



Uttarakhand, India

November 2011

Photo: Alastair Teale, IMP-13

# Global Health Dispatch

UBC Medical Undergraduate Society

## ➤ Students for Cross Cultural Health Care

*Hasandeep Kular, ubcSCCHC@gmail.com*

SCCHC is a student led initiative aimed at developing the capacity of health care professionals to respond more effectively to the health care needs of diverse cultural communities in British Columbia. Approximately 25% of the population in BC belongs to a visible minority group. For this reason, cultural sensitivity is an important aspect of health care.

As the Canadian population becomes increasingly diverse, the health care community is recognizing the unique challenges of providing care for patients with different linguistic and cultural backgrounds. Through our projects we hope to enhance cultural competence in students.

In collaboration with community organizations, SCCHC provides opportunities for students to work on initiatives that foster a greater awareness of the complexities of cross-cultural care. Over the years we have worked to develop community-based projects focused on health promotion: blood pressure clinics with the Heart and Stroke Foundation; community health and wellness promotion with local youth; a new initiative focused on the health needs of refugees at the Bridge Clinic, assisting nurses in taking complete health histories of new refugees, and building online resources for HPCs working with new immigrants and refugees. Through these community-based initiatives we are able to learn about some of the links between culture and health.

We meet at least once per month as an entire club with our faculty mentors and hold more frequent meetings to work on our specific projects. We are always looking for students to join our teams. Membership is open to all students who are interested in learning about cross-cultural health care!

Chris Heyd, MUS Global Health Liaison Sr

## Important Dates in November/December

- November 30<sup>th</sup> – GHI Aboriginal Health Workshop

## ➤ International Health Projects

*Katelyn Sorenson, healthtreknepal@gmail.com*

Health Trek Nepal, a student initiative that gives UBC medical students the opportunity to travel to Kathmandu to offer peer support (academic, communication, research skills) to rural Nepalese medical students, is currently recruiting for the 2011 summer teams.

## ➤ Global Health Initiative Workshops

*Baljeet Brar, baljeetbrar@gmail.com*

GHI workshops address issues faced by the global community, including many marginalized populations in Canada. These workshops are participatory and open to all UBC students and faculty. (At MSAC and on Video Conference.)

## ➤ Global Health Initiative Teams

Congrats to all the successful applicants for the 2011 GHI teams. Training starts in January.



<http://globalhealth.med.ubc.ca/>

## Newsletter Editors

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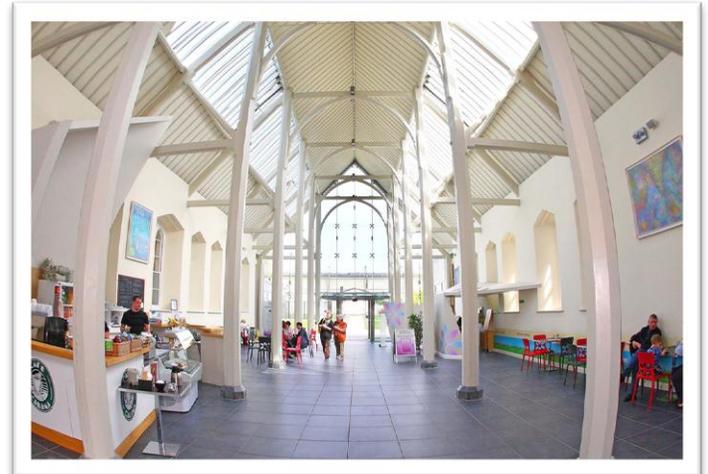
## UBC Medical Student Perspective

### Treating the Whole Patient in Ireland

Sari Raber, VFMP-14

Have you ever heard the term “generative space”? It is a place that allows people to flourish through their interaction with the physical and social environment. Even with a father as an architect and a sister as a designer this concept was foreign to me until I spent a month shadowing at the Waterford Health Park in Ireland. It is a unique primary care facility housed in a beautiful 170-year-old restored convent. The building has many unique spaces including an open glass atrium with a coffee shop, the original chapel where health classes are held, and a peaceful courtyard healing garden situated in the center of the building. The building is open not only to patients but also welcomes the public, reflecting the desire of the health park to be to be fully connected within the community.

The space is beautiful in and of itself, but the true magic of Waterford is in the interactions that occur within its walls. It is an interdisciplinary facility that integrates a wide range of services—family practice, physiotherapy, counselling, art therapy, acupuncture—as well as laboratory services, a pharmacy and much more. In



their daily practice the multidisciplinary team tries to ensure that not only the physical but mental, spiritual, relationship and emotional needs of patients are being recognized and met.

I originally went to Ireland because I wanted to spend my summer experiencing clinical medicine while also doing some travelling, but the experience ended up giving me so much more than that. Now that I am in second year not only do I have images of patients and specific stories to draw upon and to provide context to my studying, but I have gained a much better understanding of the role of medicine within society and how we as physicians can really make a difference in the lives of others and within the community. I was able to experience firsthand a true holistic approach to medicine and the power that collaboration, communication and connection has to shape a patient’s experience. Waterford Health Park is truly a “generative space”, a place where patients, health care providers and the entire community can flourish.

