

VIS At-A-Glance Checklist for Kijabe Elective Rotation

- Passport—Need a valid passport that must not expire within 6 months of when you depart Kenya. Make copies of first 2 passport pages and carry in case passport is lost or stolen. Leave a copy with Kijabe Liaison.
- Register your trip with the VU GMA Office Away Rotations at <https://gme.mc.vanderbilt.edu/GHEPortal/Login.aspx?ReturnUrl=%2fgheportal%2f>
- Find out if Kenya is on a warning list and inform VUMC Risk Management
- Kenya Medical License – Licensing Requirements must be met and the Kenya Medical License application form with photo must be filled out and submitted **3 months ahead of travel if possible.**
- AICKH Visiting Clinicians Personal Information For **(New for 2014)—4-5 months ahead**
- Medical Preparation & Yellow Card—Contact VU Occupational Health to get started: Malaria prophylaxis, yellow fever, typhoid, and hep B are mandatory. Carry the yellow health card with immunizations recorded when you travel to Kijabe.
- Air Travel—Book your air ticket through Surgery Coordinator 2-3 months in advance if possible and give details to VIS Liaison for all communications with the Kijabe business coordinator and others. You are free to do stopovers, etc., as long as any excess costs beyond the “normal” round-trip price would be your responsibility. Most flights transit in Europe—stopovers on the way back are best so you don’t lose your luggage allotment. Reconfirm your flight 72 hours before you depart and ask if extra bags are allowed if you might have any.
- Visa secured online through www.ecitizen.go.ke (Need to upload passport picture, copy of air ticket, and 2 biopages of passport)
- Travel & Evacuation Insurance—
 - Get ISOS Card –ISOS (<http://www.vanderbilt.edu/vio/resources/international-travel-registration.php>) is the VU International evacuation and assistance service provider. Familiarize yourself with the services provided by ISOS. <http://www.hthtravelinsurance.com/>
 - Supply proof of health insurance such as copy of Blue Cross, Aetna, etc., coverage to VIS Liaison
- AIC Kijabe Hospital Code of Conduct to be signed and submitted to VIS Liaison with Kenya medical license documents.
- Emergency Contact Information form submitted to VIS Liaison
- Book the Surgery Dept. Travel International Computer or make certain no patient information is on your personal laptop
- Speak with your PD 10 days before travel to get other instructions in regard to travel to Kijabe.
- Get “Donated Supplies” letter from VIS Liaison—to be shown in airport only if questioned
- Collect VIS Kenya phone, G3 internet USB stick, and any items for Kijabe from the VIS Liaison in Surgery Education Office.
- Get \$200.00 (2 \$100.00 bills dates 2006 or more recently) for funds in case an emergency evacuation is necessary. That can purchase a Tanzanian visa (\$100) and allow some expense money.

Living in Kijabe—Cultural Sensitivity

1. Being respectful and practicing what some call “good manners” are the universal keys to cultural sensitivity.
2. Always be respectful in tone of voice and use terms of respect including “Doctor”, “Mr.” or “Ms.” or “Mrs.” until invited to use first names—regardless of the position from environmental services to directors. From Erik Hansen: “In general, the Kenyan workers at the hospital are very gracious and forgiving. Establishing a “humble” rapport with folks early will serve you the rest of the time at AICKH. This relationship will cover a multitude of sins, so to speak.”
3. Remember you are a guest. Please do not make critical remarks or comments about the way medical care is done differently than in the U.S. Don’t complain about the accommodations, the food, the roads, or the infrastructure. Don’t offer advice on how to improve medical care, the hospital, or the housing.
4. AICKH has **many** visiting physicians and guests so those who are **low-maintenance** are particularly valued.
5. Always greet your coworkers before getting down to business, no matter how urgent. “Good morning, good evening, how are you, how is your family,” etc.
6. In any situation where you feel that you don’t know what would be the culturally appropriate behavior, just ask a Kenyan colleague or friend. No one expects you to know everything and no one is offended by being asked their thoughts on what is the right/correct thing to do in uncertain situations.
7. Language barriers exist and if patients or others nod and smile, this does not signify communication has occurred. When exchange of information is critical, use interpreters or experienced colleagues to ascertain understanding has taken place.
8. If patients or their families or other persons ask you for money for medical bills, food, or other expenses, please refer them (as gently as possible) to the chaplain or to Dr. Hansen or to one of the other physicians.
9. Dr Hansen is the Vanderbilt site director for general surgery residents so if you have any questions, problems, issues, etc., please discuss with him or his wife Amanda Hansen. She also will help you with travel arrangements and suggestions for outings.
10. Follow the standard of conduct guidelines. From Erik Hansen: “One thing that is particularly “atypical” in this setting (even though exceedingly common in other North American settings, including and often especially in the OR) is swearing - “foul” language and/or the use of “God” or “(Jesus) Christ” in a casual, exclamatory manner. This is perceived by most here as offensive and particularly insensitive.”
11. Keep in mind AIC Kijabe Hospital is a faith-based institution and be respectful of religious language and practices. Visitors are not required to participate in religious services or activities but know that all are welcome to observe.
12. Dress appropriately—just ask the Hansens or Kenyan colleagues when uncertain.
13. Try local food—it’s quite good.
14. Make a Kenyan friend.

Living in Kijabe—Surviving

1. The altitude is around 7000 feet so getting acclimatized may take a few days—don’t overdo exercise.
2. The greatest threat to your health and safety is a road traffic crash. All transportation must be provided by approved drivers. **Vanderbilt residents may not drive vehicles or ride on or drive**

motorcycles or motor scooters while in Kenya. This is a department of surgery policy (<http://www.mc.vanderbilt.edu/documents/sss/files/Traveling%20Abroad%20Ver%205.pdf>) as well as a surgery education policy. Vanderbilt residents should never travel by road after dark and should not use the public vans (matutus). Cars can easily be hired for any recreational travel including day trips or for game parks. Check with Amanda Hansen for information.

3. Make every effort to be off the roads after dark—driving in darkness is the greatest threat to life and limb.
4. Excessive speed is dangerous so feel free to ask the professional drivers to slow down if you are uncomfortable. The professional drivers in Kenya—in my experience—are excellent and reliable.
5. Keep your passport and money in a safe place. The Hansens have a safe if you wish to use it.

Living in Kijabe—Thriving

1. Take extra reading material including novels as well as medical literature—consider Kindles or computer downloads. Ask around for leisure reading if you run out—most mission stations have a large supply.
2. Might want to take some DVDs and computer games. You might even trade or share with other folks there.
3. Check out Rift Valley Academy activities
4. Take warm clothing to layer (and unlayer) and for sleeping—Kijabe can be quite chilly and there is no central heat and air.
5. **Food and Basics:** On your way to Kijabe after you first arrive, the driver takes you to a supermarket to buy basics but enough to survive on is available in the Kijabe village. Within a 5-10 minute walk from the hospital housing is the area of Kijabe town that has a “Supa Duka” (small grocery), a smaller shop, and a fresh fruits and vegetable market with a small but nice selection of Kenyan souvenirs. The Supa Duka and small shops have nearly all of the basics—rice, spaghetti, jams, peanut butter, cereal, eggs, brown & white sliced bread, cooking oil, frozen hamburger, frozen chicken, diet Coke (Coke light), soft drinks, tea, coffee, sugar, salt, some spices, cookies, very small number of canned vegetables and sometimes tuna and even cheese (maybe frozen), napkins, dishwashing liquid, face soap, shampoo, some feminine hygiene products, disposable diapers, writing materials, and other items.
6. A substantial lunch is served in the OR every day. The hospital has a small cafeteria where you can buy basic Kenyan food as well as fries, chapattis, soft drinks, and other items for very reasonable prices.

Have fun! Stay warm!