While global health programs and volunteerism have been around for decades, there is considerable growth in both the number and scope of programs, relationships with foreign entities including colleges, universities, health care organizations, and non-profit organizations. The sophistication of programs is also increasing, from more structured experiences, evaluations, and simultaneous coursework before during and after program travel abroad. Programs are also more likely to go to more remote and lower income economies. There is also the emerging trend of increased professionalization with the increase in global health related conferences, membership organizations like CUGH, publications and publishing of research, and career tracks dedicated to global health.

How well prepared are programs to take care of participants in the event of unexpected illness, injury, or safety or security situation? What structures and processes have been instituted to mitigate risk, respond to incidents, and then incorporate lessons learned as part of process improvement? How well connected or integrated are programs and departments with organizational resources and risk and safety functions? What types of insurance and other emergency resources do travelers and organizations need in the event of incident abroad?

• Global Health Risk Overview

  – Perspectives & Trends

    » Academic literature has a number of good articles particularly around ethical issues, developing program structure, clinical preparation, cultural aspects, and health and occupational issues. Far fewer articles that address health, safety and security comprehensively.

  – Data, Data, Data – in other words, what should we worry about?

    » Understand relevant travel data sources to address risks that may impact your programs. Utilize your own data sources (travel, expense, international program/activity survey) and incident tracking to better understand what is happening to your travelers and how to mitigate the risk if possible. Understand your constituency risk profile: for example: global health care workers; remote and under resourced settings; research into infectious and or contagious diseases, duration of travel, free time activities, etc.

  – Legal Issues
Work with general counsel to understand key issues around duty of care, duty to warn, OSHA regulation, and Workers Compensation for your state and program location(s). If an academic program, understand any obligations under Jeanne Cleary Act Reporting, Title IX, and ADA.

- Comprehensive / holistic program should be integrated across institution, between departments and functional units and include, among other things:

  » Basic program minimums
    • Pre-travel process
    • Program Insurance
    • Training for travelers
    • Emergency Action Plan
    • Process for improvement

  » Evaluate how to improve your existing program and how to incorporate specific travel risk management and health, safety, & security into your program and organization.

  » One of the single most important things to do – and the hardest – is to create a culture of professionalism around health, safety and security.

    • Leadership, management, training are critical elements

    • Sometimes that means using the word, “No.”

- **Health, Safety & Security and the GHP: Your Organization’s Role**

  - Travel Risk Management Program

    » Health, Safety & Security Culture – set reasonable expectations (duty to warn, notification, training, etc.) and likewise, backstop that with reasonable support and enthusiasm for the work being done.

    » Should be integrated into global health programming and activities and be part of a professional culture of responsible management and preparedness.

    » Training for participants and leaders and appropriate to scope of program and travel and particular risks faced at program location.

    » A good comprehensive program would include appropriate insurance to meet the risk exposure, which is gathered from organizational data sources, program location(s) and activity(ies). Incorporating or working closely with a professional insurance broker who understands international coverages is strongly recommended. **Insurance coverages** to be considered are
• Business travel accident (with Accidental Death & Dismemberment)
• Natural and Political Evacuation
• Security or special risks
• Medical professional liability
• General liability, auto, and possibly foreign voluntary workers compensation
• Insurance program will also address personal health insurance for worldwide claims and/or out of country medical for in-patient hospital expenses abroad.
  • Does individual personal health insurance cover expenses if incurred for care sought abroad? What limitations are there?
  • Remember: Insurance is only a tool. It does not make a program.
    » 24/7 response hotline to advice and services and notification to appropriate individual(s) within the organization.

• Health, Safety and Security and the GHP: Individual’s Role
  – Personal Responsibility – you and you alone are responsible for your health, safety, and security. You have a responsibility to tell your organization what you are doing, where you will be, when you expect to return, and how to reach you in an emergency.
  – If you have “management and oversight” of a program, team or away program, you have a responsibility to ensure “reasonable and prudent” measure have been taken to prevent or mitigate “foreseeable risks.”
  – Training – as a global health professional, it is your duty and responsibility to know how to evaluate risks you may face, how to protect yourself and others from those risks, and what to do in the event of an emergency.
  – Emergency Action Plans and planning can be invaluable. They do not need to be long or complicated. But they should be realistic, take into account local risks and resources, and enumerate actions to be taken in the event of an emergency.

• Health, Safety, Security Curriculum Outline
  – Professional ethos
    » Global healthcare worker skill set must include Knowledge, Skills, Abilities in health, safety and security including concepts, actions, and management
Program / Dept / Institution = must engage in planning and preparedness to support activities abroad

- Personal Preparedness
  - Packing
    - E.g. PPE, barrier protection, Specific equipment: lighting, security device, water purification
  - Insurance
  - Travel clinic
- Risk Assessments and Sources
  - US State Dept
  - Subscription intelligence platforms
  - Culture
- Emergency Action Plan
- Personal Security Concepts
  - Know before you go
  - Situational Awareness
  - Low Profile
  - Manage your movement
  - Communications
  - Tactics
    - Specific actions and behaviors a traveler employs to mitigate risks and threats

RESOURCES

Safety and Security Trainings

- **DisasterReady.org**, courses on safety and security: [https://www.disasterready.org/courses](https://www.disasterready.org/courses) - free but registration required. Excellent site for on-line, self-directed training programs, including:
  - Save the Children *Personal Safety and Security E-course*
  - United Nations two core safety and security courses: *Basic Security In The Field (BSITF)* and *Advanced Security In The Field (ASITF)*

- **U.S. Department of State** – good course to prepare for medium and longer term overseas electives, field work, expat assignments:
  - Overseas Crisis Readiness Program [http://www.state.gov/m/fsi/tn/cr/](http://www.state.gov/m/fsi/tn/cr/)

Provides information sharing, reporting, benchmarking, and training. Free; Registration required and point of contact/administrator on behalf of an organization.

- **OCHA**’s ReliefWeb.int also has a Training page that lists global training opportunities. [https://reliefweb.int/training](https://reliefweb.int/training)

## Mental Health, Stress, Trauma Resources


**TRE For All:** [http://traumaprevention.com/what-is-tre/](http://traumaprevention.com/what-is-tre/)

## Recommended Travel Preparation and Resources

- **Travel Medicine (Travel Clinic) & Global Health Information**
  - **Local Travel Medicine Clinic** - Establish working relationship with local travel medicine clinic and encourage travelers to visit at least 4-6 weeks in advance of travel
  - **Centers for Disease Control**
    - **Alerts**
  - **CDC Mobile Apps** [https://wwwnc.cdc.gov/travel/page/apps-about](https://wwwnc.cdc.gov/travel/page/apps-about) – terrific set of apps for travelers with excellent advice to stay healthy:
    - **TravWell**
• **U.S. Department of State** – all key resources for any international/study abroad program to be familiar with:

  Review US State Department Country Specific Information (including new rating system as of January 2018), Traveler’s Checklist, and US Embassy messages at your destination:

  Country Specific Info: [www.travel.state.gov](http://www.travel.state.gov)

  Traveler’s Checklist: [http://travel.state.gov/content/passports/english/go/checklist.html](http://travel.state.gov/content/passports/english/go/checklist.html)

  US Embassy or mission: [https://www.usembassy.gov/](https://www.usembassy.gov/) for a listing or use search engine e.g. “US embassy in Kenya”

  **Smart Traveler Enrollment Program (STEP) - Register with STEP.**  Be sure to register with the US State Department thru STEP. [https://step.state.gov/step/](https://step.state.gov/step/)

  o  US Department of State, Smart Traveler app


  • **Passport & visa check.** Passport book valid? Sufficient number of pages? Urgent replacement required? Will you need an **entry visa**(s) to enter the country or countries you intend to visit? Check the US Department of State’s Country Specific Information to see whether or not a visa is required. Make photocopies and include with your plan below.

    o  Consider **US Customs & Border Protection, Mobile Passport Control and App**, provides traveler convenience as well as electronic back up of your passport:


      ii.  [http://www.mobilepassport.us/](http://www.mobilepassport.us/)

  • **Pack wisely.** Less is often more. Depending on duration and location of travel, consider some specialty equipment such as personal alarm, whistle, collapsible water bottle, chemical water treatment tablets, first aid kit, money belt, door stopper, N95 mask, etc.

    o  Phone – do not leave home without a mobile phone that has international calling plan or buy a local phone and....

    o  .....learn how to use the compass and coordinates if it is a Smartphone...
- CDC and US Department of State both have traveler checklists for packing advice.

- **Plan.** Once you’ve done some training and reviewed country specific information, think through what you will do if something happens (major crime, natural disaster, serious illness or injury) – a written emergency plan (1 or 2 pages) with insurance information and contact details for family members is indispensable in the event of an emergency. Make copies, include itinerary, and give to key people.

**Driving Overseas.**

In most cases, don’t drive; driving should be left to experienced and knowledgeable locals for many very good reasons. If you do opt to drive yourself, do your homework before you leave so that you know all that is required to legally and safely operate a vehicle. Consider and plan for contingencies in the event of an accident involving vehicle damage, injury, etc.

- **International Drivers Permit?** Valid driver’s license from the traveler’s country of origin?
- Local driving laws, e.g. zero tolerance for driving under the influence? Liability in an accident?
- Comprehensive insurance is essential and should include physical damage and auto liability risks and claims.
- Review the U.S. Department of State’s “Driving Abroad“ section for further detailed information and with organizations like the Association for Safe International Road Travel (ASIRT).
- CDC

**LITERATURE, ARTICLES, AND CASE STUDIES**


News Articles of Interest
The Washington Post. *I broke my nose on vacation in Costa Rica. Here’s what I wish I had known.*

The Washington Post. *Should schools that arrange field trips to foreign countries have duty to warn....*

The New York Times. *An informed Traveler is a safer traveler.*

The New York Times. *Study-abroad programs address a risk: Road fatalities.*


The Atlantic. *After terror in France and unrest in Turkey, schools grapple with whether to send students abroad*