



THIRD WORLD MEDICINE
IMMERSION PROGRAM

MAKWANPUR NEPAL 2020 - 2022



AcupunctureReliefProject





Third World Medicine Immersion Program Makwanpur, Nepal 2020-2022

Welcome

Dear Applicant,

Thank you for your interest in Acupuncture Relief Project's **Third World Medicine Immersion Program**. As a volunteer with our organization, you will be embarking on an exciting journey not only as a health care practitioner but also as a scholar of the human experience: an adventure of self-exploration and development through service to others. Like any adventure, there are many risks requiring careful consideration and planning. You will need a steadfast commitment to prepare and be prepared for what awaits you in our Nepal clinic. As a practitioner, this is an opportunity to perfect and learn new skills while witnessing the transformative power of your medicine and serving a community that desperately needs your help.

Our Nepal 2020/22 project will consist of five clinic camps each year (Mid September to Early November, Early November through December, Early January through February, Early March through April, and Early June through Mid July) lasting about seven to nine weeks each (If you are interested in participating during other times of the year, please download the Visiting Practitioner Program application from our website). Each camp will be limited to five practitioners who will form your clinic team. And trust me... you will need your team as you will be expected to work 5 1/2 days a week in the clinic for six to seven weeks (34-46 treatment days) with a team goal of treating 100 patients a day. Treatments will be conducted community style with patients sitting in chairs or laying on a mat on the floor. Your team will be responsible for managing all aspects of our clinic resources as well as assisting in the training of interpreters, meeting with members of the community and helping each other stay healthy while coping with the considerable stresses of living in a third-world environment. Living in a third-world country is unpredictable, exciting, and requires a flexible approach to each day. ***In short, we are looking for dependable practitioners who want to work together to make this project effective and insightful.***

In addition to working in the clinic your Acupuncture Relief Project leader will facilitate a variety of training activities and tasks. This training is a mandatory part of this program and is designed to help you improve your skills and master many elements of effectively treating in a third world environment. You will receive 54 Professional Development Activity (PDA) credits from the NCCAOM for your participation in this training.



Each camp program will include: entry visa, meals, accommodations, sightseeing, transportation, clinic supplies, interpreters, team facilitation and training while in Nepal. The cost of your participation will be \$3800USD. You are strongly encouraged to raise this money by involving your community of friends, family, patients and business associates. All donations on your behalf are tax deductible in the United States. Approximately \$1400 US of our program fee goes towards your transportation and living expenses while the rest goes toward clinic expenses, staff, facilities and future Acupuncture Relief Project goals. I hope that you will agree that this is a very reasonable amount for the seven week experience we are offering. Your participation will help us achieve our primary goal of providing a much-needed, permanent and sustainable clinic in this area and will facilitate an ongoing opportunity for other natural health practitioners.

Review the information in this packet carefully as it details many aspects of participation in the program. If you have questions, please feel free to contact me. If you are ready to sign on and commit to this year's project, please apply online at <https://acupuncturereliefproject.org/volunteer/programs>. There is a \$35 non-refundable application fee and you must attest that you have read all of the information provided in this booklet. We will then contact you within 14 business days of your application for a phone interview. Our programs do fill up so please apply early for the best chance at the dates that suit you best.

I'm very excited about offering this opportunity and I hope that we will be working together in Nepal.

Andrew Schlabach
President,
Acupuncture Relief Project



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Qualifications

To participate in our program as a practitioner you must be a qualified medical practitioner having graduated from an accredited program and having completed all licensing requirements for your country of origin. You must provide all of the information required on the Master Application and your costs of participation must be paid in full 30 days prior to departure. You also must have a valid passport with at least one year remaining before expiration.

Makwanpur Clinics

Acupuncture Relief Project operates several small clinics in the Makwanpur District under the authority of the District Health Office and Social Welfare Council of Nepal. Makwanpur is located about five hours south of Kathmandu (Nepal's capital). Our clinics are located in rural villages with a catchment population of over 100,000 people. In cooperation with the District Health Office facilities, our clinics provide additional basic health care support to the people of the region. Facilities at the clinic are basic but clean.

Clinic Practice

This project is designed to be an opportunity for you to explore all aspects of your medicine. All we ask is that you practice in accordance to CCAOM "clean needle" technique and insure a safe experience for your patients. You are encouraged to use any and all modalities or styles of treatment in which you are trained. We hope that you will share with your clinic team and other colleagues what worked best for you in treating a variety of conditions you will commonly find in Nepal.

Accommodations

After arriving in Nepal all accommodations will be provided. The first few days you will be staying in the Thamel district of Kathmandu. Basic hotel accommodations with private bathrooms will be provided (double occupancy). After moving to the clinic, practitioners will be lodged in tents or basic rooms (double and sometimes triple occupancy). It is recommended that you bring your own sleeping bag or buy one in Kathmandu. The clinic has community (shared) bathroom facilities. Once we arrive in Makwanpur there will be very limited opportunity to return to Kathmandu so you must be prepared for your entire stay. Electricity can be scarce and unpredictable in Nepal so the charging of electronic devices can be problematic. Internet and Skype services are available but very limited.

Language

Four languages are commonly spoken in Nepal (Nepali, Newari, Tamang and English). In Kathmandu it is fairly easy to get around and transact business using English alone. In the village, English is less common. In the clinic, very few of your patients will speak English and English speaking interpreters will be provided. At first you will find it quite challenging to treat patients with the help of an interpreter. It is a process requiring patience and practice but it can be very rewarding when you finally get into the rhythm of it. There will be several days of required training with the interpreters before and during your stay. If you are interested in learning the local languages, your interpreters will only be too happy to help you and your patients will be completely delighted when you speak to them in their own language.

Drug and Alcohol Use

Alcohol and drug abuse is a major problem in Nepal especially in the rural in which we operate. Many of our staff members have been dramatically impacted by alcoholism in their families and they are very sensitive to usage in and around the clinic. Cultural norms that you are accustomed in the West are not understood in Nepal and volunteer drug and alcohol use has become a problem for our project. We have a zero tolerance policy with our Nepali staff regarding the use of alcohol and drugs (including marijuana) while they are employed with us. **We ask our volunteers to refrain from all alcohol and drug use while they reside at our facilities. It is expressly prohibited to indulge in alcohol or drug use with our staff.** In this event, both you and our staff member will be asked to leave the project. If you cannot abide by our request for abstinence, PLEASE DISCUSS THIS WITH US. There are some exceptions and we will try to work with you but we will not tolerate covert behavior.

Dress Code

Living in a Nepali village requires us to mention a few things about appropriate dress. Sleeveless shirts and shorts are not appropriate for either male or female practitioners. Basic trekking (traveling) clothes are fine. You will want to have easy to wash, conservative and comfortable clothing. You will be required to wear a white lab coat while you are in the clinic (you should bring two as they will get dirty fast) and you will be provided with a name badge.



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Food and Water

All meals while in Nepal are provided and you will be treated to Nepali, Tamang, Magar and Tibetan cuisine. While at the clinic, our staff cook will prepare the team's meals. The food is basic, tasty and sometimes very spicy, usually including rice, lentils and local vegetables. If you are a strict vegetarian or vegan you will find it somewhat difficult (but not impossible) to live in the village. If you are willing to discreetly eat around the small amount of meat that is in the food you will do fine. There is a small kitchen in the clinic where you can prepare your own food occasionally, however, you may find that taxing after a day of work. Extra groceries are at your own expense. All water sources in Nepal should be considered unsafe to drink. The clinic is equipped with a triple filter system and boiled water is also available. When away from the clinic drink only bottled water that has an unbroken seal. Try to minimize the use of plastic bottles whenever possible as these are usually burned, contributing to Nepal's less than clean air. Team members are required to help with some cooking tasks, wash dishes and keep the common areas clean.

Travel

You are responsible for your own travel to and from Nepal. If you are interested in fund-raising for your travel expenses, ARP will arrange your travel for you and that cost will be added to your overall cost of participation. ***We do this as courtesy to you and we are not responsible for any issues or fees that may arise with the airlines. Changes in your itinerary (or other contingencies) and the fees associated with these changes are your responsibility and need to be addressed directly with the airline.*** If you would like to make your own travel arrangements, you can do so at your own expense however, either way, you will be required to transport one 50 pound duffel bag with your personal gear and one 50 pound duffel bag of clinic supplies in addition to your personal carry-on. We will provide the duffel bags and clinic supplies. ***Bring two extra passport photos as you will need them when entering Nepal. Double check your airline tickets to be sure your name matches your passport exactly. This can be a last minute disaster.***

Risks and Insurance

Nepal is not Disneyland. Nepal is full of risks which we cannot predict and as with any third-world experience, nothing has been inspected for your safety. There is an extraordinary amount of traffic, pollution and disease. There is civil unrest in some areas

(though mostly non-violent) and occasionally there is some crime directed at foreigners. This is not meant to scare you, rather it is to make you aware that you need to have your wits around you at all times. As a team, we all work to keep each other safe but ultimately, YOU are responsible to keep yourself safe. This means you must protect yourself in the clinic and well as on the streets. Acupuncture Relief Project does not provide any insurance on your behalf. If you were to become ill, injured or have to leave the country prematurely you will bear that expense yourself. We highly recommend that you explore and possibly purchase a traveler's insurance policy. **We also recommend that you research and receive all appropriate vaccinations for travel in Nepal.**

Program Cost and Payment

The cost of this 7 week program is \$3800 USD. Upon acceptance to the program you will be sent a volunteer agreement which is a legal contract that binds us. Read it carefully before signing. Return the agreement with a non-refundable deposit of \$750 USD to lock-in your position on the team. The balance must be paid or raised in full before your departure. **All funds raised are non-refundable.**

Fund Raising

Unfortunately there is a lot more to running an international relief project than just having volunteers show up to treat patients. Much of our operating expense is incurred maintaining our clinic facility, supplies, and staff. There are also administrative and legal costs involved as well as budgeting for future projects and goals. Our Board of Directors tries very hard to insure that the maximum amount of every dollar raised finds its way into patient care. This program is an opportunity for you to help people that need your help but it is also a priceless opportunity to develop as a practitioner with wisdom and skills that will last you a lifetime. As a volunteer, you may raise as much of your participation costs as you would like. Checks that you collect from friends, family or other sponsors should be made out to Acupuncture Relief Project and will be tax-deductible to the donor. These funds will be credited to your name and will be deducted from your cost of participation. We have many fund raising ideas and are here to support you with promotional materials, press coverage and a dynamic web presence.



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Program Training Requirements

In addition to treating patients, you and your team will be required to participate in several other activities. There will be several days of training with the interpreters. This training not only benefits you by improving your relationship with your interpreters, it helps our interpreters learn new vocabulary and medical concepts which enables them to be more accurate. You may be required to meet or speak with important members of the community or patrons of the clinic.

There are also many opportunities to meet with other organizations in Nepal. Most importantly, ***you will be required to meet as a team at least twice per week to discuss patient cases, clinic experiences or other issues.*** Without these meetings we miss out on the grand opportunity to learn from each other; without good communication small conflicts may become major meltdowns. ***It is the responsibility of each and every team member to involve, support and nurture the experience of everyone on the team***

You will receive 64 PDAs certified by the NCCAOM for completing this course of study.



Website Blog

Please make an effort to provide us with at least one blog entry for our website during your stay. Focus on expressing your personal experience rather than reporting on the clinic news. What we (and our audience) are most interested in is you: what is your experience, how do you feel about it, why is it challenging or rewarding and how is it changing you and your medicine. You might want to share a brief case study or clinic anecdote. When you have something you would like to submit, please email Andrew Schlabach (andrew@acupuncturereliefproject.org) your document and photos you would like included with your article.

Class Sessions

During the entire course of your stay, you will be expected to participate class sessions (usually two or three per week) with your Team Leader. Classes will focus on three categories of information to help facilitate your learning experience while in Nepal as well as ensure consistency and safe practices in our program for both the practitioner and the patients: Safety & Ethics, Core Knowledge (Skills & Abilities), and Adjunctive Therapies. Class time will also be used to share clinic stories,



discuss case studies, share treatment strategies, and allow us a workable space for any concerns or issues that may arise.

Patient Counts

You are responsible to provide us with an accurate record of your clinical practice while staying at the clinic. This includes the number of treatment days worked, the number of patients treated, and the number of formulas prescribed. You will be provided a service diary to record your information and submit it back to us at the end of your stay.

Case Studies

Acupuncture Relief Project and our patrons are interested in measuring the clinical effectiveness of our project. To this end, you are assigned to write one clinical case study suitable for distribution to our medical community. The focus of our training will be on selecting and writing a clear, concise and accurate case study that is helpful to your medical community. We think you will find this process a meaningful reflection on what you will be accomplishing in Nepal and you will be contributing to a body of evidence supporting a model of sustainable, low-cost primary care in rural third world environments. ***This is a mandatory assignment and is required with your participation within this program.***

Feedback

We know your stay in Nepal will be a mixture of excitement, challenge and adversity. We hope that you are challenged in a way that helps you grow as a practitioner but also as a compassionate human being. We would sincerely like to hear your comments on how you think we can improve our program for future practitioners. We want to hear it all... what you loved, what you hated and what you think we can change. Please feel free to process these comments with me in person or in writing before, during or after your experience in Nepal.



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What to Bring

Personal Equipment

Try to pack as lightly as possible. Anything that you find you might need once you are in Nepal is probably available there and for far less than you can acquire it for here. Try to bring clothing that is durable, easy to wash and is fast drying (*cotton is not the best choice for travel*). If you are sensitive to the cold you should add a layer or two but please travel as light as possible.

- Small Backpack (2600-3200 cubic inches)
- Small Shoulder Bag
- Large Nylon Stuff Sack
- 2 - White Lab Coats
- 2 - Travel Pants (or Long Skirts for Women)
- 1 - Shorts
- 7 - Pair Socks
- 7 - Pair Underwear / 2 - Bra
- 1 - Set Long Underwear (2 sets for winter camps)
- 2 - T Shirts
- 2 - Shirts (one long sleeved, one short sleeved)
- 1 - Sturdy Comfortable Shoes / 1- Flip-Flops (shower shoes)
- 4 - Handkerchief / Bandana
- Sunglasses
- Light gloves
- Warm Hat
- Light Rain Jacket
- Fleece Jacket
- Light Weight Insulated Jacket
- Medium Weight Insulated Jacket (only for winter camps)
- Headlamp / Spare Batteries
- 0° (or better) Sleeping Bag (can buy in Kathmandu for about \$80-100USD)
- Camera / Charger / Batteries / USB Cable
- iPod / Charger / Travel Speakers (Optional)
- Reading Material / Journal / Pens
- Passport / 2 Extra Passport Photos
- Cash / ATM Card / Credit Card
- Laptop Computer or Tablet

Toiletries:

- Towel / Washcloth
- Toothbrush / Toothpaste
- Skin lotion / Hand Sanitizer
- Sunscreen
- Lip balm
- Biodegradable Soap / Shampoo
- Herbs / Supplements / Medications / Prescriptions
- Ibuprofen / Alleve / Antacids / Gas X / Pepto-Bismol / Cough Drops
- Hair Brush / Hair Ties / Nail Clippers
- Earplugs
- Q-tips
- Band-Aids

Clinic Equipment

If your treatment modality requires specialized equipment or supplies, please discuss your needs with your Team Leader before departure.

Required Apps

This is a list of electronic apps that you should have loaded on your personal device **before you arrive in Nepal**.

- Merck Manual
- Medical Dictionary (like Tabor's)
- Drug Reference (like Epocrates)
- Anatomy Reference (like Visible Body or Netter's)
- Lab Value Quick Reference



Apply Online at

<https://acupuncturereliefproject.org/volunteer/programs>





AcupunctureReliefProject.org

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Acupuncture Relief Project is a registered 501(c)3 non-profit organization located in Vancouver Washington. Its mission is to provide free medical support to those affected by poverty, conflict or disaster while offering an educationally meaningful experience to influence the professional development and personal growth of compassionate medical practitioners.