

WEBVTT

NOTE duration:"00:09:07.7760000"

NOTE language:en-us

NOTE Confidence: 0.7793797

00:00:00.000 --> 00:00:01.848 Hey everyone, I'm Jeff.

NOTE Confidence: 0.7793797

00:00:01.848 --> 00:00:04.620 I just graduated from the trad

NOTE Confidence: 0.7793797

00:00:04.714 --> 00:00:08.002 program this past year and actually

NOTE Confidence: 0.7793797

00:00:08.002 --> 00:00:10.194 did the distinction pathway.

NOTE Confidence: 0.7793797

00:00:10.200 --> 00:00:13.284 Map which. I did.

NOTE Confidence: 0.7793797

00:00:13.284 --> 00:00:15.336 It was definitely one of the

NOTE Confidence: 0.7793797

00:00:15.336 --> 00:00:17.770 highlights of my residency experience,

NOTE Confidence: 0.7793797

00:00:17.770 --> 00:00:20.158 so if anyone's interested in that,

NOTE Confidence: 0.7793797

00:00:20.160 --> 00:00:21.354 has any questions,

NOTE Confidence: 0.7793797

00:00:21.354 --> 00:00:23.344 feel free to reach out.

NOTE Confidence: 0.7793797

00:00:23.350 --> 00:00:25.738 I was very glad that I

NOTE Confidence: 0.7793797

00:00:25.738 --> 00:00:27.330 did it during residency.

NOTE Confidence: 0.7793797

00:00:27.330 --> 00:00:29.320 I went to Rwanda during

NOTE Confidence: 0.7793797

00:00:29.320 --> 00:00:31.310 November of my third year,

NOTE Confidence: 0.7793797

00:00:31.310 --> 00:00:33.488 so right before covid happened and

NOTE Confidence: 0.7793797

00:00:33.488 --> 00:00:35.863 I chose were Wanda mainly because

NOTE Confidence: 0.7793797

00:00:35.863 --> 00:00:37.988 I was interested in development

NOTE Confidence: 0.7793797

00:00:37.988 --> 00:00:40.522 of their health care system after

NOTE Confidence: 0.7793797

00:00:40.522 --> 00:00:42.898 genocide and really wanted to see.

NOTE Confidence: 0.7793797

00:00:42.900 --> 00:00:45.940 What things have looked like in the decade?

NOTE Confidence: 0.7793797

00:00:45.940 --> 00:00:48.808 Plus since that happened?

NOTE Confidence: 0.7793797

00:00:48.810 --> 00:00:53.115 And was really happy that I did.

NOTE Confidence: 0.7793797

00:00:53.120 --> 00:00:55.260 Let me share my screen.

NOTE Confidence: 0.7661651

00:01:21.250 --> 00:01:22.360 Sorry, one second.

NOTE Confidence: 0.82932174

00:01:28.150 --> 00:01:32.320 There we go. So Rwanda is in East Africa.

NOTE Confidence: 0.82932174

00:01:32.320 --> 00:01:34.222 It is bordered by the DRC

NOTE Confidence: 0.82932174

00:01:34.222 --> 00:01:36.010 and Uganda to the North,

NOTE Confidence: 0.82932174

00:01:36.010 --> 00:01:38.690 and then Burundi and Tanzania to the South,

NOTE Confidence: 0.82932174

00:01:38.690 --> 00:01:39.695 and southeast Kigali,

NOTE Confidence: 0.82932174

00:01:39.695 --> 00:01:42.040 which is where at the Central Hospital,
NOTE Confidence: 0.82932174

00:01:42.040 --> 00:01:44.472 is that I rotated at is kind of
NOTE Confidence: 0.82932174

00:01:44.472 --> 00:01:45.720 in the middle.
NOTE Confidence: 0.82932174

00:01:45.720 --> 00:01:47.750 There is another site that you can
NOTE Confidence: 0.82932174

00:01:47.750 --> 00:01:50.224 go to in Butare and they actually
NOTE Confidence: 0.82932174

00:01:50.224 --> 00:01:52.917 have a large Cancer Center which is
NOTE Confidence: 0.82932174

00:01:52.917 --> 00:01:55.136 pretty well known there and in the
NOTE Confidence: 0.82932174

00:01:55.136 --> 00:01:57.450 North you can see the room mountains,
NOTE Confidence: 0.82932174

00:01:57.450 --> 00:02:00.859 which is where a lot of people.
NOTE Confidence: 0.82932174

00:02:00.860 --> 00:02:01.835 During their trips,
NOTE Confidence: 0.82932174

00:02:01.835 --> 00:02:03.785 will go to see the gorillas,
NOTE Confidence: 0.82932174

00:02:03.790 --> 00:02:05.090 which is pretty cool.
NOTE Confidence: 0.85612667

00:02:07.770 --> 00:02:09.186 Like we talked about,
NOTE Confidence: 0.85612667

00:02:09.186 --> 00:02:11.703 the genocide had a huge impact on
NOTE Confidence: 0.85612667

00:02:11.703 --> 00:02:14.247 health care in Rwanda in the early 90s.
NOTE Confidence: 0.85612667

00:02:14.250 --> 00:02:16.902 They actually had the lowest life

NOTE Confidence: 0.85612667

00:02:16.902 --> 00:02:20.440 expectancy out of any country in the world.

NOTE Confidence: 0.85612667

00:02:20.440 --> 00:02:23.443 And the rates of infectious disease and

NOTE Confidence: 0.85612667

00:02:23.443 --> 00:02:26.139 unsafe Earth skyrocketed as a result of this.

NOTE Confidence: 0.85612667

00:02:26.140 --> 00:02:29.534 In the mid 90s. Since then,

NOTE Confidence: 0.85612667

00:02:29.534 --> 00:02:32.006 they've actually developed quite a bit.

NOTE Confidence: 0.85612667

00:02:32.010 --> 00:02:34.260 Paul Kagame is the current president

NOTE Confidence: 0.85612667

00:02:34.260 --> 00:02:36.733 who actually led the Rwandan Patriotic

NOTE Confidence: 0.85612667

00:02:36.733 --> 00:02:39.445 Front during the genocide and became,

NOTE Confidence: 0.85612667

00:02:39.450 --> 00:02:41.510 I think there's six president,

NOTE Confidence: 0.85612667

00:02:41.510 --> 00:02:44.530 and he's done a lot for them in terms of

NOTE Confidence: 0.85612667

00:02:44.610 --> 00:02:47.710 their economy and healthcare development.

NOTE Confidence: 0.85612667

00:02:47.710 --> 00:02:50.601 Part of this was the human resources

NOTE Confidence: 0.85612667

00:02:50.601 --> 00:02:52.586 for health Program, or HRH.

NOTE Confidence: 0.85612667

00:02:52.586 --> 00:02:55.570 It was launched in 2012 and was seven

NOTE Confidence: 0.85612667

00:02:55.653 --> 00:02:58.719 years in duration and they basically.

NOTE Confidence: 0.85612667

00:02:58.720 --> 00:03:01.884 Sent over a lot of US faculty
NOTE Confidence: 0.85612667

00:03:01.884 --> 00:03:03.770 members to collaborate with.
NOTE Confidence: 0.85612667

00:03:03.770 --> 00:03:05.930 The faculty there and train a
NOTE Confidence: 0.85612667

00:03:05.930 --> 00:03:08.090 lot of their medical students,
NOTE Confidence: 0.85612667

00:03:08.090 --> 00:03:09.822 senior residents and attendings
NOTE Confidence: 0.85612667

00:03:09.822 --> 00:03:11.987 based basically just strengthen their
NOTE Confidence: 0.85612667

00:03:11.987 --> 00:03:13.887 own health care infrastructure so
NOTE Confidence: 0.85612667

00:03:13.887 --> 00:03:16.350 that when the US presence was gone,
NOTE Confidence: 0.85612667

00:03:16.350 --> 00:03:19.094 they'd be able to still sustain that.
NOTE Confidence: 0.9178978

00:03:21.550 --> 00:03:26.156 This is the entrance to the hospital.
NOTE Confidence: 0.9178978

00:03:26.160 --> 00:03:28.365 Where you came in every day and
NOTE Confidence: 0.9178978

00:03:28.365 --> 00:03:30.668 there is one of the ambulances.
NOTE Confidence: 0.9178978

00:03:30.670 --> 00:03:32.812 All of the buildings or kind of
NOTE Confidence: 0.9178978

00:03:32.812 --> 00:03:34.840 these small one story buildings,
NOTE Confidence: 0.9178978

00:03:34.840 --> 00:03:36.612 which are the wards?
NOTE Confidence: 0.9178978

00:03:36.612 --> 00:03:38.827 And there's one male Ward,

NOTE Confidence: 0.9178978

00:03:38.830 --> 00:03:41.154 one female warden, then one word for

NOTE Confidence: 0.9178978

00:03:41.154 --> 00:03:43.369 TB patients for internal medicine,

NOTE Confidence: 0.9178978

00:03:43.370 --> 00:03:45.255 and then there is opian

NOTE Confidence: 0.9178978

00:03:45.255 --> 00:03:46.763 surgical wards as well,

NOTE Confidence: 0.9178978

00:03:46.770 --> 00:03:49.038 and this is their OB pavilion,

NOTE Confidence: 0.9178978

00:03:49.040 --> 00:03:50.404 which is really nice.

NOTE Confidence: 0.9178978

00:03:50.404 --> 00:03:52.450 I'd go here during my lunch

NOTE Confidence: 0.9178978

00:03:52.520 --> 00:03:54.328 breaks throughout the day,

NOTE Confidence: 0.9178978

00:03:54.330 --> 00:03:55.458 and they're all.

NOTE Confidence: 0.806078

00:04:25.420 --> 00:04:27.350 Teaching if you're interested in

NOTE Confidence: 0.806078

00:04:27.350 --> 00:04:29.280 that and mentorship their own,

NOTE Confidence: 0.806078

00:04:29.280 --> 00:04:30.828 residents are frequently busy,

NOTE Confidence: 0.806078

00:04:30.828 --> 00:04:34.218 and so they will rely on you a lot

NOTE Confidence: 0.806078

00:04:34.218 --> 00:04:36.535 to help lead noon conferences for the

NOTE Confidence: 0.806078

00:04:36.606 --> 00:04:38.926 Med students and morning reports.

NOTE Confidence: 0.806078

00:04:38.930 --> 00:04:41.384 And that was actually probably one

NOTE Confidence: 0.806078

00:04:41.384 --> 00:04:43.952 of the highlights of the experience

NOTE Confidence: 0.806078

00:04:43.952 --> 00:04:46.496 is going to work really closely

NOTE Confidence: 0.806078

00:04:46.496 --> 00:04:49.278 with these students who are highly

NOTE Confidence: 0.806078

00:04:49.278 --> 00:04:51.593 motivated and really just sweet.

NOTE Confidence: 0.806078

00:04:51.600 --> 00:04:53.080 Because there is a,

NOTE Confidence: 0.806078

00:04:53.080 --> 00:04:54.510 you know, limited resources,

NOTE Confidence: 0.806078

00:04:54.510 --> 00:04:56.580 and you can't always rely on

NOTE Confidence: 0.806078

00:04:56.580 --> 00:04:57.890 advanced diagnostic techniques.

NOTE Confidence: 0.806078

00:04:57.890 --> 00:05:00.110 You really have to rely on

NOTE Confidence: 0.806078

00:05:00.110 --> 00:05:01.220 physical exam skills,

NOTE Confidence: 0.806078

00:05:01.220 --> 00:05:03.218 which is something we learned from

NOTE Confidence: 0.806078

00:05:03.218 --> 00:05:05.660 one of their senior physicians there.

NOTE Confidence: 0.806078

00:05:05.660 --> 00:05:08.276 This was a cool case of a patient

NOTE Confidence: 0.806078

00:05:08.276 --> 00:05:10.624 whose family members had said that

NOTE Confidence: 0.806078

00:05:10.624 --> 00:05:13.054 his Palmer Skinhead darkened a lot,

NOTE Confidence: 0.806078

00:05:13.060 --> 00:05:14.203 which was unusual.

NOTE Confidence: 0.806078

00:05:14.203 --> 00:05:16.870 It was more the color of his

NOTE Confidence: 0.806078

00:05:16.954 --> 00:05:19.565 wife skin that you can see in

NOTE Confidence: 0.806078

00:05:19.565 --> 00:05:21.659 the picture next to him and.

NOTE Confidence: 0.806078

00:05:21.660 --> 00:05:24.324 Based on just a physical exam

NOTE Confidence: 0.806078

00:05:24.324 --> 00:05:26.100 and his hypo tension,

NOTE Confidence: 0.806078

00:05:26.100 --> 00:05:28.320 the like senior doctors basically

NOTE Confidence: 0.806078

00:05:28.320 --> 00:05:30.540 like the equipment doctor Duffy.

NOTE Confidence: 0.806078

00:05:30.540 --> 00:05:33.204 There was able to make a

NOTE Confidence: 0.806078

00:05:33.204 --> 00:05:34.980 diagnosis of Addison's disease,

NOTE Confidence: 0.806078

00:05:34.980 --> 00:05:38.058 adrenal crisis which was really cool

NOTE Confidence: 0.806078

00:05:38.058 --> 00:05:40.110 because the skin hyperpigmentation.

NOTE Confidence: 0.806078

00:05:40.110 --> 00:05:40.456 Um,

NOTE Confidence: 0.806078

00:05:40.456 --> 00:05:42.878 so that was really neat and something

NOTE Confidence: 0.806078

00:05:42.878 --> 00:05:44.666 definitely that I got to work on.

NOTE Confidence: 0.806078

00:05:44.670 --> 00:05:46.262 I think the bedside,
NOTE Confidence: 0.806078

00:05:46.262 --> 00:05:47.854 rounding and interaction with
NOTE Confidence: 0.806078

00:05:47.854 --> 00:05:50.090 patients was far more than like
NOTE Confidence: 0.806078

00:05:50.090 --> 00:05:51.810 any other experience I've had.
NOTE Confidence: 0.806078

00:05:51.810 --> 00:05:53.791 This this is a picture of me
NOTE Confidence: 0.806078

00:05:53.791 --> 00:05:55.870 with all the Med students after
NOTE Confidence: 0.806078

00:05:55.870 --> 00:05:58.174 one of our like lunch meetings.
NOTE Confidence: 0.806078

00:05:58.180 --> 00:06:01.186 We did a lot of different topics like DKA,
NOTE Confidence: 0.806078

00:06:01.190 --> 00:06:02.050 diabetic emergencies,
NOTE Confidence: 0.806078

00:06:02.050 --> 00:06:05.060 just basic bread and butter medicine topics.
NOTE Confidence: 0.806078

00:06:05.060 --> 00:06:08.956 On another picture, they were all very sweet.
NOTE Confidence: 0.806078

00:06:08.960 --> 00:06:09.713 An in Kigali.
NOTE Confidence: 0.806078

00:06:09.713 --> 00:06:11.470 At the time there was also the
NOTE Confidence: 0.806078

00:06:11.528 --> 00:06:13.123 women leaders in Global Health
NOTE Confidence: 0.806078

00:06:13.123 --> 00:06:15.180 Conference which I had to attend,
NOTE Confidence: 0.806078

00:06:15.180 --> 00:06:16.660 which was a cool experience.

NOTE Confidence: 0.806078

00:06:16.660 --> 00:06:18.502 There's always a lot of different

NOTE Confidence: 0.806078

00:06:18.502 --> 00:06:19.910 lectures on educational opportunities to,

NOTE Confidence: 0.806078

00:06:19.910 --> 00:06:23.518 I think because there are a lot of.

NOTE Confidence: 0.806078

00:06:23.520 --> 00:06:25.230 Faculty that are always coming.

NOTE Confidence: 0.806078

00:06:25.230 --> 00:06:26.940 This is actually Jeanette Kagame.

NOTE Confidence: 0.806078

00:06:26.940 --> 00:06:28.650 She works very closely with

NOTE Confidence: 0.806078

00:06:28.650 --> 00:06:30.018 the Ministry of Health.

NOTE Confidence: 0.806078

00:06:30.020 --> 00:06:31.408 She's their first lady,

NOTE Confidence: 0.806078

00:06:31.408 --> 00:06:34.215 so it was really cool to get to

NOTE Confidence: 0.806078

00:06:34.215 --> 00:06:36.165 hear her speak at this event.

NOTE Confidence: 0.806078

00:06:36.170 --> 00:06:38.906 Kigali also has a lot of coffee shop,

NOTE Confidence: 0.806078

00:06:38.910 --> 00:06:42.670 so I tried to go to at least each of them.

NOTE Confidence: 0.806078

00:06:42.670 --> 00:06:44.722 This is one of my favorite

NOTE Confidence: 0.806078

00:06:44.722 --> 00:06:45.748 called Question Coffee.

NOTE Confidence: 0.806078

00:06:45.750 --> 00:06:48.095 It's sourced locally from women in nearby

NOTE Confidence: 0.806078

00:06:48.095 --> 00:06:50.539 areas that are their own coffee beans.
NOTE Confidence: 0.806078

00:06:50.540 --> 00:06:53.078 This is another one of my
NOTE Confidence: 0.806078

00:06:53.078 --> 00:06:55.300 favorite cafes you can have.
NOTE Confidence: 0.806078

00:06:55.300 --> 00:06:57.742 You see a really nice view
NOTE Confidence: 0.806078

00:06:57.742 --> 00:06:59.740 of the city around it.
NOTE Confidence: 0.806078

00:06:59.740 --> 00:07:02.818 This is an example of a typical Rwandan meal.
NOTE Confidence: 0.806078

00:07:02.820 --> 00:07:05.207 They'll eat a lot of green bananas,
NOTE Confidence: 0.806078

00:07:05.210 --> 00:07:07.604 which was new to me and cook.
NOTE Confidence: 0.806078

00:07:07.610 --> 00:07:09.320 It can taste like potatoes.
NOTE Confidence: 0.806078

00:07:09.320 --> 00:07:12.194 A lot of fish different like
NOTE Confidence: 0.806078

00:07:12.194 --> 00:07:14.800 rice and spinach and stuff.
NOTE Confidence: 0.806078

00:07:14.800 --> 00:07:16.152 This is a picture of a girl I
NOTE Confidence: 0.806078

00:07:16.152 --> 00:07:17.365 saw at the Volcanoes National
NOTE Confidence: 0.806078

00:07:17.365 --> 00:07:19.003 Park which was also a highlight
NOTE Confidence: 0.806078

00:07:19.003 --> 00:07:20.649 and if you're into the outdoors,
NOTE Confidence: 0.806078

00:07:20.650 --> 00:07:22.990 there's a lot of great hikes.

NOTE Confidence: 0.806078
00:07:22.990 --> 00:07:24.410 There's like IBEW as well,
NOTE Confidence: 0.806078
00:07:24.410 --> 00:07:26.328 so every weekend we were trying to
NOTE Confidence: 0.806078
00:07:26.328 --> 00:07:28.646 do a trip to one of these period.
NOTE Confidence: 0.85049105
00:07:28.650 --> 00:07:32.138 This is at the entrance of the park.
NOTE Confidence: 0.85049105
00:07:32.140 --> 00:07:34.366 And this is just another picture.
NOTE Confidence: 0.85049105
00:07:34.370 --> 00:07:37.718 Rwanda is known as the Land of 1000 Hills,
NOTE Confidence: 0.85049105
00:07:37.720 --> 00:07:39.580 and so it's super scenic
NOTE Confidence: 0.85049105
00:07:39.580 --> 00:07:40.696 and very picturesque.
NOTE Confidence: 0.85049105
00:07:40.700 --> 00:07:42.555 There's always a bunch of
NOTE Confidence: 0.85049105
00:07:42.555 --> 00:07:43.668 rolling Hills everywhere.
NOTE Confidence: 0.85049105
00:07:43.670 --> 00:07:46.616 This is actually the view from
NOTE Confidence: 0.85049105
00:07:46.616 --> 00:07:49.071 my apartment balcony during the
NOTE Confidence: 0.85049105
00:07:49.071 --> 00:07:51.465 last sunset that I was there.
NOTE Confidence: 0.85049105
00:07:51.470 --> 00:07:53.190 If you have any questions,
NOTE Confidence: 0.85049105
00:07:53.190 --> 00:07:55.600 my email is right there, thank you.
NOTE Confidence: 0.87620634

00:07:59.260 --> 00:08:00.384 Great, thanks so much.
NOTE Confidence: 0.87620634

00:08:00.384 --> 00:08:02.330 If A and I see Andre is
NOTE Confidence: 0.87620634

00:08:02.403 --> 00:08:04.590 here as well. If folks have questions,
NOTE Confidence: 0.87620634

00:08:04.590 --> 00:08:07.065 feel free to put them in the chat
NOTE Confidence: 0.87620634

00:08:07.065 --> 00:08:09.450 or you know we have a minute or two.
NOTE Confidence: 0.87620634

00:08:09.450 --> 00:08:10.905 If anybody wants to ask
NOTE Confidence: 0.87620634

00:08:10.905 --> 00:08:12.360 a question now or Andre,
NOTE Confidence: 0.87620634

00:08:12.360 --> 00:08:14.960 I don't know if you wanted to add
NOTE Confidence: 0.87620634

00:08:14.960 --> 00:08:16.990 anything to that presentation.
NOTE Confidence: 0.87620634

00:08:16.990 --> 00:08:19.213 Well, I can ask you for a question and
NOTE Confidence: 0.87620634

00:08:19.213 --> 00:08:21.424 then if there's time I can talk after.
NOTE Confidence: 0.87620634

00:08:21.430 --> 00:08:22.645 But what was your living
NOTE Confidence: 0.87620634

00:08:22.645 --> 00:08:23.860 arrangement like and how did
NOTE Confidence: 0.87620634

00:08:23.914 --> 00:08:25.339 you find getting around Kigali?
NOTE Confidence: 0.8221643

00:08:26.410 --> 00:08:28.348 I'm getting around is really easy.
NOTE Confidence: 0.8221643

00:08:28.350 --> 00:08:30.709 I looked within walking distance to the

NOTE Confidence: 0.8221643

00:08:30.709 --> 00:08:33.208 hospital and kind of in the downtown area.

NOTE Confidence: 0.8221643

00:08:33.210 --> 00:08:35.156 There are a few apartment complexes

NOTE Confidence: 0.8221643

00:08:35.156 --> 00:08:37.350 and a lot of expats live there

NOTE Confidence: 0.8221643

00:08:37.350 --> 00:08:39.450 and so I found them through this

NOTE Confidence: 0.8221643

00:08:39.510 --> 00:08:41.640 like living in Kigali website. So

NOTE Confidence: 0.8221643

00:08:41.640 --> 00:08:44.224 it was about like half a mile walk

NOTE Confidence: 0.8221643

00:08:44.230 --> 00:08:47.200 to the hospital in a nice

NOTE Confidence: 0.8221643

00:08:47.200 --> 00:08:48.685 like furnished apartment.

NOTE Confidence: 0.8221643

00:08:48.690 --> 00:08:49.539 Yeah, there's definitely

NOTE Confidence: 0.849977

00:08:49.540 --> 00:08:50.960 a lot of living options,

NOTE Confidence: 0.849977

00:08:50.960 --> 00:08:52.096 and you work primarily

NOTE Confidence: 0.849977

00:08:52.096 --> 00:08:53.238 in the inpatient setting.

NOTE Confidence: 0.849977

00:08:53.238 --> 00:08:54.090 It sounds like.

NOTE Confidence: 0.849977

00:08:54.090 --> 00:08:55.505 Did you do anything in

NOTE Confidence: 0.849977

00:08:55.505 --> 00:08:56.354 the outpatient setting?

NOTE Confidence: 0.849977

00:08:56.360 --> 00:09:01.030 No, I worked only in the wards. Kay? Thanks.

NOTE Confidence: 0.6472373

00:09:03.230 --> 00:09:06.388 Read. Alright, thank you so

NOTE Confidence: 0.6472373

00:09:06.388 --> 00:09:07.772 much for much appreciated.