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Prevalence and Severity of Secondary Traumatic Stress and Optimism in Indian Health Care Professionals during COVID-19 Lockdown

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Global health education is the area of medical training that focuses on health issues caused by inequities, poverty, lack of resources or access to them, health illiteracy and many other translational causes. International medical electives allow medical students to engage directly with these issues in under-resourced regions either rurally or in developing countries. While this engagement provides tremendous learning opportunities, it is riddled with confronting hurdles both for the students and the hosting regions. Numerous Pre-departure training programs offered by medical institutions around the world aim to optimize the preparedness for the students to these hurdles. However, the impact of these programs is dependent upon a holistic appreciation of the challenges the students face in these settings and an equal recognition of the negative repercussions of their involvement. Identification of these issues is key to developing well-tailored pre-departure training courses.

Objective:

This literature review aims to provide an overview of the components and outcomes of pre-departure training for short global health electives across different institutions.

Methods:

A bibliographic literature search was conducted on Medline via PubMed from its inception to December 2021 to collect relevant information using the appropriate keywords. A total of 27 unique articles were retrieved and included in the present literature review, addressing components and outcomes of pre-departure courses.

Results:

A number of challenges have been identified which

Conclusion:

Pre-departure training symbolizes a group of preparatory courses that students complete before their global health elective to maximize their learning ability while minimizing potential harm to themselves and hosting communities. The challenges posed by these electives can be grouped into four major themes: cultural, environmental, ethical, and personal. Ideally, these courses should incorporate three domains to address these challenges including, educational objectives involving expected clinical experiences, safety and health concerns, and moral and ethical problems.

Keywords: Pre-departure course, Pre-departure training, global health elective, international medical student elective.

Biography

Dr. Shivam, dedicated healthcare professional at Sharda Medical Centre, Bengaluru, India, committed to compassionate patient care and

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