Oaxaca, Mexico

CFHI Realities of Health Access and Inequality
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Oaxaca de Juarez

- Capital of the state of Oaxaca in the Valley of Oaxaca – home of the Zapotec civilization and later the Mixtec culture
- Population +250,000
- Known for indigenous crafts, mole, museums, architecture, and churches
CFHI

Realities of Health Care Access and Inequality

✧ 4 weeks of rotations at different clinical sites
  ✧ Centro de Salud Volcanes
  ✧ Centro de Salud Colonia America
  ✧ Hospital Civil – General Surgery
  ✧ Hospital Civil – Emergency Room

✧ 3 weeks of Spanish Classes in the afternoon (30 hours)
  ✧ One-on-one
  ✧ 1 hour of conversation/medical Spanish
  ✧ 1 hour of grammar
  ✧ Homestay
    ✧ Private bedroom
    ✧ Breakfast
    ✧ La comida (~ lunch)
Clinic

Centro de Salud Volcanes
Centro de Salud Colonia América
Hospital Civil - Cirugía, Urgencia
Dr Victor

- Primary care clinic – Centro de Salud Volcanes
- Majority of patients were older with chronic conditions like Diabetes or Hypertension
- With Seguro Social, medications are covered and the patients must come to one clinic visit a month
Centro de Salud Colonia America

✧ Dra. Adriana
✧ More kids for back to school physicals
✧ Pregnant women
✧ “Oportunidades” – welfare program that includes food stamps and other aid, contingent on mothers coming to a session every 6 months to confirm that everyone in the family is attending their doctor’s appointments and are vaccinated
Surgery

- Surgical team consisted of 10 residents and 3 attendings.
- The residents presented a powerpoint on a topic each morning at 7am and were reviewed by their attendings.
- At 8am, everyone rounded on the patients – there were 12 beds, with an average of 18 beds filled each day.
- There were three rooms: two with 3 beds, one larger one with 6 beds.
- I saw a cholesteotmy and a wound cleaning and spent two days in the “curaciones” room – bandage change for current and former patients.
- Many amputees, a man that was gored by a bull, and post-op wound care.
Urgencia

- Snake bite
- Spider Bite
- Donkey kick
- Gored by a bull
- Seizures + Alcoholism
- Heart attack
- MVA
- Peritoneal Dialysis
Activities

Mescal factory
Tapete (rug) workshop
Agua Calientes
Mitla
Monte Alban
Puerto Escondido
Procesions

Fiestas

Catedral
Monte Alban
Botanical Garden
Comida

Chapulines – Grasshoppers!
Familia

Inelva and Ricardo
Severa
Angelika
Budget

✦ CFHI is expensive: $2,620 for the 4 week program

✦ Includes: 30 hours of Spanish instruction, Homestay with two meals/day, transportation to and from the airport, cell phone to use while there

✦ Not included: Minutes for the cell phone (~$25 depending on how much you want to text and call using your Mexican phone), Excursions, Dinner
  ✧ Mitla, Aguas Calientes, Tapete workshop, Mezcal factory
  ✧ Puerto Escondido
  ✧ Monte Alban

✦ Plane flight: $800

✦ Dinner: between $2-15 depending on what you want to eat/drink
Good food is cheap!

Our bill for our last dinner – 2,197 pesos = 157 dollars = 16 dollars per person for a 3 hour dinner with appetizer, desserts, drinks and big entrees

Titos – the best tortas and sandwiches in town: 25 pesos = under $2
Thank you!