Global Health Program

VIETNAM

PARTICIPANT GUIDE

April 2018
# Table of Contents

Welcome Messages ......................................................................................................................... 3  
Key List of Contacts ..................................................................................................................... 5  
History and Cultural Information ................................................................................................. 6  
  Language .................................................................................................................................. 7  
  Climate .................................................................................................................................... 7  
  Cuisine ..................................................................................................................................... 7  
  Sightseeing ............................................................................................................................... 8  
General Information ....................................................................................................................... 9  
  About the Program .................................................................................................................. 9  
  Site Specific Preparations for Your Elective .............................................................................. 9  
  How to Obtain a Visa ............................................................................................................... 10  
Personal Health and Safety ........................................................................................................... 10  
  Medical License and Health Insurance ..................................................................................... 10  
  Site Specific Personal Health and Safety .................................................................................. 10  
Cho Ray Hospital ........................................................................................................................... 11  
  Clinical Rotation Attendance Requirements, Duties and Expectations ................................... 12  
Accommodations .......................................................................................................................... 13  
Transportation .............................................................................................................................. 14  
Financial ....................................................................................................................................... 14  
Additional Tips ............................................................................................................................... 14
Welcome Messages

Dear Participants,

On behalf of the Global Health office of Vietnam at Cho Ray Hospital, I have the pleasure to welcome you to our beautiful Ho Chi Minh City! As a participant in this clinical exchange program, you will learn about the Vietnamese healthcare system and experience our medical education process. We hope to provide you with the best possible educational experience enriched with cultural traditions of our lively city.

We hope that you will enjoy your 6-week long clinical rotation here at Cho Ray Hospital and return home with great memories and knowledge.

In this Guide you will find all the needed information regarding your future rotation in Ho Chi Minh City, Vietnam. Please take your time to read through it carefully. Should you have any questions or concerns, the local Global Health Office members are available for assistance.

Dr. Hoang Lan Phuong

Head, International Affairs, CHO RAY HOSPITAL
Cho Ray Hospital in Ho Chi Minh City, is the flagship institution for clinical experience in Southeast Asia for our Global Health program. It is a massive urban hospital serving the underprivileged in Vietnam, with a wide range of clinical opportunities. The Vietnamese faculty at Cho Ray are friendly, dedicated and knowledgeable. The global health participant should expect to encounter a multitude of exceptional learning cases. This experience will significantly enhance your clinical skills while still having access to diagnostic labs and advanced technology. Additionally, living and working in Vietnam will provide an important entrée to Vietnamese culture, and open the mind to the major tenets of global health. Expect to nurture compassion for others, develop keen insights into patient problems in the setting of significant health inequalities, and find resilience in yourself to do the best you can as a physician in training. I hope you enjoy this rotation and take full advantage of this amazing opportunity to learn in so many ways.

Stephen J Scholand, MD
Vietnam Global Health Site Director
Key List of Contacts

**U.S. Consulate Ho Chi Minh City**
4 Le Duan Blvd., District 1 in Ho Chi Minh City, Vietnam
Tel: 24/7 hotline 08-3520-4200
within Vietnam or +84-8-3520-4200 internationally
Fax: +84-8-3520-4244
Website: [https://vn.usembassy.gov/](https://vn.usembassy.gov/)

**International SOS Assistance Center**
HO CHI MINH CITY OFFICE
Unit 708, 7th Floor
Centre Point Building
106 Nguyen Van Troi Street
Ward 8, Phu Nhuan District
Ho Chi Minh City
Tel: +84 8 3845 4218
Email: client.services.vietnam@internationalsos.com

**Majid Sadigh, MD**
Global Health Program Director; WCHN/UVMLCOM
Mobile phone: 203-885-8895
Email: msadigh@gmail.com

**Mariah McNamara, MD**
Global Health Associate Program Director; UVMLCOM
Mobile phone: 617-921-0739
Email: Mariah.McNamara1@uvmhealth.org

**Audree Frey**
Global Health Program Coordinator; UVMLCOM
Mobile phone: 802-310-3156
Email: Audree.Frey@med.uvm.edu

**Laura Smith**
Global Health Program Coordinator; WCHN
Email: GlobalHealth@wchn.org

**Joanna Conklin**
Global Health Program Coordinator; WCHN
Email: GlobalHealth@wchn.org

**Stephen Scholand, MD**
Global Health Site Director, Vietnam
Email: rabiesfreeworld@yahoo.com

**Bulat Ziganshin, MD**
Global Health Program Director; RUSM/AUC
Email: bazign@gmail.com

**Dilyara Nurkhametova, MD**
Global Health Program Coordinator; RUSM/AUC
Email: d.nurkhametova@gmail.com

**Ngoc Sang, MD**
Vietnam Program Director; Vietnam Dept. of Infectious Disease
Email: nguyennocvang2211@gmail.com

**Dr. Hoang Lan Phuong**
Head, International Affairs; Vietnam
Office phone: +84-8-3855-4137- ext: 1484
Home phone: +84-8-913-121418
Email: lanphuong@gmail.com

**Dr. Uyen Tran and Dr. Tran Van Vu**
Training Department - Cho Ray Hospital
Coordination for Global Health Programs at CRH
Office phone: +84-28-3855-3318
Dr. Tran Van Vu: +84918151010
Dr. Tran Hanh Uyen: +84869848312
Email: globalhealthbvcr@gmail.com
History and Cultural Information

Vietnam is the easternmost country on the Indochina Peninsula in Southeast Asia. The name Vietnam translates as "South Viet", and was officially adopted in 1945. Vietnam's land is mostly hilly and densely forested, with level land covering no more than 20%. Mountains account for 40% of the country's land area, and tropical forests cover around 42%. It is a Socialist Republic. The capital city is Hanoi.

The total population of Vietnam is 90,388 million as of 2012 with a density of 703/mi². Vietnam has 54 ethnic groups with 86.2% of the population being Kinh (Viet).

Vietnam has a GDP per capita of $1,705 (2013 estimate). Vietnam has been, for much of its history, a predominantly agricultural civilization based on rice cultivation. The economy grew at an annual rate of around 7% from 2000 to 2005, making Vietnam one of the world's fastest growing economies. Manufacturing, information technology and high-tech industries now form a large and fast-growing part of the national economy. Though Vietnam is a relative newcomer to the oil industry, it is currently the third-largest oil producer in Southeast Asia. According to the IMF, the unemployment rate in Vietnam stood at 4.46% in 2012.

Time zone (nationwide): ICT (Indochina Time) UTC +7. Right-hand driving (same as the U.S.A.)

Up to date information on Vietnam can be found in the CIA World Factbook: https://www.cia.gov/library/publications/the-world-factbook/geos/vm.html

Ho Chi Minh City is the largest city in Vietnam. It has gone by several different names during its history, reflecting settlement by different ethnic, cultural and political groups. In the 1690s, the city had the official name of Gia Định. This name remained until the time of French conquest in the 1860s, when the occupying force adopted the name Sài Gòn (Saigon) for the city. Immediately after the communist takeover of South Vietnam in 1975, a provisional government renamed the city after Hồ Chí Minh, the late North Vietnamese leader. However, the informal name of Sài Gòn remains in daily speech both domestically and internationally.

Ho Chi Minh is the most crowded city in Vietnam with a total of 7,521,138 (2011). It is the economic center of Vietnam and accounts for a large proportion of the national economy. Although the city only takes up just 0.6% of the country's land area, it contains 8.34% of the population of Vietnam, 20.2% of its GDP and 27.9% of industrial output (2005). The economy of Ho Chi Minh City consists of industries ranging from mining, seafood processing, agriculture, and construction, to tourism, finance, industry and trade.

Official website: http://www.hochiminhcity.gov.vn
Language
Vietnamese is a tonal language, so pronunciation is very important. Some helpful phrases include:

- Hello: Xin Chao “sin jow”
- Thank you: Cam on “gam on”
- Excuse me: Xin loi “sin loy”

You can tune into YouTube to get some language introduction before your trip. Simply search on YouTube or try any of the following links:

https://www.youtube.com/watch?v=ol-SxjgOSQs
https://www.youtube.com/watch?v=z_B69PQnRR4

Climate
Ho Chi Minh city has a tropical climate, with an average humidity of 75%. The year is divided into two distinct seasons. The rainy season, with an average rainfall of about 1,800 millimeters (71 in) annually (about 150 rainy days per year), usually begins in May and ends in late November. The dry season lasts from December to April. The average temperature is 28 °C (82 °F), the highest temperature sometimes reaches 39 °C (102 °F) around noon in late April, while the lowest may fall below 16 °C (61 °F) in the early mornings of late December into early January.

Cuisine
The food of the north is heavily influenced by China with its stir-fries and noodle-based soups. As you move farther south, there is more of an influence of Thai and Cambodian cuisine. Despite the varied landscape of Vietnam, the food balances various herbs and spices, with sweet, sour, savory and even some bitter flavors – anchored with an ‘all-powerful’ fish sauce.

Pho is provided for breakfast every morning at the hotel. Trung Nguyen coffee shop is located two blocks away from Cho Ray Hospital where you can get lunch and coffee for ~ 5 USD.

For vegetarians, there are Buddhist restaurants for strict followers of vegetarian diets. Ask the Vietnamese faculty for their best recommendations.
Some common dishes you should try:

![Broken rice served with grilled pork, eggs](image1)

**Broken rice served with grilled pork, eggs**

![The famous “Pho”](image2)

**The famous “Pho”**

![“Banh my”, bread served with pâté, sausage](image3)

**“Banh my”, bread served with pâté, sausage**

![“Banh cuon”, rice paper roll wrap with grilled pork](image4)

**“Banh cuon”, rice paper roll wrap with grilled pork**

![Nem ran / cha gio, crunch spring rolls](image5)

**Nem ran / cha gio, crunch spring rolls**

![Cha ca La Vong, grilled fish seasoned with garlic, ginger](image6)

**Cha ca La Vong, grilled fish seasoned with garlic, ginger**

**Sightseeing**

There are many things to see and do in Ho Chi Minh city. Today, the city’s center is still adorned with wide elegant boulevards and historic French colonial buildings. The majority of these tourist spots are located in District 1 and are a short leisurely distance from each other.
Some sites recommended by other visitors include:

- Reunification Palace: (Vietnamese: Dinh Thống Nhất) formerly known as Independence Palace (Dinh Độc Lập)
- Municipal Theatre: also known as Saigon Opera House (Vietnamese: Nhà hát lớn Thành phố Hồ Chí Minh)
- Saigon Notre-Dame Basilica: (Vietnamese: Vương cung thánh đường Đức Bà Sài Gòn or Nhà thờ Đức Bà Sài Gòn)
- Bến Thành Market: large marketplace in downtown area in District 1. Popular with tourists seeking local handicrafts, textiles, áo dài, and souvenirs, as well as local cuisine.
- Mekong Delta: region in southwestern Vietnam where the Mekong River approaches and empties into the sea through a network of distributaries. Tourists can enjoy floating markets and visit national parks.
- Hanoi: the capital of Vietnam and the country’s largest city, founded in 1010 with over a thousand years of history. The city is known for its many historic sites, temples and pagodas.
- Ha Long bay: (Vietnamese: Vịnh Hạ Long, means "descending dragon bay") is a UNESCO World Heritage Site, and a popular travel destination, located in Quang Ninh province. The bay features thousands of limestone mountains and isles in various sizes and shapes.

General Information

About the Program

The Robert Larner, M.D. College of Medicine at The University of Vermont and Western Connecticut Health Network Global Health Program provides motivated medical students with an introduction to global health through participation in US based didactics and experiential learning at various international sites. Global health faculty members have a diversity of experiences and clinical perspectives which they bring to the program. Ultimately, the Global Health Program aims to inspire participants interested in working with medically underserved populations around the globe and to better prepare them for practice in resource limited settings.

Site Specific Preparations for Your Elective

You will need to complete the following activities prior to your departure:

- Obtain a visa. (See details in the next section of the guide on the necessary steps).
- Obtain a ‘Letter of Intent’ to rotate through Cho Ray Hospital. If you are a medical student at UVM, The Global Health Program Coordinator (Audree Frey) will send this letter on your behalf. Please coordinate with her to provide the requisite information, including a copy of your passport photo page.

Otherwise contact program coordinator at your institution.
How to Obtain a Visa

The most up to date information on obtaining a visa to Vietnam can be found on the embassy website (http://vietnamembassy-usa.org/consular/visa-application-process). As of September 1, 2016, the Vietnamese government will only issue 1 year multiple entry visas for U.S. citizens. Please check the website for the current visa fee. In the past, participants had to pay a fee online to get the Visa approval letter and pay a second fee in exact USD upon arrival to the airport in Ho Chi Minh City. Just be sure to have color 2x2 photos and US dollars when you arrive at the airport in Vietnam. Expect to wait in the processing area for 45 min to an hour while the visa is finalized.

If you are intended to get your visa in the USA before your travel to Vietnam, you must submit an online form (http://visa.mofa.gov.vn), send your passport to the Embassy, and submit 2 passport photos and pay a visa fee. Five business days are required to process visa applications so plan ahead. The telephone number for the Embassy is 202-861-0737, ext. 118/121/122/123/125/129 and the email is vnconsular@vietnamembassy.us.

An easy way to get a visa, is to use an online visa service. This website has yielded fast and good results to our prior participants (see https://vietnamvisa.org).

Personal Health and Safety

Medical License and Health Insurance

Fortunately, a specific medical license is not required to participate in patient care at Cho Ray hospital. However, it is necessary to complete all the required paperwork before travel, with assistance from the Global Health Program Coordinator. Once that documentation is complete, you should be granted privileges to see patients at Cho Ray.

Before your travel to Vietnam, you should contact your health insurance company to verify that your health plan has international coverage including Vietnam. If it does not, separate health insurance can be purchased through a travel insurance company. It is your responsibility to acquire proper medical coverage in case of an accident or serious illness. Prior to departure, there is a contract by Global Health program which requires your signature. Contact the Program Coordinator in order to learn more.

Site Specific Personal Health and Safety

Your well-being and safety are very important to us! However, participation in an elective outside of the U.S. increases your exposure not only to minor inconveniences, but could expose you to serious threats to your health and safety. Please review the Code of Conduct regarding how to reduce your risk when traveling abroad and the General Elective Guide for health and safety information. The information below relates specifically to Vietnam. As always, your travel health provider and the CDC are the best and most up to date resources for health information.

Prior to your elective:

□ You will need to visit your healthcare provider to get post-exposure prophylaxis in case of HIV exposure. This is a requirement for this elective rotation, despite the low HIV rates in Vietnam.
□ Get fitted for an N95 mask as you will be exposed to tuberculosis (TB) in Vietnam.

During your elective:

□ Carry your HIV post-exposure prophylaxis medications at all times during the elective. If you have an exposure, take the first doses immediately and contact your clinical supervisor as soon as possible.
□ Wear your N95 mask in any situation where you might be exposed to TB. Wear it in the ICU/CCU and on the Tropical Medicine (Infectious Diseases) ward.
Recognize that the climate in Vietnam is very hot and humid. Please be prepared for these conditions in areas of the hospital where there is no air-conditioning.

Maintain awareness for personal safety at all times. Note that crossing the street can be quite dangerous. Always be cautious of motorcycles.

After your elective:

Upon return to the U.S., schedule an appointment with your primary care provider or travel clinic for evaluation of any communicable diseases.

Cho Ray Hospital

Expect your rotation at Cho Ray Hospital to be very different from Western hospitals where you have studied and trained. There will be challenges and frustrations, triumphs and tragedies. This is the heart beat of Global Health!
Remember to keep an open mind and please at all times show respect. You are our ambassadors to our Program.

Cho Ray Hospital was established in 1900 and is the largest hospital in South Vietnam. Cho Ray Hospital is a general hospital directly under the Ministry of Health and is the referral center for 37 cities and provinces in South Vietnam, including Ho Chi Minh City. Its motto is “be cured, be pleased”. Today, the hospital has 1,800 beds and more than 3500 staff members. In 2014, CRH had more than 1 million outpatient visits and admitted 120,000 patients. More information on the hospital can be found on the Cho Ray website www.choray.vn

There are multiple departments and divisions as listed below—indicative of the broad range of care services provided:

- Department of General Medicine
- Department of Cardiology
- Department of Interventional Cardiology
- Department of Pulmonary Medicine
- Department of Thoracic and Vascular Surgery
- Department of Cardiac Surgery
- Department of Neurosurgery - Gamma Knife Unit
- Department of Head Injury
- Department of Neurology
- Department of Tropical Diseases - Poison Control Unit
- Department of Research & Treatment of Hepatitis
- Department of Endocrinology
- Department of Dietetics
- Department of Nephrology
- Department of Urology
- Department of Rheumatology
- Department of Digestive Surgery
- Department of Gastroenterology
- Department of Liver Tumor
- Department of Cardiac Surgery
- Department of Intensive Care
- Department of Pulmonary Medicine
- Department of Thoracic and Vascular Surgery
- Department of Endoscopy
- Department of Neurosurgery - Gamma Knife Unit
- Department of Endoscopic and Intensive Care
- Department of Operating and Anesthesia
- Department of Palliative Care
- Department of Nuclear Medicine
- Department of Otorhinolaryngology
- Department of Hematology & Blood Transfusion
- Department of Cosmetical and Plastic Surgery
- Department of Hepatobiliary - Pancreatic Surgery
- Department of Radiology
- Department of Oncology
- Department of Unit of PET - CT and Cyclotron
- Department of Emergency Department
- Department of Pathology
- Department of Orthopedics
- Department of Infection Control Department - Central Sterilized Supply
- Department of Gastroenterology
- Department of Ophthalmology
- Department of Biochemistry
- Department of Microbiology
- Department of Biotechnology
Clinical Rotation Attendance Requirements, Duties and Expectations

These will vary somewhat depending on the needs of the team.

For the Tropical Diseases ward, the following structure has been followed for the participants:

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Morning report(1)</td>
<td>Morning report</td>
<td>Morning report</td>
<td>Morning report</td>
<td>Morning report</td>
</tr>
<tr>
<td>8:00</td>
<td>Ward rounds(2)</td>
<td>Ward rounds</td>
<td>Ward rounds</td>
<td>Ward rounds</td>
<td>Ward rounds Hospital weekly meeting</td>
</tr>
<tr>
<td>10:30</td>
<td>Case report</td>
<td>ID conference</td>
<td>Case report</td>
<td>Hospital Case Report Conference</td>
<td>1:00 – 4:00</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
<tr>
<td>1:00</td>
<td>Independent study</td>
<td>Microbiology rounds</td>
<td>Independent study</td>
<td>Radiology/diagnostic testing rounds Independent study</td>
<td>Independent study</td>
</tr>
</tbody>
</table>

(1) Morning report: The night shift doctor will report all interesting and severe cases admitted overnight to the Tropical Diseases Department (by the Vietnamese).

(2) Ward rounds: Clinical duties with the ward team include examining patients at the bed side, recording appropriate documentation, and other patient management activities.

(3) Afternoon responsibilities: Doctors will provide care and follow up on all new admissions and acute cases (ICU/CCU). One senior ID doctor will perform new consults as requested. Other doctors and team members will perform independent study including follow up patient care, research and review.

(4) Every Tuesday, microbiology rounds will be conducted with an emphasis on bacteriology and parasitology.

(5) Every Thursday, radiology review and diagnostic testing rounds (EKG, ECHO, ancillary tests) will be conducted in a case-based format to highlight important findings in radiologic imaging and diagnostic testing.

Elective Rotations

There are currently nine departments of CRH with the capacity to provide a meaningful educational experience for students and residents. These departments include:

1-Cardiology
2-Interventional cardiology
3-MICU
4-NICU
5-Gastroenterology
6-Tropical Disease
At any given time, the availability of a specific departmental rotation is based upon the ability to meet several criteria:

1) The availability of an English speaking physician to provide bedside explanations and teaching.

2) The volume of clinical patient care duties as well as staffing adequacy to meet the needs of patients.

3) Whether the unit is unexpectedly busy creating more than expected clinical demand on the medical staff.

The program coordinator at CRH Hospital will take all of these factors into consideration when making your clinical assignment schedules on the wards at CRH and circumstances may change unexpectedly leading to unplanned changes in schedules. Learners will be assigned to rotate for two weeks in three different specialties or three weeks in two different specialty rotations. The rotation pattern will be completely at the discretion of program coordinator based upon the clinical demands on the units, but the final decision is up to her in consultation with program director. Although you may request a change, the assignments are based on the capacity to give you an excellent educational experience within the demands of real patient care in a very busy, high volume clinical environment and as a result the assignments are generally final.

You will be asked to rank the nine clinical departments where you may rotate from 1-9 with 1 being your first choice. Because of its unique nature, we will attempt to schedule one rotation in the Tropical Medicine department, working under the supervision of Dr. Do, one of our most dedicated teachers, and the other rotation(s) will be based as much as possible on your priority ranking list. A single event such as a staff illness or pregnancy may unexpectedly change the schedule decision and lead to change. Please don’t be upset if this happens, it is the consequence of real life events in the world you are entering. In case a rotation is not ideal due to unexpected events, be prepared to go with the flow of changing events and use your eyes, ears and clinical knowledge to learn what you can alongside your colleagues.

Working in a high intensity, under-resourced clinical environment can be chaotic and unpredictable but it will also be filled with chances to learn and to create your own opportunities. Any concerns regarding these experiences should first be communicated directly with Drs. Sadigh or Scholand.

**Accommodations**

Your accommodations will be arranged by the International Office at Cho Ray Hospital. Previous participants have stayed at the Rainbow Hotel which is right across the street from Cho Ray Hospital. At the Rainbow Hotel, you get a private room with a private bathroom and air conditioning. There is a TV in the room and Internet access (though the WiFi can be spotty at times). Your room is cleaned daily. Unfortunately, there is no safe in the room.

Laundry service is available for ~15 USD per load. You can also wash your own clothes in the sink.
Transportation
Participants are recommended to book flights to Tan Son Nhat airport (SGN). Airlines with service to Tan Son Nhat airport include Eva Air, Singapore Airlines, Japan Airlines, and United Airlines. Daytime arrivals are preferred. Participants will be picked up at the airport by a member of Global Health – Vietnam office.

Buses: There are now more than 130 local bus routes around the city and beyond. There is a useful and free Ho Chi Minh Bus Route Diagram available at the Ben Thanh market bus station. Some useful numbers from Ben Thanh include the 152 to Tan Son Nhat Airport, 149 to Saigon train station, 1 to Binh Tay Market in Cholon, 102 to Mien Tay bus station and 26 to Mien Dong bus station. All buses have air conditioning and uniformed drivers, and the average ticket price is just 3000 VND. Buy your ticket on board from the attendant.

Taxi: Metered taxis cruise the streets, but it is worth calling ahead. The most popular taxi companies include: Vinasun and Mai Linh. It should cost about 5 USD to get from Cho Ray Hospital to District 1.

Uber: If you have WiFi or internet access on your phone, you can request an Uber which is a convenient way to travel.

Do NOT take motorcycles. They are extremely dangerous.

Crossing the street can be a significant challenge given the heavy traffic volumes (mostly motorcycles). Walk slowly and do not stop or hesitate. Try to follow a local person and watch how they do it.

Financial
Currency: Vietnam Dong (VND). Please check online for current exchange rates (such as www.xe.com). As of January 2018, 1 USD equaled about 22,000 VND. You can exchange USD to VND at certain banks and foreign exchanges. Bring the best quality dollar bills that you can - crisp, unfolded, and intact bills. Most banks do not want to change old looking or worn dollar notes. Check the exchange rate before agreeing to the exchange.

ATMs: Be safe when using local ATMs – watch for pickpockets, cover the keypad when entering your PIN, and make sure you get your card back when finished.

Credit Cards: Most restaurants and supermarkets will accept credit cards. Visa and Mastercard are generally accepted. Very few places will accept AMEX.

Additional Tips
Communication: Wi-Fi and Mobile Telephones
The International Office will give your group a cheap phone for communicating with global health faculty in Vietnam. You can also purchase a SIM card for use in an unlocked mobile phone and put minutes and data on it.

The Rainbow Hotel has Internet access, but the Wi-Fi connection can be erratic and location dependent.

What to Bring With You

Clothing
• Professionalism is highly valued in Vietnam. Please wear proper clothing similar to what you would wear to work in any hospital in the U.S. – button-down shirts, slacks, dresses and skirts at knee length or below. No low-cut blouses or shirts.
• White coats are very, very important. In Vietnam, this is an important symbol of your status as a healthcare worker. Note that the white coats in Vietnam are made of thinner and more breathable material than the coats provided by UVM. Consider investing in one after your arrival in Vietnam.
• Comfortable closed-toe shoes are required for work in the hospital.
• It is very warm and humid in Ho Chi Minh City, so be prepared. We recommend relatively loose, breathable clothes for comfort.

Items for the Hospital

• Hand sanitizer
• N95 masks
• Stethoscope
• HIV prophylaxis medications carried in your pocket at all times on the ward
• Optional medical equipment includes: gloves, reflex hammer, blood pressure cuff, pulse oximeter, surgical masks, alcohol prep pads, pen light, and an eye shield

Other Suggested Items

• Multi-purpose plug adaptor (voltage converter): Vietnam electrical voltage is 220v – 50Hz.
• Money belt
• Suitcase lock (select a TSA accepted lock)
• Sunscreen
• Insect repellant
• Flashlight or head lamp
• Umbrella
• Personal items: Note that soap, shampoo, conditioner, toothbrushes, toothpaste, deodorant and lotion can all be purchased at local supermarkets with a wide selection available, but please note that specific personalized [Western] brands will probably not be available.

Majid Sadigh: Project Manager
Mitra Sadigh: Writer and Editor
Anton Gryaznov: Technical Designer

Special thanks to many participants and leaders of Global Health Program for their thoughtful comments and contributions and to Soroush Nomigolzar and Stephen Scholand for reviewing the Vietnam Participant Guide.