

PreDeparture Training for Postgraduate Trainees (Residents/Fellows)

Background/Rationale:

Interest in global health activities, including participation in international medical electives, has grown significantly amongst health sciences trainees including residents across Canadian centres, with a concurrent movement towards internationalization of curricula at universities across Canada¹. There is a growing need for medical professionals to gain the knowledge, skills and personal experiences to prepare them to work effectively in an increasingly globalized and culturally diverse work place, with increased international travel, immigration, refugee resettlement and internal population shifts². It is clear that medical electives allow students/residents to gain knowledge, clinical and cultural skills in this increasingly diverse field³. The Canadian Federation of Medical Students (CFMS) Global Health Program has stated that “one of the aspects of a successful international clinical placement is preparing students for the situations they will encounter through pre-departure training (PDT)⁴. As of the 2013/2014 academic year, PDT will apparently become part of the accreditation review at medical schools in Canada.

A global health faculty advisory group was struck in 2012, with representation from departments of medicine, surgery, family medicine, pediatrics, obstetrics/gynecology, anaesthesia, and community medicine. After proposal to Postgraduate Education Committee in September 2013, recommendation was made for **all residents/fellows travelling on international medical elective to attend Pre-Departure Training and ‘Debriefing’**

Who does this training target?

- Residents/fellows who are planning to take part in an international medical elective outside Canada/USA in upcoming academic year.
 - Although much of the content is particularly relevant to those travelling to low/middle income countries, it is also highly relevant to those travelling to other high-income countries
 - Trainees embarking on electives in other potentially low-resourced settings (ie. rural/remote) may also find this training relevant

Proposed PreDeparture Training Components:

- Travel Health and Personal Safety
 - Including contact information for local travel health clinics
- Cultural competency/Language competency
- Ethical considerations
- Insurance coverage considerations for postgraduate trainees
- Arrangements for appropriate Debriefing upon return

Dates for Postgraduate PreDeparture Training

- Wednesday July 24th, 2013 6:00-8:30pm, completed

- Wednesday December 11th, 2013, 6:00-8:30pm, location TBA
- Spring 2014 – date/location TBA
- Videoconferencing for regional education sites available, upon request
- Other dates may be added depending upon resident interest/elective dates

Format of sessions

- Trainees will be provided with reading/reference material ahead of time, including an extensive resource listing, for variety of discipline-specific resources as well as general resources
- Each session will be mostly comprised of small-group, interactive, case-based discussions, after some brief introductory and logistical remarks
- Once online modules are available to be shared amongst Canadian universities, these will replace the reading/reference materials ahead of time, allowing for small group, case-based discussions to further explore themes and ethical/cultural/language considerations.

Checklist for trainees travelling on international electives (outside Canada/US, particularly to low-middle income countries):

- Attendance at PreDeparture Training session (or equivalent)
- Objectives and details of supervisor submitted to Program Director
- Completed copies of pages 10-13 of McMaster University's Risk Management Manual called 'Field Trip and Electives Planning and Approval Program' located at http://www.workingatmcmaster.ca/link_doc.php?link=/med/document/RMM-801-Field-Trip-and-Electives-Planning-and-Approval-Program-1-36.pdf
 - Pages 10-13 include the required completed Environmental and Occupation Health Services Approval form and signed legal waiver of liability – required by University Risk Management
- Travel clinic attended (at least 6-8weeks prior to travel, recommended)
- HIV PEP kit obtained (from travel health clinic) including usage instructions, if needed (if regional HIV prevalence >1%)
- Insurance – health insurance + practice insurance secured
- McMaster/local mentor identified for further clinical/educational support
- Attend debriefing session and submit trip report/reflection to program, as required

Contact co-ordinators:

- Andrea Hunter, Department of Pediatrics (hunteaj@mcmaster.ca)
- Lynda Redwood-Campbell, Department of Family medicine (redwood@mcmaster.ca)
- Archana Narula, Department of Family Medicine (archnagupta@gmail.com)

INSURANCE

Personal Health Insurance

- Residents may be covered under employee health insurance at HHS (Contact HHS Human Resources Department 905-393-2700, then press 4)
- If NOT covered by HHS, additional coverage is highly recommended
- Consider contacting personal credit card companies to find out coverage available to you already or other ones available for purchase
- Please note: Most travel vaccinations and malaria prophylaxis are covered by your resident drug plan (contact Manulife for further details)

Malpractice Insurance

- Residents are NOT covered under CMPA unless accompanied by a Canadian 'teacher/faculty' with their own CMPA coverage
- The CMPA notes that the following company offers insurance for purchase to physicians and learners:
 - The Academic Group can be contacted at 1250 Broadway, Suite 3401, New York, NY 10001, U.S.A., (646) 808-0591, or through their website at www.academicins.com

References

- 1) Association of Universities and Colleges of Canada (2009). Internationalization of the curriculum: A practical guide to support Canadian universities' efforts. *Association of Universities and Colleges of Canada*. Retrieved from: http://www.aucc.ca/_pdf/english/publications/curriculum-primer_e.pdf
- 2) Taggart Wasson. (2006). Do international experiences develop cultural sensitivity and desire for multicultural practice among medical students and residents? *American Medical Association Journal of Ethics*, 8 (12), 826-830.
- 3) Balandin, S., Lincoln, M., Sen, R., Wilkins, D., & Trembath, D. (2007). Twelve tips for effective international clinical placements. *Medical Teacher*, 29, 872-877.
- 4) Anderson, K. & Bocking, N. Global Health Resource Group and Canadian Federation of Medical Students Global Health Program. (2008). Preparing Medical Students for Electives in Low-Resource Settings: A Template for National Guidelines for Pre-Departure Training.