

WHAT TO EXPECT ON A MISSIONS TRIP

Q AND A

PREPARATION

1. What should I consider as far as immunization shots are concerned?

It is up to you to decide on any immunization shots you might wish to have;

- Hepatitis A – it is a must if you work with patients
- Hepatitis B – it is a must if you work with patients
- Typhoid
- Measles, Mumps, Rubella (MMR)
- Tetanus-diphtheria
- Yellow Fever (if you are traveling from a country known to have Yellow Fever, you will be required to have this immunizations).

It is usually best to have any immunizations four to six weeks before your trip. Please consult with your doctor in **travel clinic** for more details. You can also visit the website: www.travelhealth.gc.ca for more information.

2. What documentation do I require?

Please ensure that you have a valid Passport that will not expire within **six months** of your visit to Guatemala.

3. Shall I have a “travel buddy”?

It is a good idea for any large group trip to connect with a “travel buddy,” a person who you always check in with each day, and who always knows your whereabouts. You will be sharing the room with him or her.

4. Is there anything special I need to pack?

Consider bringing along the following items, in addition to your regular packing supplies for a hotter country: Please pack light and you can purchase clothing and essentials easily.

- Any medications you require
- Waterless hand wash
- Pharmaceutical products for diarrhea, nausea
- (You may wish to bring a common travel prescription for Ciproflaxin in case of an undefined bacterial infection.)
- Insect repellent
- Hat
- Sunglass
- Swim suit
- Comb, toothbrush, toothpaste, shaver etc.
- **Fall jacket** and rain gear
- Gifts to the patients – light objects

5. How much luggage will I be carrying?

The airline has a baggage allowance of **One check in** bags per person with a total weight capacity of 50 lbs per each luggage. The **one carry on** at 23 lbs limit, then a purse for female passenger. Each volunteer will be asked to carry **one** luggage for the mission related equipment.

Special instructions:

- 1) Please pack your clothes and essential with carry-on luggage. If all possible, save your check in luggage for HMO use because we need to carry equipment and medications.
- 2) If you have extra room in your packing, please inform me because we need all the available packing space.
- 3) Dentist will pack your own hand instruments and sundries as per list below. If you need any instruments and sundries, please advise.
- 4) HMO will bring all the portables for the dentists and hygienists.
- 5) Medical doctors, please advise your requirement?
- 6) Here is the dental list for the dentist: Base on 100 patients in total per dentist.

Instruments:

- All restorative and surgical hand instruments, endo too if you are performing endo. Please bring one or two set of restorative hand instruments.
- Restorative - Explorer, mirror, tweezer, spoon excavator, condenser, plastic instrument, hollenback, perioprobe etc.

- Surgical – bring your regulars forceps, physic forceps, blade, handle, periosteal elevator, other elevators, spoon, scissor, needle driver, gut sutures, burs, etc.
- Endo – your files, gutta percha, condensers, thermo condensers, apex locator, burs etc.

Sundries:

- Mask, gloves, glasses, burs, metal band and holder, plastic strip, resin, resin gun, bond, brushes, and mixing pad and spatula, rubber dam and clamp and punch and holder, polishers, bite check, gauzes, bib, daisy chain, saliva ejector, high volume suction tip, etc.
- Light cure unit, Headlamp
- Two High speed and two slow speed
- Two Cans of optimum wipes.

7) Here is list for hygienist: Base on 100 patients per hygienist.

Instruments:

- Perio instruments – scalers, perioprobe, mirror, explorer etc.
- Headlamp,
- Cavitron

Sundries:

- Mask, gloves, glasses, prophylactic cup and paste.
- two slow speed
- Two Cans of optimum wipes.

8) Medical doctor equipment list?

- To be informed.

6. Shall I buy personal travel/health insurance?

It is always a good idea to insure yourself when you travel. You can buy the insurance at the airport or in advance. A good advance source to buy such insurance is through your travel agent.

7. Please leave a copy of your itinerary and hotel phone # with your family members.

TYPICAL TRIP ITINERARY (TAKEN FROM A PAST TRIP)

8. What are the day-to-day activities for this mission?

Friday, August 4 - Arrive Guatemala City then bus to Hotel.

- ✦ Travel to Hotel. Dinner and stay overnight.
- ✦ Check in Get a master list of all the room # and rest

Saturday, August 5, 2017

- ✦ 5 am breakfast
- ✦ 6 am meet in lobby board bus to Coban.
- ✦ 9 am start set up at village of Coban and working by 1 pm?
- ✦ Stagger lunch break
- ✦ 5 pm end work
- ✦ Return to hotel, wash and shower
- ✦ Meet at lobby 7 pm to go out for dinner

Sunday, August 6 to Tuesday, August 8, 2017

- ✦ 7 am breakfast
- ✦ 8 am meet in lobby board bus to the clinic
- ✦ 9 am start working
- ✦ Stagger lunch break
- ✦ 5 pm end work
- ✦ Return to hotel, wash and shower
- ✦ Meet at lobby 7 pm to go out for dinner
- ✦ On our last day, Tuesday, the clinic will end at 3 pm for packing.

Wednesday, October 26 – visit Coban and surrounding area.

- ✦ 6 a.m. Breakfast
- ✦ 7 a.m. Meet in lobby for tour
- ✦ 7 a.m. Board bus
- ✦ Head count every time boarding the bus.
- ✦ Travel to Guatemala City,
- ✦ Check in hotel

Thursday, August 10 – tour local area

- ✦ 7 a.m. Breakfast
- ✦ 8:30 a.m. Meet in lobby
- ✦ 8:45 a.m. Board bus with head count
- ✦ 9:00 am departure to volcano walk etc.
- ✦ It is a leisure day.
- ✦ Lunch and leisure afternoon and evening.
- ✦ Will meet for lunch and dinner.

Friday, October 28

- ✦ Flight at 6:30 am and we are 45 minutes away therefore we will leave very early in the morning at 2 am.
- ✦ On the go Breakfast prepared by the hotel or grab something night before or breakfast at airport or at plane.
- ✦ Board bus and head count
- ✦ Arrive at airport
- ✦ Board flight to Toronto
- ✦ Arrive Toronto on Friday, August 11 at 2:44 pm.

9. *If I want to enjoy tourist activities after the clinic hours, what is the best way to do so?*

We suggest the following steps:

- Check in with Dr. Hangfu to affirm the safety aspects of your activities.
- Ask the Concierge for recommendations.
- Always ensure that you are in a group of at least four people.
- Let the Concierge or Dr. Hangfu know your plans before you go.
- Try to go with an organized tour, if you can.
- Stay close to the commercial district of the hotel.

10. What are the plan for breakfast and lunch and dinner:

We will organize opportunities to eat together as much as possible. We encourage you stay with the group for meals.

Breakfast: Dine at the hotel

Lunch: Lunch/snacks will be provided by the clinic.

Dinner: We will dine at different restaurant recommended by the locals or organizer.

11. Wake up call?

Yes, it will be done everyday.

CLINIC

12. What are the working hours of our daily Clinics?

The Clinics will operate from 9:00 a.m. through to 5:00 p.m. daily (this will depend on volume. Higher volumes may require extended time frame).

13. Where is the Clinic Site Location?

To be informed by the local authority.

14. What will the Clinic be set up and organized?

Same as our Canadian clinic and equipments.

15. How many patients are we anticipating?

Dentist 15 to 20 or more per day

Hygienist 15 to 20 or more per day

Medical doctor 80 to 100 per day

16. What will their major concerns likely be?

Patients will come from impoverished life situation with minimum access and require health care needs.

17. How are patients getting to the Clinic?

Bus by the government.

18. What services will we be offering?

Dental and medical services

19. What is the registration process for patients?

Government will book the patients and we will manage and treat the patients.

20. What is my role as a volunteer?

Depend on your expertise, volunteer roles are either clinical or none clinical.

Clinical: patient care, assisting, cleaning.

None Clinical: organization, diary, patient registration, translation, runner, greeter, video, photography and more.

21. Will there be translators available?

Provided by the organizer.

22. Will there be “runners” and helpers available to support the dental and medical volunteers in their care-giving services?

We will identify them at this meeting.

23. What are the daily transportation arrangements from the hotel to the clinic?

Provided by the Guatemala government with 4 security policemen and driver.

24. Will lunch be provided?

Yes by the local.

25. *What Clinic security matters do we need to be aware of?*

We should have security assigned by the organizer but everyone should be alert.

26. Malpractice insurance or protection for the health care providers?

Not available. That is why we need approval to practice medicine and dentistry.

27. How the post op patients be treated after we leave?

Organizer will have arrangement for them.

28. *Will there be media involvement?*

Usually because we are hosted by the countries government it is very possible.

POST-CLINIC ACTIVITIES

29. *What will be our dinner plans following daily Clinics?*

We usually meet at the lobby around 7pm and go out as a group for dinner.

30. What are the options for the leisure time?

Please check with the hotel and local organizer. Go out in a group of 4 please.

TOURIST ACTIVITIES

31. *What tourist activities might I get involved in?*

Please check with the hotel and local organizer.

There are plenty to do and see.

EXPENSES

32. How much should I budget for this Mission?

The cost of the trip plus any spending money.

33. How much shall I budget for other costs?

You might consider the following to help in your personal budget process:

- Taxi to Pearson International airport
- (or airport parking)
- Gifts
- Tourist activities
- Phone (mobile or long distance from hotel)
- Drinks – alcohol.
- \$500.00 to \$1,000.00

34. What currency shall I use?

It is advisable to bring US currency.

SECURITY MATTERS

35. What security will we have for the Clinics?

Local police will be assigned to the clinic.

36. Is Water safe?

Do not drink from the tap. Bottle water preferred.

37. How safe is Taxis?

Only take taxi that is arranged by the hotel.

LOGISTICS AND ADMINISTRATION

38. Will I be required to sign an indemnification?

Yes. We ask that all volunteers sign such release forms prior to traveling with HMO on international Clinics.

39. What information do I need to provide for Health Mission Outreach?

- Please ensure you have provided your full name (as it appears on your Passport) and your date of birth.
- Please let us know of any special needs or considerations that we should be aware of such as meal, etc.
- Diploma and license if you are health care provider

SPECIAL MISSION HELPERS

40. Are there “go-to” people who can help with daily questions, concerns, and needs?

Dr. Lun Hangfu
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