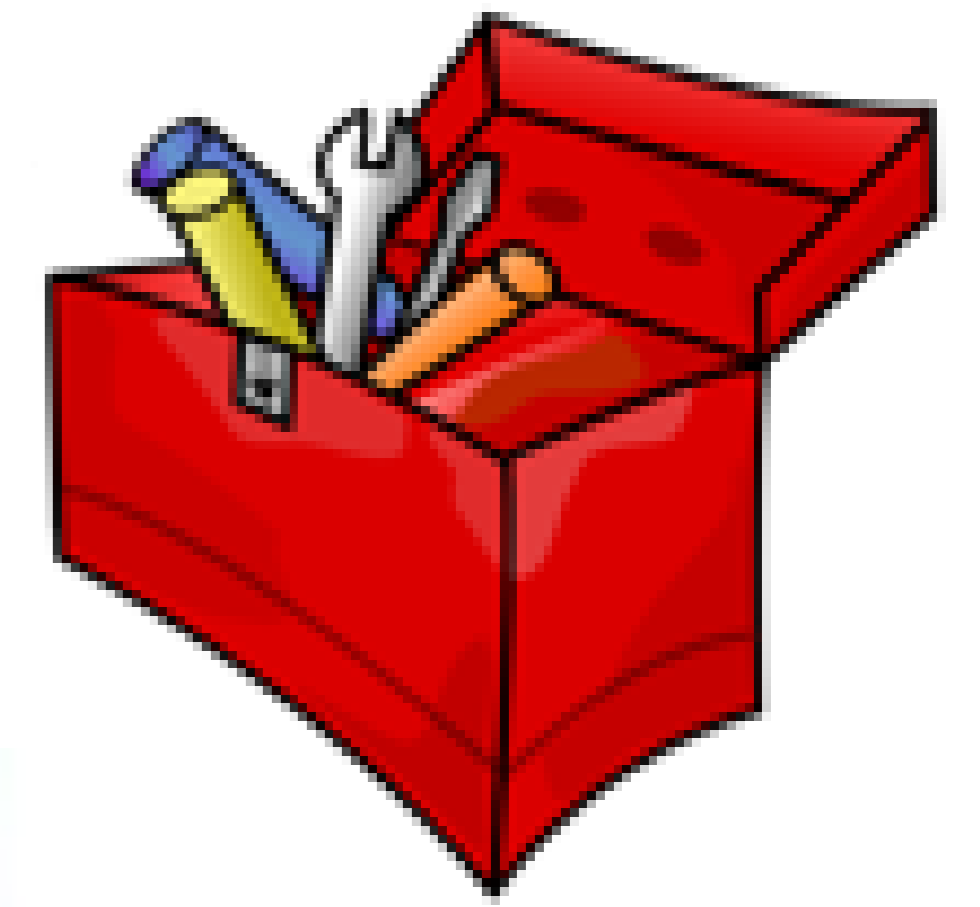


A Toolkit for Undertaking a Volunteer OOPE in a Low Resource Country

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Potential locations:

Where sparks your interest?
Ask friends and colleagues
Local hospital links with LMICs
Specialty links
Contact Medical Societies, many have Global Special Interest Groups

Complete OOPE Process:

Read OOPE guidelines
Complete OOPE application form
<https://www.eastmidlandsdeanery.nhs.uk/policies/oope>

LMIC Hospital:

Discuss what assistance they can offer you?
Funding
Accommodation
Visa's/working permits
Supervision/support during visit
Medical Registration

Budget carefully:

Accommodation
Visas/Permits
Travel
Food
Vehicle- fuel/insurance/repairs
Bills- Gas/Electric/Water/Internet
Holidays
Health insurance
Indemnity Cover
Unforeseen expenses
Reserve funds/savings

Travel Health:

Attend travel clinic for advice
See below helpful websites
<https://travelhealthpro.org.uk>
<https://www.fitfortravel.nhs.uk/destinations>

Consider going with organisation to support:

e.g. VSO
<https://www.vsointernational.org/>

Travel Insurance:

Need Backpacker/ Ex-pat Insurance.
Check terms and conditions.
<https://www.saltinsurance.com>
<https://www.co-opinsurance.co.uk/travel-insurance/backpacker>
<https://www.outbackerinsurance.com>

GMC subscription:

Maintain full registration
Can get subscription reduction for low salary.
Very tricky to resolve if come off register

Initial Planning:

Speak to others with previous experience of volunteering in LMIC's Discuss with Educational Supervisor and Training Program Director
Contact potential hospitals/potential hosts- what assistance they can offer with preparations/how can they support you during your visit?
Consider carrying out short preparation visit to check it's right for you

Further Planning:

Plan/liaise with colleagues at hospital: how can you help
Contact previous visitors/volunteers what has their experience been
Learn about how to manage the common infectious diseases you are likely to see and review any local guidelines
Get supporting letter from the Hospital
Arrange Visa/Residency + Employment permit
Consider how you will fund project and carefully budget
Visit Travel Clinic: Immunisation's (e.g. Rabies)/Prophylaxis (e.g. Malaria)/Medication needs

Nearer to departure (at least 3 months):

Arrange accommodation/vehicle
Arrange travel to LMIC
Plan what you're going to take
Medical Indemnity- MPS/MDU provide only limited periods of cover
Medical Council Registration will need Certificate of Good Standing from GMC
May require criminal records check
Arrange specialist travel insurance
Consider further training opportunities while away
Considering quality improvement/research projects discuss with local ethics committee

Things related to life in UK to consider:

Consider bank/credit cards with no overseas charges
If letting house- need 'buy to let' mortgage and alter home insurance (consider additional charges)
Arrange storage of belongings
Discuss pension and tax implications with financial advisor

While away:

Keep in contact with colleagues in UK for advice and support
Arrange visits from family/friends/colleagues
Arrange holidays/trips/adventures
Immerse yourself in local culture (consider language lessons)
Consider how you can help the hospital longer term
Ensure mandatory training up to date and consider training courses/CPD needs

Prepare for Return (Begin 3 months before return):

Get Criminal Clearance Certificate and prior to leaving, required for UK DBS clearance
Get Certificate of Good standing from Visiting Country's Medical Council- GMC may need Complete necessary requirements for ARCP/ Supported Return to Training process

Supported Return to Training:

Read guidelines and complete process
1). Pre-absence Planning & Absence Activities Form
2). Return to training planning form
3). Complete Enhanced Supervision Plan
4). Complete Enhanced Supervision Plan Review & Sign Off
<https://www.eastmidlandsdeanery.nhs.uk/trainee/supporttt>

Top tips:

- 1). Get support from colleagues in your specialty in UK
- 2). Begin planning as early as possible things always take longer and are more complex than you think
- 3). Be prepared for the unexpected.
- 4). Connect with other expats/volunteers
- 5). Make friends with local people and expats to offer support and encouragement
- 6). Try to immerse yourself in local culture

Funding streams:

Personal savings
Renting income from house
Visiting Hospital support
Deanery Bursaries
Specialty Society Grants
Charitable Grants
eg BEIT trust, Myre Sim

How to get local information:

Connect with fellow expats/volunteers they will have lots of local knowledge
Join expat information groups
-- Facebook
-- Whatsapp
New arrival Information packs

MSF Global and Humanitarian Medicine Course:

<https://www.msf.org.uk/global-health-and-humanitarian-medicine-course>
Contact:
ghm@london.msf.org

Diploma in Tropical Medicine and Hygiene:

<https://www.rcplondon.ac.uk/diploma-tropical-medicine-and-hygiene>



Interested in doing something similar?

Want further advice? Feel free to contact me

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Myre Sim East Midlands
Fund Trainee Bursary