



MissionCMEcuador: Overview of the Development of an Impactful Global Exchange Program

Katherine Lynn Walker, MD

1



There are no disclosures for this presentation

AMERICAN ACADEMY OF FAMILY PHYSICIANS

2

Objectives

- 1) To provide an understanding of the necessary components to create a meaningful and sustainable short-term global exchange program
- 2) Exploration of how education, on many levels, is a KEY aspect of this type of program
- 3) Demonstration of the importance of collaboration with the local Ministry of Health officials to identify clinical care needs
- 4) Discussion of how CME offerings for USA Physicians can be instrumental in providing a meaningful global experience

3

AMERICAN ACADEMY OF FAMILY PHYSICIANS

3

Introduction

•Katherine Lynn Walker, MD

- Board Certified Family Medicine Physician with over 20 years of clinical experience
- Adjunct Faculty at the St. Anthony North Family Medicine Residency in Denver, Colorado
- Past presenter at the Global Health Summit Conferences regarding projects in Ecuador
- Global Health Enthusiast!!

4

AMERICAN ACADEMY OF FAMILY PHYSICIANS

4

Global Projects

- Medical Director on many Brigades to Central and South America with Project CURE (a non-profit organization based in Denver, CO that has a focus of sending medical supplies to high-need areas around the world and leading Clinics trips to those locations)
- "Helping Babies Breathe" Master Trainer
- Medical Director with the non-profit organization Adopt-a-Village International based in Colorado Springs (partners with Peru and Ecuador to facilitate clean water, micro-loans, and medical care). I have led 8 medical brigades to Ecuador with this organization since 2014.

5



6

AMERICAN ACADEMY OF FAMILY PHYSICIANS

6



7

AMERICAN ACADEMY OF FAMILY PHYSICIANS

7

Why this Background history?

- For over a decade, I have been brainstorming how to develop sustainable short-term global health experiences for Family Physicians
- The culmination of my quest has resulted in the creation of MissionCMEcuador (<https://missionCMEcuador.com>)
- This program is still evolving. Planned trips have been postponed due to the global pandemic. Hopefully, the first trip will be in June of 2021.

8

AMERICAN ACADEMY OF FAMILY PHYSICIANS

8

MissionCMEcuador A Three-Pronged Approach

- Education of Ecuadorian medical students through affiliation with a local Ecuadorian Medical School
- Partnership with the Local Ministry of Health to identify higher need clinics where the participating USA physicians can practice
- Pertinent CME programming for the education of the participating physicians

9

Partnership with a local medical school

- For the past 5 years, the medical brigades that I have led to Ecuador have involved partnerships with local medical schools
 - Participating USA physicians teach Ecuadorian medical students while treating patients
 - The Ecuadorian physician faculty also interact with the USA physicians in a collegial manner
 - Appropriate post-brigade patient follow-up care is possible due to integration with the local medical team
 - The following is a testimonial from Dr. Andres Moreno

10

AMERICAN ACADEMY OF FAMILY PHYSICIANS

10

Education is the KEY

- As Dr. Moreno's comments support, even with a short-term brigade model, there can be a significant sustainable impact via the education of the medical students
- Physicians do not have to be formal educators
- The medical students are generally just beginning their clinical rotations and are like "sponges", absorbing everything related to the physician-patient interaction
- Over the course of a week-long brigade, the students often evolve from simply observing to actively participating in a medical evaluation

12

AMERICAN ACADEMY OF FAMILY PHYSICIANS

12

11

Partnership with Local Medical School

- Universidad Tecnica del Norte located in Ibarra – two hours outside the capital city of Quito
- Within 30 minutes of the clinic sites
- Dean of the Medical School invited MissionCMEcuador to create a "Convenio", which is a formal document outlining the objectives of the partnership
- As the program grows, the goal will be to have 4 trips per year with 5 -10 USA physician participants on each trip
- As an option of the program, each physician will be paired with a medical student for the week-long program

13

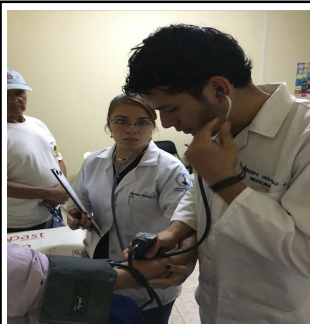
AMERICAN ACADEMY OF FAMILY PHYSICIANS

13



14

14



15

AMERICAN ACADEMY OF FAMILY PHYSICIANS

15

" ... I learned more from you in four days than I learned in 4 years of medical school ..."

-medical student from Cuenca, Ecuador

Partnership with Local Ministry of Health

- For short-term medical brigades to be effective, it is necessary to partner with the local authorities
- Specifically with the guidance of the local Ministry of Health, clinics in the region that need additional resources are prioritized as working clinics for the USA physicians
- With approval, USA physicians can become integrated into these clinics to work cooperatively with existing clinic physicians
- USA Physicians need an "Apostille" to verify their credentials

16

AMERICAN ACADEMY OF FAMILY PHYSICIANS

16

Apostille

- Required document by the Ministry of Health in Ecuador
- USA Physicians are NOT allowed to treat Ecuadorian patients without an Apostille
- All USA Physicians must have a valid, active medical license
- A copy of the license needs to be notarized and sent to the physician's State Department (e.g. Colorado Secretary of State Department) for an official stamp of authenticity
- The authenticated copy of the license must arrive in Ecuador at least 30 days in advance of the medical brigade
- The entire process can take up to 3 months to complete

17

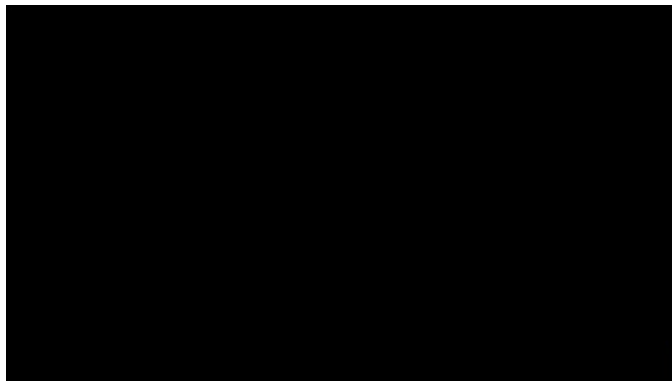
AMERICAN ACADEMY OF FAMILY PHYSICIANS

17

In-Country Logistics

- MissionCMEcuador is sponsored by Fundacion de Salud un Nuevo Comienzo, a local non-profit foundation in Quito
- Mario Arias
 - Experience working with Project CURE and Adopt-a-Village
 - Coordinator for over 50 medical brigades in Ecuador
 - Connections with the Ministry of Health and local physicians in the Otavalo region
 - Mr. Arias has held many meetings to help develop the "Convenios" with both the Ibarra medical school and the Ministry of Health
 - In the following video, Mr. Arias is speaking about his efforts to assist with the development of MissionCMEcuador. Serving as interpreter is the president of the Fundacion de Salud un Nuevo Comienzo.

18



19

In-Country Logistics

(continued)

- MissionCMEcuador has held organizational meetings with the relevant governing bodies related to the project. It is a coordinated effort involving many layers of government.
 - Gobernacion de Imbabura (the governing body for the Ministry of Health for the entire region)
 - Coordinador Zonal 1 de Salud de Imbabura (Ministry of Health coordinator for the Ibarra zone)
 - Distrito de Salud de Otavalo (Ministry of Health specific to Otavalo, where the clinics will be based)

20

AMERICAN ACADEMY OF FAMILY PHYSICIANS

20



21

AMERICAN ACADEMY OF FAMILY PHYSICIANS

21



22

AMERICAN ACADEMY OF FAMILY PHYSICIANS

22

In-Country Logistics

(continued)

- Working closely with the Ministry of Health in Otavalo, MissionCMEcuador conducted visits to the proposed clinic sites
- At those sites, we met with local medical providers to ascertain their ongoing needs and how the USA physicians will fit into their framework. We discussed and observed:
 - Workflow of the clinics
 - Patient volumes
 - Common medical conditions of patients
 - Required record keeping

23

AMERICAN ACADEMY OF FAMILY PHYSICIANS

23

In-Country Logistics

(continued)

- The local providers suggested USA physicians could provide additional support by accompanying Ecuadorian providers on community visits
- Most clinics in Otavalo have a specific community that they serve
- Some of these communities are located in remote areas. The Ecuadorian medical providers may walk up to a few hours once or twice a week to arrive at the communities to perform house calls.

24

AMERICAN ACADEMY OF FAMILY PHYSICIANS

24



25

AMERICAN ACADEMY OF FAMILY PHYSICIANS

25



26

AMERICAN ACADEMY OF FAMILY PHYSICIANS

26



27

AMERICAN ACADEMY OF FAMILY PHYSICIANS

27

Pertinent CME Programming for Participants

CME pending approval by the AAFP

There will be three types of credit:

8 - 10 hours of Traditional AMA Category 1 Credits

Approximately 30 hours of Teaching Credits

And 2 - 3 hours of Professional Enrichment Credits

28

28

Pertinent CME Programming (Continued)

- Estimated 8 - 10 AMA Category 1 credits
- CME will be presented in traditional one-hour lecture format
- There will be two types of presentations:
 - Pre-trip: These lectures will be in a video format accessible on-line
 - During the trip: These will be live presentations hosted by both the medical school in Ibarra (Universidad Tecnica del Norte) and a local Shaman educator near Otavalo

29

AMERICAN ACADEMY OF FAMILY PHYSICIANS

29

Pertinent CME Programming (Continued)

- Pre-trip topics will be selected to help physicians with preparations for the trip. Topics will include:
 - Medical Spanish
 - The Pre-Travel Medical Evaluation
 - In-Flight Emergencies
 - High Altitude Medicine (both Quito and Otavalo are over 4,000 feet above sea level)
 - Physician Burnout (this lecture will include an evidence-based discussion of how volunteerism, including participation in global health programs, can aid with burnout)

30

AMERICAN ACADEMY OF FAMILY PHYSICIANS

30

Participation in Medical Brigades can Facilitate Physician Renewal



As I reference in my presentation on Physician Burnout, a common refrain from physician participants is 'I did not realize how much I would benefit from doing this. I thought I was giving to them, but actually they gave to me'

31

AMERICAN ACADEMY OF FAMILY PHYSICIANS

31

Pertinent CME Programming

(Continued)

- In-country presentations will be related specifically to Ecuadorian patient care. Both USA and Ecuadorian physicians will be in attendance. Three of the topics will be hosted and presented by the Universidad Tecnica del Norte Medical School:
 - An Overview of the Ecuadorian Medical System
 - A Discussion of the Most Common Medical Conditions in Ecuador
 - Detection and Treatment of Parasites

32

AMERICAN ACADEMY OF FAMILY PHYSICIANS

32

Pertinent CME Programming

(Continued)

- Two presentations will be given by a local Shaman Educator. His name is Taita Yuro Parayaku. He is an expert on indigenous medical customs. He operates a cleansing center and hosts students from around the world. Recently, he retired from serving as a faculty member of an indigenous medical school.
 - He will give one presentation at his personal medicinal garden demonstrating the plants used in cleansing ceremonies.
 - The second presentation will be at his sanctuary. There he will demonstrate various techniques used by Shaman healers.

33

AMERICAN ACADEMY OF FAMILY PHYSICIANS

33

- Taita Yuro
- Shaman Educator



34

34



35

AMERICAN ACADEMY OF FAMILY PHYSICIANS

35



36

AMERICAN ACADEMY OF FAMILY PHYSICIANS

36

Pertinent CME Programming

(Continued)

- Optional credits for teaching. The AAFP has a CME category for teaching. Up to 60 credits can be obtained in a 3-year cycle. Teaching Ecuadorian medical students qualifies for this CME category.
- On each trip, there will be approximately 30 credit hours available.
- The USA physician participants will be given the option to teach. It will not be a mandatory part of the program.
- For the Ecuadorian medical students, this will be a one-week rotation and they will also obtain school credit.

37

AMERICAN ACADEMY OF FAMILY PHYSICIANS

37



38

Pertinent CME Programming

(Continued)

- The third type of credit will fall under the AAFP category of Professional Enrichment. The AAFP allows up to 25 credits per 3-year cycle for activities such as medical case discussions with peers.
- Each day during the program, there will be an optional 30 - 60 minutes of group discussion of the "patient case of the day".

39

AMERICAN ACADEMY OF FAMILY PHYSICIANS

39

Pertinent CME Programming

(Continued)

- For the program overall, there will be 40 - 50 hours of CME credits available
- This programming will provide valuable insight and added meaning for both the Ecuadorian and USA participants
- On the last day of the clinic program, there will be a "graduation ceremony" where certificates are presented to both the Ecuadorian and USA participants

40

AMERICAN ACADEMY OF FAMILY PHYSICIANS

40

Sample One Week Itinerary

- Saturday Evening – arrive in Quito and stay overnight
- Sunday – transport to Otavalo (tour of Mitad del Mundo in route)
- Monday – CME Programming
- Tuesday through Friday – work with medical students in the clinics
- Friday Evening – closing ceremony with the entire medical team
- Saturday Morning – optional shopping at the Otavalo market (largest open-air market in Ecuador)
- Saturday Afternoon – depart for Quito and return home

41

AMERICAN ACADEMY OF FAMILY PHYSICIANS

41

Map of Ecuador

- Quito
- Otavalo
- Ibarra



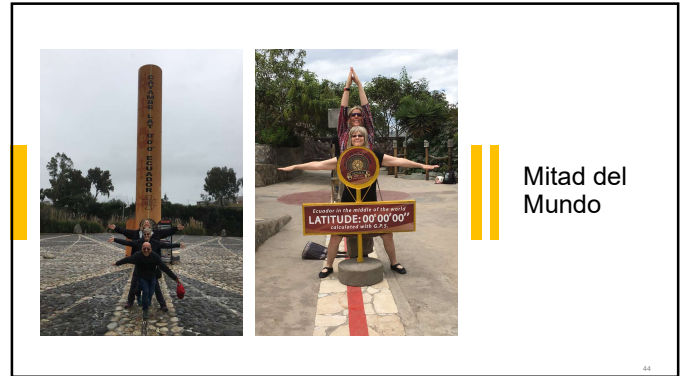
42

42



Capitol City of Quito

43



Mitad del Mundo

44



Market in Otavalo

45

Impact of COVID-19

- The "pilot trip" was scheduled for October of 2020
- Due to COVID, this has been postponed indefinitely
- The Ecuadorian borders remain closed at this time
- We are working closely with our in-country partners to keep the project moving forward
- Both the Ministry of Health and the Medical School are still eager to have MissionCMEcuador be a success!
- Hopefully, we will begin trips sometime in 2021

46

AMERICAN ACADEMY OF FAMILY PHYSICIANS

46

Summary

MissionCMEcuador is a unique program. It will provide the opportunity for Family Physicians to participate in a meaningful and sustainable one-week global exchange that involves interaction with Ecuadorian medical students and local physicians while treating patients in high need communities as approved by the Ministry of Health.

For more information, please visit the website or email:

<https://missionCMEcuador.com>
info@missionCMEcuador.com

47



Questions?

- Chimborazo, Ecuador
 - 20,549 feet

48

© 2018 American Academy of Family Physicians. All rights reserved.

All materials/content herein are protected by copyright and are for the sole, personal use of the user.

No part of the materials/content may be copied, duplicated, distributed or retransmitted
in any form or medium without the prior permission of the applicable copyright owner.