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EMPOWERING HUMANITY: THE CRUCIAL ROLE OF FAMILY PHYSICIANS IN HUMANITARIAN MISSIONS

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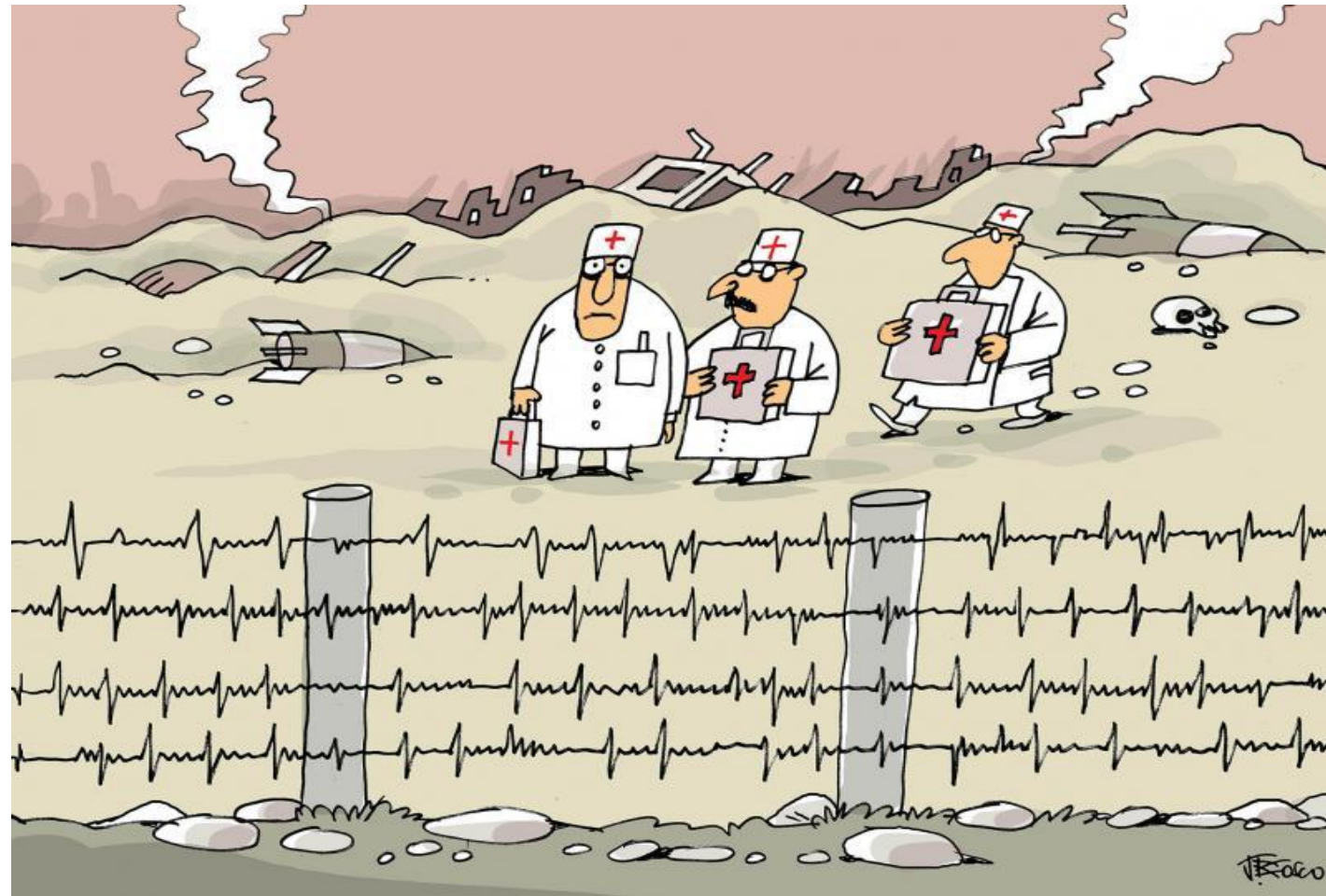
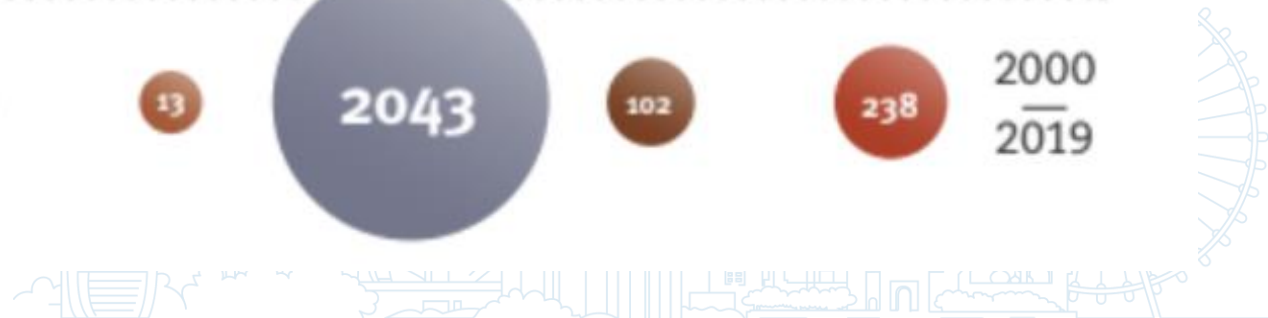
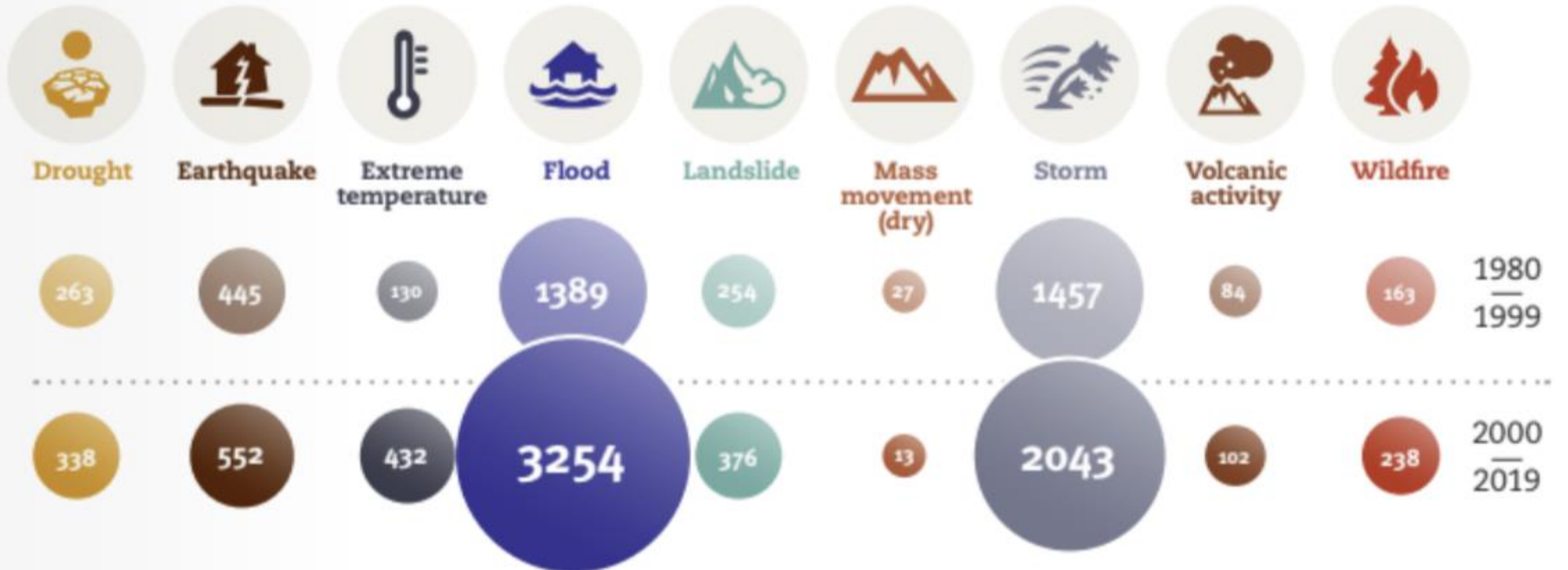


Figure 2

Total disaster events by type: 1980-1999 vs. 2000-2019









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AGENDA

- Overview of Humanitarian missions.
- Definition of Volunteering.
- Principles of Humanitarian Volunteering.
- Challenges.
- Roles of Primary Healthcare in Resource-Limited Settings.
- Why family physicians in Humanitarian mission.
- Required Training for Family Physicians.
- Logistics and Security in Humanitarian Missions
- Reality vs assumptions: Expectations.
- Ethical Dilemma.
- Take Home Message.



OVERVIEW OF HUMANITARIAN MISSIONS

- Humanitarian missions are organized efforts to provide assistance and support to communities in need, often in response to natural disasters, conflicts, or other emergencies.
- The primary purpose : to alleviate suffering and improve the well-being of affected individuals and communities.
- They focus on meeting the basic needs of affected populations and improving their living conditions.





Definition of Volunteering

To choose to act in recognition of a need, with attitude of social responsibility and without concern for monetary profit, going beyond one's basic obligations.

Susan J., Katherine. (2005) By the People –A History of America as Volunteers, New Century Edition

Volunteerism is to provide humanitarian aid occurs in response to disasters, crises, and conflict



Principles of Humanitarian Volunteering

Humanity

Human suffering must be addressed wherever it is found. The purpose of humanitarian action is to protect life and health and ensure respect for human beings

Impartiality

Humanitarian action must be carried out on the basis of need alone, giving priority to the most urgent cases of distress and making no distinctions on the basis of nationality, race, gender, religious belief, class, or political opinions.

Neutrality

Humanitarian actors must not take sides in hostilities or engage in controversies of a political, racial, religious, or ideological nature.

Independence

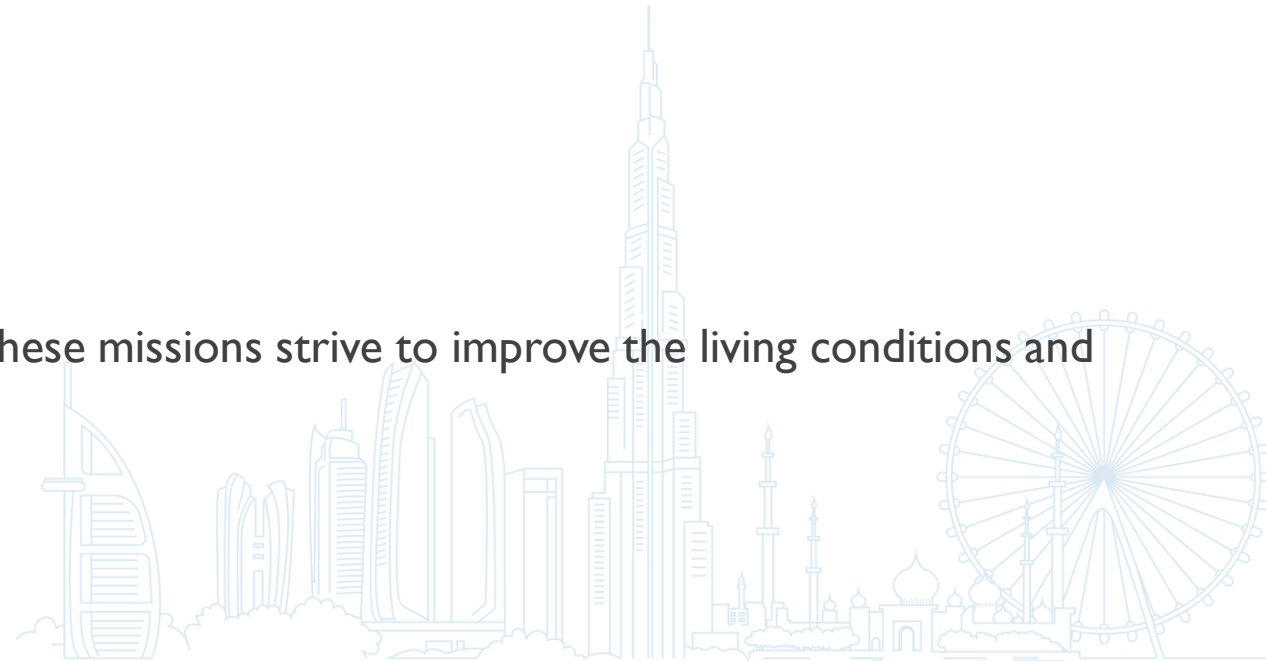
Humanitarian action must be autonomous from the political, economic, military, or other objectives that any actor may hold with regard to areas where humanitarian action is being implemented.





CHALLENGES ADDRESSED

- Humanitarian missions aim to address a range of challenges, such as:
 - ✓ Lack of access to healthcare and essential services
 - ✓ Food insecurity and malnutrition
 - ✓ Displacement and homelessness
 - ✓ Destruction of infrastructure
 - ✓ Social and economic instability
- By providing immediate relief and long-term support, these missions strive to improve the living conditions and resilience of affected communities.





MEDICAL CHALLENGES IN HUMANITARIAN SETTINGS

■ Limited Resources

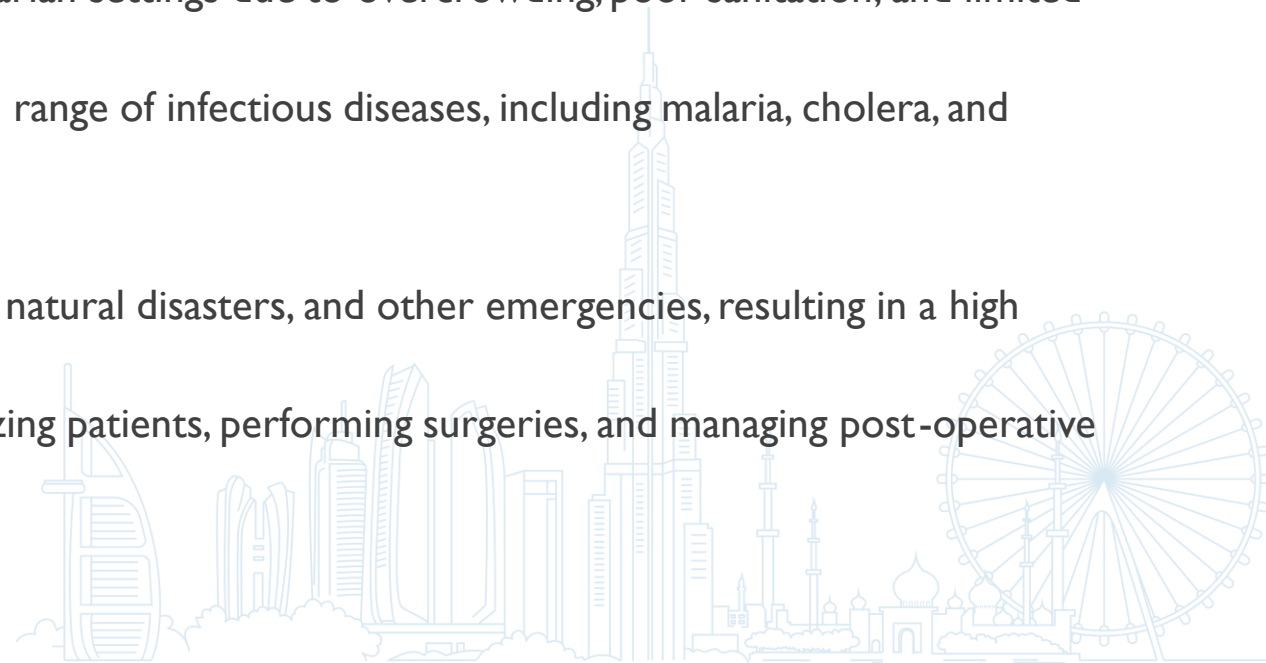
- Humanitarian settings often lack essential medical resources such as medications, equipment, and facilities.
- Healthcare providers must learn to work with limited resources and find innovative solutions to provide quality care.

■ Infectious Diseases

- Outbreaks of infectious diseases are common in humanitarian settings due to overcrowding, poor sanitation, and limited access to clean water.
- Physicians must be prepared to diagnose and treat a wide range of infectious diseases, including malaria, cholera, and respiratory infections.

➤ Trauma Cases

- Humanitarian settings are often characterized by conflict, natural disasters, and other emergencies, resulting in a high number of trauma cases.
- Physicians must be skilled in trauma care, including stabilizing patients, performing surgeries, and managing post-operative care.





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WHY FAMILY PHYSICIANS IN HUMANITARIAN MISSION?





ROLES OF PRIMARY HEALTHCARE IN RESOURCE-LIMITED SETTINGS

■ Preventive Care

- ✓ vaccination programs, health screenings, and promoting healthy lifestyle choices.

■ Basic Treatments

- ✓ basic medications, wound care, and management of chronic conditions.

■ Health Education

- ✓ in resource-limited settings educate patients on hygiene practices, disease prevention, and self-care.





■ Comprehensive Care

- ✓ trained to provide comprehensive care for individuals of all ages, from newborns to the elderly.
- ✓ They are able to diagnose and treat a variety of medical conditions, manage chronic diseases, and provide preventive care.
- ✓ This makes them invaluable in humanitarian missions where there may be limited access to specialized healthcare providers.

■ Community Engagement

- ✓ skilled in building relationships with patients and communities.
- ✓ In humanitarian missions, this is essential for gaining trust and understanding the unique healthcare needs of the population.
- ✓ Family physicians can work closely with local communities to develop culturally sensitive healthcare programs and provide education on topics such as hygiene, nutrition, and disease prevention.

■ Flexibility and Adaptability

- ✓ Family physicians are trained to be flexible and adaptable, able to provide care with limited resources and adapt to local customs and practices.
- ✓ Their broad knowledge and skills allow them to respond to a wide range of medical emergencies and provide immediate care in crisis situations.

■ Continuity of Care

- ✓ Family physicians are trained to provide ongoing care and establish long-term relationships with their patients.
- ✓ In humanitarian missions, this continuity of care is crucial for managing chronic conditions and ensuring follow-up care.
- ✓ Family physicians can provide ongoing support and education to patients and help coordinate referrals to specialized care when needed.

■ Training and Preparation

- ✓ emergency medicine
- ✓ tropical medicine
- ✓ cultural competency and cross-cultural communication.
- ✓ disaster response and management





REQUIRED TRAINING FOR FAMILY PHYSICIANS

■ **Medical Skills and Knowledge**

- ✓ Proficiency in emergency medicine and trauma care.
- ✓ Knowledge of tropical diseases and infectious diseases prevalent in the target region.
- ✓ Familiarity with primary care and preventive medicine.
- ✓ Ability to provide basic surgical procedures and obstetric care.

■ **Cultural Competence and Adaptability**

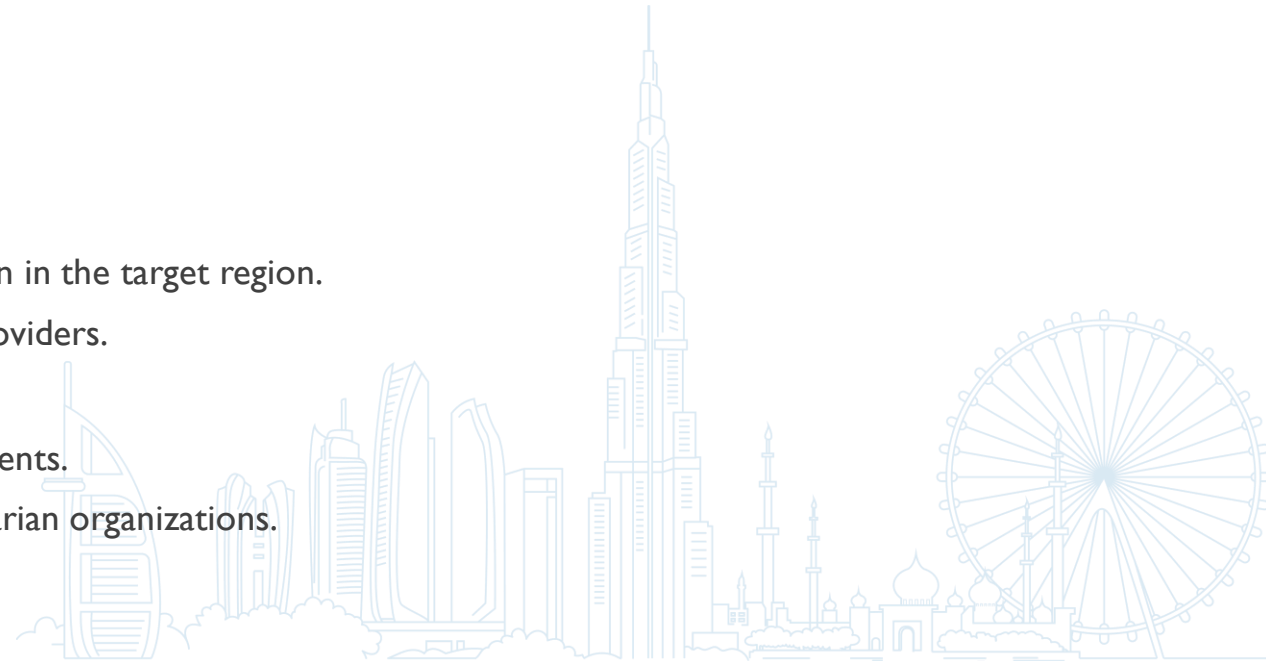
- ✓ Understanding and respect for cultural norms and customs.
- ✓ Ability to work in diverse and multicultural environments.
- ✓ Adaptability to challenging and resource-limited settings.

■ **Language Proficiency**

- ✓ Proficiency in the local language or a common language spoken in the target region.
- ✓ Effective communication with patients and local healthcare providers.

■ **Interpersonal and Teamwork Skills**

- ✓ Strong interpersonal skills to build trust and rapport with patients.
- ✓ Collaboration with local healthcare teams and other humanitarian organizations.
- ✓ Ability to work under pressure and in high-stress situations.

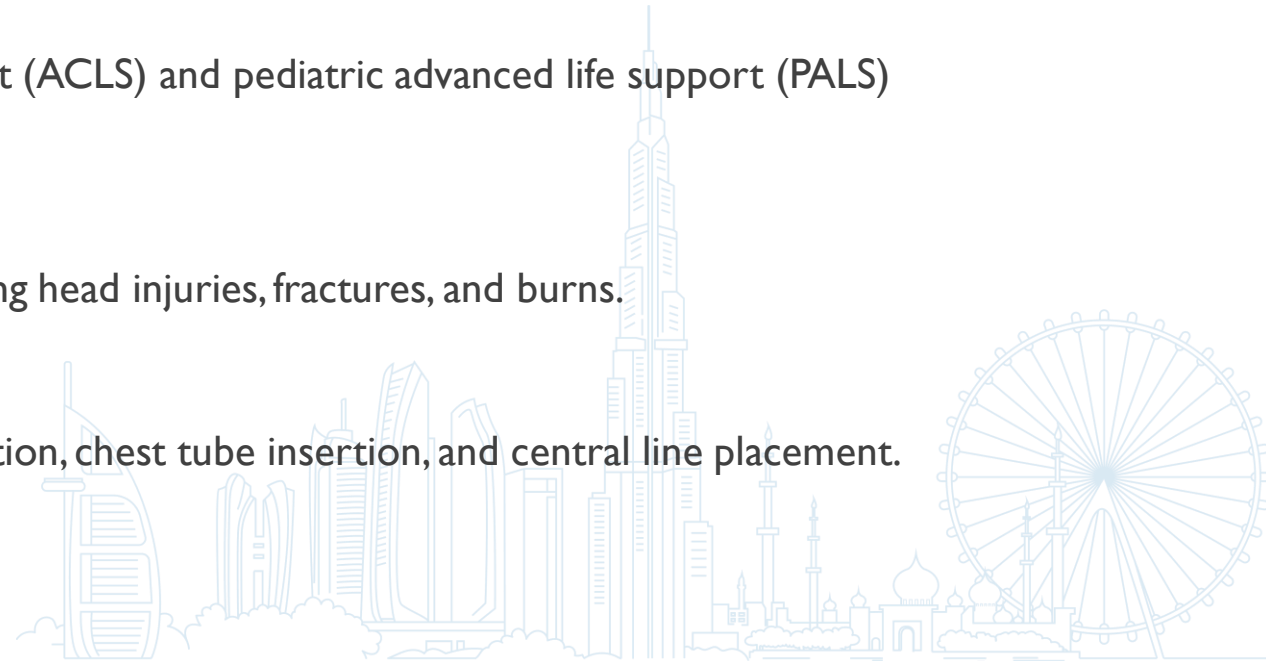




EMERGENCY MEDICINE AND TRAUMA CARE

Skills and Knowledge

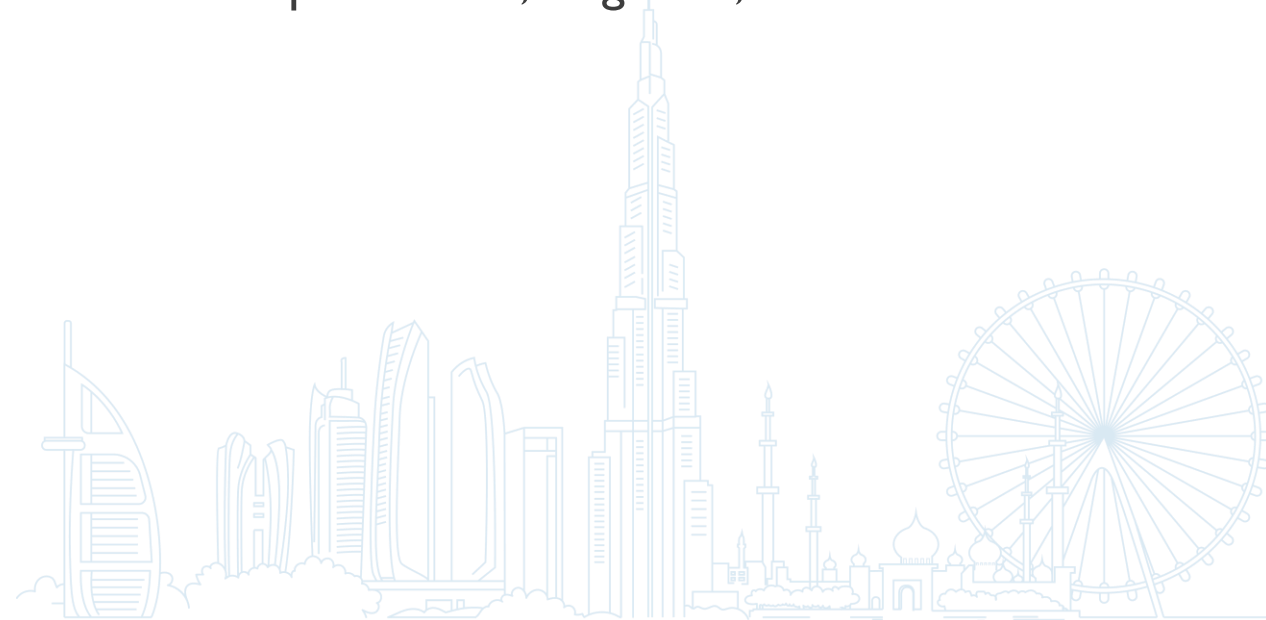
1. Triage
 - Ability to quickly assess and prioritize patients based on the severity of their injuries.
2. Advanced Life Support
 - Proficiency in performing advanced cardiac life support (ACLS) and pediatric advanced life support (PALS) procedures.
3. Trauma Management
 - Expertise in managing various types of trauma, including head injuries, fractures, and burns.
4. Emergency Procedures
 - Familiarity with emergency procedures such as intubation, chest tube insertion, and central line placement.





INFECTIOUS DISEASE MANAGEMENT

- In humanitarian settings, the management of infectious diseases is of utmost importance.
- This involves a comprehensive approach that includes prevention, diagnosis, and treatment.



LOGISTICS AND SECURITY IN HUMANITARIAN MISSIONS

When planning and executing humanitarian missions, it is crucial to consider the logistics and security aspects to ensure the safety and effectiveness of the mission.





LOGISTIC CONSIDERATIONS

Consideration	Description
Supply Chain Management	Ensure a reliable supply chain for essential resources such as medical supplies, food, and water.
Transportation	Arrange transportation for personnel and supplies, considering factors such as distance, terrain, and local infrastructure.
Communication	Establish effective communication channels among team members, local partners, and headquarters for coordination and reporting.
Infrastructure	Assess and adapt to the local infrastructure for setting up medical facilities, accommodation, and storage.
Coordination with Local Authorities	Work closely with local authorities to obtain necessary permits, clearances, and support for the mission.





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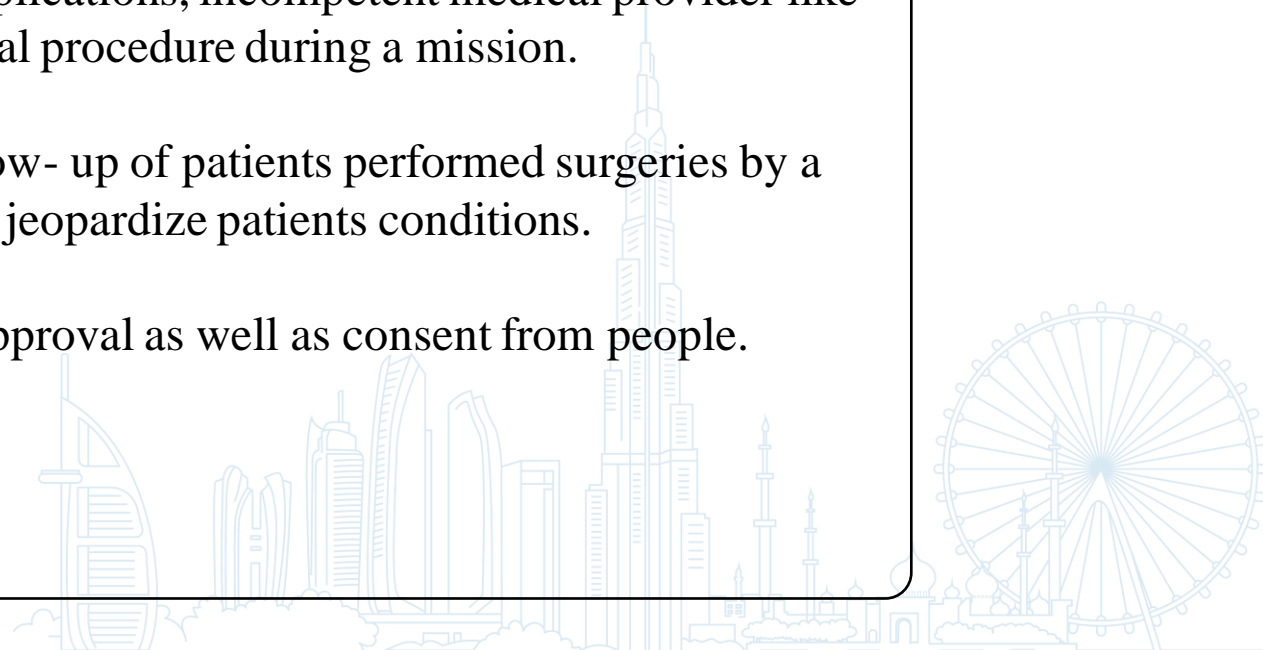
Reality Vs Assumptions: Expectations

- Expectations are always high since everyone wants to help others who are in need.
- Always put in your mind that the mission is in a difficult area ,consequently, **the availability of logistics** is minimal.
- **Safety:** don't assume that the place is safe always think about your safety and others.
- **limitations:** always keep in your mind that –most of the time- you can not do a lot. Many people will come asking for things you can not do or can affect your safety or your primary task.
- **Good intention is not always good.** You might be deceived by someone you think he or she in need for help.
- **Sometimes its Difficult to be totally Neutral.**



Ethical Dilemma

- The intention is to do good and avoid harm during the humanitarian mission
- Unfortunately, there are no clear regulations when it comes to this matter.
- Who is responsible for : malpractice, medical complications, incompetent medical provider like a medical student performing an unattended medical procedure during a mission.
- One Ethical Dilemma is no plan for long term follow- up of patients performed surgeries by a surgeon who left the disaster area after sometimes, jeopardize patients conditions.
- Conducting studies in disaster area, need Ethical approval as well as consent from people.
- Legal cases.



TAKE HOME MASSEGE





What. What is the mission.

Who. With whom or which organization is taking care of the mission

When. When I'm leaving for the mission, do I have enough time to prepare.

Where. Location of the mission.

How long. How long I'm going to stay in that mission

Why. Reason for this mission. Experience, monetary, media or others.

How.

Personal preparations. do not assume that there are anything you can get from the area of the mission. Take necessary gears.

skills and knowledge.

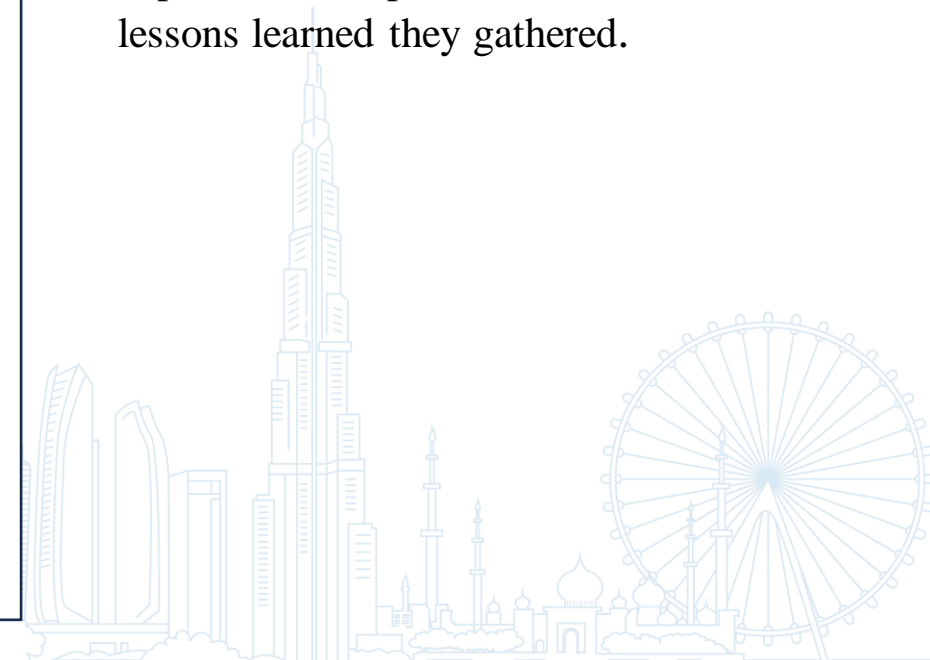
Some life saving skills are necessary for your mission like air way management or stop bleeding techniques

Notification. Do not go without notify someone (family, friends , work).

Vaccination and Prophylaxis. Depends on the area that you are travelling to.

Read about the situation in the missions area. This will help you to understand more about the environment (infrastructures, logistics, security, communications...ect)

Ask experts colleagues about their experience in a previous missions and what lessons learned they gathered.





END OF PRESENTATION

