

Anuja Singh | R in Global OB/GYN at BWH/MGH, PGY 3

Project Title: International Elective at Scottish Livingstone Hospital in Molepolole, Botswana

Location of Proposed Rotation: Scottish Livingstone Hospital in Molepolole, Botswana, a partner of Beth Israel Deaconess Medical Center

Proposed Travel Dates: 3/27/17 - 4/23/17

Duration of Travel (In Weeks): 4

Total Requested Grant Amount:

- Accommodation: \$700
- Ground travel: \$200
- Groceries/Food: \$600
- I am applying for separate funding to cover flight (estimated \$1200) and emergency evacuation insurance (\$175).
- **Total Requested Amount:** \$1500

Proposal Description: As a college freshman, I learned about women's health through the lens of HIV. The disparities in care and the potential of women's health services to change the lives of women and families motivated me to go to medical school with the plan of pursuing a career in Obstetrics and Gynecology. Now, as a third year OB/GYN resident, I have begun to develop the skills to do just that. I am looking forward to honing my skills and serving a population in need in Botswana. Scottish Livingstone Hospital, a 300-bed facility in the village of Molepolole, about 60 kilometers south of Botswana's capital, Gaborone, is at the heart of these efforts. The hospital offers Emergency Services, General Surgery, Pediatrics, and OB/GYN. Within OB/GYN, there are four wards: Antenatal, Postnatal, Labor, and Gynecology. Three physicians compose the department, two local doctors and one Beth Israel staff physician, Dr. Rebecca Luckett, who will be my mentor. As a graduate of the Brigham-MGH OB/GYN residency herself, Dr. Luckett is familiar with my training and will be able to help me acclimate to the new setting and achieve my goals. As a teaching and referral hospital in the area, Scottish Livingstone offers a range of opportunities to develop my knowledge and skills. On Mondays I will join Dr. Luckett in her clinic, where I will see patients independently and present them to her. I will be in the operating room doing scheduled and unscheduled obstetric and gynecologic cases Tuesdays and Thursdays. On Wednesdays and Fridays, I plan to round with the inpatient team on the Antenatal Ward, the busiest inpatient service in the department.

During these two days, I also plan to work on two projects. One is the development of standardized protocols for the management of common antepartum conditions. The second is the implementation of the Nexplanon device, a type of long-acting reversible contraception, in the postpartum ward prior to discharge. This project is particularly appealing to me because of my interest in Family Planning and access to reliable family planning methods in low-resource settings. I will also do weekly teaching with the house officers and medical students. I believe my prior experiences abroad will allow me to adapt quickly to the local environment. Before medical school, I worked in health economics research for two years, first in India then in rural Kenya, leading teams of up to 80 local staff. After my first year in medical school, I spent 8 weeks at a district hospital in rural Kenya, where I assisted in the antepartum clinic and labor wards. Most importantly, as an OB/GYN resident, I have learned how to adapt and excel in different settings quickly, how to work well with and lead large teams, and, most importantly, have gained a depth and breadth of clinical knowledge and experience that I know will serve me well during my time in Botswana. I believe the knowledge and skills I have gained have established a strong base on which to build, and will enable me to appreciate the many opportunities Scottish Livingstone has to offer.

What do you hope to learn (in terms of instruction as well the structure of the experience?): This international elective is an opportunity I have looked forward to for years and I feel particularly fortunate to be spend this time at Scottish Livingstone Hospital working with Dr. Lockett. As an OB/GYN resident at Brigham and MGH, I practice and develop my skills each day. In this setting, however, I have the benefit of endless resources – a surplus of attendings, nurses, and electronic information. My rotation at Scottish Livingstone will force me to evaluate what I know and develop my independence as a clinician. As one of only four OB/GYNs at the hospital, I will also develop my teaching and leadership skills. I know that my time at Scottish Livingstone, however, will also be a time of great learning for me in terms of my knowledge and skills. I am looking forward to learning new ways to manage common OB/GYN conditions, and how to achieve similar goals with fewer resources. I am also eager to understand how to maintain a busy surgical service in this setting, with limited staffing and emergency resources, and to learn new surgical techniques. In addition, I am particularly interested in family planning and Scottish Livingstone is actively trying to expand its work in this area. The Nexplanon project I described earlier is one such initiative. Lastly, I plan to make working abroad in similar settings part of my career. This opportunity, therefore, gives me the chance to experience what it might feel like to do so, both the challenges and the rewards.

COE Involvement: I attended the Value-Based Healthcare Delivery Course at Harvard Business School in 2015. The course helped me think about how healthcare is provided in a completely new way and has inspired many conversations and ideas since. I look forward to attending more COE events.

PD Name: Dr. Ruth Tuomala

Letter of Support Received? Yes

Mentor Name: Dr. Rebecca Lockett

Letter of Support Received? Yes