

IU RICHARD M. FAIRBANKS SCHOOL OF PUBLIC HEALTH at IUPUI
Spring 2017
3- credit hours

COURSE TITLE: Health Systems Around the World: Understanding Nicaragua's Health System

COURSE NUMBER: PBHL-P450 or PBHL-H670

LOCATION: Fairbanks School of Public Health
Managua, Nicaragua

DATES: Class session #1: January 20th (1:00P – 3:30P)
Class session #2: January 27th (9:00 am till 12.30pm)
Class session #3: February 17th (9:00 am till 12.30pm)
Class session #4: March 3rd (9:00 am till 2 pm)
Nicaragua trip: March 11th-March 19th

FACULTY:

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COURSE DESCRIPTION

This course provides an in-depth introduction to the health system in Nicaragua and provides students with the opportunity to compare and contrast systems in Nicaragua and the United States. Participants will spend substantial time out in the field visiting the Nicaraguan health facilities, historical and cultural sites and will participate in a service project constructing composting latrines to improve public and environmental health in the rural community of Zacataloza.

PROGRAM COMPETENCIES

This course contributes to the following undergraduate competencies:

1. Communicate effectively with diverse stakeholders, including public health and health care professionals, individually and in-group settings using verbal, written, and electronic modes of communication.
2. Work individually and within a team setting by applying organizational knowledge and leadership skills.
3. Recognize and demonstrate sensitivity to diverse points of view.

LEARNING OBJECTIVES

At the completion of this course, students will be able to:

1. Describe the basic components of the US healthcare system.
2. Describe the core components of public health.
3. Identify and discuss the differences between the US healthcare system and those in this low-income country.
4. Describe the history, organization and financing of Nicaragua's health system.
5. Understand current issues and changes underway relating to delivery of health services in Nicaragua.
6. Discuss the challenges relating to cost, quality and access to care.
7. Understand fundamental principles of providing for sanitation in Nicaragua.
8. Debate future directions for the delivery of health services in Nicaragua and implications for the public's health.

REQUIRED OR SUGGESTED TEXT AND/OR READINGS

Required for undergraduate and graduate students:

A Community Guide to Environmental Health, by Jeff Conant & Pam Fadem

Chapter 7 (the only chapter required) provides basic information about sanitation and the rationale and principles for toilet construction.

Additional readings provided by the instructor.

Required for graduate students/optional for undergraduate students:

The Healing of America, by T.R. Reid

Provides a tour of health systems in other wealthy countries and challenges us to consider what can be learned from these other systems.

Hoping to Help, by Judith N. Lasker

Provides a comprehensive assessment of global health volunteering, based on research into how it currently operates, its benefits and drawbacks and how it might be organized to contribute most effectively.

Optional for undergraduate and graduate students:

Henhle, J.; Mandzuk, C.; Emery, E.; Schrowe, L.; Sevilla-Martir, J. (2010). Global health and international medicine: Honduras stove project. *Hispanic Health Care International*. 8(1): 36-46. DOI: [10.1891/1540-4153.8.1.36](https://doi.org/10.1891/1540-4153.8.1.36)

Comparative Data & Tools

Commonwealth Fund Tool, "Compare International Survey Data by Country":
<http://www.commonwealthfund.org/Topics/International-Health-Policy.aspx>

2011 Commonwealth Fund Report, "International Profiles of Health Care Systems."
<http://www.commonwealthfund.org/Publications/Fund-Reports/2011/Nov/International-Profiles-of-Health-Care-Systems-2011.aspx>

Commonwealth Fund: "Mirror, Mirror on the Wall: Comparative Performance of American Health Care":
http://www.commonwealthfund.org/usr_doc/site_docs/slideshows/MirrorMirror/MirrorMirror.html

<http://www.commonwealthfund.org/Publications/Fund-Reports/2010/Jun/Mirror-Mirror-Update.aspx?page=all>

REQUIREMENTS AND EXPECTATIONS

To receive credit for this course, you must complete the following requirements:

- I. Meeting #1: Fall 2016 (November 11th)
- II. Meeting #2: January 20th (9: 00 am till 12.30pm)
- III. Meeting #3: February 17th (9.00 am till 12.30pm)
- IV. Meeting #4: March 3rd (9:00 am till 2:00 pm),

Please see agenda for all the meetings included at the end of this document.

- V. Nicaragua session: March 11-19 (Spring Break)

Please see agenda included at the end of this document.

There will be group activities, and academic content included on this trip. Every student has to complete all activities to get full credit for the course.

- VI. Exam

A 20 pt exam consisting of short answer and essay questions will be given during the class session #4. It will cover material presented in class sessions 2, 3 and 4 including all required readings up to that point in the semester. Scores of 75 percent or greater earn a passing grade.

- VII. Reflective Journal

These journal entries should document your formal and informal interactions with local health professionals and community members as well as your personal development in the program. You should incorporate the course readings and lectures. Reflections are

expected at the end of each class session before traveling and at the end of each academic day abroad.

VIII. Individual Project: Sharing your experience with the IUPUI Campus

1. You must submit a proposal for how you plan to share your experience with others on campus
 - What information do you plan to share
 - Who is your target audience
 - How do you plan to share the information and when (must be sometime during the remainder of the Spring 2017 semester; you are encouraged to be creative!)
 - You must submit your proposal no later than **Friday 3/31/2017**.
 - A proposal should be no longer than one page (Times New Roman, 12 points, double space). The course instructors will review your proposal, provide comments, and provide final approval.
2. You must develop a presentation/poster or other material that you will illustrate your experience on this trip. Plan to share this information with IUPUI campus. We encourage you to be creative and will provide ideas during the trip.
You must submit a summary of your work by the last day of classes in the spring semester, May 1, 2017. For example, if you wrote an article for a campus publication, you should submit the article. If you hosted an event, you should submit a summary of the event, including any materials you presented, the number of attendees, etc.

EVALUATION AND GRADING SCALE

Satisfactory completion of the course requirements will result in an "A" in this course. Requirements that are not submitted on time or are of poor quality will result in a lower grade.

TRAVEL GUIDELINES AND INFORMATION

NOTE: This program requires substantial physical labor for seven hours each day. The program takes place in a rural mountain community with no running water and intermittent electricity. Students will be living with Nicaraguan host families in simple housing with dirt floors and pit latrines. Students participating in this course must be willing, able and looking forward to experiencing life in a developing country.

Costs:

See estimates provided separately

Description of Housing Arrangements

Managua | Lost Inn Managua Hostel, a small hostel specializing in hosting service groups. Hostel is safe, clean and simple. Rooms are hostel style with 6 single beds per room. Men will share a room and women will share a room.

Zacataloza: Participants will live with host families in simple concrete block homes with dirt floors. Homes do have electricity. Cots and mosquito nets are provided. Participants

must bring bedding and towels. There is no running water in Zacataloza. Families get water from a community pump.

Service Project

Construction of composting latrines will take place in Zacataloza, a rural mountain community. Participants will prepare rebar for the foundation, mix cement, lay block/bricks under the supervision of trained Nicaraguan masons and a CoCoDA staff member. Participants are responsible for wearing safety gear (boots/work gloves) and following measures are taken by masons and CoCoDA to ensure student safety and well-being.

Description of Meal Arrangements

Managua: Meals are at the Lost Inn Managua Hostel or at restaurants vetted by CoCoDA.

Zacataloza: CoCoDA employs the service of a cook in Zacataloza who is trained in proper food preparation. All participants will eat communal meals prepared by this individual.

Student Conduct & Behavior

The ENLACE Project in coordination and partnership with Companion Community Development Alternatives (CoCoDA), reserves the right to enforce culturally appropriate standards of conduct in another country and specifically reserves the right to terminate the participation of any student for failure to maintain these standards or for any actions of conduct which ENLACE and CoCoDA consider to be incompatible with the interest, harmony, comfort, or welfare of other participants or is disruptive to the program in general. In particular, either possession/consumption of controlled substances (by U. S. definition, or that of any other country) or alcohol impairment/abuse may result in immediate termination from the program. Participants are expected to act responsibly at all times.

Should a student's conduct and/or behavior threaten his or her own safety and/or well-being or that of others, be overly disruptive to the program, cause damage to the reputation of the ENLACE Project/IUSM, or threaten our relationship with any of our partners, the ENLACE Project as part of IUSM and in conjunction with CoCoDA, will initiate disciplinary action against that student and may lead to termination.

ATTENDANCE

To receive academic credit for this course, you must be present at all pre-trip meetings, and on the trip to Nicaragua over Spring Break.

ADMINISTRATIVE WITHDRAWAL

A basic requirement of this course is that you will participate in all class meetings and conscientiously complete all required course activities and assignments. If you miss the required activities, you may be administratively withdrawn from this course. Administrative withdrawal may have academic, financial, and financial aid implications. Administrative withdrawal will take place after the full refund period, and if you are administratively withdrawn from the course, you will not be eligible for a tuition refund.

If you have questions about the administrative withdrawal policy at any point during the semester, please contact me.

STUDENTS WITH DISABILITIES

Students needing accommodations because of a disability will need to register with Adaptive Educational Services (AES) and complete the appropriate forms issued by AES before accommodations will be given. The AES office is located in Taylor Hall, UC 100. You can also reach the office by calling 274-3241. Visit <http://aes.iupui.edu/> for more information.

STUDENT COURSE EVALUATION

The School of Public Health evaluates all courses. Student course evaluations will be conducted in a manner that maintains the integrity of the process and the anonymity of respondents.

ACADEMIC INTEGRITY

Academic and personal misconduct by students in this class are defined and dealt with according to the procedures in the Student Misconduct section of the IUPUI *Code of Conduct*, <http://studentaffairs.iupui.edu/student-rights/student-code/>

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COURSE SCHEDULE

Mandatory Pre-trip Meetings

Class #1: January 20th 1:00P – 3:30P pm (Room TBD)

3:00-4:00 pm	Welcome, introductions, overview of the course
4:00-5:00 pm	Discussion of the logistics of the trip
5:00-5:30 pm	Q&A

1 contact hour

Class #2: January 27th (9:00 am till 12:30 pm) RG 6040

9:00-10:00 am	Overview of the U.S. healthcare system & public health
10:00 -10:15 am	Q&A
10:15-10:30 am	Break
10:30-11:15 am	Comparison of the US healthcare systems with other countries
11:15am -12:15 pm	PBS Frontline's "Sick Around the World."
12:15-12:30 pm	Q&A

3.25 contact hours

Class #3: February 17th (9.00 am till 12.30pm) RG 6040

9:00-10:30 am	Round-table discussions of the readings
10:30-10:45 am	Break
10:45-11:00 am	General discussion lead by the instructor
11:00-12:00 pm	Experiential exercise ("Design an ideal healthcare system")
12:00pm-12:30 pm	Q&A

3.25 contact hours

Class #4: March 3rd (9:00 am till 3:00 pm), Room TBD

9:00-10:00 am	Overview of the health system in Nicaragua
10:00 -10:15 am	Q&A
10:15-10:30 am	Break
10:30-11:15 am	Public health in Nicaragua
11:15am -12:15 pm	Health in the News Project
12:15-12:30 pm	Q&A
12:30-1:00 pm	Lunch
1:00pm – 2:00 pm	Spanish language preparation

2:00 pm - 3:00 pm Review of daily schedule, and overview of safety tips

5.25 contact hours

Experience in Nicaragua
March 11 - 19, 2017

Health Systems Around the World: Understanding Nicaragua's Health System

Day	Time	Activity
SAT 11		Arrival to Nicaragua (on own) Check in at Lost Inn Managua Hostel
SUN 12	7A	Breakfast at Lost Inn Managua Hostel
	8A	Welcome & General Orientation Review Itinerary, Cross-Cultural Competencies, Logistics
	9A	Introduction to the Nicaraguan Healthcare System with Dr. Jorge Emerson Ortiz, physician and former Ministry of Health director
	10A	Break
	10:30	Nicaragua History and Culture with Norma Valdez Zepada
	12P	Group Lunch
	1:30P	A Walking History of Nicaragua: Revolución Plaza
	3:30P	Park Xolotlan Museums, Shopping, Recreation
	6P	Group Dinner
	8P	Reflection
		5.5 contact hours
MON 13	8A	Breakfast at Los Inn Managua Hostel Health in the News Project: Group Presentations
	9A	Depart for La Concepción
	10A	Tour of the La Concepción rural hospital Dr. Helder Solis, La Concepción Hospital Director of Medicine
	11:30A	Panel Discussion: Rural health care and access Local Health Care Professionals
	12:30	Lunch with Panelists
	1P	Tour Rural Health Clinic & Conversation with Public Health Educator
	3P	Return to Managua
	6P	Dinner
	8P	Discussion on the rationality and principles for construction of toilets in poor communities (chapter 7 of the required text book for graduate and undergraduate) lead by Dr. Max Moreno
		4.75 contact hours
TUE 14	6:30A	Breakfast
	7:30A	Depart for Ocotal
	12P	Lunch and guided discussion

	2P	Visit the Institute for Democracy and Development Lecture: The Role of NGOs in Public Health and Community Development
	3P	Depart for Zacataloza
	4:30p	Reflection
	5:30P	Welcome Host Family Assignment
	6:30P	Dinner
	7:30P	Evening and cultural discussion with Host Family
		4 contact hours
WED 15	7A	Breakfast Health in the News Project: Group Presentations
	8A	Panel Discussion: The Challenges to Public Health in Underserved Communities with Sra. Zepada and community members
	9A	Visit Composting Latrine Demonstration Site
	10A	Assignment to Construction Crews for Home Located Composting Latrines to be built in collaboration with local families “This is Public Health” Photo Scavenger Hunt: Discussion of assignment logistics for remaining time in country
	12P	Lunch
	1:3P	Latrine Construction
	5P	Clean Up Rest
	6P	Dinner Group Reflection on Cultural Dissonance
	7:3P	Evening with host family
		7.75 contact hours
THUR 16	7A	Breakfast
	8A	Latrine Construction
	12P	Lunch
	1:30P	Latrine Construction
	4P	Clean Up
	5P	
	6P	Dinner
	7:3P	Evening with host family
		3.75 contact hours
FRI 17	7A	Breakfast
	8A	Work on the Latrine construction
	12P	Lunch
	1:30P	Latrine Construction
	3:30P	Pack Up
	4:30P	Farewell Gathering
	5:30P	Depart for Ocotal
	7P	Dinner/Hotel in Ocotal Program Wrap-Up <ul style="list-style-type: none"> • Share results from “This is Public Health” scavenger hunt • Health in the News project debrief

		<ul style="list-style-type: none"> • Reflections, comments, and questions • Introduction to course project
		4.5 contact hours
SAT 18	6:30A	Breakfast
	7:00A	Leave for Somoto Canyon
	9:30	Explore Somoto Canyon Lunch
	3:30	Leave for Managua
	7:30	Dinner in Managua
	9P	Lost Inn Managua Hostel
		3 contact hours
SUN 19	4A	Leave for the airport
	4:30A	Drop off at airport
	varies	Flights back to USA

Total 47 contact hours

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