

Summer in South Asia, 2018

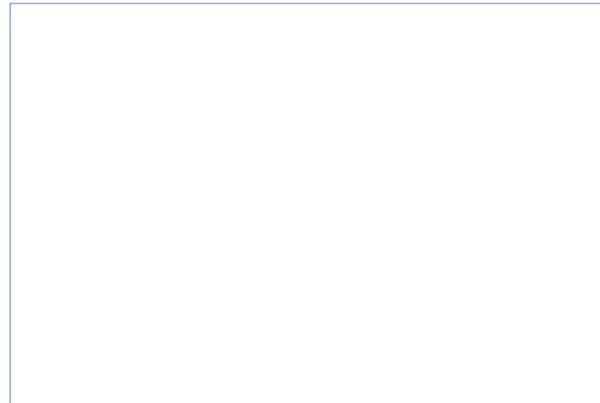
Madeleine Walsh, Senior BSN Student

Hyderabad, India

- I lived and worked in Jubilee Hills in Hyderabad
- Jubilee Hills is a bustling suburban neighborhood with ample food, malls, and near many IT hubs, including Facebook and Deloitte

Other Important Background

- In Telangana and Andhra states, the cesarean section rate is 58% and 75% in public and private hospitals respectively
- At Sanctum, the cesarean section rate is 10% since the center opened, and only 8% during 2015-2016



Experience

Information

During my time at Sanctum, I acted as a doula, providing one-on-one, continuous labor support for mothers in early labor, and then shadowed providers during active labor and delivery. I also shadowed providers during outpatient appointments and diet counseling, and assisted in Lamaze and prenatal aerobics courses.

Finally, I transferred all paper-chart patient data from 2017 into an Excel database, conducted a research project evaluating the timing of births when medical interventions are avoided, and created PowerPoints for the lead midwife to use at an upcoming international conference.

Purpose of Trip:

Internship and clinical immersion experience

Outcomes

Clinical skills: constant direct patient interaction led to increased confidence and capability

Research experience: assisting with patient charts created opportunity for research project and exposure to clinical case studies

Cultural exposure: clinical immersion resulted in increased understanding of providing care in a new setting

Skills Utilized/Developed

Cultural competency *and* humility

Self motivation

Adaptability

Lessons Learned

It is important to have an open mind. The way we do things here in the U.S. is not necessarily the right way and we have so much to learn from one another. Traveling is an amazing way to learn from others.

Working abroad can be really hard, especially at first, but reaching out and meeting others makes it easier.

We are all so much more alike than we realize and we need the support of others.



Career Connections

- In the future, I hope to work in low resource settings to ensure that expecting mothers receive quality, accessible care. My time at Sanctum was incredibly relevant, as I learned so much about the importance of understanding a culture in order to provide the best care, as well as how to work with a diverse, interdisciplinary team.

Advice

- Go into experiences with an open mind and as few expectations as possible
- Do your research prior to traveling—try to learn a few words in a new language and learn a bit about the culture.

ACKNOWLEDGEMENTS

- A huge thank you to Summer In South Asia and our anonymous donor who made this trip possible!
- Another thank you to Sanctum and Dr. Vijaya and Mr. Krishnan, who welcomed me with open arms and made it possible for me to learn so much. Thank you for inspiring me daily to ensure that women get the quality care that they need and deserve!

