

Welcome to HHP@UI!

Fall 2023



Meet the Exec Board



Sanmati Thangavel -
President Health Studies
(B.A.)
Pre-Dental
Senior



Oscar Cruz - Vice President
Human Physiology (B.S.)
MS/PhD interest
Senior

Meet the Executive Board



Claire O' Connell -
Academic Coordinator
Human Physiology (B.S.)
Pre-PA
Junior



Che Der Ya Moo -
Treasurer
Human Physiology (B.S.)
Pre-Med
Junior



Sammy Miller - Social
Media/Marketing
Director
Human Physiology (B.S.)
Pre-PT
Senior

What is HHP@UI?

What do we do?

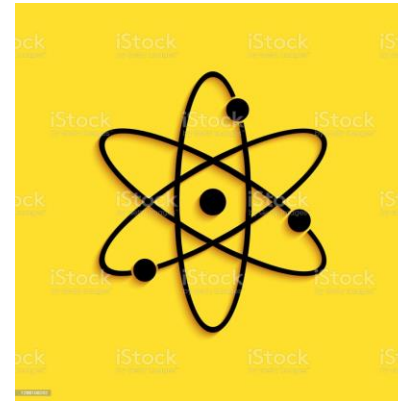
- Open to **all** students interested
 - Free membership!
- Promote the study of health and human physiology & the health sciences
- Provide helpful resources
- Connect students to information relevant to their studies and future
 - Research, volunteering, course info
- Encourage interaction and engagement among students/members of HHP@UI
 - Socials
 - Study groups

NEW: Our Points System

- Starting this semester, we have decided to implement a points system
- Each event will either be worth 1 or 2 points
- Gain incentives with the more points you earn!
- Incentives:
 - Helpful when applying for an exec position in the future
 - Get featured on our organization's Instagram page
 - In the works: graduation cords
 - More to be announced soon
- Today's meeting will be worth 1 point
 - Please stick around until the end and sign in on a Google form before leaving

Plans for Fall 2023

- Introduction/Welcome to HHP@UI Fall 2023- 9/8
- Mentorship Program pairings- 9/20
- Course information/tips- 10/4
- Social! More details soon- 10/27
- Meet HHP professors!- Details to come
- Study groups throughout the semester
 - Will send out survey about classes you prefer to have study sessions for soon



Mentorship Program

- Event to meet your mentorship pairing: 9/20 @ 5:00 pm in the IMU (room 347)
- Link to sign up will be sent out via email right after this meeting!
- Communicate on own basis (1-2 per month); we will send monthly surveys to check in with you all and make sure you're meeting this requirement!

Why consider being a **mentor**?

- Gain leadership experience
- Help mentee(s) through their journey at UI

Why consider being a **mentee**?

- Resources you may need to be successful at UI
 - e.g. getting involved on campus, study groups/tips
- Adjusting to Iowa City



Mentee/ Mentorship QR code signup

- https://docs.google.com/forms/d/e/1FAIpQLScRX0fA8ISHhp8jVF0PnoRbLeyW3g9_LBYdqxV-AV-pwm-zJg/viewform?usp=sf_link



Study Groups

Why join HHP@UI Study Groups?

- Collaborate with your peers to get a better understanding of the material!
- Meet new people in your courses!
- Gain new perspectives, communication skills, and resources!



Study Group QR code sign-up

- https://docs.google.com/forms/d/e/1FAIpQLSd8UB8E06iwXLWxIWwDTOXczUlcCO2rp-BdyVjPQCu1ISRdwg/viewform?usp=sf_link





IACR052024
May 20th -
30th

What is Vida?

Vida Volunteer is a 501c3 registered organization in the US that strives to make a positive difference in underserved communities with little to no access to healthcare through high-quality Service-Learning Trips in Central America.

Our program is designed to promote health, ensuring a long-lasting impact in our partner communities while offering students the chance to develop both intercultural & leadership skills in a real-world context.



Mission

To promote human and animal health by bringing together the efforts of communities, students, and the local healthcare systems.

Vision

To become leaders in the Health Promotion Movement through a service-learning experience in Central America.

quick facts about Vida Volunteer



- Founded in 2008
- 501c3 registered charity in the US.
- 11000 students since 2008
- 200000 human patients
- 80000 animal patients
- 55+ communities
- 2 countries
- Awarded in 2020 with a GuideStar gold seal of transparency.
- Given for 7 consecutive years a Top-Rated Non-Profit Award.



Programs available



Medical Program

111,303+ ●.....● **Patients**
Provided care to over 111,000 patients since 2008

5000+ ●.....● **Hours**
We dedicate over 5,000 hours yearly to initiatives that encourage people to take charge of their health.

145+ ●.....● **Mobile Clinics**
We set up 145+ mobile clinics each year.



Who can participate?

Students preparing for professional schools in health-related fields and individuals that are interested in pursuing health-related fields. NO EXPERIENCE REQUIRED!!

As a Medical program participant you will:

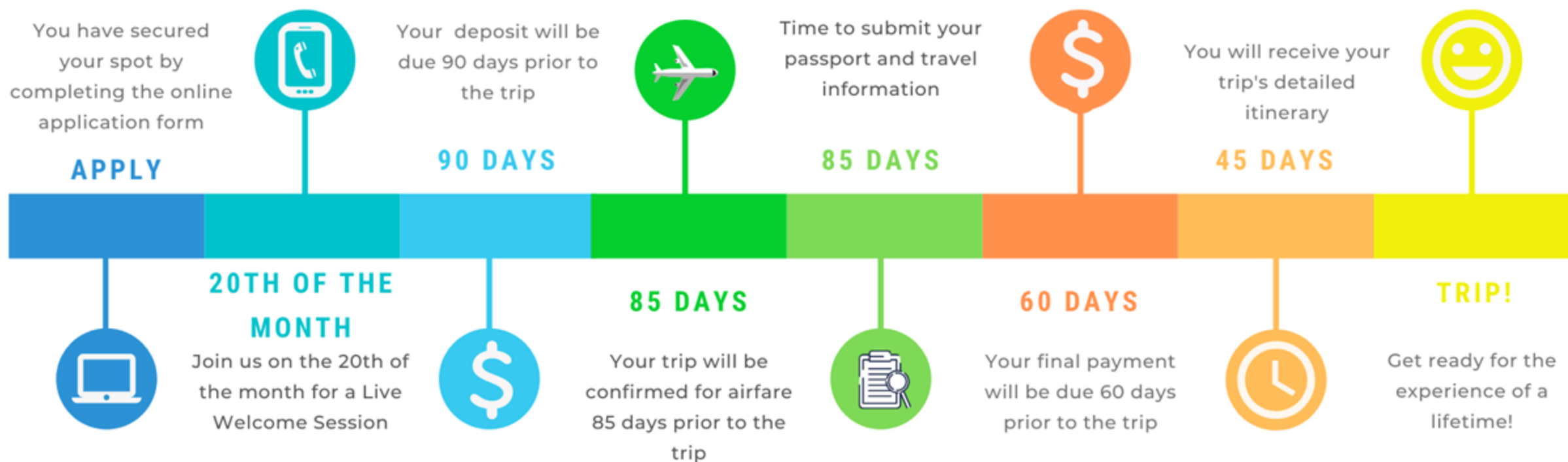
- Help conduct patient interviews.
- Take patient vital signs.
- Observe certain procedures as ENT examinations, abdominal examinations and prenatal care (under professional supervision).
- Present differential diagnosis and proposed treatment plans to our license doctors.
- Learn about the challenges faced by Central American Health Departments.
- Compare and contrast healthcare systems.
- Analyze concepts, evaluate experiences, and form opinions.
- Develop critical thinking skills.
- Foster cultural awareness.



The Vida Experience



PRE-TRIP TIMELINE





WHAT TO EXPECT?

Meet & Greet

Our staff will be waiting for you at the airport on your Arrival Day and we will host a group Welcome Dinner to get to know each other before the clinic days.

Orientation Day

One of our lead (physicians, dentists, veterinarians) will deliver a full-day orientation to go over the Student Manual, Clinic Protocols, and tasks.

Lodging

We only work with reputable hotels that meet our safety requirements. You will likely have 1 or 2 roommates that will be with you throughout the entire trip.

Clinic Days

We support rural communities with little to no access to these services. All clinics are supervised by local licensed doctors, dentists and veterinarians. Clinics are held in community centers, churches or schools where we will provide much needed services to underserved communities.





Cultural Immersion

While working with local staff members and in rural communities, you will have the opportunity of learning about other cultures, languages, and new ways of life. This unique experience will help us obtain multicultural knowledge and will help us put our own life in perspective, creating more compassionate individuals, something that is essential in the world we live in today.

Recreational Activities

Our trips are perfectly balanced to ensure some recreation time between clinic days. You will have a chance to explore amazing places of interest that are known for their natural or cultural value. Zip-lining through tropical forests, Beach Days, Volcano hikes... These are just a few of the wondrous activities you can expect!



11 DAYS

Day 1	Airport PickUp & Welcome Dinner
Day 2	Orientation Day & travel to first rural community
Day 3	Clinic Day
Day 4	Clinic Day + Case Discussion
Day 5	Recreation Day & travel to next community
Day 6	Clinic Day
Day 7	Clinic Day
Day 8	Clinic + Case Discussion
Day 9	Recreation Day
Day 10	Travel back to capital city & Farewell Dinner
Day 11	Departure Day

YOUR ITINERARY

Our work model empowers and educates our partner communities with the goal of increasing health literacy in rural areas. We are committed to providing follow up care to each of our communities at least three times per year so even if you are with us for a week or two, you will have a long lasting impact. You will receive a more detailed itinerary as we get closer to your trip dates but in the meantime, this set up helps visualize how your trip will be set up.

Trip Details

- Where to? **Costa Rica**
- When? **From May 20th to May 27th.**
- Program(s): **Medical, Dental and Veterinary**
- Number of clinic days: **5**
- Trip length: **11 days**



Program cost:

\$2,130+ 200 USD registration fee

What's included?

- Airport pick-up and drop-off.
- All ground transportation between sites.
- All accommodations
- Medical Insurance
- 2 meals during clinic days and 1 meal during recreation days
- In-country orientation.
- Program Manual.
- 24-hour staff assistance.
- All medicine, equipment, supplies, and professionals needed to successfully perform on clinic days.
- Evening group activities.
- Cultural Immersion activities
- All recreation activities listed in the trip itinerary.
- Statement of Service Hours
- Certificate of Participation
- Letters of recommendation assessed on a case-by-case basis



How to register:

- ✓ First, visit our trip site here:
<https://www.vidavolunteer.org/events/medical-dental-veterinary-trip-to-costa-rica-iacr052024/>
- ✓ Once on the trip page, click on "REGISTER HERE" at the top. You will now be redirected to our registration form.
- ✓ Fill in all the requested information at the registration form.
- ✓ Finally, submit your application with your \$200 registration fee. The registration fee is required for us to process your application.
- ✓ For \$100 off, apply during VidaWeek (September 16th-24th) with the code **VIDAB2S**

*Passport information and insurance are not required when submitting your application but will be requested at a later day once the trip is closer. Make sure to contact your current insurance provider to confirm your coverage, in case you already have international coverage, you can use your current insurance for the trip.

Once your application and registration fee is submitted, Vida will send you a letter of confirmation via email within the next 12 business hours. **NO EXPERIENCE IS REQUIRED TO REGISTER.

Updated Safety Protocols

OUR COMMUNITIES

- COVID cases are concentrated in urban areas around the capitals of both Guatemala and Costa Rica.
- Almost all Vida Communities are in areas where cases are less common.
- We keep constant communication with our Community Coordinators to monitor the situation and our communities' needs.



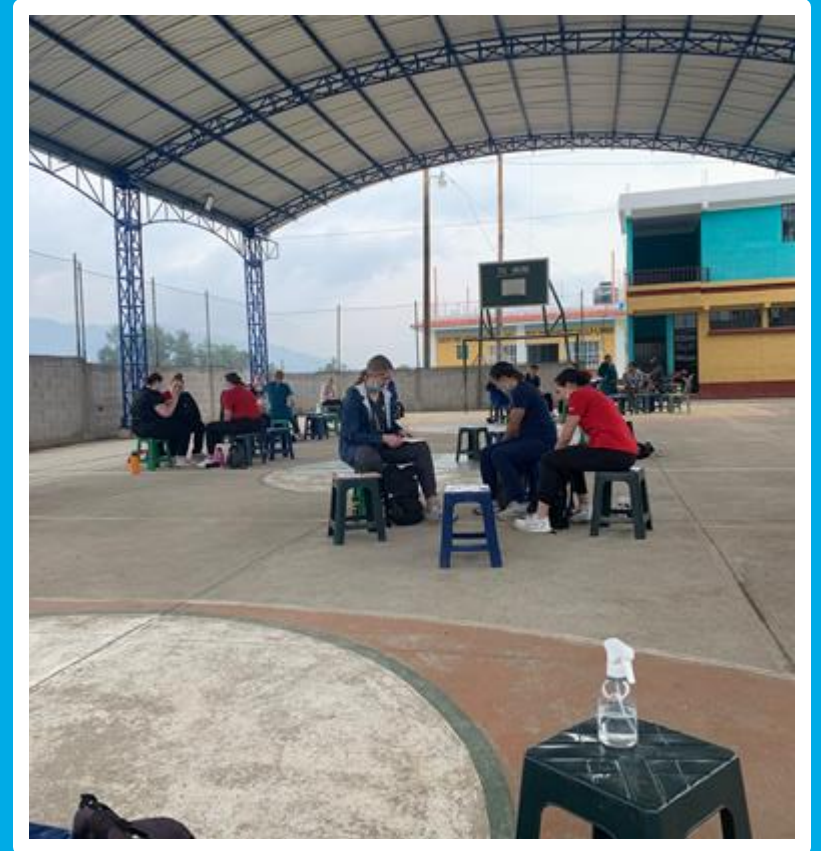
General measures

- Mandatory use of facemask for students, staff and patients.
- Implementation of local and international health regulations.
- PPE available for all trip participants and staff, this includes facemask, faceshields and gloves.
- Proper cleaning and disinfection of our work area.
- No more than 21 students per team.
- Social bubble for hotels and clinics
- Temperature log for all trip participants including staff.



Clinic Days

- Preferably, clinics will be performed in well ventilated areas to lower the risk of contamination of COVID-19.
- The implementation of the social bubble or support bubble is recommended. Preferably within the same members of each program.
- Full PPE (Surgical Face Mask, Face shields, Isolation gown (dental students), N95 mask (dental students))
- No rotation between students or staff
- Triage Station
- Admission Protocol for patients.
- Guaranteed access to soap, hand sanitizer, disposable towels that can be placed within the clinic.
- Constant equipment sanitation.



1

Safety is our first priority and we have strict protocols in place to guarantee the well-being of our students, staff members, and patients.

2

Vida is a constituent of the Overseas Security Advisory Council (OSAC), and registers all Vida groups in the Smart Traveler Enrollment Program (STEP) from the U.S Department of State

3

For those of you coming from Canada, we encourage you to enroll in the Registration of Canadians Abroad, This is also a free service.

4

For more detailed information, please refer to our Safety Policy and visit our Covid Resource Center to learn about the our updated safety protocols

5



[CLICK HERE
TO VISIT THE COVID
RESOURCE CENTER](#)

SAFETY

Trips Flexibility



We understand that sometimes unexpected things can happen so if you must cancel, please consider the following:

- The registration fee is not refundable nor transferable to future trips
- If you cancel your participation more than 60 calendar days prior to the trip, you can send an email requesting a full refund (minus the non-refundable registration fee), or you can request the amount to be transferred to a future trip.
- For cancellations received less than 60 days prior to the trip, a 60% of the total amount (minus the non-refundable application fee) can be refunded or applied to a future trip.
- For cancellations received less than 45 days prior to the trip, Vida will not be able to refund nor transfer any amounts to any future trips.
- If Vida cancels a team, students will be offered a full refund or can be transferred to another team (this does not apply if a participant has to cancel because of a positive COVID test prior to the trip. Please see COVID Addendum)
- If your participation is canceled due to lack of deposit payment you will have 30 calendar days to transfer your participation to any future trip.
- If your participation is canceled due to your lack of final payment (within 45 days of the start of the trip), no refunds or transfers will apply.

Review our complete cancelation policy [HERE](#).

Vida Volunteer Ambassador

Contact Information

- Email: emily-kolich@uiowa.edu
- Phone: 630-806-1252



Q&A

Social Media



HHP@UI Website

<https://hhpatuiowa.org.uiowa.edu/>



HHP Facebook



HHP Twitter

Questions?



Scan Me!

