



WELL CHILD INTERNATIONAL



GLOBAL HEALTH Physical Therapy Program

Puerto Penasco (Rocky Point)



Travel Destination: Puerto Penasco, Mexico

Volunteers are picked up in Phoenix by WCI staff and travel by van from Phoenix, Arizona to the housing facility in Puerto Penasco, Mexico. The team travels through Mari Copá, Gila Bend passing through part of the Organ Pipe Cactus National Monument on the



way to the border crossing at Lukeville, AZ and Sonoyta, Mexico. then on down to [Puerto Penasco](#).

Tentative Dates and Cost: Provided by Well Child International (WCI)

A nine day program from **November 15-21 (seven days)** will cost **\$1385 plus a \$100 application fee.**

It is important to plan as early as possible due to limited housing and transportation. *Team minimum 4, maximum 24. \$100 trip credit for "Bring a Friend"* (another Health Care student). Additional teams/dates are available upon request **OR** any student or faculty member can bring their own team **ANYTIME** with a minimum of four paying participants. WCI also provides sponsorship and fundraising (in house "Go Fund Me"). ***Don't let funding stand in the way of having this formative opportunity –let's work together!***

Hands On Learning: Participate in the delivery of physical therapy services and International Collaboration. WCI's Physical Therapy teams are hands on specialized focusing on each patient's specific needs. Volunteers learn methods of restoring functional movement and relieve symptoms of pain by performing patient evaluations and selected interventions under the supervision of a physical therapist. Diagnostic tools, such as X-rays and MRI, may or may not be available in to the underserved people receiving care from the WCI teams.

Our Physical Therapy teams provide services during home visits, within health care facilities and community clinics. The focus is on assessing patient needs, providing relief from pain, offering patient education, home exercises and providing adaptive equipment when needed. Physical therapy volunteers are able to receive an invaluable opportunity to not only observe physical therapist in action, but to actively assist with important aspects of physical therapy treatment. Ample time is built into each team to allow dynamic discussion related to specific patient cases and cultural/social issues to help each team member develop a better understanding of international health issues.

WCI's physical therapy teams are ideal for physical therapists, physical therapist's assistants, physical therapy students at all education levels (including Pre-PT or Pre-PTA). Students and professionals in massage therapy, nursing, occupational therapy and sports medicine can benefit from time spent with these teams and are always welcome.



What to Expect

Your first day will consist of travel to Puerto Penasco, and general orientation. Physical Therapy specific orientation is tailored based on the specific needs of each team and includes a review of medical intake forms, physical therapy related evaluation tools, medical /PT Spanish.

Participation in educational seminars on PT and other global health issues enhance the overall understanding of the community the team is serving. Your team will eat most dinners out in order to relax and experience the local culture and cuisine.

Volunteer Involvement

PT teams visit patient homes to provide basic health screenings and invite those with muscular tension/pain, wounds or mobility impairments to a field clinic staffed by a physical therapist. Home treatments may be provided when it is determined that this is in the patient's best interest.

At the clinic, you will have the opportunity to provide patient intake, patient assessments and treatments. Fabrication and modification of various orthotic and durable medical equipment is a common element of most clinics. Development and instruction of home exercise programs and education on analgesic treatments are practiced under the supervision of a physical therapist. Team members will also learn to maintain and manage support equipment and supplies. Opportunities to practice medical and conversational Spanish throughout the volunteer time is encouraged.

Individuals may choose to NOT participate in any aspect of patient care with which they are uncomfortable. Team members are encouraged to discuss all concerns with the team leader or the supervising physical therapist.





WCI Staff at our base

SAMPLE/FLEXIBLE Itinerary for Nine Day Program (may be adjusted to seven days , if needed by University):

Physical Therapy programs work in Puerto Penasco, Ejido San Rafael.

Day One

Arrive and transport to Mexico. Dinner with WCI Baja staff.

Day Two

8 am Breakfast
8:30 am Puerto Penasco PowerPoint Presentation/Orientation
11:00 - Lunch and area tour
1-4 Training with Local Doctor
4-6 pm Physical Therapy in San Rafael Community
6 pm Dinner in town

Day Three

8 am breakfast
9 am-11am Spanish Seminar
11-2pm Physical Therapy visits and Lunch
2-6 Recreation/Shopping
6 Desert Medicinal Plants seminar
7-8 Dinner (volunteer)
Pool time or relaxing

Day Four

9-12 Continuing Work at Centro de Salud
12-1 Lunch
1-3 Nueva Creacion Men's Rehab Center or other Center (basic health evaluation)
3-6 Esperanza Children's Home or other Center (basic health evaluation)
7 Dinner
Pool time!
Evening sharing of program progress

Days Five

Continuation of institutional work and PT house visit

Evening Salsa Lessons!

Days Six and Seven

Team is provided with options for PT work in the areas they have experienced and wish to expand

Evening Meal Out

Pool time?

End of day evaluation discussions

Day Eight

7am Breakfast

8-11 am Neighborhood PT Health Fair

12 Lunch

Afternoon Recreational Time (Beach, banana boat, parasailing)

7 pm Dinner out

Day Nine

7:00 am Breakfast

7:30 am Departure to PHX



Recreational options vary by location and season, but you will have the opportunity to shop for local crafts and explore geographic treasures. Common recreational options included tide pool exploration, in-shore snorkeling, marine science center visits/presentations, beach time, swimming, souvenir shopping and whale watching (seasonal). Additional recreational opportunities available at volunteer cost are as follows:

Banana boat rides

Sea and estuary kayaking

Jet ski and wave runner rentals

Horseback riding on the beach

Whale watching cruise (in season)

Fishing cruise

Parasailing



Well Child International

Collaborators: WCI is an international educational non-governmental organization (NGO). Since 1994, we have offered medical, educational, and community enrichment volunteer programs to high school and university students, post-graduates and professionals from hundreds of institutions, both nationally and internationally.

WCI sends service teams to provide medical, dental, optometry, physical therapy, public health, veterinary, education, and community enrichment assistance in Mexico, Central and South America, the Caribbean, and Africa. We offer our services in remote areas or to populations needing assistance as directed by local governments and local professionals.

WCI also provides free medicine, eyewear, and dental and medical supplies, and employs hundreds of local people in the countries in which we serve. More information available on our website at www.islongline.org/about-isl/.



Michael Birnbaum is the founder of both International Service Learning (ISL) and Well Child International (a subsidiary of ISL) and, among other duties, he serves as a New Programs Organizer, including the WCI Baja Program. In setting up the Baja Program he has implemented the first

“full-time-come-anytime” ISL/WCI location (mimum 4) . Michael enjoyed living in the neighborhood WCI serves, with the people they serve. He also enjoys visiting his grown sons and their families in Washington State.

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The WCI Baja program utilizes a complete range of governmental health care partnerships and cooperative programming including:



1. UBR – the Urban Rehabilitation Unit, the primary care training, treatment facility for Physical Therapy in the Puerto Penasco area,
2. The federal level (Gobierno Federal Salud) which provides the basic health care funding and oversight for all health care issues relating to the general population.
3. The state level (Secretaria de Salud) which administrates and delivers the health care via the Centro de Salud (main health care center) and the system of Auxiliares Casa de Salud which is co-sponsored and cooperatively operated by WCI. See photos of first Casa de Salud and staff of the Secretaria de Salud.

4. The equivalent of a city-wide system (DIF: Desarrolla Integral de Familia). This level of health care administration provides services that include children's and women's shelters with whom WCI is very active providing continuous care programs. DIF is also responsible for the veterinary programs and sterilization campaigns which WCI helps to sponsor. The current Director of DIF is also the Medical Director for WCI in the Baja area: Dr. Eliel Lopez.
5. Another local program, Oportunidades, is the equivalent of a WIC program and provides special assistance for families with children. WCI provides supplies, training, and clinics via the Casa de Salud.

WCI received an award of recognition from the Ministry of Health of the Mexican State of Sonora for enabling them to more than double the vaccinations and health screenings provided in underserved communities in the Puerto Penasco area.



Pictured left to right: Rita Isabel Corrales Gutierrez (State of Sonora Vaccinations Coordinator), Michael Birnbaum (ISLWCI Founder), Santiago Humberto Hernandez Vargas (Director of The Centro de Salud for Puerto Penasco).

How are the considerations of the travel warning addressed? Avoidance of areas of concern! We also utilize the OSAC information for up-to-date advisories in specific areas. Here are some bullet points for how we utilize OSAC, our in-country resources and other "intelligence" to manage our operations overseas:

- 1) We ensure a continuing liaison is maintained between our overseas staff, host-nation governmental partners and the US State Department to provide for operational security for all teams.
- 2) We ensure there is regular and timely interchange of information between ISL/WCI and the State Department concerning developments in the overseas security environment via our OSAC membership.

3) Our overseas WCI staff recommends methods and provides materials for coordinating security planning and implementation of security programs as needed for all of our teams.

How is security and safety of the students ensured?

WCI relies on our local staff and knowledge of the areas we serve. WCI staff do site inspections prior to the team's arrival and keep track of all political, social, and weather related issues. We work in areas with solid track records of safety with full-time supervision by multiple staff, etc. **Our partnerships with the Mexican government as extensions of their health ministries provides us with unique and robust program oversight and asset protection.** Team members are housed at Via Granada a jointly owned facility for non-profits ONLY (with pool and jacuzzi 😊) Also all transport and program logistics personnel are WCI staff. There are no "unknown" contractors or drivers.



How are the students supervised?

We plan on staff numbers based on team size. There is always a Team Leader and Assistant. We have bilingual assistants to help with translation and to help with other team needs. The staff travels with the team 24/7. Team members go through an orientation upon arrival which includes the safety policies and "does and don'ts" while in Mexico. Team members are not allowed to go anywhere by themselves. During team planning our staff makes sure that each community and facility is safe for the team. All transportation to and from the airport or campus and during the program is with WCI staff.

