

Resident International Grant Nepal Rotation Pre-Departure Handbook

Education and Volunteers Abroad Committee (EVAC) American Academy of Dermatology
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INTRODUCTION

Namaste! (Hello) Congratulations on receiving the AAD Residents' International Grant (RIG) to participate in the dermatology elective at Dhulikhel Hospital in Dhulikhel, Nepal. We are so pleased that you have chosen to be a part of this wonderful experience!

Please read this handbook thoroughly as soon as possible. It will help you get ready for the trip, get acquainted with life in Dhulikhel, and introduce you to the basics of clinical care in this rotation.

There is a LOT of information, which can be daunting as you are preparing to go. Just keep in mind:

- Most of the information will become clear when you arrive, and your host faculty at Dhulikhel department of dermatology will be providing guidance and support throughout your rotation.
- On this rotation you will work hard, take care of sick patients in a resource-limited setting (with all of the reward and frustration this entails), grow as a physician, and have fun!

The RIG

In an effort to promote international educational opportunities, the AAD, through the Education and Volunteers Abroad Committee (EVAC), provides funding for fifteen U.S. and Canadian senior dermatology residents to participate in an elective rotation in a developing country.

The rotation is a 4-6 week block based on the timing preferences stated on your application. The clinical and teaching responsibilities of the rotation are detailed in this handbook.

Non-Penn grant recipients will receive:

- Airfare booked through the AAD Travel Desk
- You will be provided with a stipend that will cover cost of accommodation, local transport, medical evacuation insurance and some extra for miscellaneous expenses. **The exact amount of your stipend is still being finalized as it changes yearly based on costs of individual sites. You will be notified as soon as possible with the finalized amount.**
-

Penn grant recipients will receive:

- Airfare booked through the AAD Travel Desk
- Partial AAD stipend to cover room, board, and other needs. The remaining \$500 comes from the Kramer Penn Gift Account.

Grant requirements (all covered in more detail later in this handbook) include:

- AAD Patient log
- Lectures given to be shared with the local site and emailed to Dr. Bailey
- Rotation summary/report

The Staff

The rotation is run by:

- **Dr. Carrie Kovarik.** Director of the AAD Resident International Grant Program, and Assoc. Professor of Dermatology, Dermatopathology and ID at the University of Pennsylvania (UPenn).
- **Dr. Victoria (Tori) Williams,** Co-Director of the AAD Resident International Grant Program, Assist. Professor of Derm at UPenn, Site Director of the BUP Derm Rotation, Senior Lecturer at the University of Botswana and former Ministry of Health of Botswana Dermatology Specialist.
- **Dr. Amy Forrestel,** Assist. Professor of Derm at UPenn, Co-Director of the BUP Derm Rotation.
- **Dr. Elizabeth Bailey,** Clin Assist. Professor of Derm at Stanford, Site Director of the Dhulikhel Derm RIG Rotation

Other members of the team:

- **Breon Smith** – Resident International Grant administrative assistant at the AAD
- **Dr. Dharmendra Karn** is Professor of Dermatology and head of the department of dermatology at Dhulikhel Hospital.
- **Dr. Shekhar K.C.** is a Lecturer in the department of dermatology and staff physician. He will act as the on-site primary rotation supervisor.

Dr. Kovarik and Dr. Bailey will be coordinating your trip. Further details on travel arrangements and daily schedule are explained below. Dr. Bailey will be supervising your rotation remotely (or in person if your rotation overlaps with her time on the ground in Nepal). She also provides twice monthly multidisciplinary video case conferences with dermatology and pathology residents and faculty at Dhulikhel. She is there for support inside and outside of the hospital... if you need anything, reach out!

Code of Conduct

While in Nepal, you will be representing not only yourself but also your home institution and the AAD. Errors in judgment or conduct in Nepal could result in compromising the entire program. You are all adults and will not be monitored. It is up to you to think carefully about the potential negative implications of questionable behavior both in and out of the clinic. So, have fun but please don't do anything dangerous or dumb.

Additionally, the communal living in the guesthouse requires its own code of conduct. One of the many benefits of this elective is the opportunity for visit and explore with local faculty, fellows, residents, and students in an informal way. Please be considerate and flexible when it comes to living arrangements. It's a wonderful opportunity to make new friends and connections.

Things to remember:

- Your actions, intentional or unintentional, have implications for the entire program.
- You live communally. Be mindful of guesthouse etiquette (see section below).
- Being nasty or aggressive in nearly any setting in Nepal is unlikely to further your cause and may result in your being sent home early.
- You are living in a developing country and may not have all of the luxuries available in the U.S. Please be flexible. The accommodations are a higher standard than most people have in Nepal and are both safe and comfortable.

QUICK REFERENCE SHEET

Contact List

RIG U.S. Contacts		
Elizabeth (Betsy) Bailey, MD	Clin Asst Prof of Derm at Stanford University, Director of Dhulikhel Derm RIG rotation	Elizabeth.e.bailey@gmail.com Cell: +18327552318
Victoria (Tori) Williams, MD	Director of BUP Derm Program, Co- Director of AAD RIG, Asst Prof of Derm at UPenn	Tori22@gmail.com Cell: +18327520738
Amy Forrestel, MD	Co-Director BUP Derm Program. Asst Professor of Dermatology at UPenn	Amy.forrestel@uphs.upenn.edu Cell: +18138427357
Carrie Kovarik, MD	Director of the AAD RIG, Assoc Prof of Derm, Derspath and ID at UPenn	Carrie.Kovarik@uphs.upenn.edu
Dhulikhel Dermatology Contacts		
Dr. Shekhar K.C.	Lecturer at Dhulikhel department of dermatology, on-site Dhulikhel derm RIG supervisor	drshekharkc@gmail.com +9979841243019
Shrinkhala Shrestha	International Students' point-person, Dhulikhel Hospital-Kathmandu University Hospital	shrinkhalabarun@gmail.com +9779841422358
Guest house contact: Nirupa Makaju	Dhulikhel Hospital Guest House Alongside Hotel Himalayan Horizon Dhulikhel, State-3, Nepal	makaju_nirupa@yahoo.com +9979801002259

PRE-DEPARTURE AND TRAVEL

PRE-TRAVEL CHECKLIST. Further details are explained after the checklist.

	Now. Reach out to your home institution to start the logistical coordination and approval process. Institutions have unique, specific requirements for resident training agreements (RTAs), legal documentation, etc. Sometimes this can take months to coordinate. Ask your program coordinator or director whom to contact about this and start these discussions NOW.
	Now. Check your passport. It must be a) valid, b) does not expire for at least 6 months following your intended return, and c) have at least one blank visa page.
	Now. Visa. U.S. citizens can purchase visa upon arrival. If you are not a US citizen, check immediately with the Nepal immigration website (http://www.nepalimmigration.gov.np/page/tourist-visa) to find out whether you need an advanced purchase visa, as the process can take some time. The fee for 30-day visa is \$50 USD, and the fee for 90-day visa is \$125 USD. You must bring U.S. currency with you to pay at the immigration checkpoint for this visa as they do not accept credit cards, and there is not an ATM machine available.
	Now. AAD release. Complete and return the release to Breon Smith bsmith@aad.org
	ASAP. Read Pre-Departure Handbook
	ASAP. Set the exact travel dates. Your RIG acceptance letter tells you the date of your rotation. Choose your exact dates of travel and email Dr. Carrie Kovarik for approval. You should arrive the Saturday or Sunday before your rotation starts. If you plan to extend your stay in Nepal in order to travel, all extended travel must be done AFTER the rotation is complete.
	ASAP. Book flights. Email Breon Smith (AAD admin bsmith@aad.org) for instructions to book flights through the AAD Travel Agency, which will then be approved by Carrie Kovarik,
	ASAP. Medical evacuation insurance. Penn Residents are covered by Penn's ISOS insurance. <ul style="list-style-type: none"> • If your institution provides medical evacuation insurance, obtain the information. • Otherwise, purchase insurance
	Make travel clinic appointment (if available) and get recommended immunizations / medications.
	≥ 3 months prior to departure. Confirm housing and transport from the airport. Email Shekhar K.C. your travel itinerary. He will schedule a driver to pick you up at the airport. Copy the itinerary to Dr. Elizabeth Bailey so she can be sure it has gone out to Shekhar.
	Hospital visitor registration form. Fill out and submit the form included in the link below to register as a visitor to Dhulikhel Hospital: https://dhulikhelhospital.org/images/stories/download/ISGuideline2018-.pdf
	Orientation call. You will be emailed to schedule an orientation call 1-2 months prior to departure. If you have not heard one month prior, email Dr. Bailey to schedule a call.
	Purchase travel insurance (strongly encouraged)
	Register your travel plans with the Department of State: https://travelregistration.state.gov/ibrs/
	Unlock your iPhone / mobile device (if you wish to have a personal phone)

Medical Evacuation Insurance

Recipients will be required to purchase medical evacuation insurance, such as International SOS (\$130 per trip) or Medjet Assist (\$235 per year if bought through the AAD). You will pay for this out of the AAD stipend. If your medical school provides medical evacuation insurance free of charge to students (ie Penn), you do not need to purchase this; however, you must show proof of coverage to the AAD. If you are a Penn resident, you must register your trip on Penn's Global Activity Registry (GAR). This step pre-authorizes you to use ISOS and you can access the ISOS membership card and details for Penn. You can register for the GAR here: <https://global.upenn.edu/travel-guidance/register-your-trip>.

Visa

U.S. citizens can purchase visa upon arrival. If you are not a US citizen, check immediately with the Nepal immigration website (<http://www.nepalimmigration.gov.np/page/tourist-visa>) to find out whether you need an advanced purchase visa, as the process can take some time.

Immunizations and health

- Make an appointment with the travel clinic at your university, if there is one. Up to date medical information on traveling to Nepal can be found on the CDC website:
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/nepal>
- Recommended **vaccinations**: hepatitis A, hepatitis B, typhoid (IM or oral), and ensure Td is up to date.
- **Malaria** prophylaxis: If you plan to travel to low-lying areas, you will need to bring malaria prophylaxis. Malaria prophylaxis is not needed in Dhulikhel or Kathmandu.
- **HIV post-exposure prophylactic medications** for needle sticks.
- You should have a tuberculin skin test before and 6 – 8 weeks after the trip.
- Water is safe only if it has been boiled or chemically treated, and it is recommended to bring an antibiotic for self-treatment of travelers' diarrhea in case it is needed. Bottled water is readily available for purchase. Antibiotics can also be purchased at local pharmacies without a prescription if needed.

Confirm housing

We recommend RIG residents stay at the Dhulikhel Hospital Guest House.

Email makaju_nirupa@yahoo.com to arrange your stay.

What to Pack

Clothes

- Dress in Nepal is “westernized.” Pretty much anything decent is acceptable socially.
- Summer in Dhulikhel tends to be hot and wet, with cooler evenings (bring layers), and winters tend to be cold and dry.
- Scrubs are acceptable for clinic; however, we recommend that you bring at least one business casual outfit with you as you will want this for any conferences or CME sessions that might occur while you are on rotation.
- There are facilities at the guest house to do laundry by hand with clothes line on the roof for drying, and you can also take your clothes to a local laundry service to have them cleaned for a fee.
- You are likely to share your flat and your room. You may wish to pack a robe or sleepwear.

Electronics

- Nepal voltage is 230 volts, not 110. Most elaborate equipment (computers, digital cameras, etc.) have internal converters that will work with both voltages, but small appliances like hair dryers will not work unless they can be switched to 220-240.
- **Adaptors** – Types C, D, and M plugs
- **VGA Adapter**. For your presentations, sites often provide a projector with VGA input. Bring an adaptor - VGA to whatever output your computer has, e.g. HDMI, lightning, etc).
- Camera for personal use.
- **Flash drive**

Equipment for clinic

- Dermlight or other light for clinical exams
- If allergic to latex, bring non-latex gloves (not available in the hospital)
- Do not bring any expired supplies or medications.

Other helpful things

- Flashlight or camping headlamp
- Small notebook to write down patient information/to do lists
- Hat and sunscreen, of course!
- Bug spray
- Eyedrops/nasal spray because of the dust
- Luggage lock for checked bags and larger carry-ons
- Lock for lockers at guest house
- Extension cord with several U.S. plug outlets on the end – lets you plug in multiple things with one adapter

Do not despair if you forget something; you can find nearly everything in Dhulikhel. (Women should note that sanitary napkins and tampons are easily purchased in Dhulikhel.) Don't overpack!

How to Pack - Checked Luggage vs Carry-On

- THEFT AND LOST/DELAYED CHECKED BAGGAGE IS A RISK WHEN TRAVELING ABROAD. DO NOT CHECK ANYTHING THAT ARE VALUABLE OR ABSOLUTELY NECESSARY.
- Items for carry on include: **your travel documents**, medications, computer, etc. Also carry on at least one change of clothes, in case your baggage arrive days after you do.
- Lock your checked bags with a TSA approved lock. Consider bringing a lock for your carry-on bag too, in case it is taken from you during your travel.
- You can plastic wrap checked bags if you are departing from JFK
- You can plastic wrap your checked bag on the return trip at the Kathmandu airport to deter theft.
- Make an inventory of items in checked baggage to aid in claims processing if theft occurs

TRAVEL AND ARRIVAL

Arrival at Kathmandu Airport

- **Immigration**
 - When you land, you will complete an immigration form. This asks the physical address where you will be staying – Dhulikhel Hospital Guest House alongside Hotel Himalayan Horizon, Dhulikhel, State-3, Nepal
 - **Check the box that states you are there as “TOURIST”**
 - It asks for the amount of days you will be in the country. The fee for 30-day visa is \$50 USD, and the fee for 90-day visa is \$125 USD. **You must bring U.S. currency with you to pay at the immigration checkpoint for this visa as they do not accept cards, and there is not an ATM machine available.**
 - Be prepared to answer questions at the passport control counter about the purpose for your trip
- **Baggage claim and customs:** Proceed to the baggage claim area and retrieve your bags. Baggage claim at the airport in Kathmandu can be chaotic. It is common for bags to be removed from the belt and placed in a big pile on the side, so be sure to look for your bag both on the belt and in any piles of baggage near the belt.
- **Getting money.** After customs there is a currency exchange office and an ATM. ATMs are generally the easiest way to get Nepali rupee. You can withdraw up to equivalent of \$100 USD at a time.

Airport Pickup

- **There is no public transport available from the airport!! There are taxis available if you need one, but we will arrange a car for pick-up for you.** Email Dr. Shekhar K.C. to arrange this. The cost is 2500 Nepali Rupee (~\$20), and you may need to pay more if you are picked up at night. Please call or email Dr. Shekhar if you encounter any delays.

END OF ROTATION

CHECKLIST FOR THE END OF THE ROTATION

	Leave a copy of your teaching lecture with the local program and also email a copy to Dr. Bailey.
	Email Carrie Kovarik and Breon Smith the following: <ol style="list-style-type: none"> 1. Final patient log (Sending via secure email is best for the log). 2. One page trip report/rotation summary - including a specific patient encounter experience, a description of what you gained from the experience and a photo of you during your rotation. Please do not include photos with identifiable patients. Please also include any suggestions for improvement of the program.

	<p>Create one detailed PowerPoint presentation on a good case you saw during your rotation & email it to Dr. Bailey. The goal is for it to be a teaching case that we can use to teach incoming RIG residents and local students / residents. Teaching points can be:</p> <ul style="list-style-type: none"> - Bread and butter derm diagnoses with good photos; - Rare derm diagnoses; - Points about navigating the system or how to use limited resources available; - Anything else you think would be interesting <p>It is OK if you did not see the patient yourself, for example, if you saw a patient in follow up after disease resolution, a complex patient following up, a biopsy that just came back, etc.</p>
	<p>Update the Predeparture Handbook and Clinical Guide with suggestions (using tracked changes) based on your experiences, and email to Dr. Bailey</p>
	<p>Post-trip tuberculin skin test - 8 weeks after returning</p>

DURING ROTATION

LIFE IN NEPAL/ DHULIKHEL

About Nepal and Dhulikhel

Nepal is a landlocked country nestled between China and India. It is geographically diverse, with the Himalayan mountain range on the border with China and low-lying tropical and subtropical terrain towards the Indian border.

Dhulikhel is a small university town with hilly terrain 30 km east of Kathmandu. It is most notable for tourists as a wonderful place from which to observe the high Himalayas on a clear day. There is also a nearby sacred stupa at Namobuddha which is a popular stop. Engage the locals and embrace experiences (within reason; safety first) they may offer. Nepali people have a saying that translates in English to “guest is God.” Be grateful for this, and be a good guest, which means you may have to over-eat at times if you are invited to someone’s home for a meal.

Most locals are familiar with Dhulikhel as the home of Kathmandu University, one of the largest public universities in Nepal. Dhulikhel Hospital is the university hospital for all of the medical programs which run in collaboration with Kathmandu University and is located next to the university campus. In fact, on most days you will find the Kathmandu University Vice Chancellor, Prof. Dr. Ram Shrestha, leading morning report, and he will likely ask you to introduce yourself on your first day. Don’t be shy.

The town of Dhulikhel is small and friendly. Along the route from your guesthouse to the hospital, you will see many small shops to stop and buy food and supplies, as well as a few multi-story department stores. The multiple story buildings sometimes have restaurants on the upper levels, and the hospital residents can give you recommendations on good places to eat. The local food is delicious.

There is limited street lighting at night, and it is important to be aware of traffic. Cars and trucks move quickly, drive on the left-hand side of the road, and often drive on both sides of the road to move around traffic. They do not stop for pedestrians, and there are few streetlights in Dhulikhel. It is important to take great caution when crossing streets.

Language, Greetings, & Respect

Nepali is the official language, but you will find that the hospital staff widely speak English. Patients however may only speak Nepali. It is customary to greet one another with by saying hello – “Namaste” for patients or “Hello, good morning” among hospital staff. If you are invited to “Nepali class” at a local restaurant called Caucasia Hotel owned and operated by a wonderful and generous man named Punya, go for it! It’s a great opportunity to learn a bit of the language and make new friends, both with locals and other international students and residents. Look out for Punya and his son, Sanatan, among others. You’ll be happy to get to know them.

DAILY LIFE IN NEPAL

CARS DRIVE ON THE LEFT-HAND SIDE, DRIVE QUICKLY, AND DO NOT STOP FOR PEDESTRIANS – WATCH OUT WHEN CROSSING THE STREET!!!!

Cell phones

- Cell phones are allowed at the hospital, but the staff generally avoid them during work or while speaking to patients.

Internet

- **WiFi.** The WiFi at Dhulikhel is not as reliable or fast as in the US. Both the hospital and the guesthouse have WiFi.

The Guest House and Communal Living

It is more similar to a hostel than a hotel. It is about a 15-20 minute walk from the dermatology clinic. It is much less expensive than other accommodations and potentially more fun so be prepared to “go with the flow”. Embrace the opportunity to make friends with other travelers, and make plans to explore with them.

- **Cleaning and maintenance.** You are responsible for keeping your room clean while you stay. You will likely have a roommate.
- **Food.** Breakfast is included on most days, and dinner is available at the guesthouse most nights for a small fee, but you have to sign up. There are also many affordable places to go out to dinner with your new friends.
- **Water.** We do not recommend drinking tap water unless it has been boiled or chemically treated. Do not drink bottled beverages that have not been sealed or drink raw foods which have not been thoroughly cleaned. Bottled water is readily available for purchase.
- **Power.** Power is generally reliable with occasional outages. Research what adaptors are needed for Nepal.
- **Security.** The front gate is kept locked, so all guests have a key to the front gate as well as a key to their room.

Rules of the Guest House

- 1) Be neat – there are a lot of people living in a fairly small place
- 2) Internet Etiquette: there are a number of persons living in the house, so please be aware of the time you are using the internet. Streaming video will slow down the internet for everyone and generally will not work. Download videos prior to your arrival if needed.

Money Matters

- The unit of **currency** is the Nepali Rupee. 1 Rupee ~ 100-120 to the dollar.
- **Cost of living** is overall less expensive than in the US. Some things cost more but many things cost much less (e.g. a men’s haircut costs less than \$1). Food also tends to cost much less.
- Notify all banks and credit card companies of your travel plans.
- **ATMs** are generally the cheapest and easiest way to get cash. You can also alternatively exchange U.S. dollars at the bank at the hospital between 11am and 2pm Sunday to Thursday, 11am to 1pm on Fridays.
Credit: Some places do take credit cards, so try to use a card that does not have foreign transaction fees if possible if you plan to use a credit card. It is a good idea to always have some cash on hand.

Transportation

- **Taxis**
 - Taxis are easiest and safest way to get around. They are available on demand in Kathmandu. At Dhulikhel, taxis area available upon inquiry at the hospital gate.

Safety

You will generally feel safe in Nepal. It is recommended to stay away from any political demonstrations because isolated violence does occur in these settings.

- **After dark,** do not walk by yourself and use the streets rather than the paths.

- **NO DRIVING YOURSELF**. Car accidents pose a particular risk to travelers in developing countries and Nepal is no exception.
- **PLEASE, be careful and make smart choices** in Dhulikhel and when traveling. Your choices and their consequences affect the future of this program and there have been foolish actions in the past that have put the program in jeopardy.
- If in doubt, check things out with Dr. Shekhar K.C., and always tell him when you are leaving town.

INTRO TO CLINICAL WORK

In the Nepal rotation, you will be integrated as a learner into a busy academic dermatology clinic in a resource-limited setting. It is an incredible opportunity for growth as a clinician and as a person. It is also challenging, and it is essential that you meet the rotation with an open mind and a willingness to learn new things.

The clinic has 4 attending physicians, Drs. Dharmendra Karn (chief), Smriti Shrestha, Aditi Mishra, and Shekhar K.C. It is a teaching clinic, and most patients are first seen by one of the dermatology residents and presented to the attendings. As the residents gain trust, they are able to see relatively straight-forward cases on their own without staffing with an attending.

As an observer, you will not be writing notes or performing any hands-on patient care. As an observer, your job on the rotation is to be an active and enthusiastic learner. Read about your patients, follow up details, and be curious. You will see and learn an incredible amount if you do. The attending physicians or residents will engage your opinion. Be thoughtful and do your best.

You may be asked to help with jobs that you do not normally perform as a resident, such as pulling pathology slides or helping with logs. Be flexible... the motto should be, "how can I help?"

LEARNING OBJECTIVES AND EXPECTATIONS FOR RIG RECIPIENTS

Medical Knowledge and Learning

Objectives:

- Increase knowledge of how to diagnose and treat tropical skin diseases.
- Increase understanding of diagnostic, therapeutic and practice challenges in a resource-limited setting.

Interpersonal & Communication skills

Objectives:

- Understand the role of the visiting trainee / clinician
- Communicate effectively with the multi-disciplinary care team

Professionalism

Objectives:

- Become familiar with local cultural customs and learn how to apply to patient care to provide respectful and responsible care
- Recognize that in this unique practice setting, professionalism includes reading available materials to guide clinical practice.

THE SETTING – DHULIKHEL HOSPITAL

There are parallel government, private, and public university-based health systems in Nepal. Dhulikhel Hospital is part of a public university-based system with Kathmandu University. The Nepali government started a health insurance system in 2017 with the National Health Insurance Act, which is still in the process of being rolled out on a district-basis. It is in roll out at Dhulikhel Hospital and allows for coverage

for up to \$500 USD in healthcare cost per year for a cost of \$20 USD per year. Prior to this, the cost for most healthcare other than specific diseases covered with governmental funds such as tuberculosis and HIV required out of pocket cost. Dhulikhel Hospital has been an important community health hub as a non-profit hospital which provides healthcare on a sliding scale to treat all patients regardless of ability to pay. Patients travel hours or sometimes even days to come for care at Dhulikhel Hospital and are seen on a first-come, first-serve basis in the dermatology clinic.

The majority of Nepal is rural, and many areas have limited road access. Dhulikhel Hospital has a thriving Department of Community Programs with community-based healthcare sites in rural villages in many areas of Nepal. Dermatology does community outreach clinics at many of these sites and you will likely visit one during your rotation. This is a wonderful and unique experience.

ROTATION STRUCTURE

Outpatient Clinics

- Sunday – Fri from 8am until the last patient is seen (usually around 2pm).
- Patients come early in the morning to register and are given numbers to wait in line to be seen.

Consults

- Inpatient consults are seen after clinic or during clinic breaks.

Dermpath

- Dermatopathology sessions are conducted each Friday. In addition, we have a clinical correlation conference with Dr. Elizabeth Bailey every 2 weeks which you will be able to join on.

Documentation and Patient Follow Up

- During your rotation, please keep a **patient encounter log** of patients you see

Teaching

- Residents will give a powerpoint lecture to Dhulikhel dermatology department during the rotation. Check with Dr. Bailey before your rotation for suggested topics.

Global Health Ethics

- Before traveling to Nepal, we highly recommend that you review global health training material from Unite for Sight: <http://www.uniteforsight.org/global-health-university/>. In particular, the online (free!) courses on Cultural Competency, Volunteer Ethics, International Research, and most of all the general Global Health course, are very useful.
- Global health work can be challenging because health access, resources and care delivery are highly varied around the world. One of the most educational experiences of your rotation will be learning to adapt to the local systems to understand how dermatology care can be delivered with limited resources. We ask that you respect the local systems and keep the following tenets in mind for your time in Nepal and during any future global health work.
- *Adapted from the Unite for Sight Global Health University:* In spite of good intentions, international health work that does not follow global health best practice principles can be wasteful, unethical, and harmful. Worst practices are serious public health concerns that create new and oftentimes more substantial barriers to patient care, thereby reinforcing and furthering health disparities and the cycle of poverty. Furthermore, these worst practices most often violate concepts of social justice and human rights. Due to high costs, schedule constraints and complicated logistics, many global health endeavors take the form of short-term medical missions, which can undermine the local health care system, cause significant harm, and reinforce poverty. These missions are often labeled as medical tourism or "volunteer vacations" – "short-term overseas work in poor countries by clinical people from rich countries." IF not done in a sustainable manner that integrates with the local healthcare system they can be:

- Self-serving: providing value for visitors without benefitting the local community
- Raising unmet expectations: sending volunteers who do not have appropriate language or medical training or accountability
- Ineffective: providing temporary, short-term therapies that fail to address root causes
- Imposing burdens on local health facilities: providing culturally irrelevant or disparaging care and leaving behind medical waste
- Inappropriate: failing to follow current standards of healthcare delivery (continuity, access) or public health programs (equity sustainability)

APPENDIX 1. Essential Nepali

Essential Nepali (written phonetically)

Numbers 1-10: ek, dui, tin, char, pach, cha, shaat, ott, non, das

Mero naam Stephen ho. My name is Stephen.

Tapai ko naam ke ho? What is your name?

Ma America bata ho. I'm from America.

Bhetera khushi lagyo. Nice to meet you.

Yesko kati parcha. How much does it cost?

Sanchai hunuhuncha. Are you doing well? (More formal.)

Sanchai chu I'm doing well.

Sanchai chau? How are you? (For friends)

Mitho cha. Tastes good.

Ma bhujdina. I don't understand.

Pol-cha? Does it burn?

Che-lounsa? Does it itch?

Dhuksa? Does it hurt?

Photo khichna milcha? May I take a picture?

Chaalaa. Skin.

Swagatam. Welcome.

Sakyu. Done.

Ramro Good.

Dhan-ya-vaad. Thank you.

Khusi. Happy.

Pani cha? Do you have water?

Yeslai nepali ma ke bhancha? How do you say this in Nepali? (Pointing to something)

Tapai sanga Tuborg cha? Do you have Tuborg? (a type of beer that is popular there)

Su-bha pravat (or bihani). Good morning. 🌞

Su-bha ratri. Good night. 🌙

Hijo. Yesterday.

Aja. Today.

Bholi. Tomorrow.

Feri vetaula. See you again.

Yo ke ho. What is it?

Hot (weather). Garmi.

Cold (weather). Jado.

Taato. Temperature hot (food).

Piro. Spicy 🌶️ (Piro chai-na. It's not spicy.)

Baya. Left

Daya. Right.

Gyan. Knowledge.

Sikchya. Education.

Derma. Dermatology.

Chikitsak. Doctor ("doctor" works as well).

Saafa. Clean.

Binaya. Humility.

Sarirko angaharu. Body parts.

tauko. Head.

Kaadh. Shoulder.

Haath. Arms.

Khuttah. Legs.

Ghuda. Knee.
Aunla. Fingers/toes.

Kukur. Dog 🐕

Dhal bat. Traditional Nepali meal.

Bhaat. Cooked rice 🍚

Kukhura. Hen 🐔

Anda. Egg 🥚

Mo Mo. Dumplings

Ghee. Tops of the milk to put over rice.

Falful. Fruits. (Full = flower)

Kera. Banana 🍌

Shyau. Apple 🍏

Mewa. Papaya.

Awp. Mango.

Kharbuja. Watermelon 🍉

Nimbuwa. Lemon 🍋

Kagati. Lime

Suntala. Orange 🍊

Gaajar. Carrot 🥕

Kakro. Cucumber 🥒

Beer=beer 🍺

Pani. Water 💧

Tuhkpa. Noodle soup 🍜

Ranga. Colors.

Raato. Red.

Suntala. Orange.

Pahelo. Yellow.

Hariyo. Green.

Nilo. Blue.

White. Seto.

Black. Kaalo.

Barsha. Year.

Ke. What.

Kaile. When.

Kun. Which.

Kati. How.

Kapal. Hair.
Tauko. Head.
Akha. Eyes.
Nak. Nose.
Mukh. Mouth.
Kanfingers. Ear.
Gala. Cheeks.
Ghati. Neck.
Gudha. Knees.
Khuta. Legs.
Tigra. Thighs.
Hath. Hand.
Hatkela. Palms.
Kadh. Shoulders.
Chati. Chest.
Dhaad. Back.
Kamar. Waist.

Dath. Teeth.
Jibro. Tongue.
Mutu. Heart.
Phokso. Lungs.
Kalejo. Liver.
Mirgaula. Kidney.
Andra. Intestine.
Bhudi. Stomach.
Haddi. Bones.
Ragat. Blood.
Dimag. Brain.