Preparing for a Short-Term Volunteer Experience

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Preparing for a Short-Term Volunteer Experience

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Objectives

1. Summarize current research regarding short-term medical service trips, and cultural and diversity challenges impacting global OT service provision.

2. Discuss key aspects of culture and diversity to be considered by OTs providing short-term medical initiatives in developing countries.

3. Identify three resources for planning effective participation in short-term medical service trips.

4. Appreciate the benefit of working collaboratively with host countries in providing culturally relevant treatment.
Preparing by Considering Global & Cultural Contexts

Why participate?

Desire to help/serve others
• Faith-based action
• Interest in seeing new cultures/places
• Utilize OT skills in new way
• Focused on one area
• Expand OT services internationally
• Meeting others who want to serve
Typical Sequence of Preparation

What is the most effective method to prepare for trip?
**Typical Sequence for Preparation for International Service Trips**

<table>
<thead>
<tr>
<th>Step</th>
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<tr>
<td>Referral/recruitment by organization/person to “help”</td>
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<tr>
<td>Decide to volunteer</td>
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<tr>
<td>Pay for trip/raise money</td>
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<tr>
<td>Obtain necessary immunizations</td>
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<tr>
<td>Conduct research about country</td>
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<tr>
<td>Participate in trip</td>
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How does cultural competency influence readiness for a short-term volunteer experience?
Self-Awareness

Are we aware of our implicit cultural biases?

Global influences on health care delivery

Impact of beliefs/values on provision of culturally sensitive intervention

Explore how to provide culturally competent treatment
Global Interconnectedness

WHAT IS GLOBALIZATION?
INSTANT TRANSMITTAL OF KNOWLEDGE ABOUT EVENTS ACROSS WORLD
COMMUNICATION BETWEEN PERSONS WORLDWIDE
INTERDEPENDENCY OF WORLD ECONOMIES
WORLD WIDE HEALTH CONCERNS
“For the first time in human history, we have an opportunity to interact, learn and discuss together for the common good using tools widely available and remarkably empowering”.

(Hollon, 2011)
Global Interactions

Effective interactions dependent on awareness, knowledge and interest in understanding other person’s culture

Awareness of cultural diversity and attitudes needed to provide collaborative care during short-volunteer experiences
Cultural Diversity & Globalization

Why does cultural diversity matter?

“Thousands of ways of seeing the world”

https://youtu.be/48RoRi0ddRU

Gavin, 2014 (1st 14 minutes)
Why does Cultural Diversity Matter?

- **Disparity in Receipt of Health Services**
- **Imbalance of Power in Developing Countries for Those Receiving Outside Health Care Services**
- **Loss of Culturally Relevant Choices on How Receive Outside Health Services**
Loss of Cultural Diversity

Imbalance of power & resources + Lack of freedom of choice = Violation of Human Rights
Despite increased global interconnectedness & cultural diversity in U.S.

Lack of cultural diversity in health care providers

Hwala-Druy & Hill, 2012
Imbalance of Power

- Typical model of short-term volunteer service trips?
- “Experts”
- Directive, not collaborative
- Lack of understanding of culture
- Short-term, not long-term impact
Review of Literature: Prepare for Haiti Trip
Literature Review Process

- Review of OT Literature
- Health care literature
- Health organization resources
- Internet search for information about Haiti
Why is Cultural Competency Important & What Is It?
Cultural Competency Defined

“Ability of health care providers to craft respectful, reciprocal, responsive and effective interactions across diverse cultural parameters”
(Hwayla-Druy & Hill, 2012, p. 772)

What does literature say about cultural competency?
Lack of unifying model in OT of “what is” cultural competency

Most research studies based on nursing profession models
ACOTE standards on cultural competency: dated, focused on U.S.

No uniform method of providing cultural competency education for OT clinicians and students

Research studies on impact of didactic and experiential student education on cultural competency (most in other health care professions, not in OT)
Literature Review: Short-Term Volunteer Trips


- No research on effectiveness of short-term volunteer/mission trips in promoting engagement in occupations in developing countries
Exploring Cultural Competency

Search for model to understand cultural diversity

Most commonly mentioned model

Campinha-Bacote Nursing Model
Campina-Bacote Model of Cultural Competency Constructs

Cultural awareness
Cultural knowledge
Cultural skill
Cultural encounter
Cultural desire

https://goo.gl/images/JN4zUN
Campinha-Bacote Model Constructs

Cultural competence: JOURNEY

Working on ANY area assists in development competency

(Bauer & Bai, 2015)
1st Construct: Cultural Awareness

“The deliberate self-examination and in-depth exploration of our personal biases, stereotypes, prejudices and assumptions that we hold about individuals who are different from us” (Bauer & Bai, 2015, p. 706)
1st Step: Cultural Awareness

Two different cultures — yet similar people — Haiti & America

Allen (2012)

https://youtu.be/Ybq9zUMHm8c

https://goo.gl/images/WnQ2or
1st Step: Cultural Awareness

Little by Little Haiti

www.littlebylittlehaiti.org

https://vimeo.com/2111468

https://goo.gl/images/82y6fX
1st Step: Cultural Awareness

What did you observe in videos about Haiti?

https://goo.gl/images/yQDA6g
2nd Step: Cultural Knowledge

“Seeking and obtaining a sound educational foundation of diverse cultural groups regarding cultural values, health-related beliefs and practices and disease incidence and prevalence”

(Bauer & Bai, 2015, p. 706)
2nd Step: Cultural Knowledge

- Ethnicity, language
- Economic status
- Level of Education
- Views about health care
2nd Step: Cultural Knowledge

Internet (Google)
Country’s Tourist Sites
Cultural Competency Web Sites/Blogs
Review of literature

https://goo.gl/images/2YMqmY
2nd Step: Cultural Knowledge

➢ AOTA Web Site: Cultural competency toolkit (https://www.aota.org/Practice/Manage/Multicultural/Cultural-Competency-Tool-Kit.aspx).

2nd Step: Cultural Knowledge

The Rehabilitation Provider’s Guide to Cultures of the Foreign-Born

http://cirrie-sphhp.webapps.buffalo.edu/culture/monographs/

Monographs for various cultures:
❖ History; Sociocultural background
❖ Culture; Perspectives on Disability
❖ Rehabilitation
3rd Step: Cultural Skill

“The ability to use appropriate cross-cultural communication skills to collect relevant cultural data and health histories” (Bauer & Bai, 2015, p. 706)

Potential methods:

Interviewing persons from other cultures, role playing, learning language
4th Step: Cultural Encounters

Volunteer Experiences KEY to providing cultural encounters

Cultural Encounters “create opportunities to develop attitudes congruent with cultural competency, such as appreciation and respect” (Bauer & Bai, 2015, p. 707).
4th Step: Cultural Encounters

Greatest influence cultural competency is cultural encounters

(Campina Bacote, 2002)
Making the Decision to Engage in Short-Term Volunteer Experiences

Time off work
Family responsibilities
Funding
OT knowledge
Time to prepare
Emotional readiness
Support of healthcare practitioners
Funding Considerations

SELF-FUNDED (COST OF TRIP)

FUNDING TO PURCHASE EQUIPMENT

SEEK DONATIONS (EQUIPMENT AND/OR TRAVEL)
Funding Considerations

- Donations (travel, room/board/equipment)
- Internet Funding Sites
- Money to support local economy
Adaptive Equipment

What equipment is at clinic?

Have OTs/PTs participated with this organization previously?

Ask local providers what equipment is needed

Do NOT assume that any adaptive equipment is better than no equipment!
Adaptive Equipment

1. Cultural acceptance of equipment
2. Geographic considerations
3. Vendors discounts
Medical Preparedness

Physical/approval by MD

Current disease epidemics in country (e.g. Zicca Virus)

Physically “fit”

What to do in event of medical emergency

https://goo.gl/images/2G21dN
Safety

➢ U.S. Passports & International Travel
➢ Travel Warnings and Travel Alerts
➢ https://travel.state.gov/content/passports/en/alertswarnings.html
Collaborate with Existing OT Programs

World Federation of Occupational Therapy (WFOT):

http://www.wfot.org/

Listing of OT programs throughout world
Collaborate with Other Volunteers

Your volunteer organization’s resources
Web sites devoted to short-term mission/service trips

https://goo.gl/images/ZZ4PAm
Collaborate with other Volunteer Organizations

Webcasts: Medical Missions. Com
https://www.medicalmissions.com/learn/resources/mobility-and-physical-therapy-with-limited-resource

Blog Sites: Relevant
“Tips” for Short-Term Volunteer Trips

1. You are not a “hero”: countries need long-term partners
2. Poverty can look different than you expect: we are all broken and have needs
3. Historical context just as important as current context
4. Don’t provide services that persons from that country can do by themselves
5. Learning takes place in context of reciprocal relationships
Tips for Short-Term Volunteer Trips

6. Expect to learn more than you give!
7. Don’t spend $1,000.00 for a one week trip and then not spend anything else all year.
8. You don’t have to go overseas to serve others—opportunities exist in your neighborhood.

Personal Experiences

What are your stories?
THE TRIP BEGINS!
ARRIVAL
HOST RESIDENCE
MOUNTAIN TOP MINISTRIES
WALKING TO THE CLINIC
ARRIVAL AT THE CLINIC
CLINIC
LUNCHTIME
RECESS
OT INTERVENTION
END OF THE DAY
A NEW DAY
LAUGHTER IS THE BEST MEDICINE
A DAY OF REST
LEAVING HAITI
CONCLUSION: NEW FRIENDS
Resources

  http://unexpected.org/2013/05/10-things-you-need-to-know-before-going-on-a-mission-trip/
Medical Mission Trips to Haiti for Occupational Therapy:

https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8&q=medical+mission+trips+to+haiti+for+occupational+therapy
Resources

• Go Fund Me: https://www.gofundme.com/Missions-Faith-Church/?pc=3q_vert_fi


Resources

• Haiti Rehabilitation Foundation: https://youtu.be/5ogEBwjWkpA

Episcopal University Haiti: https://youtu.be/5ogEBwjWkpA


Resources

• World Federation of OT: http://www.wfot.org/
• OT International Online Network (through WFOT): http://www.wfot.org/Groups/OTInternationalOnlineNetworkOTION.aspx
• WFOT Mission: “WFOT promotes occupational therapy as an art and science internationally. The Federation supports the development, use and practice of occupational therapy worldwide, demonstrating its relevance and contribution to society” http://www.wfot.org/AboutUs/FundamentalBeliefs.aspx
References


Center for International Rehabilitation Research Information & Exchange (n.d.). The rehabilitation provider's guide to cultures of the foreign-born. Retrieved from


