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Background on Botswana

- Population: 2.2 million people, with 10% living in the capital city of Gaborone
- Language: Setswana, but many speak English
- 3rd highest HIV prevalence in the world
 - 360,000 people living with HIV
- Low life expectancy at 54 years (2011)



Goals of the Trip

- Experience a different culture from my own
- Learn more about the diagnosis, treatment, and prevention of HIV/AIDS in a different country
- Learn how to treat patients in a low resource setting



Experience

- Botswana-Baylor Children's Center of Excellence in Gaborone, Botswana
 - Opened in June 2003
 - Provides care for more than 4,000 children and families with HIV
 - Antiretroviral therapy and many other medications provided free of cost
 - Multiple other services available including: psychology, social work, nutrition, and adolescent support groups
 - Staffed by local health care workers in addition to physicians from around the world
- Princess Marina Hospital
 - 530 bed hospital with dedicated children's wing
 - Worked on inpatient hematology/oncology team



Reflection

- Saw an example of an overall successful program implemented for prevention of chronic disease
- Witnessed the numerous barriers in place when working in a low resource setting
- Learned ways to problem solve with limited tools available
- Gained insight into the importance of advocacy and the frustrations that can arise when trying to make changes
- Was reminded of the vast amount of resources we have and not to take advantage of that



Future Directions

- Plan to continue to advocate for the underserved populations in Kansas City, bringing lessons of global health work into my own community
- Continue to pursue opportunities to work abroad, focusing on long term relationships such as that established by the Baylor program
- Continue to use education as a tool for success in medicine

