

Health Frontiers in Tijuana Undergraduate-Internship Program (HFiT-UIP) Syllabus

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Internship Description

The Health Frontiers in Tijuana Undergraduate Internship Program (HFiT-UIP) is a quarterly internship that affords developmental experiences for undergraduate students in public health and healthcare for the underserved. Students accepted into this program will participate in the HFiT binational student run free clinic project located in Tijuana, Mexico, in conjunction with medical and pharmacy students from the University of California San Diego and Universidad Autonoma de Baja California. Upon completion of the HFiT-UIP, students will have learned about biomedical and social factors associated with communicable and non-communicable diseases seen among vulnerable populations in the San Diego-Tijuana region, shadowed clinical faculty during consultation, and been involved in ongoing UCSD research projects at the HFiT clinic.

Objectives

- I. To familiarize students with underserved populations and border health issues endemic to the San Diego-Tijuana area.
- II. To teach students how to positively interact and appropriately communicate with vulnerable populations
- III. To impart cultural competence through both scholarly and experiential endeavors at the HFiT clinic.
- IV. To facilitate binational collaborations and partnerships with students from the Universidad Autonoma de Baja California Tijuana.

Clinical Visits

- You are required to attend and participate in the HFiT clinic five times throughout the quarter. We will form two groups of six students who will rotate every other week (ie Group 1 will attend the first week, Group 2 will attend the second week, Group 1 will attend the third week, etc).
- If you cannot make one of the assigned weekends, you must notify the internship coordinator at least 48 hours in advance and find someone from the other group to take your place.
- At the clinic, there are three stations students will be assigned to: patient registration, vital signs, and consultation shadowing. A pair of students will be assigned a different station each week such that everyone will rotate through each station at least once. Students at the vital signs and patient registration stations will be allowed to sit in on consultations towards the end of clinic when all patients' vital signs have been taken and all patients have been registered in the EMR.

Journal Club

Students will read two papers related to border health and a group discussion will occur at a future date. Articles will be distributed the second week of the quarter. Students will present their assigned papers at HFiT and hold a discussion with UABC and UCSD medical students at the lecture (prior to clinic). Presentations will occur during each group's last visit to the HFiT clinic. Students are expected to read both articles and be prepared to discuss this material in class. Discussions will focus on answering the following questions:

1. Who: describe population
2. What: was done? (summarize research methods; & theoretical framework guiding study)
3. Why was the study conducted

4. Where: was the study conducted
5. When: was the study conducted
6. Major Findings
7. Strengths?
8. Fatal flaws?
9. Implications for our understanding of culture and health relationships

Border Wait

Crossing back from Mexico to the United States through the border line can take anywhere between 1-3 hours (average approximately 1.5 hours). It is recommended that you bring school work/something to read while waiting. You may also want to bring an umbrella to shield you from the sun. If possible, you should purchase a Passport Card (http://travel.state.gov/passport/ppt_card/ppt_card_3926.html). Waiting time in the lane for passport card holders is approximately 15-20 minutes. The card costs \$30, and if you get it expedited (+\$60), it will come in the mail in ~2 weeks. There are food vendors in the line you can purchase snacks from if you get hungry.

Liability, waivers, and safety

Please review the packet of forms regarding the necessary paperwork for travel in Mexico. It is critical that you utilize common sense and abide by the rules we have laid out in the Safety Protocol. Some points to highlight:

- Students are responsible for transporting themselves to the border. If students wish to carpool with other students, they must make arrangements on their own.
- Only use approved transportation for travel in Mexico (e.g., the Prevecasa Shuttle)
- Students should not venture beyond the clinic's boundaries at any time unless under faculty supervision
- Students should not handle any blood or biological samples
- While waiting to cross the border, students must remain in the border line at all times in the company of the students with whom they arrived with.