

## An Insider's View of the Cuban Health Care System: Sample Itinerary

### A Medical Education Cooperation with Cuba People-to-People Program

**NOTE: All times listed refer to the hour the activity begins. The bus will leave earlier, exact time to be determined with your guide.**

#### Sunday (Day 1)

8:30am Flight departs from Miami, FL  
Arrival and check in at hotel in Centro Havana, Cuba  
*Orientation Meeting by MEDICC Representative*  
Lunch

#### Monday (Day 2)

**Primary Health Care: Community health, prevention and chronic diseases**  
Visit a Polyclinic

9:00am-10:00am Exchange and discussion with patients and staff

10:00am-11:00am Onsite review of facility and its services

11:00am-12:30pm Group divides into two groups to visit family nurse-and-doctor office for a firsthand look at patient intake, treatment, tracking system for continuous health assessment, health promotion and disease prevention activities. Exchange about related work in the USA.

1:00pm Lunch with health care professionals

2:00pm-5:00pm **Primary Health Care: Community health, prevention and treatment of chronic diseases (cont.)**  
Join family nurse and doctor on house calls and walking around the community. Interact/ exchange with patients and community members on health education and promotion; share information on these topics from the US experience.

#### Tuesday (Day 3)

9:00am-12:30pm **Achievements and Challenges of the National Maternal and Child Care Program**  
Visit a maternity home and observe its services. Interact with patients and staff on at-risk pregnancies, breastfeeding educational programs, chronic diseases and pregnancy as well as related subjects in both Cuba and the US.

1:00pm-2:00pm Lunch with health care professionals

2:00pm-5:00pm

**HIV/AIDS/STIs Prevention and Promotion**

Visit the National HIV/AIDS/STIs Prevention Center and converse with volunteers, peer counselors and staff on prevention and promotion of sexually transmitted infections, communication strategies, and other aspects of these programs in both Cuba and the US.

*5:00pm – 6:00pm*

*Internal Meeting with MEDICC Rep*

**Wednesday (Day 4)**

9:00am-12:30pm

**Training Human Resources in Health Care**

Exchange and debate with faculty from Calixto García medical and nursing school and National School of Public Health (ENSAP) on the challenges of training human resources in health care. Discuss issues of clinical training in Cuba and the USA.

12:30am-1:30pm

Lunch with health care professionals at National School of Public Health (ENSAP)

2:00pm-5:00pm

**“Perma-culture”: An option for healthy nutrition and environmentally friendly gardening for Cuban families**

Engage, work side-by-side and exchange experiences with families and community leaders in the urban municipality of Centro Habana. Discuss the challenges of healthy nutrition and environmental education and projects in urban communities in a developing country as opposed to a developed country such as the USA.

**Thursday (Day 5)**

9:00am-12:30pm

**Health Promotion and Prevention: Health education in schools**

Meet students and teachers at secondary school, and exchange on student participation in the prevention of STIs-HIV, vector control, traffic safety, health promotion and other. Discuss experiences with school health in the USA and Cuba in general.

12:30pm-1:45pm

Lunch with healthcare professionals

2:30pm-5:30pm

**Global Workforce Training: Latin American Medical School (ELAM)**

Visit ELAM and exchange with pre-med, 1<sup>st</sup> and 2<sup>nd</sup> year students and faculty on their learning experience, performance, and the school’s graduate outcome study to follow up, track and evaluate graduate impact in underserved communities. Share US experiences in medical education for underserved communities.

### **Friday (Day 6)**

9:00am-12:00pm

#### **Comprehensive Care for Chronic Diseases**

Visit a center for comprehensive care of diabetes. Review facility and services. Join and participate in workshop for patients learning to live with diabetes. Exchange with patients and staff on the challenges of providing comprehensive care for chronic diseases in light of population ageing in a developing country; share similar challenges in the US.

1:00pm-2:00pm

Lunch with health care professionals

2:00pm-4:30pm

#### **Natural and Traditional Medicine in Primary Health Care**

Visit Provincial Natural and Traditional Medicine Center, Boyeros municipality. Exchange with patients and staff about services, undergraduate and postgraduate training in NTM and integrative medicine. Share similar US experiences.

5:00pm-7:30pm

Discuss one-on-one with a group of Cuban health professionals on mutual experiences and challenges in healthcare.

### **Saturday (Day 7)**

8:30am – 9:30am

*Internal Meeting with MEDICC Rep*

9:30am-12:00pm

#### **Community Development and Urban planning**

Exchange experiences both in Cuba and the US on public involvement, obstacles and successes in developing housing projects with the leading architect and promoter of Havana's Community Transformation Workshops.

12:30pm-3:00pm

Lunch with the leading architect of Havana's Community Transformation Workshops.

### **Sunday (Day 8)**

#### **Depart for US**

Check-in by 7:30am at Terminal 2, José Martí Airport