

Kent State University College of Podiatric Medicine Expands Community Service Globally

At Kent State University College of Podiatric Medicine, students have been using their clinical skills to aide underserved communities abroad. Students saw patients, applied their physical diagnostic skills, and were able to treat patients. This hands-on involvement allowed them to gain clinical experience before starting clinical rotations at KSUCPM.

Last May, second year KSUCPM student Hannah Sahli coordinated with International Volunteers HQ and spent one week in Antigua, Guatemala to work with Maximo Nivel. Each day, she traveled to a small town clinic that only had one doctor, so she was able to take on many responsibilities such as taking a history and physical, and giving vaccines. Although Hannah did not do anything specifically related to podiatry, her interactions with patients and health care workers improved her clinical skill set.

This past March, second year students Joseph Albright, Michelle Hurless, and Nilin Rao traveled to Limon, Nicaragua and volunteered for the Foundation for International Medical Relief of Children (FIMRC). At Limon, these students went on home visits with FIMRC's at home diabetes consultation program to provide basic knowledge on diabetic foot care. With no access to insulin, patients' main mode of controlling blood sugar is through a balanced diet. Unfortunately, their diets are mostly high in sugar so most patients had extremely high blood sugars and their lower extremities were in very poor condition. The students performed lower extremity examinations and educated the patients on the importance of self-examinations. Aside from their podiatric clinical tasks, they were also able to work with pediatricians in a clinic at FIMRC, work at a developmental clinic to help treat children with disabilities, went on pre-natal home visits to speak with expecting mothers about healthy living habits important throughout their pregnancy period, and observed procedures at a nearby hospital. In addition to this clinical experience, the KSUCPM students visited schools to give "health talks" to children on personal hygiene and vital signs. Since the town they visited does not have much health education, their service aided the community immeasurably.



KSUCPM student Nilin Rao performs routine nail care on a diabetic patient.

These community service projects served as unique opportunities to gain clinical experience, and students of Kent State University College of Podiatric Medicine are continuing to plan future trips in order to provide more global health care.

For more information about international community service at Kent State University College of Podiatric Medicine, please contact Maybelle Maningat (mmaninga@kent.edu).



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