

Please contact the IT Officer at it@insight.org.au to be put in touch with this placement participant for further information.

Placement

Outreach Medicine - Zanskar Valley, India

Dates of Placement

01 August 2018

The Application Process

Filling out an online application: <https://himalayanhealth.com/expeditions/kargiakh-high-altitude-trek/>

Placement Structure / Typical Day

This was an unusual medical placement: it involved trekking at high altitude through the Indian Himalayas between remote villages which are cut off from the rest of the world for 7 months of the year due to extreme snow. At each village we would conduct a tent clinic and provide primary health care to the patients

Level of Flexibility on the Placement

Limited flexibility but high level of independence, with students encouraged to run the clinics under supervision of the doctors

Expectations and Assessment

Good level of physical fitness

Skills Gained

Altitude medicine, outreach and wilderness medicine, medicine in low-resource areas

Placement Highlights

Literally some of the most stunning landscapes in my whole life, incredibly beautiful. Was also fantastic to meet doctors and students from the UK, US, New Zealand and Sweden and make great friends!

Challenging Aspects of the Placement

Because these places are so remote and we are hiking from clinic to clinic, there was a limited amount of investigations and management options we could give the patient, making you feel helpless at times

Other Activities

Hiked, camped, visited an incredible cave monastery in the mountains, experienced an incredible part of the world

Would you recommend this placement to someone interested in global health?

Definitely, a rare opportunity to be involved with outreach medicine as a student!