

**NAME:**

**Country Destination:**

**Dates of Rotation:**

**EXTERNSHIP GEO-JOURNAL  
2018**

This journal is devised to help you compile important information specific to your future in-country site. You can work in groups on this assignment if there are multiple students working with the same program site.. \*\*\*Some of these questions may be easier to answer after arrival – and can be items to consider incorporating as part of a community needs assessment (in conjunction with involving locals)

**CITE THE RESOURCES YOU USE DIRECTLY INTO THE CORRESPONDING SECTIONS.**

**I. Demographics**

**GEOGRAPHICAL:**

Continent:

Country:

Neighboring countries:

Country Geographic Description (tropical, dry, landlocked, mountainous, major bodies of water):

Country total area:

Rural vs. urban population %

Altitude of Site:

Average Temperature of Site:

Weather (months of rainy & dry seasons):

**Externship Site (if known)**

Region/City:

Community Clinic or Hospital:

Preceptor at site:

**DEMOGRAPHIC CHARACTERISTICS:**

Population:

Birth Rate:

Death Rate:

Total Fertility rate:

Infant Mortality Rate:

Child(<5) Mortality Rate:

Maternal Mortality rate

Life Expectancy at birth

Median Age

Immunization Rate	
Gender ratio	
Net migration rate	
Age structure description	

**Refugees/Migration:**

Are there refugees leaving the country?

Is this country a host for refugees from other countries? Are there Internally Displaced people?

**ECONOMIC:**

Unit of currency: Exchange rate with US \$:

Per capita income:

Macroeconomics (i.e. major industries/occupations and recent trends. Type of work for women?)

Unemployment rate (and does it vary by region or age group?)

How does your wealth compare to the majority of people in this society?

What is a normal work schedule? Child labor laws?

What kind of local transportation is most common? Paved roads? Road accessibility during storms?

Infrastructure (access to electricity, community water supply, community sewage system, phone, TV, internet, street lights, garbage collection, etc.?) What are costs compared to U.S. (electricity, gas, cars, food, etc.)?

Typical housing in community? Rent vs. own land?

Environmental issues? (garbage/recycling/sewage, slaughterhouses, industry, clear cutting or forest burn, mining, standing/stagnant water, etc)

**HISTORY/POLITICAL:**

Date of country independence. Was there a colonial power in their history?

Brief country history: Include a major event(s) of last 20 years: (i.e. war, natural disasters).

How many prominent individuals, historical figures, and politicians can you name from your host country?

Is military training compulsory? Male/female? At what age and how long?

What kind of political system? (What is the real political system?)

Include name of primary political leader(s) and how long in office.

Any recent controversies or news from this country?

What is the history of the relationship between the host country and the U.S.?

### **CULTURAL:**

Language: (What are the official languages of your host country? What percent speak each language? What are the social and political implications of these languages?)

Ethnic group(s) (and are any being persecuted)

Cultural implications, considerations, or taboos for North Americans. Cultural taboos between men and women?

Religion: (What are the major religions in your host country? Is there an official state religion?)

Gender roles and social status:

Greetings: How do people greet or say goodbye to one another?

Leisure: What are common leisure activities there? What kind of clubs or support groups exist?

Children: How many children do people have on average? What games do children play? How are children recognized as turning into adults?

### **EDUCATION:**

Is education free? Is education compulsory?

Supplies needed to attend school? Access to toilet at school? Do they return home for lunch?

Are there libraries? Books? Science labs? Sports equipment?

Equal number of boys and girls? Do children drop out? Average number of grades completed?

Adult literacy by gender:

College degree rate?

Describe the Medical Education System:

### **NUTRITION:**

Principal food crops? Does the land provide enough food? Recent famine?

How much of food is local vs. imported from other countries?

Breast feeding/weaning practices:

How is cooking done in the home? How is food stored?

What are the major food types and dishes in this area?

If you're in the market, is the labeled price the final sale price or can you barter? Where yes, where not?

Child malnutrition rate (and do supplementation programs exist)

What percent have access to clean water at home? Techniques for purifying water? Latrine/toilet access?

**PHARMACEUTICALS:**

Access to essential medicines in community?

<http://www.who.int/medicines/publications/essentialmedicines/en/>

Major forms of traditional medicine, home remedies:

Do patients need prescriptions for medications?

Any concerns about counterfeit medications? Access to supplies (i.e. oxygen, saline, etc.)?

**HEALTH SERVICES:**

Type of health care systems (i.e., fee for service, subsidized (charity or government), universal/single payer)? Uninsured rate?

What health services are available in the local community? Hospital beds (and how many patients per bed)? Ambulance service? Technology access (i.e. imaging, critical care, surgical, etc.) Cost for services?

How far must one travel to access tertiary-level care?

Barriers to accessing care in community? (e.g. distance, cost, taboos with male providers/female patients, etc.)

Human resources for health (physician # per 1000, nurse number per 1000, subspecialist number, etc.)? Role of midwives, community health workers, etc. in community? Recent strikes and impact?

Major infectious diseases unique to this country:

Leading Causes of Mortality	
<u>Child</u>	<u>Adult</u>

**COMMUNITY RESOURCE**

List an organization/NGO (may or may not be connected to your clinical site) in your area. Describe this *or another* health-related or social service program in your country. **Briefly list their goals and methods. What evaluation components are in place** to guide and review implementation

**ADDITIONAL QUESTIONS TO CONSIDER ASKING LOCALS AFTER ARRIVING AT SITE (and you could ask some of the questions above too)**

What do people feel to be their major concerns, needs, problems in general (and not just health-related)?

What things in people's daily lives do they think make them healthier?

**HOUSING**

What are houses made of? What do people sleep on?

What type of toilets/sanitation facilities (pit latrines, Turkish toilets)?

Are there any issues with pests? What do people do to control them?

What animals do people own? Are any allowed in the home? Are there taboos against certain animals?

Percent of houses with electricity? And how often is it available?

**SELF-HELP**

What are the most important things that affect your health?

What are the rights of rich people? Of poor people? Of men? Of women? Of children? How are each of these groups treated? Are certain occupations treated differently? Are any particular groups treated differently?

What can be done to make your community a better, healthier place to live?

### **Possible online references:**

- BBC Country Profiles [http://news.bbc.co.uk/2/hi/country\\_profiles/default.stm](http://news.bbc.co.uk/2/hi/country_profiles/default.stm)
- CDC Destination Guide <http://wwwnc.cdc.gov/travel/destinations/list.htm>
- CIA World Factbook <https://www.cia.gov/library/publications/the-world-factbook/index.html>
- Country Rankings (from Michigan State): <https://globaledge.msu.edu/countries/rankings#SP-DYN-LE00-IN>
- Demographic and Health Surveys - <https://dhsprogram.com/publications/publications-by-type.cfm>
- Nationmaster Country Profiles: <http://www.nationmaster.com/country-info/profiles>
- OECD Health system profiles: <http://www.oecd.org/health/bycountry/>
- State of the World's Children statistics [http://www.unicef.org/statistics/index\\_countrystats.html](http://www.unicef.org/statistics/index_countrystats.html)
- Sustainable Development Goals: <http://www.undp.org/content/undp/en/home/sustainable-development-goals.html>
- World Bank country profiles: <https://data.worldbank.org/country>
- WHO Immunization profiles - [http://www.who.int/immunization\\_monitoring/en/globalsummary/countryprofileselect.cfm](http://www.who.int/immunization_monitoring/en/globalsummary/countryprofileselect.cfm)
- World Health Organization, Global Health Observatory data: <http://www.who.int/gho/countries/en>
- WHO country info. <http://www.who.int/countries/en/>
- World Population Review: <http://worldpopulationreview.com/>

### WHO Regional Profiles

- PAHO. Health in the Americas. <http://www.paho.org/salud-en-las-americas-2017/>
- AFRO. <http://www.afro.who.int/countries>
- SEARO. <http://www.searo.who.int/countries/en/>
- EURO. <http://www.euro.who.int/en/countries>
- EMRO. <http://www.emro.who.int/countries.html>
- Western Pacific. <http://www.wpro.who.int/countries/en/>

### **References:**

American Red Cross. Community Resilience Tool. 2014.

Drain P et al. Caring for the World. University of Toronto Press, 2009.

Johnson J et al. Comparative Health Systems: A Global Perspective, 2018.

Werner D. Where There is No Doctor. 2015. <http://hesperian.org/books-and-resources/>  
(Introduction section)