

# *The Organization for the Development of the Indigenous Maya*



## **Global Health Internship Program Information Package**

---

### ODIM's Mission

---

ODIM is a 501(c)(3) organization comprised of local and international staff, health promoters, and volunteers who work in collaboration to enrich the quality of life of the Tz'utujil Maya in the villages of San Juan and San Pablo La Laguna through health care, education, and housing.

---

### ODIM's Vision

---

Because we at ODIM Guatemala believe that healthcare is a human right, we are dedicated to providing competent and compassionate family health care and education to the Maya of San Juan La Laguna and San Pablo La Laguna, Guatemala. To achieve this goal, we foster a trustworthy and collaborative organizational culture that prioritizes local voices while working together with national and international partners. Our qualified local and international staff participate in ongoing capacity building opportunities to improve our health care services and educational programs. We believe that as people access quality health care and are empowered to make informed decisions about their health practices, they may transform not only their lives but also contribute to the health of the entire community.

---

## The 3 Branches of ODIM:

### Medical Care, Construction Initiatives, Community Programs

---

#### **Medical care**

The two clinics in San Juan and San Pablo La Laguna were built with the hands, hearts, and financial contributions of volunteers. Combined these clinics provide a total of 9,500 patient visits each year. The providers include bilingual Spanish/Tz'utujil speaking nurses and a physician local to the community. Our clinical services are designed around the expressed needs of the communities, emphasizing primary care, diabetes treatment, well-child care, prenatal checks, counselling, dental care and family planning. The clinics feature onsite pharmacies and basic laboratories.



For more information on our clinics, please visit:  
<http://www.odinguatemala.org/medical-services/>

#### **Construction initiatives**

Our construction volunteer teams work in the village of San Pablo La Laguna to build and repair houses for families whose health status is diminished by their living environment. Short term volunteer teams work alongside a local crew of construction workers contracted by ODIM and family members of the home being built. In 2017, ODIM envisions adapting this program, based on findings of recent primary research our local team conducted in collaboration with Duke University, St. Vincent College and Emory University. The new model will entail small-scale home improvement projects that are conducive to augmented hygiene, sanitation and air quality, while addressing other determinants of health and nutrition.

For more information, please visit:  
<http://www.odinguatemala.org/volunteer-opportunities/>

## Community Health and Education Programs



With the aim of enabling prevention, an elevated quality of life and sustainable change, we operate four programs that promote education and integrative care in our communities. Our programs endeavor to be multi-faceted, evidence-based and culturally-aligned as they address the greatest health and education inequalities these towns face.

Typically, Global Health Interns with non-clinical backgrounds spend the majority of their time working on enrichment projects within one or several of the following programs:

- *Healthy Mommy and Me* is fighting Guatemala's chronic malnutrition epidemic by promoting health and nutrition practices in the *First 1,000 Days*; from conception to a child's second birthday. Our team of local promoters and clinicians extend health and cooking classes, prenatal and well child care, supplementation and support groups with incredible results, both preventing and treating this malnutrition that stunts children's potential in the future.
- *Healthy Teens* intervenes at a key window in the next generation's development to educate and uplift. Through health classes and a peer support network, we instill healthful lifestyle practices. With 4,000 girls under 14 years old impregnated every year and a pervasive macho culture in Guatemala, two priorities of this program are to prevent teen pregnancy and promote reproductive rights and gender equity.
- *Let's Walk Together* is ODIM's diabetes self-management program, supporting hundreds of patients through education, high-quality subsidized medical care, exercise and social support.
- ODIM's scholarship program extends sponsorship and tutoring to youth of families who would otherwise not be able to financially support their young scholar.



For more information on our programs, please visit:

<http://www.odinguatemala.org/community-programs/>

---

## Global Health Internships

---

Since ODIM's inception in 2005, volunteers have played an important role in enabling our community-driven initiatives. As the organization has evolved in both the depth and breadth of services, so the need for dedicated and specialized support has arisen. And so, ODIM's Global Health Internship program was born in 2015.

Our aim is to create internships that are symbiotic. We believe that exposing budding public health and medical professionals to the joys and challenges of providing comprehensive health services within the framework of highly successful health promotion programs in a foreign culture and in a resource-limited setting will serve to enrich their professional development and what they bring to their prospective fields.



---

## How it works

---

ODIM opens its doors to two categories of interns based on their education, experience and interest:

1. Clinical Interns
2. Community Health Interns

As ODIM aims to extend integrated care, interns from both categories will at times work on projects pertaining to multiple branches of ODIM. For instance, a Clinical Intern who is a nursing student may provide trainings to program staff or a Community Health Intern who is a student of public health may work with providers to conduct an epidemiological study.

Internships consist of a combination of conducting targeted projects and participating in the daily life and tasks of the clinics and programs.

---

## Projects of previous Global Health Interns

---

- Data system creation for *Healthy Mommy and Me*
- Community needs assessment to inform program development of *Healthy Teens*
- Creation of a clinical care protocol for diabetes
- Diabetes program data analysis and recommendations
- Health education curriculum review
- Nutritional counselling, analysis and resource development
- Diabetes and prenatal nutrition seminars
- Provider training on motivational interviewing



---

## 2017 Global Health Internship Projects

---

### **Clinical Internships**

Clinical interns come to ODIM in their final years of study in a given medical profession; including nursing, medicine, clinical nutrition and midwifery. As such, clinical internships prioritize exposing students to their field while participating in the capacity building of our staff. Clinical internships entail:

- Shadowing our local providers and participating in primary and/ or prenatal care
- Conducting pre-consultation and aiding in the pharmacy and laboratory
- Developing and facilitating continuing education classes for providers and community program staff
- Participating in protocol development and other community health projects (listed below) upon personal interest and organizational need



## **Community Health Internships**

Below are the targeted projects available to Community Health Interns in 2017. Beyond these projects, interns also participate in tasks that enable the typical operation of the programs; such as lesson plan revision, program evaluation and assisting in grant writing. Please note that ODIM's programs are always evolving. As such, interns are invited to innovate and propose new projects in collaboration with our local staff, under the direction of the Program Manager, once on the ground.

### Construction needs assessment and evaluation tool development

As ODIM looks to adapt our construction program to be a low-input, high-impact model, we need to develop an assessment tool to ascertain which families are in greatest need of what renovations. Furthermore, we require the creation of a method for evaluating the efficacy of these renovations. This project also entails seeking grant funding for the initiative. ODIM seeks a resourceful and creative graduate student to work with our International Programs Manager and integrate previously conducted research to develop an objective means of determining beneficiaries and program results; while bridging this program development into funding opportunities.



### Epidemiological study and protocol development

A priority within ODIM's clinics is to establish a consistent standard of care. Epidemiological analyses enable us to orient our service provision, health promotion curriculum, protocol development and pharmacy inventory around the highest causes of morbidity for different demographics within the community. The intern taking on this project would be responsible for inputting and analyzing patient data, working with providers to develop protocols for priority illnesses, presenting findings and recommendations to staff and setting-up an efficient system for regular patient data analysis.

### Healthy Teens program evaluation and development

Following the launch of this program in early 2017, a priority will be evaluating initial results and working to implement recommendations. The intern on this project will work with the program staff to evaluate and improve all components of this

program; including health classes, support groups, cooking classes and health fairs. This graduate student will give particular focus to evolving the peer CHW component of this program, as it will be ODIM's first time implementing such a model with youth. Furthermore, this project will entail seeking grant funding for Healthy Teens.

#### Pharmacy inventory system development and training

Creating and maintaining an efficient and user-friendly pharmacy inventory system has been a challenge for ODIM staff and requires targeted and skilled attention. The intern in this role will work closely with our clinical providers in the development, implementation and extensive ongoing training of this system.

#### Service provision and market assessment

So as to keep our fingers on the pulse of the communities' needs, ODIM seeks a graduate student to conduct an assessment of the current health landscape. The study should consider patient satisfaction and perception of ODIM services and programs,



desired expansion of services and programs and existing programs and services offered by other agencies within the two communities.

#### Family planning community study

ODIM's low-cost family planning services are underutilized in our

communities. High rates of fertility, teenage pregnancy and associated illnesses (such as chronic malnutrition) motivate us to investigate the barriers youth, women and couples face to seek these services. The graduate student responsible for this project will create and conduct a study, with guidance from ODIM leadership, so as to expose barriers to care and propose strategies to increase service utilization that can be implemented in a highly conservative culture, where that status of women is limited.

## Health curriculum development and standardization

The health class curriculum of the Community Health and Education Programs is developed by our promoters. This ensures that content is being assembled by local minds and spoken by local voices; an important organizational value. To guide the accuracy and quality of these lessons, ODIM seeks a graduate student to further our efforts to work with the promoters in the standardization of curriculum, teaching tools and orientation materials (for new hires) within *Healthy Mommy and Me*, *Healthy Teens* and *Let's Walk Together*. A fellow working with ODIM until May 2017 is currently leading this initiative; with emphasis on integrating behavior change methodology into the curriculum. This project's intern is to work alongside the fellow and facilitate the continuation of this work upon her departure with the local staff.



---

### Requirements

---

Clinical interns should be in their final years of study in medicine, nursing, clinical nutrition or midwifery. Please inquire about other clinical professions. We also welcome M.D. graduates pursuing residency, particularly in the following specialties: pediatrics, obstetrics and gynecology, dermatology, internal medicine and family medicine.

Graduate students in public health, global health, health promotion and related fields are welcome to apply for a community health internship.

### **Other requirements**

- Proficiency in Spanish
- Experience abroad or working with another culture
- Ability to be on the ground for 8-12 weeks



## Qualities of a successful applicant

- Autonomous and proactive worker who is also a team player
- Desire to connect and build relationships with local staff
- Strong communication skills
- Open-mindedness
- Adaptability to a new culture and remote setting
- Thoughtful and humble approach; prioritizing local voices and contextual experience of long-term staff



---

To apply

---

Please submit your C.V. and a cover letter elucidating your interest and qualifications for a clinical internship or for one of the community health internship projects to the Program Manager at: [odim.community@gmail.com](mailto:odim.community@gmail.com). Candidates advancing to the next round of consideration will receive an invitation to a video interview with ODIM staff.

### **Facilitation Contribution (upon offer of internship)**

ODIM has a set internship facilitation contribution of \$500.<sup>00</sup> USD. Beyond covering minimal costs to the organization for the facilitation of a fruitful experience for the intern, this amount is symbolic. \$500 means providing care and education services to one of our diabetic patients for one year. As a 501(c)(3) registered non-profit, all donations to ODIM are U.S. tax deductible.

Should you have any questions, please contact the Program Manager:

502.5941.9023

[odim.communityhealth@gmail.com](mailto:odim.communityhealth@gmail.com)