



# Top Ten Considerations in Pre-departure Preparation

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The top ten considerations for preparation for short-term global health experiences are summarized in the figure below (all of which are included in the S-PACK curriculum).

These considerations are also discussed in an American Academy of Pediatrics Section on International Child Health webinar: "[Global Prep: What to Know Before you Go.](#)"

Figure sources:

[St Clair et al. Pediatrics 2017](#)

[American Board of Pediatrics Global Health in Pediatric Education: An Implementation Guide for Program Directors](#)

	<b>EXPLORE PERSONAL MOTIVATIONS FOR WORKING GLOBALLY</b> <i>Avoid poverty tourism, seeking opportunities to practice outside the scope of your expertise, "drop-in" visits outside of a sustainable framework, and paternalistic pursuits. Also ensure that you have a firm understanding of the importance of cultural and professional humility prior to global engagement.</i>
	<b>CHOOSE AN ETHICALLY SOUND GLOBAL HEALTH OPPORTUNITY</b> <i>Review the Working Group on Ethics Guidelines for Global Health Training (WEIGHT) recommendations pertaining to ethical partnerships, and seek opportunities that are ethically sound, mutually beneficial, and preceded by clear communication and agreement with the hosts regarding the purpose of your visit.</i>
	<b>ENSURE THAT GOALS ARE OPENLY ADDRESSED PRIOR TO THE VISIT</b> <i>Clearly identify your professional goals and scope of practice and ensure that they are in line with the host goals for your visit. Also identify what documentation of licensure is required.</i>
	<b>GAIN INSIGHT INTO THE IN-COUNTRY AND ON-SITE RESOURCES</b> <i>When applicable, review formularies, supplies, other resources (e.g. clinical, research, etc.) at the host site.</i>
	<b>RESEARCH THE REGION, PEOPLE, RELIGION(S), LOCAL LAWS, AND CUSTOMS</b> <i>Engage in pre-departure cultural and language studies and, when able, meet with people from the region or who have traveled/worked in the region.</i>
	<b>ASSESS AND PREPARE FOR ON-SITE PROFESSIONAL SCENARIOS</b> <i>Identify the factors (e.g. resources, endemic diseases, infrastructure, etc.) that will inform modifications to your professional practice on-site, and determine what additional training is required prior to the visit to adapt to those factors.</i>
	<b>ASSESS AND PREPARE FOR PERSONAL SCENARIOS DURING TRAVEL</b> <i>Ensure that basic travel logistics are addressed and safety precautions are taken (e.g. registration with the Department of State Smart Traveler Enrollment Program; purchase of traveler and evacuation insurance; travel vaccines; malaria prophylaxis when applicable; post-exposure prophylaxis; safe modes of transportation; etc.).</i>
	<b>RESEARCH AND RECOGNIZE CULTURE SHOCK</b> <i>Review the stages of culture shock, and recognize them during your own experience. Prior to travel, identify resources to assist you during the rejection/frustration stage of culture shock.</i>
	<b>ESTABLISH HOME COMMUNICATION PLANS THROUGH PRIVATE VENUES, AND IDENTIFY TIME FOR DEBRIEFING POST-RETURN</b> <i>Ensure that communication meets professionalism guidelines (e.g. avoid public blogging, posting clinical photos, etc.), and that there is an opportunity established for debriefing post-return.</i>
	<b>FOSTER CLEAR COMMUNICATION WITH HOSTS, INCLUDING DEVELOPMENT OF BIDIRECTIONAL PREPARATION GOALS, EXPLORATION OF OPPORTUNITIES FOR SUSTAINABLE COLLABORATION, AND INCORPORATION OF EVALUATION</b> <i>Establish ongoing communication during and after the visit to optimize sustainability and future engagement, if applicable.</i>