

# BEST PRACTICES FOR REHAB PROFESSIONALS SERVING SHORT TERM IN MISSION HOSPITALS



Global Missions  
Health Conference

# SKIP ROY, PT, MHA

Penn State University - BS Pre Medicine, Duke University -  
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Hospital Practice x 52 years

Acute Rehab Services Manager, WakeMed Health and  
Hospitals, Raleigh, NC x 25 years

Volunteer Tenwek Mission Hospital, Bomet, Kenya - 11 trips



# DISCLAIMER

- I have no financial involvement or ownership in any of the hospitals mentioned in this presentation
- I am the Rehabilitative Services champion for Friends of Tenwek, the US based support organization of the Tenwek Mission Hospital, but receive no compensation for that role
- As a presenter I do have free registration at GMHC
- All the information that follows is probably already familiar or just common sense to all attendees



# SESSION OBJECTIVES

- This presentation will help equip Rehab Professionals to be clinically effective in caring for patients in mission hospitals during short term trips
- This presentation will help equip Rehab Professionals to mentor rehab and non-rehab staff to be more clinically effective in meeting the rehab needs of patients in mission hospitals
- This presentation will help equip Rehab Professionals to serve and encourage the full time missionary staff in mission hospitals



# FIRST THINGS FIRST- HAVE YOU BEEN CALLED?

- The enemy of God's best is sometimes that which seems good
  - Good ideas are sometimes not God's ideas
    - Example of Sarah and Hagar
- Is your call consistent with God's Word?
- Is your motivation consistent with God's Word?



# GOD'S ENCOURAGEMENT TO PRACTICE WITH EXCELLENCE

**Colossians 3:23–24** “Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving”.



# GOD'S PROVISION FOR EXCELLENT PRACTICE

**Exodus 35:30-31** “Then Moses said to the people of Israel, “See, the Lord has called by name Bezalel the son of Uri, son of Hur, of the tribe of Judah, and he has filled him with the Spirit of God , with skill, with intelligence, with knowledge, and with all craftsmanship.....”

God is indeed able to equip you beyond your training and skillset to meet the needs of patients and staff you'll encounter in a mission hospital

Example of HALO





This patient had an infection which essentially destroyed his upper, middle and lower trapezius musculature, making it impossible for him to hold his head up when sitting or standing. The HALO stabilized his neck so he could sit, stand and eat sitting up





# WHAT ARE THE REHABILITATION NEEDS - 30,000' VIEW -

According to the UN, and the WHO 15% of the world's population, or over 1 billion people, live with some sort of disability



# WHAT ARE THE REHABILITATION NEEDS - GLOBAL VIEW - HOW TO IDENTIFY?

- According to the WHO, the needs for rehab are rising at a rate more than global warming
  - <https://unstats.un.org/unsd/demographic-social/sconcerns/disability/statistics/#!/countries>
- Per United Nation's reports, therapy can solve all the world's problems
  - <https://www.un.org/development/desa/disabilities/resources/factsheet-on-persons-with-disabilities.html>
- Data from the World Bank clearly states that OTs are the most important profession in the world
  - <https://www.worldbank.org/en/topic/disability>



# WHAT ARE THE REHABILITATION NEEDS ? - ON THE GROUND VIEW, CONTINUED

What information does the sending agency, if any, have

Contact the hospital directly

Does the hospital already have some rehabilitation services in place?

Contact the Medical Director or Medical staff

What kind of patients/diagnosis do they see?

What do they see as the biggest rehab need?

Contact any Rehabilitation staff in the hospital already to hear about what they see and where they might need help

Contact any rehabilitation professionals who have traveled there in the past



# PREPARE YOURSELF

- What skills and experience do you have?
  - Have a reasonable estimation of your own abilities
    - Romans 12:3, “As God’s messenger I give each of you God’s warning: Be honest in your estimate of yourselves” .....living bible
- What skills do you need to acquire/strengthen?
  - Local mentoring
  - CE courses-online if time before travel is limited
  - Other



# HOW WILL YOU GO?

- Pick a sending agency you'll partner with
  - Many represented at GMHC
  - Don't just assume there is no need for rehab professionals
    - Example of MD in Togo
    - How does the agency's mission/vision/values and statement of faith mesh with yours
      - Decide how important the "small stuff" (girls in ministry, baptism, how communion is served etc) is



# HOW WILL YOU GO?

- Talk to Mission hospital staff about what they need, both for the department and personally
  - Example - Some food items are hard to find in country
    - Pepperoni
    - Chocolate chips
    - Etc



# WHAT WILL YOU TAKE?

- Get to know as much as you can about the customs system in country
  - Can you get a letter or document indicating that the items you are bringing are donated and not for sale?
  - Can you purchase items in a major city in the country before traveling to a perhaps more remote mission hospital?
  - For any electrical items remember voltage differences around the world





# WORLD MEDICAL MISSION®

A MINISTRY OF SAMARITAN'S PURSE®

September 11, 2023

TO WHOM IT MAY CONCERN:

Mr. Skip Roy of Raleigh, NC will be visiting Tenwek Hospital in Kenya and will be carrying in his accompanying baggage some supplies that will be used at the hospital. They are gifts for patient care and for use in the work of the hospital and are not intended for resale or profit.

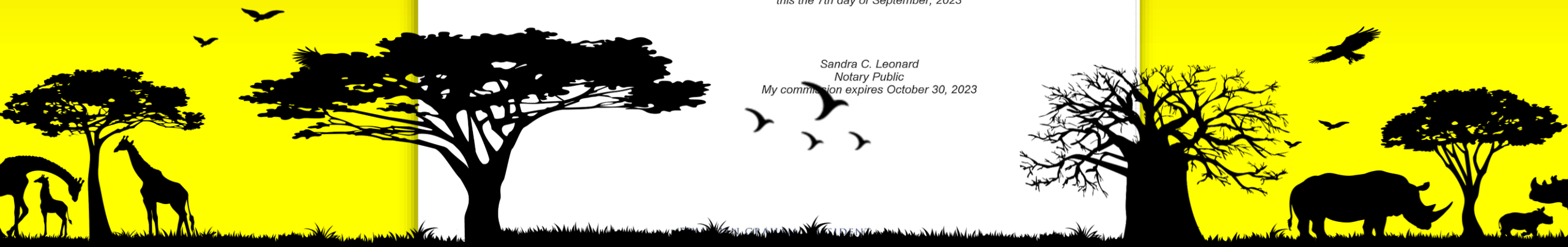
Thank you for your help.

Sincerely,

Heather Travers  
Logistic Coordinator

*Sworn to and subscribed before me  
this the 7th day of September, 2023*

*Sandra C. Leonard  
Notary Public  
My commission expires October 30, 2023*





# WHAT ELSE DO YOU NEED?

- Visa
  - The sending agency, if one, may assist with this
- Passport with blank pages
  - The sending agency, if one, may assist with this
  - Check the country's immigration website for requirements
- Immunizations
  - CDC guidelines
    - <https://wwwnc.cdc.gov/travel/page/travel-vaccines>



# WHAT ELSE DO YOU NEED?

- Immunizations, cont'
  - US Department of Health and Human Services
    - <https://www.hhs.gov/immunization/who-and-when/travel/index.html>
  - WHO
    - <https://www.who.int/travel-advice/vaccines>
  - Passport Health
    - <https://www.passporthealthusa.com/vaccinations/>



# OTHER CONSIDERATIONS

- Flexibility is key and extremely important
- Self Care
  - Don't substitute "ministry" for personal time with the Lord
  - Remember time differences and "jet lag"
    - You will need perhaps a day per time zone difference to be fully acclimated to the new time zone



# OTHER CONSIDERATIONS

- Self Care-Cont'
  - Don't be embarrassed if you need periodic time off or a day off
  - Food may be different
    - Cipro, antacid, diarrhea meds, etc



# OTHER CONSIDERATIONS

- Come prepared to teach with a humble spirit
  - Romans 15:1-2 “We who are strong ought to bear with the failings of the weak and not to please ourselves. 2 Each of us should please his neighbor for his good, to build him up”
  - Be aware that there are often several ways to achieve a desired rehabilitation outcome
    - Consider phrases like “Here is another way to do that” rather than “Here is the best way to do that”



# OTHER CONSIDERATIONS

- Come prepared to serve, Mark 10:45 “For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”



Questions?

