Cayetano Heredia University
Lima, Peru

Katarina Andrejevic, Tiffany Burger, Michelle Cornfield and Lucy Samoilov
June 12-30th, 2018
Background Information

**Lima:**

- Capital/Largest city in Peru, located in the central coastal part of Peru, overlooking the Pacific Ocean.

- Lima has a population of more than 9 million.

- Known as the Gastronomical Capital of the Americas. Restaurants Central (chef Diego Muñoz) and Maida (chef Mitsuhara Tsumura) have been ranked in the top 10 restaurants globally.

- The historical Center (districts Lima and Rimac) were declared world Heritage Sites by UNESCO in 1988. Famous Colonial architecture: Monastery of San Francisco, Plaza Mayor, Convent of Santo Domingo.
Background Information

Cayetano University:

• Cayetano University was founded in 1961 by a group of professors and students from the four century old San Marcos University School of Medicine in Lima.

• It is a small university (under 2,000 students) with programs in medicine, dentistry, natural sciences, public health, veterinary medicine, nursing, and education.

• The Instituto de Medicina Tropical Alexander von Humboldt (Tropical Medicine Institute) is one of the top research centers in tropical medicine.
  • They have satellite sites in the jungle (Iquitos) and Cusco

• Cayetano Specializes in the study of tuberculosis, schistosomiasis, malaria and HIV.
Daily Routine

6:30 am: morning routine, wake-up, breakfast, shower etc.

7:00 am: Travel to hospitals by Uber or
• Hospital National Cayetano Heredia (~45 min commute by car)
• Archbishop Loayza National Hospital (~25 min commute by car)

7:30 am: Clinic start time/ Rounding with team
• Rounding on internal patients
• Seeing patients in clinic (prenatal, gynecological, family, internal)
• Labour floor (assisting with deliveries/ women in labour)

1:00 pm: Classes or Continuation of Clinic/ Labour floor
• Didactic teaching sessions on Obstetrics/ Gynecology or Internal medicine
• Simulation: Patient interviewing, Pelvic exam/Pap test, Baby Delivery

4-5:00pm: end of day!
• Commute home via Uber or public transit
• Dinner and exploring Lima!
Rotation

**Internal Medicine** (Michelle and Lucy):
- Mostly rounding on the general internal wards, some specialty clinics
- Exposure to certain rare disease forms ex. Meningeal TB
- Classes in the afternoons that focused on general internal topics
- **Simulation Lab**: focused on taking patient histories

**Obstetrics and Gynecology** (Katarina and Tiffany):
- Mostly clinic days: emergency gynecology clinic, prenatal clinic, family medicine clinic
  - Mostly observing patient encounters, some physical exam skills
- **Labour Floor**: assisting senior residents with labour and deliveries
- **Simulation Lab**: learning skills such as pelvic exams and assisted/difficult deliveries
Leisure Time

- **Exploring Baranco:** a small hipster neighborhood that has many amazing restaurants, art galleries and concept shops

- **Surfing:** Lima has an amazing and very consistent break that is great for surfing most mornings! It is located in the Miraflores neighborhood

- **Exploring Lima City Centre:** Lima has many historical buildings, churches and a monastery with some pretty impressive catacombs
Highlight(s) of Your Experience

• Experiencing the practice of Medicine in a different setting: the common conditions, treatments and cultural factors are completely different than what we are used to in Canada!

• Travelling with friends! It was really fun to travel in a group of 4 and have friends on your elective!

• Meeting new people: we were each paired with a Spanish/English speaking student to help translate for us. We made friends with students from Cayetano Heredia University and they helped show us around!
What You Learned From the Elective

Michelle: “I learned about the structure of the health care system in Peru and what the access/quality of care looks like for people of a low social economic status.”

Lucy: “I learned about the challenges that healthcare practitioners face when practicing medicine in a low resource setting, and how they are addressed.”

Katarina: “I learned just how much prenatal care has an impact on fetal/maternal outcomes. It is so important that we have appropriate individual counseling, resources and community education on sexual health and pregnancy, in order to keep mothers healthy and safe.”
Challenge(s)

Transportation:
• The hospitals are located a good commute away from the neighborhoods which were recommended to us (Miraflores, San Isidro)

Language Barrier: very few people in Lima spoke English
• For the first few days it was difficult to get around, order food at restaurants and grocery shop, until we learned a few simple phrases

Disparities in Resources:
• We were able to see some of the private hospitals in Lima which had more resources than our hospitals here in Canada.
• The hospital we worked at was a public hospital, the scarcity of resources would at times affect treatment options which was difficulty to see.
Memorable Moment(s)