

Service Learning Trips

An overview of a service week for SLT participants

What happens during an SLT week?

- Learn about our partner communities and the issues they face during the **Reality Tour**
- Assist local professionals on a **Mobile Medical Clinic**
- Complete a **development project**, pending on the group size and location, alongside community members.
- Participate in evening **discussions** and **reflections**
- *Optional* Saturday **tourism excursion** with Good Life Expeditions



Goals throughout the SLT

For you:

- 1.) Learn about local issues, global poverty, and the MEDLIFE Mission
- 2.) Help bring medical care and infrastructure to low-income communities

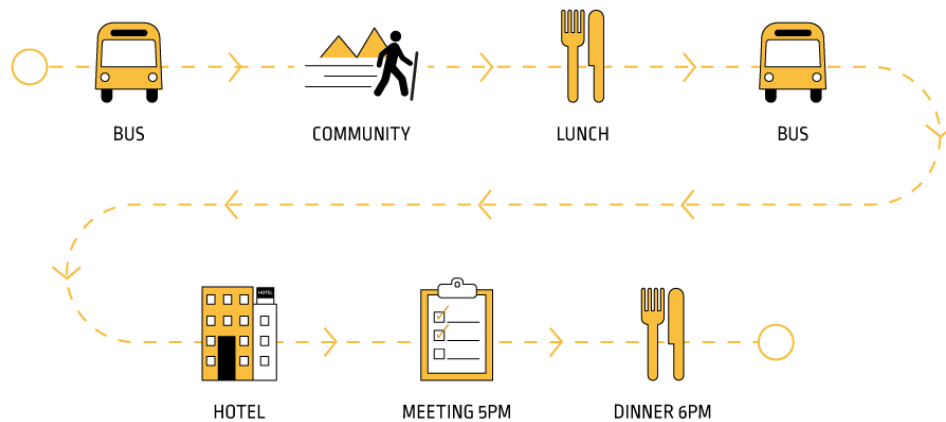
For the community:

- 1.) Provide medical attention
- 2.) Identify patients in need of follow-up care
- 3.) Improve infrastructure through a development project

Sample Itinerary

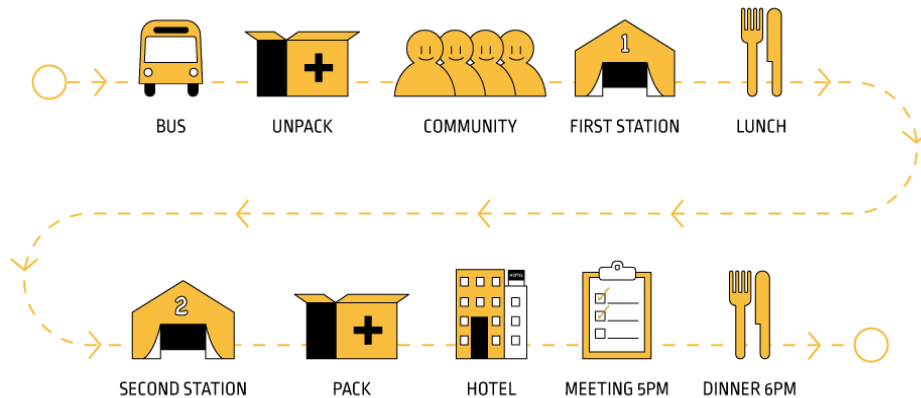
REALITY TOUR DAY

BREAKFAST 7:30 AM



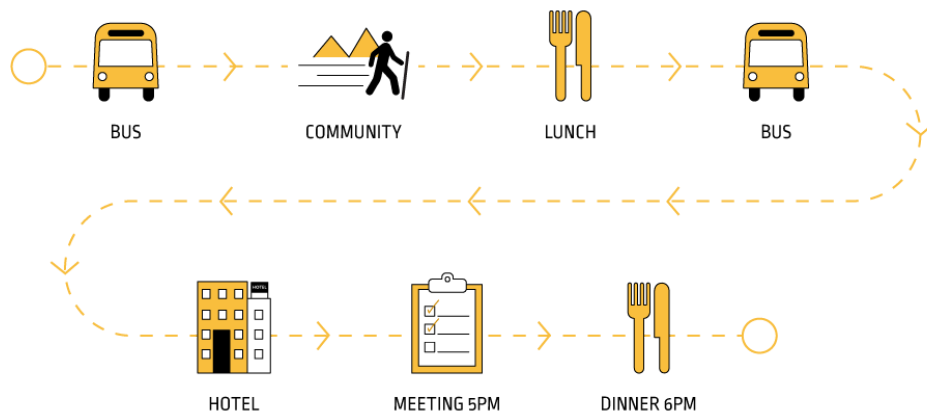
MOBILE CLINIC DAY

BREAKFAST 6:30- 7:00 AM



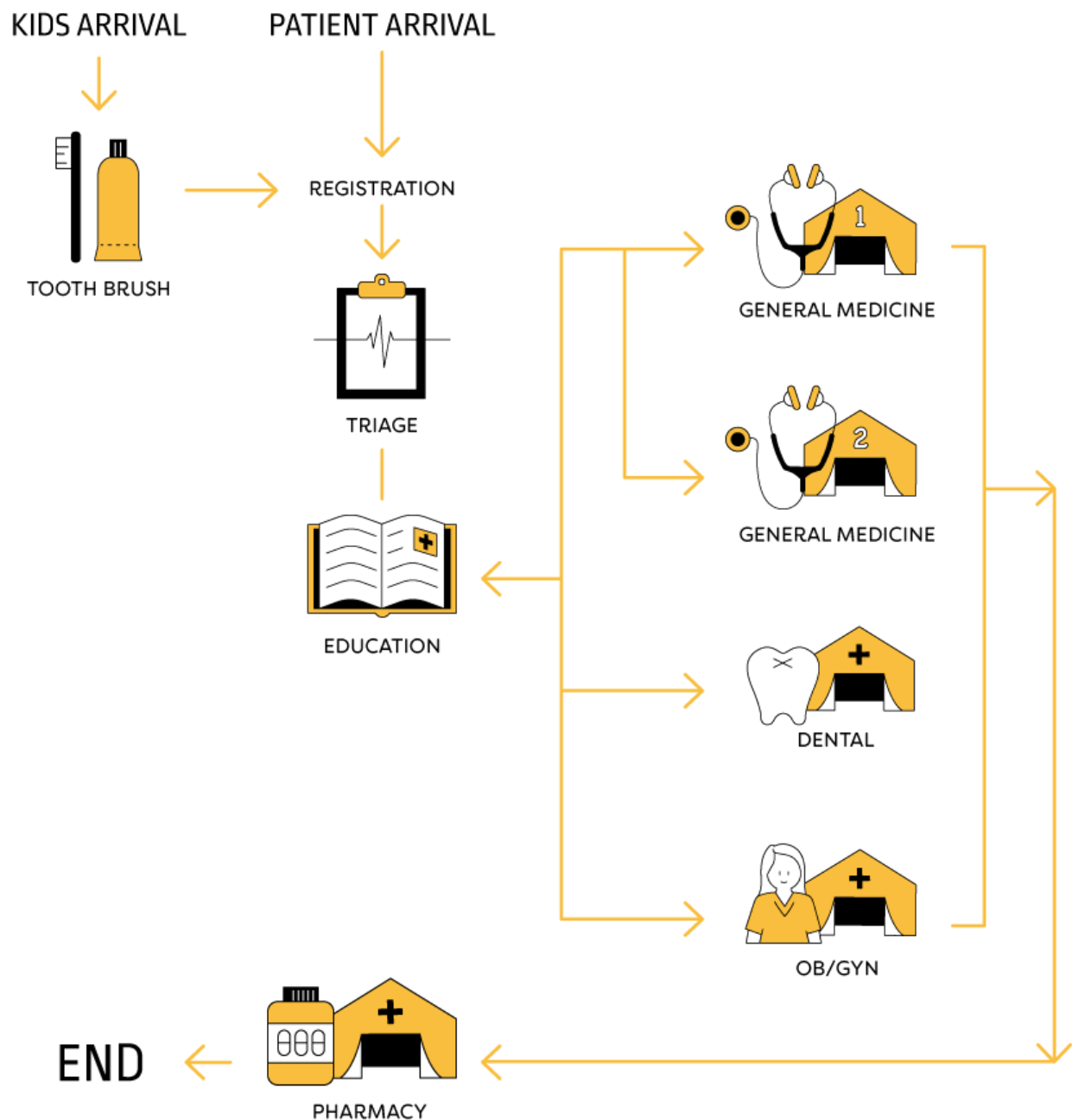
PROJECT DAY

BREAKFAST 7:30 AM



Mobile Clinic Flow Chart

Depending on location site and the number of volunteers, the stations within the mobile clinic may vary. Please contact MEDLIFE HQ to confirm the stations for your clinic week.



Mobile Clinic Stations

Triage (Tr)

What is the Triage Station?

The Triage Station is the first station patients visit after they register and receive their medical history form. Here we obtain their contact information, basic medical history, and other data for the physicians to use during their consultations.

What will I be doing?

1. Fill out the section below on each patient's medical history forms:

Presion/BP		FC/HR		TC/Temp	
Peso/WT		Talla/HT		IMC/BMI	

2. Measure height (Talla/HT), weight (Peso/WT), blood pressure (BP), heart rate (FC/HR), and temperature (TC/Temp)
 - Calculating BMI is optional.
 - BP does NOT need to be taken for kids (anyone with a **niño** history form).
 - For BP, the **systolic pressure goes above the diastolic pressure**.
 - Star the patients' information in the following cases:
 - If his/her diastolic pressure is higher than 90
 - If his/her temperature is higher than 38°C (100°F)
3. Guide patients to the waiting area (Education Station)
 - Remember, medical history forms stay with the patient.

Useful phrases for the Triage Station:

- Stand up straight.
- I am going to measure your height/weight.
- I am going to take your blood pressure.
- Take off your shoes/sweater.
- Lift up your sleeve.
- You will feel a bit of pressure on your arm.
- Follow me, please

- Párese derecho.
- Voy a medirlo/pesarlo.
- Voy a tomar su presión arterial.
- Quítese sus zapatos/chompa.
- Levante su manga.
- Va a sentir un poco de presión en el brazo.
- Sígame, por favor

Education (Ed)

What is the Education Station?

The Education Station is a space to provide health education on various topics such as Nutrition, Gender-Based Violence, Breast and PAP screening, among other health themes. It also serves as a waiting room for patients before they visit other stations.

What will I be doing?

- Distribute informational brochures.
- Assist the education nurse by keeping the patients and their history forms in order of arrival.
- Determine which volunteer will be monitoring each station (Medicine, Dental, OB/GYN) for openings. When a station is open, inform the education nurse and direct patients to the station.
- Redirect patients who come back from General Medicine or other specialty stations and have consultations at different stations.

Recommendations:

- Be sure to maintain the order of patients by number of arrival. This number will be written on the top of each patient history form. Remain patient with the process to encourage patients to do the same.
- If a patient comes from Triage with high blood pressure or a fever, they should be prioritized to see the doctor immediately.
- Do not send patients to the Pharmacy Station until they have visited every consultation as circled on their history form. Pharmacy is the last station a patient visits in the mobile clinic.
- We will treat families as a single unit. This means if a mother or father has come with their children and each one has consultation(s) with various specialists, they must all see the medical provider(s) circled on their patient history forms before proceeding to the Pharmacy Station.

Useful phrases for the Education Station:

- Wait here please.
- Sit here please.
- Follow me please.

- Espere aquí por favor.
- Tome asiento aquí.
- Sígame por favor.

General Medicine (Dr)

What is the General Medicine station?

The General Medicine Station is the major station where doctors address individual medical issues and identify patients who require follow up care.

What will I be doing?

- Listen and be observant to the patient's needs. Most doctors speak English and will explain to you the patient's diagnosis and treatment plan. Don't be afraid to ask questions, but please wait until the appropriate time when the patient consultation is over. We want to respect the patient's time with the doctor.
- Remain attentive to the education area where patients are sent to wait until there is a doctor available for a consultation.
- Guide patients to the Education Station if they have other consultations (Dental, OB/Gyn).
- Guide patients to the Pharmacy Station ONLY if they have visited all medical consultations as circled on their medical history form.

Recommendations:

- Please be patient and wait until the doctor finishes the medical consultation to ask questions.
- Be cordial and polite with every patient.
- Avoid side conversations with other volunteers.
- Please be mindful that these are patients are receiving a private medical consultation. **No photos allowed.**

Useful phrases for the General Medicine Station:

- Please sit down
- Please stand up
- Wait here a moment
- Please follow me

- Siéntese por favor
- Párese por favor
- Espere un momento aquí
- Sígame por favor

Dental (Dn)

What is the Dental Station?

The Dental Station offers filling and extraction services to our patients. Our dental professionals will ask you to assist with a range of hands-on duties.

What will I be doing?

- Assist the dentist with cleaning instruments, holding the flashlight/suction tube, mixing filling paste, and a variety of other tasks required.
- Complete odontograms and patient paperwork, following the dentist's instruction.
- Sanitize utensils before and after patient consultations.

Recommendations:

- **Take initiative.** In this station, it is vital to work quickly and communicate well with the dentist.
- If you are unsure of your tasks, ask the dentist what needs to be done and listen to his/her instruction

Useful phrases for the Dental Station:

<ul style="list-style-type: none">• Tooth/teeth• Dentist• To the left• To the right• Flashlight• To clean• Dental chair• Cavities• Fillings• Extraction	<ul style="list-style-type: none">• El diente/los dientes• Dentista• A la izquierda• A la derecha• La linterna• Limpiar• Silla dental• Caries• Curaciones• Extracción
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OB/GYN (Ob)

What is the OB/GYN Station?

The OB/GYN Station is responsible for addressing gynecological issues, including breast exams and cervical cancer screenings. Only female volunteers are permitted to be in this station.

What will I be doing?

- Assist the gynecologist in setting up the consultation room, creating a private space and sanitizing the bed and general area.
- Direct patients to the patient chair. Ensure their privacy and assist them with changing into their gown.
- Observe the gynecologist as they perform mammograms and pap smears. Volunteers are not licensed professionals and will NEVER perform pap smears.
- You may be asked to hold a flashlight for the physician as she performs the pap smear.
- Be sure to alert the Education Station when the OB/GYN is ready for another patient.

Recommendations:

- **Be polite and cordial with the patients.** Many of the women have never been to the gynecologist nor received a pap smear; they may feel very nervous or embarrassed.
- **Please keep a maximum of 2 volunteers inside the room at a time.** If there are 3 volunteers assigned to the station, create a rotation system for one person to wait outside and alert the Education Station when there is availability for another patient.
- **If the patient prefers a private consultation, all volunteers will need to wait outside the room during the consultation.**
- Check-ups can be graphic. Please be mindful of your reactions.
- **Always knock before entering the room.**

Useful phrases for the OB/GYN Station:

- Please follow me.
- Please lay down here.
- Read these instructions.
- Pap smear.
- Breast exam.

- Sígame por favor
- Échese aquí por favor
- Lea estas instrucciones
- Papanicolau
- Examen de mamas

Pharmacy (Ph)

What is the Pharmacy Station?

After the patient has visited every station indicated on their patient medical history form, they will be directed to the Pharmacy Station to fill their prescription(s). We will collect data in this station that will help MEDLIFE understand the quantity prescribed by each specialist and the quantity received by our patients. We will also collect the patient medical history forms to analyze medical data and enroll patients into MEDLIFE's patient follow-up program.

What will I be doing?

- Maintain the line for the Pharmacy Station so only one patient is seen by the nurse at any given time.
- Collect the patient medical history forms in order received.
- Record the quantity prescribed and the quantity received on the pharmacy accounting sheet, following the instructions from the pharmacy nurse.
- If there's a medication being prescribed in a different dose than being given, alert the nurse immediately to consult with the physicians.
- Make sure the patients take the hand-written prescription with the physician's instructions with them.
- Organize and store medications during and after the clinic

Recommendations:

- Read through the data collection process as soon as you arrive to this station.
- Have one person writing down the data and another organizing patients and placing patient history forms in the folder.

Useful phrases for the Pharmacy Station:

<ul style="list-style-type: none">● Let's form a line.● Wait here, please.● One patient at a time.● Give me your prescription and form.● We will keep the form.	<ul style="list-style-type: none">● Formemos una fila.● Espere aquí, por favor.● Un paciente a la vez.● Deme su receta y ficha.● Nosotros nos quedamos con la ficha.
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Toothbrushing (Tb)

What is the Toothbrushing Station?

The goal of this station is to educate children from ages 3 and up about dental hygiene. The Toothbrushing Station is for children only, and children do not need a medical history form to participate. Please note, this is the only station without a medical professional, so you need to be proactive about setting up and running the station.

What will I be doing?

- **Setting up:**
 - Request a table and a bucket filled with water from the Trip Leader.
 - Set up the table with toothbrushes, water cups, toothpaste, and fluoride.
 - Have an empty bucket of water to allow kids to spit into after brushing their teeth.
- **Once the station is ready and kids begin arriving:**
 - Register all kids on the recording sheet provided at the station, including name and age. Please do not worry about the correct spelling of names.
 - Hand each child a toothbrush with toothpaste and a water cup.
 - Demonstrate how to properly brush their teeth with the giant mouth and toothbrush props.
 - Ask if they want to apply fluoride. If they choose fluoride, advise them and their parents that they can't drink or eat for an hour and cannot drink milk for the rest of the day.

IMPORTANT: Do not apply fluoride to children younger than 3 years of age.

Useful phrases for the Toothbrushing Station:

- Toothbrush
- What is your name?
- How old are you?
- Take a toothbrush and a cup.
- Brush your teeth in a circular form.
- Rinse your mouth.
- Don't drink the water.
- Spit out here / there.
- Wash your toothbrush.
- Now we will place flouride in your teeth.
- Open your mouth wide.
- Don't eat or drink anything for an hour.
- Don't drink milk for a day.

- Cepillado de dientes
- Cómo te llamas?
- Cuántos años tienes?
- Toma un cepillo y un vaso.
- Cepillate los dientes en forma circular.
- Enjuágate la boca.
- No tomes el agua.
- Escupe aquí / ahí.
- Lava tu cepillo.
- Ahora pondremos flúor en tus dientes.
- Abre la boca bien grande.
- No comas ni tomes nada por una hora.
- No tomar leche por un día.

Respectful Behavior in the Communities



- It is not permitted to take photos during medical care or in the clinic. Please be respectful with all patients, as they are receiving medical attention.



- Do not leave your station. If you need to use the restroom or to grab a snack, please tell your Trip Leader so they are aware of where you are and can find a temporary replacement for your spot.



- The Trip Leader will alert volunteers when it's time to eat lunch and change stations. We will always eat lunch inside the bus.



- Every student is responsible for reporting missing utensils or materials from each station.



- Do not pet or feed animals. We cannot determine if they have diseases, rashes, or a poor temperament.
- Remember, you are representing MEDLIFE when working at the clinics and at project. Please be mindful of your attitude, behavior, and actions when working with patients and community members.

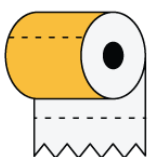
General Recommendations



- Do not drink tap water. It can make you sick!



- Exercise caution when eating street food-- especially meat.



- Please throw your toilet paper in the trash instead of flushing it. Plumbing systems abroad cannot handle massive amounts of toilet paper. It will clog the pipes and risk flooding.