HOW TO APPLY FOR AN M4 INTERNATIONAL ELECTIVE

One or two months of your senior year may be spent at an institution in a foreign country within the framework of the International Education Program of the medical school. Students are advised to limit the international experience to two months.

The University of Michigan Global REACH Office has agreements with many institutions. For international opportunities available to you, please visit the Global REACH website at: http://globalreach.med.umich.edu/education/students/elective. If you are interested in any of these specific locations, please contact Yi Mao in the Global REACH Office at yimao@med.umich.edu

Other resources include: http://www.amsa.org/AMSA/Homepage.aspx

Please note that all host countries will be screened against the University of Michigan Travel Warning and Travel Restriction Destination List (http://global.umich.edu/travel-resources/warnings-restrictions/) before final approval of the elective is granted. Students are not allowed to receive credit for experiences in countries that the Vice Provost for International Affairs (VPIA) has identified as a travel restricted country unless there are special circumstances. Each student interested in completing their elective in a travel restricted country must complete the Safety Plan for Individual Travel (http://global.umich.edu/travel-resources/health-safety/) and submit this plan to ITOC (itoc-travel@umich.edu) for review. Concurrently, students traveling to a travel restricted country should also meet with the Associate Dean in OMSE to discuss their travel plans.

The deadline dates for having international rotations approved are approximately 2 months prior to the start of the rotation. The only exception to this rule is the final deadline for periods 6-12 will be August 18th. Please watch your email for specific dates.

International Electives should be arranged 4-6 months in advance of travel. Early planning will assure students the ability to complete all of the necessary steps outlined below.

The following is a list of steps to follow when setting up an international elective for M4 credit.

- Make initial contact with host institutions you are interested in.
- Confirm that the host institution/program offers four week rotations. You will not be permitted to do anything less than a four week rotation.
- Confirm that the host institution/program will accept you during our academic calendar dates. You will not be permitted to do rotations off schedule.
- Obtain the necessary application materials for the host program and mail them way in advance of any host program deadlines. Be sure to keep a copy for your own records. Contact Gretchen Aland if you need assistance with the forms or need a letter of good standing / support. The Deans do NOT write these letters.
- Complete the OMSE outside elective form found on: https://umich.box.com/s/m6dziotheb7uv99y13hcte9u8lmwx1a2 and provide a written course description for that elective and acceptance letter from the host program. Pay special attention to all deadline dates (including our period deadline dates) sent to you via email from Gretchen Aland.
- Complete our international student acknowledgement form found on: https://umich.app.box.com/files/0/f/16607972831/Away_and_International_Electives_Information
- Check with Gretchen Aland in OMSE to be sure your U of M application has been approved (by both the visiting school and UMMS) by the deadline for the period attending. Approval from the visiting school does NOT equal approval by UMMS. No credit will be given to students who do a rotation without U of M approval.
- Make travel and housing arrangements
Additional Requirements

In compliance with the International Travel Policy at the University of Michigan, students are required to register their travel information. Please complete the M4 International Elective Application(https://mcompass.umich.edu/?go=M4elective) in M-Compass. Confirmation in this M-Compass program is your travel registration - no need to register the same experience.

Students interested in Global REACH Funding should contact Yi Mao in the Global REACH Office at yimao@med.umich.edu for information.

YOUR ARE REQUIRED TO PURCHASE health and medical evacuation insurance through HTH GeoBlue Insurance. The cost is approximately $1.10 a day plus a $5.00 administration fee. This insurance is mandatory and must be purchased 60 days before you leave for a rotation. You will be required to submit a copy of your insurance card to Gretchen Aland in OMSE at least 60 days prior to the start of your rotation. If you DO NOT submit a copy of your purchased insurance card, you will not be permitted to do the rotation for credit. If you plan to take any side trips outside of your elective either before or after the rotation, you must have enough HTH Insurance to cover the duration of your side trip(s). HTH GeoBlue Insurance can be purchased on/through the website: https://www.hthstudents.com/.
You will need to click on the individual plan and request a quote to start the processes.

Students must hand carry a Performance Evaluation Form (Final Grade Sheet) which will be sent to you by Gretchen Aland (email attachment) when your rotation has been approved.

PLEASE NOTE CREDIT WILL NOT BE GIVEN FOR THE ELECTIVE UNTIL YOUR PERFORMANCE EVALUATION IS RETURNED TO THE APPROPRIATE U OF M CLERKSHIP. IT IS YOUR RESPONSIBILITY TO BE SURE THE EVALUATION FORM IS RETURNED TO U OF M. The Clerkship contact information will be sent to you with the evaluation form.

Complete the “Global REACH International Activity Survey” https://www.umms.med.umich.edu/globalreachsurvey/ within two weeks of finishing the elective. This will assist future students in locating and selecting international opportunities

Important information regarding: Post-exposure Prophylaxis for UM Health Care Workers Abroad in the event of:

- A needlestick or cut from a used needle or sharp
- Contact of eyes, nose, mouth or broken skin with blood
- Assaults – bites, cuts, or knife wounds
- Splashes or punctures – especially when drawing blood
- Exposure to or transfusion with unscreened blood

Please contact UM-OHS @ 734-764-8021 to discuss the circumstances of the exposure
Post-exposure Prophylaxis for UM Health Care Workers Abroad

Does the incident meet criteria for a bloodborne pathogen exposure?
  * A needlestick or cut from a used needle or sharp
  * Contact of eyes, nose, mouth or broken skin with blood
  * Assaults – bites, cuts, or knife wounds
  * Splashes or punctures – especially when drawing blood
  * Exposure to or transfusion with unscreened blood

- no
- yes

No further action required. Review CDC guidelines for personal protective equipment and bloodborne pathogen exposure.

Is the identity of the source patient known?

- yes
- no

Is the source known to be HIV-positive?

- yes
- no

BEGIN PEP

Is the source available for testing? AND Can testing be done reliably?

- yes
- no

TEST source patient
  - negative
  - positive

Give first aid only STOP PEP

CONTINUE PEP Obtain baseline blood tests

BEGIN PEP* within 2 hours of exposure
  - Obtain baseline CBC, and comprehensive metabolic panel (with LFTs) on exposed HCW
  - Obtain HIV testing on exposed HCW.
  - Pregnancy test

Contact UM-CHS @ 734-761-8021 to discuss the circumstances of the exposure & to arrange follow-up on return to the US

* Combivir 1 tab twice daily PLUS Kaletra 2 tabs twice daily (both for 28 days)

† Issues to consider:
  - clinical status of source patient
  - likelihood of primary drug resistance
  - need to change treatment
  - baseline testing of HCW for HIV and HCV
HIV exposure risk while abroad: A student guide

What is PEP?
Post-exposure prophylaxis (PEP) can be effective in preventing an HIV infection after a possible recent exposure. It involves taking HIV medications as soon as possible after a single high-risk event in order to stop the HIV virus from replicating and spreading throughout the body.

UMMS students traveling abroad should consider the following and take necessary actions where appropriate.

Pre-Departure
1. Before you go, consider the inherent risk of the destination:
   • Is HIV endemic in this location?
   • Are HIV PEP materials available locally?
2. Before you go, visit the UMHS travel clinic:
   • Speak with the physician about known HIV risks associated with destination.
   • If recommended, fill a prescription for a one-week supply of PEP.

In Country
NEEDLE STICK!
Initiate one week of PEP immediately, within two hours

Contact the M-Line at (800) 962-3555 and ask to speak with an Infectious Disease physician for counsel on next steps. This call can be made during normal UMHS business hours (i.e., no need to call immediately if the incident occurs in the middle of the night).

NOTE: The limit of responsibility for the ID clinic is to advise you on next steps (i.e., whether a one-month regimen of PEP is warranted, based on the circumstances).

Recommend an additional one-month of PEP?

YES: Continued PEP advised.
Contact the Global REACH office (globalreach@umich.edu) to work through next steps. (The default recommendation will be for you to return home for treatment and monitoring.)

If you decide to remain, you will need to determine: Are PEP medications available locally?

NO: PEP is not available locally.
1. Global REACH calls travel clinic to request a prescription for a one-month PEP supply.
2. Global REACH arranges to ship PEP to your location.
3. Plan to follow up with ID clinic upon your return to UM.

Return Home
Follow-up appointment with Infectious Disease clinic.

YES: Pep is locally available.
1. Take as prescribed.
2. Schedule a follow-up appt. with ID clinic upon your return.

NO: The incident does not pose significant risk.
Plan to follow up with ID clinic upon your return to Ann Arbor, if so instructed by the on-call ID physician.

Follow-up appointment with Infectious Disease clinic for repeat testing & monitoring.