

KEEP 'EM HEALTHY! CONSIDERATIONS FOR OUTREACHER AND MISSIONARY HEALTH 2009

CHRISTOPHER BAJKIEWICZ MSN RN CNS

chris@bajmission.com

www.bajmission.com

Over a 1.6 million people participated in a short-term outreach trip abroad in 2005 (Mission Maker, 2009). With the increasing ease of international travel, this number is expected to double by 2010 and include greater 'extreme' destinations. Frequently these outreaches are to under-developed regions in the tropics, increasing travel health risks beyond the usual 'tourist area' concerns. Due to a number of barriers, outreach and missionary health has lagged in priority with churches and NGO's involved in outreach. Greater attention must be given to the health of mission workers to reduce morbidity and mortality, as well as prevent long-term suffering from injuries and accidents sustained while on mission-related travel.

LEARNING OBJECTIVES Upon completion, the participant will be able to:

- ◆ describe the 3 major risks associated with international service work
- ◆ list two 'outreach participant profile' areas for leadership consideration
- ◆ outline two leadership health considerations in foreign outreach planning
- ◆ name the elements of the SEEK WISDOM paradigm and the 10 preventative measures list one prevention strategy for each element of the 10-point SEEK WISDOM paradigm to decrease disease risk and promote wellness during international service work
- ◆ Discuss issues related to travel, travel health and evacuation insurance
- ◆ Name two unique Medical outreach mission risks

NURSES: Upon completion, the nurse will be able to LIST 2 CONCEPTS that could apply to their Nursing practice or clinical setting.

OUTLINE / NOTE PACK

see articles posted on www.bajmission.com/SHOT1.html

THE ANSWER IS... www.cdc.gov/travel and www.who.int/ith

WHAT'S UP IN TRAVEL HEALTH AND OUTREACH?

OUTREACHER PORTRAIT

WHO is going
Destination types
People connection
Cross cultural / foreign skills
\$ resources for health

LEADERSHIP HEALTH CONSIDERATIONS

3 phases of Outreach
Prevention is everything!
Outreach Design

HEALTH RISKS FOR OUTREACHERS AND LONG-TERM MISSIONARIES

#1 cause of travel-related (outreach) death IS: _____
GI illness, fever illness, communicable diseases, asthma, stress

RISK PROFILE AND THE PRE-TRIP TRAVEL MED CONSULT

Itinerary, location/duration, style travel / accommodations, past medical history, allergies, immune status (including vaccines), Pregnancy? Special needs or circumstances? Travel clinic listing: www.istm.org

THE SEEK WISDOM ! PARADIGM**S for SAFETY FIRST !**

Motor vehicle/ground transpo, water, air, homicides/conflict, electrical, fire

E for EVERYONE COVERED !

Children, baby-and-mother, people w/ disabilities and complex chronic diseases

E for EMERGENCY- READY!

Always prepared, 'no 9-1-1', training, travel health kit

K for KNOW !

Where you're going, how to prepare, requirements, get info / essential services
<http://travel.state.gov> www.weather.com

W for WASH HANDS and WATCH OUT !

Proper hand-washing, diarrheal diseases, target hardening, culture shock /
conflict / mental health /

I for IMMUNIZE !

Regular (www.cdc.gov/nip), Required (w/ certificate) and Recommended

S for SAFE STUFF !

Food, water, bathing, shelter, waste disposal, toilet skills

D for DON'T GET BIT !

DON'T GET BIT PLAN (PPM's), Malaria, bug-bite, larger creatures, UV/sun
Blood / Body Fluid / Barrier protection (medical outreach- needle-stick protocol)
Blood-borne diseases, STD's

O for **ORAL REHYDRATION - DRINK UP!**
Dehydration prevention, re-hydration plans, 'home-made' ORD

M for **MAINTAIN and MONITOR !**
Living abroad, travel-related, Extreme travel, Tuberculosis / community-acquired
National Health Care systems

RE-ENTRY STRESS and DEPRESSION

POST-FIELD / OUTREACH MEDICAL FOLLOW-UP

REMEMBER! High fever in a returning traveler from the tropics is a
MEDICAL EMERGENCY ... MALARIA until proven otherwise...
for 2 years!

REFERENCES

Christopher Bajkiewicz. "Staying Healthy Overseas: What You Need to Know", Journal of Christian Nursing. 21(1), pp. 34-38. Winter 2004. Updated version available at www.bajmission.com

Stuart R Rose MD, International Travel Health Guide, 12th ed. (Northampton MA, Travel Medicine Inc., 2001)

U.S. Department of Health and Human Services. Health Information for International Travel, 2009 ('The Yellow Book'). (Atlanta, GA. Centers for Disease Control, 2009). Note: entire reference available on-line via Centers for Disease Control International Travel Bureau
www.cdc.gov/travel

World Health Organization. International Travel and Health (Geneva, 2003). Note: entire reference available on-line. WHO International Travel Health
www.who.int/ith

STAY HEALTHY ON YOUR OUTREACH!

For more info: PO Box 120265 * Chula Vista, CA 91912 chris@bajmission.com