original version by Donella H. Meadows. [www.odt.org/pop.htm](http://www.odt.org/pop.htm)


**Disparity of Wealth**

- Half the world's population lives on less than \$2.50 per day




**Poverty**

- Poverty is the most important factor associated with preventable death
- Poverty is associated with
  - Poor housing
  - Unsafe drinking water
  - Inadequate sanitation
  - Poor nutrition



**10 Facts on the Global Burden of Disease**

1. 10 Million Children under the age of 5 die each year
  - Almost all these could survive with access to simple and affordable interventions



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## 10 Facts on the Global Burden of Disease

### 2. Cardiovascular Deaths are the leading causes of death in the world

– At least 80% of deaths from premature CVD and strokes could be prevented through

- healthy diet
- regular physical activity
- avoiding the use of tobacco.



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## 10 Facts on the Global Burden of Disease

### 3. HIV/AIDS is the leading cause of adult deaths in Africa



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## 10 Facts on the Global Burden of Disease

### 4. Population aging is contributing to the rise in cancer and heart disease



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## 10 Facts on the Global Burden of Disease

### 5. Lung cancer is the most common cause of death from cancer in the world



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## 10 Facts on the Global Burden of Disease

### 6. Complications from pregnancy account for 15 % of deaths in women of reproductive age worldwide

– More than half a million women die from preventable complications during pregnancy and childbirth



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## 10 Facts on the Global Burden of Disease

### 7. Mental disorders such as depression are among the 20 leading causes of disability worldwide



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09



## 10 Facts on the Global Burden of Disease

8. Hearing loss, vision problems, and mental disorders are the most common causes of disability



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## 10 Facts on the Global Burden of Disease

9. Road traffic injuries are expected to rise from **ninth** leading cause of death globally in 2004, to the **fifth** in 2020



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

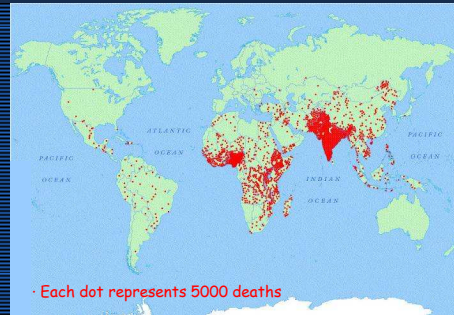
## 10 Facts on the Global Burden of Disease

10. Under-nutrition is the underlying cause of death for at least 30% of all children under the age of 5



Source: [http://www.who.int/features/factfiles/global\\_burden/en/index.html](http://www.who.int/features/factfiles/global_burden/en/index.html) Accessed 1/10/09

## Deaths Under 5 Years



Each dot represents 5000 deaths

Most deaths: India, Nigeria, China, Pakistan, DR Congo, Ethiopia (50%)  
Highest Mortality Rate: Sierra Leone, Niger, Angola, Afghanistan, Liberia

Lancet Vol 361 June 28, 2003

27

10 million children die each year before age 5

That is one every 3 seconds



28

## Risk Factors for Mortality

- 88% of deaths from diarrhea
  - attributed to inadequate water for hygiene
  - unsafe water ingestion
  - inaccessible sanitation
- Being underweight confers additional risk of mortality from infectious diseases



Lancet Vol 361 June 28, 2003

31



## Risk Factors for Mortality

- Non-breast fed babies are 7x's more like to die from diarrhea/pneumonia than breast fed



Lancet Vol 361, June 28<sup>32</sup>, 2003

## United Nations Millennium Development Goals for 2015

- Halving Poverty and Hunger
- Achieving Universal Primary Education and Gender Equality
- Reducing Child Mortality by 2/3
- Reducing Maternal Mortality by 3/4
- Reversing the Spread of HIV/AIDS
- Halving the Proportion of People Without Access to Safe Water

33

## Can We Help?

- Yes...
- One way is with short term medical missions
- Share our experiences
  - Mexico
  - Indonesia
  - Haiti

34

## Challenges to for Medical Missions

- Diseases are different - Tropical diseases
  - Diseases of poverty - more appropriate term
- Complex medical environment with minimal medical resources
- Cultural Context is different
- Short term medical missions –how effective are they?
- Nursing education is for high tech society not a developing country

35

***How to prepare to successfully serve in a developing country***

## Health is the Goal... Not simply providing services

### Health care goals:

- Nutrition
- Safe obstetric care
- Infectious disease prevention
- Trauma prevention
- Provision of medical care

Source: INMED International Medicine, 2007

37

## First Evaluate Yourself

- Why are you going?
  - Is it to serve and help them or is it just to fulfill an obligation
- Characteristics:
  - Willing to become part of their culture --- food, bathrooms, sleeping
  - Leave Type A personality at home
- Other team members also need these qualities

38

## Learn about Diseases of Poverty

1. Institute for International Medicine  
[www.inmed.us](http://www.inmed.us)
  - Comninellis, N. *INMED International Medicine: Advanced Preparation for Health Professionals*. Kansas City, MO: Institute for International Medicine.2007.
  - INMED International Medicine course

39

## Resource Books

1. Burns A.A, Lovich R, Maxwell J, Shapiro K. *Where Women have no Doctor: A Health Guide for Women*. Berkely, CA: Hesperian. 1997. ([www.hesperian.org](http://www.hesperian.org))
2. Werner D, Thuman, C, Maxwell J. *Where There is no Doctor: A Village Health Care Handbook*. 9<sup>th</sup> ed. Berkeley, CA: Hesperian.2007 ([www.hesperian.org](http://www.hesperian.org))

40

## Recommended Reading

1. Correll G. Twenty Tips to Live by When Serving on Short-term Missions. *Physician*; July/August 2001:21-22.
2. Roberts M. Duffle Bag Medicine. *JAMA*. 2006;295(13):1491-1492.

41

## Be Open to Understand their Culture



42

## American Characteristics that create conflict in developing countries

- Individualism ↔ Humility, Conformity
- Distrust of Authority ↔ Age or title entitles them respect
- Individuality ↔ Emphasis on the nuclear family



Source: INMED International Medicine, 2007

43

## Time

- Time is a commodity in the U.S.
  - Spend time
  - Take time
  - Waste time
- Time in other countries
  - Pass time



44

## Time



- Attempting to stick to a schedule will bring frustration
- Punctuality -- tardiness is norm
- Mañana



## Culture and Health

- America: Evidence Based Practice
- Developing Countries
  - May have traditional and supernatural influences
  - Traditional healers



46

## Building Cross Cultural Relationships

- Treat everyone with respect
- Avoid attitudes of cultural superiority
- Prioritize relationships rather than projects
- Ask, if in doubt
- "Help me understand why"
- A "Smile" is the universal language
- Kindness



47

## Building Cross Cultural Relationships

- Create trust and communicate your sincerity and good will
- Appreciate the unique characteristics of the new culture
- Learn how to effectively function in the midst of them
- Observe understand and adjust to the behavior of the them
- Understand the Do's and Don'ts of the culture

48

## Assess Community needs and resources

- With each of our medical missions, we will share how we assessed the community and the lessons learned.



49













We have great aspirations for curing the ills of the world's poor....

- We can best impact by TEACHING them the basics
  - Wash your hands
  - Eat fruits and vegetables
  - Good sanitation habits
  - Brush your teeth





65



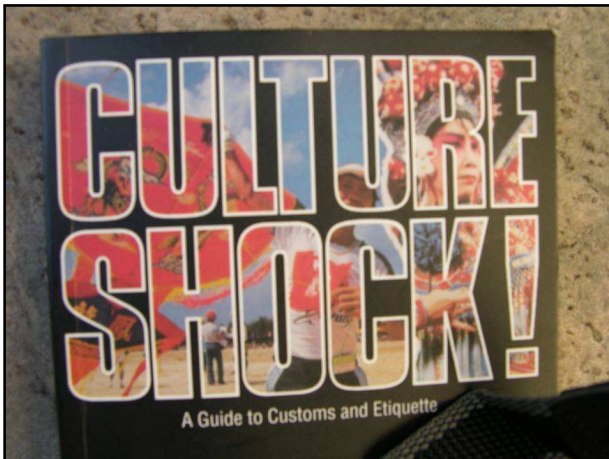
## Teaching

- May listen more to us --- as we are "Americans"
- Be careful of your habits --- "Don't eat candy" and we hand out candy



67





## Culture Shock

- Describes the psychological disorientation experienced when moving into a significantly different culture
- A natural process
- Recognition is essential to manage cultural shock effectively
- Can occur even during brief trips

69

## Stages of Culture Shock

- 1<sup>st</sup> Stage: Initial Euphoria
- 2<sup>nd</sup> Stage: Irritation and Hostility
- 3<sup>rd</sup> Stage: Gradual Adjustment
- 4<sup>th</sup> Stage: Adaptation & Biculturalism

70

## Culture Shock on Short Term Missions

- Most stay in the 1<sup>st</sup> Stage: Euphoria
- Some skip the 1<sup>st</sup> Stage and go to the 2<sup>nd</sup> stage
  - Overcritical
  - What is wrong with these people? Don't they know there is a better way?
  - Develop bitterness of the whole experience

71

## Tips to Minimize Culture Shock

- Know the goal of the journey
- Set realistic expectations:
  - “We set great aspirations for curing the ills of the world's poor.... And set ourselves up to fail”
- Anticipate the challenge and adventure
- Plan a light initial schedule
- Be prepared for new ideas
- Good humor is essential – laugh at yourself
- Keep a journal
- Keep in contact with friends back home
  - (Long term missions)

72

## Debriefing

- What were my goals for this international experience?
- Were the goals met? In what ways?
- How could this experience have been better?
- What have I learned about myself in the process?
- How will this experience...
  - Change my personal character?
  - My interaction with others?
  - My life's plans?

73



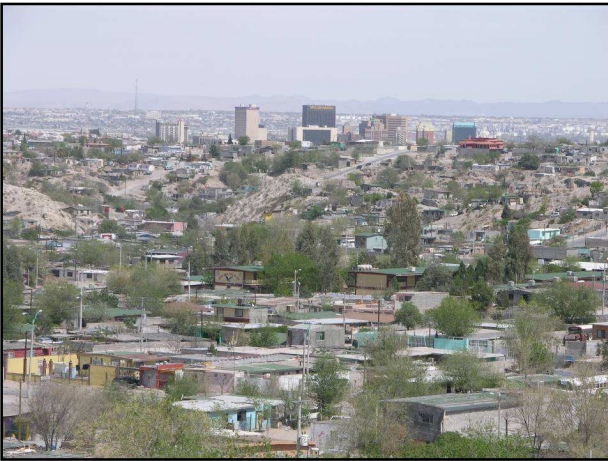
## Why we do medical missions

...tunity to use nursing skills in a different culture

- Serve others who are underserved
- Share Christ
- Opportunity to travel to see and experience another culture



## It's a Small World.... Juarez, Mexico



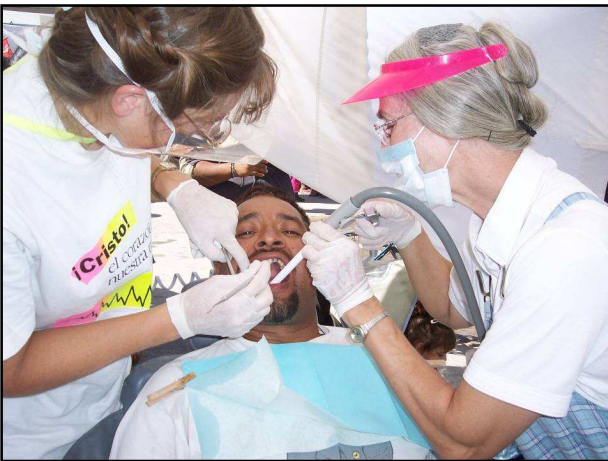
















18 years later

- Another opportunity to start medical clinics in new areas with a new missionary group - Isaiah 55 in Reynosa, MX

Zacatecas, México

108



Triage – vital signs, blood glucose & teaching



109



110

It's a Small World...Ixtlan, Mexico



111

Ixtlan 2003



112







### Medical mission resources

- Affordable CPR manikins: [www.cprprompt.com](http://www.cprprompt.com)
- American Red Cross First Aid DVD – Spanish and English
- American Heart Association -- Spanish CPR and First Aid materials: <http://aha.channing-bete.com>
- Hesperian Foundation: Publications and resources for community health – many, including *Where there is no Doctor* books, can be downloaded free. [www.hesperian.org](http://www.hesperian.org)
- International Aid --- Medical equipment and supplies: [www.internationalaid.org](http://www.internationalaid.org)
- International medicine course offered by: Institute for International Medicine [www.inmed.us](http://www.inmed.us)
- MAP International -- Medical Assistance Programs (medicines and supplies for medical teams): [www.map.org](http://www.map.org)
- Giving Through Teaching: How Nurse Educators are Changing the World. Springer Publications, June 2010



### Ixtlan 2008



Transporting a 1 kg (2.2 pound) premie 2 hours to Guadalajara



123

### It's a Small World... Ethiopia



124

### Hospital



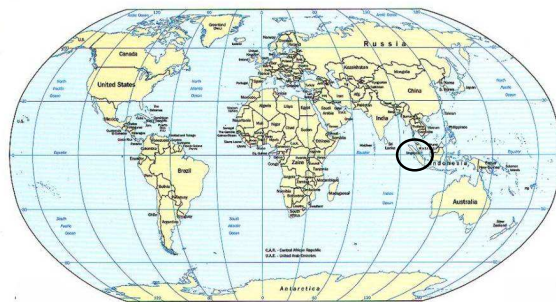
125



126

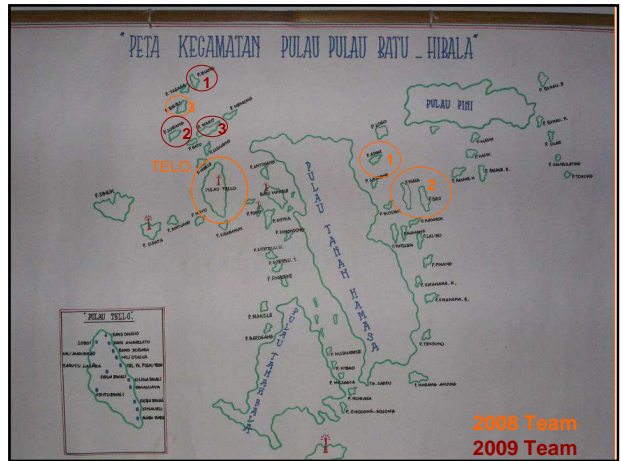


### It's a Small World... Indonesia



128

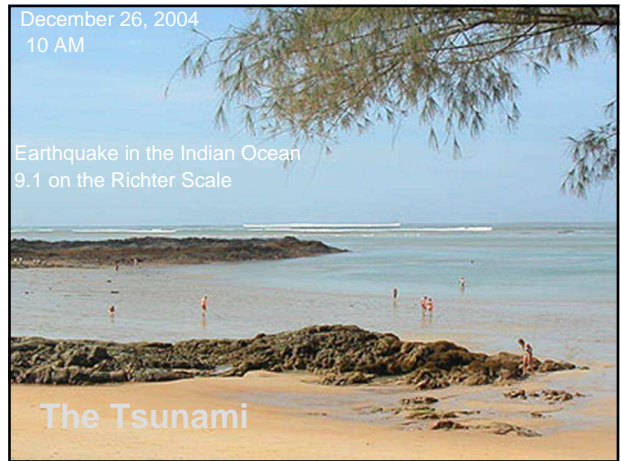




2008 Team  
2009 Team



Indonesia Medical - Dental Teams  
April 15 - 29, 2008  
July 6 - 15, 2009



December 26, 2004  
10 AM

Earthquake in the Indian Ocean  
9.1 on the Richter Scale

The Tsunami

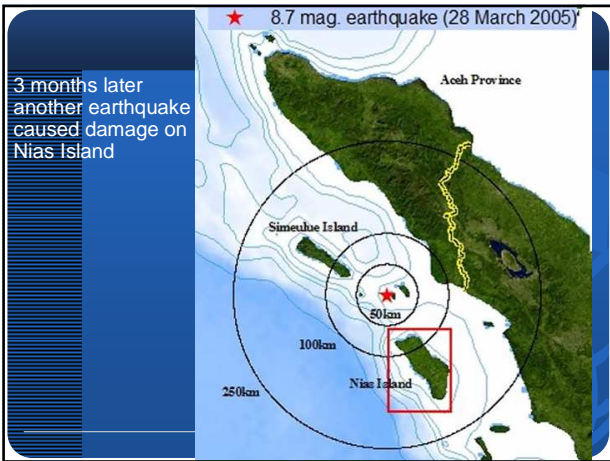


•90 foot wave at speeds of 200 MPH



## Devastation

- 250,000+ people dead or missing
- Over 1 million people left homeless



APOSTOLIC CHRISTIAN **World Relief** Responding to the Disaster

International Aid  
Changing Lives Through the Power of Compassion

GIVING CHILDREN HOPE  
Global Operations and Development

MAP INTERNATIONAL  
Health & hope for a hurting world

**Rural Gospel and Medical Missions of India**

**NORTHWEST MEDICAL TEAMS**  
INTERNATIONAL, INC.

138

**Statement of Need**  
Telo Islands, Indonesia

- Even prior to the tsunami and earthquake -- little provision for healthcare in these remote regions.
- Historically underserved by both government and NGO health programs
- The area ranks as one of the poorest and most vulnerable socioeconomic geographical areas in Indonesia

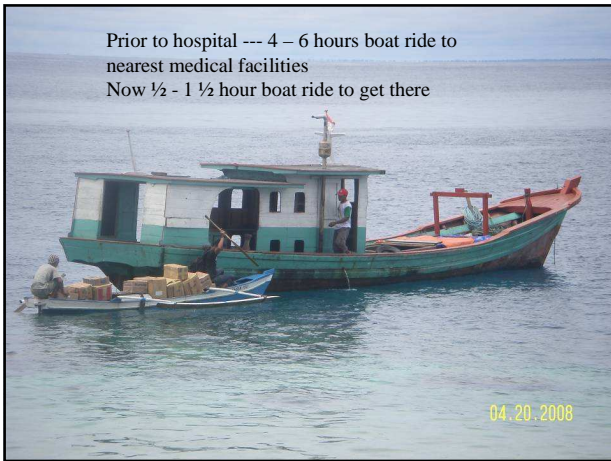
139

**Mortality Rates Telo Island**

- The infant mortality rate on the island is estimated to be 56 infants per 1000 born. (USA = 6/1000)
- The maternal mortality rate is 348 women die per 100,000 deliveries. That is equivalent to the maternal mortality rate in the United States in the 1920's. (USA in 2007 = 21/100,000)

140





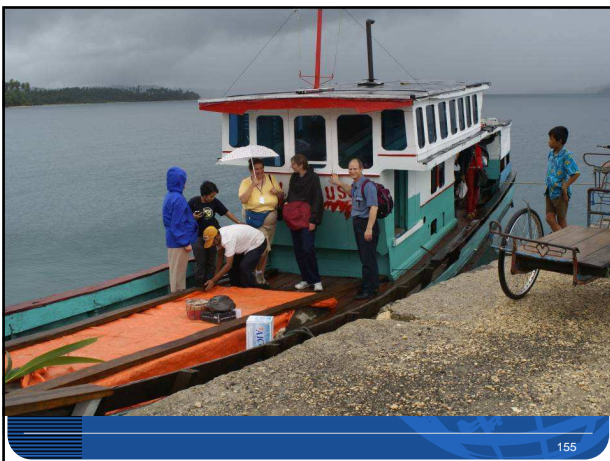




148



Our Team...ACWR, MAP International & Telo Hospital Staff

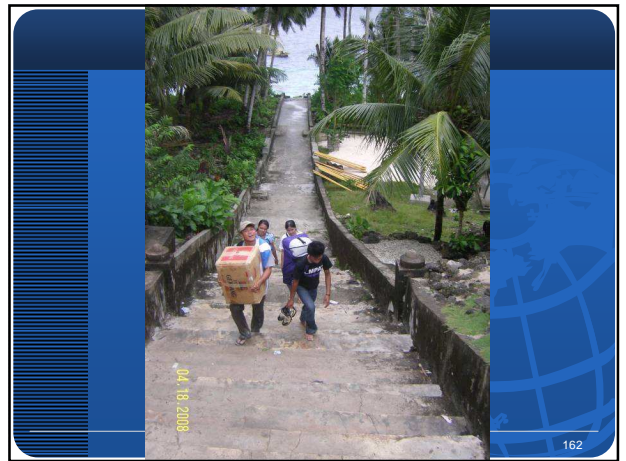


155

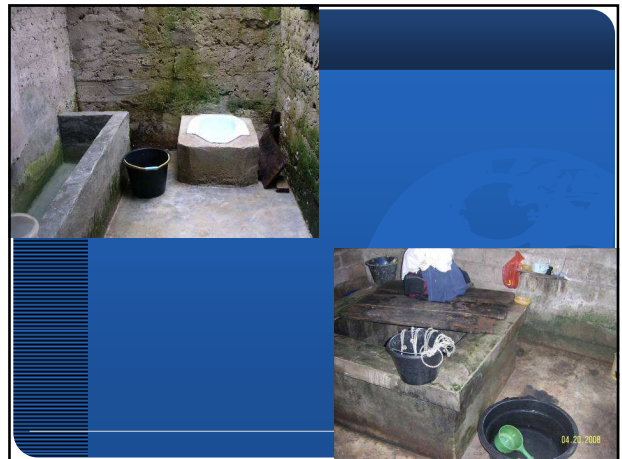
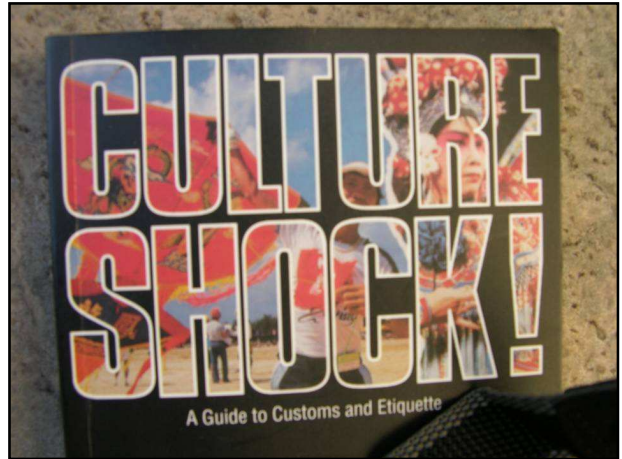


**Biang Island**  
5 villages  
Population 700 people  
Treated 122





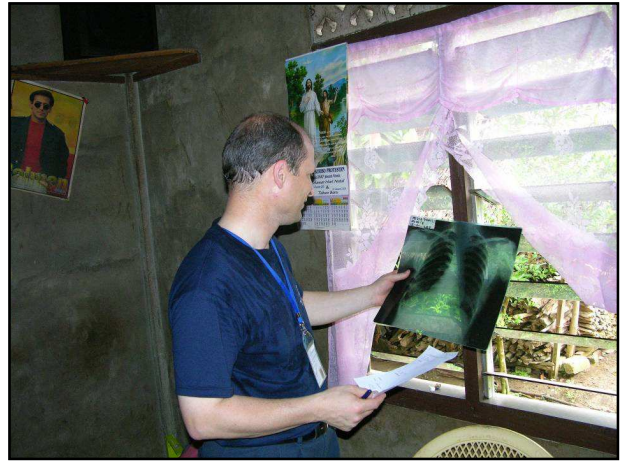












On the islands of Pulau-Pulau Batu -- Provided 1st physical exam for children --- no access to physician



Rickets



## Polio



181



## Evaluation

- The clinics were good assessment for case finding and possibly follow up either at Telo Hospital or Nias Island clinics.
  - High Blood Pressure 200 – 245
  - TB



183



184

