

**“Broadening Perspectives on Healthcare in Costa Rica”**

<b>Date and Time</b>	<b>Activity</b>	<b>Organized by</b>
<b>Saturday March 5</b>	Arrive in Costa Rica at the Juan Santamaría airport. Transported to IHCAI FOUNDATION facility. Meeting the Costa Rican host families. Given welcome letters and basic information. Transport to the host families houses.	<b>IHCAI Staff Costa Rican host family</b>
<b>Sunday March 6</b>		
<b>8:30 a.m.</b>	Transported from home stay to the IHCAI Foundation Center in San José using public transportation.	A member of the <b>Costa Rican host family</b> will accompany the student.
<b>9:00 a.m.</b>	Welcome and basic introduction to the course and materials.	<b>IHCAI Staff</b>
<b>10:00 a.m.</b>	Survival Spanish session and discussions about basic culture of Costa Rica. Work in small groups according to Spanish level, basic or intermediate.	<b>IHCAI Staff</b>
<b>12:00 p.m.</b>	Free Lunch	
<b>1:00 p.m.</b>	Lecture on the history of Costa Rica, its constitution, political system, social values.	<b>Rodrigo Gutierrez S.</b> First Dean and founder of the Faculty of Medicine of the University of Costa Rica
<b>3:00 p.m.</b>	City Tour	
<b>5:00 p.m.</b>	Visit park to relax and play soccer.	<b>IHCAI Staff MSU Students &amp; IHCAI Staff</b>
<b>Monday March 7</b>		
<b>9:00 a.m.</b>	Introduction to the Costa Rican Healthcare System (CCSS). Similarities and differences with other models.	<b>Dr. Mario Tristán L.</b> Director of IHCAI
<b>10:30 a.m.</b>	“The threat to Costa Rican’s health: The private for profit versus the non profit health	Video recorded lecture: <b>Gordon Guyatt, MD.</b> McMaster University, Canada.

<p><b>12:00 p.m.</b></p> <p><b>1:00 p.m.</b></p>	<p>care delivery: learning from a Systematic Review”<sup>1</sup>.</p> <p>Guided Luncheon Discussion.</p> <p>Guided tour of hospitals to compare and contrast public and private hospitals. Public: Hospital San Rafael, Alajuela City, province of Alajuela. Private: Hospital CIMA San José, Santa Ana, San José.</p> <p>Discussion session about the hospital visit in the San Rafael Hospital auditorium. Presentation about the role of primary care in the Costa Rican healthcare system.</p>	<p><b>IHCAI Staff</b> <b>H. CIMA Staff</b> <b>CCSS Staff</b></p> <p><b>IHCAI Instructors</b></p>
<p><b>Tuesday</b> <b>March 8</b></p> <p><b>9:00 a.m.</b></p> <p><b>10:30 a.m.</b></p> <p><b>12:00 p.m.</b></p> <p><b>1:00 p.m.</b></p>	<p>Lecture on globalization, the Central American Free Trade Agreement (CAFTA) and its effect on the Costa Rican healthcare system.</p> <p>Conference: The Process of Reform of the Healthcare Sector in Costa Rica.</p> <p>Guided luncheon discussion.</p> <p>Guided tour of the National Museum of Costa Rica. Historical synthesis of the Republic of Costa Rica.</p>	<p><b>Dr. Mario Tristan</b> Director of IHCAI</p> <p><b>Dr. Alvaro Salas</b> Executive Ex-President of the CCSS –Health care Reform plan permanent consultant World Bank</p> <p><b>MN Staff</b></p>
<p><b>Wednesday</b> <b>March 9</b></p> <p><b>9:00 a.m.</b></p> <p><b>11:00 a.m.</b></p>	<p>Interview session and discussion with patients about the Costa Rican healthcare system. Themes for each group: Chronic illnesses / Pregnancy / Immigration.</p> <p>Discussion between groups about experience.</p>	<p><b>IHCAI Instructors</b></p> <p><b>MSU Students &amp; IHCAI Instructors</b></p>

<sup>1</sup> Adapted video and Power Point presentation (By M. Tristan, A. Salazar and Y. Baidal) and based on the IHCAI Foundation annual lecture “Merton Bernfield MD” presented by Gordon Guyatt MD, McMaster University, Canada.

National Children’s Hospital “Dr. Carlos Saenz Herrera, San José, Costa Rica, November 2004.

<p><b>1:00 p.m.</b></p> <p><b>5:15 p.m.</b></p> <p><b>7:00 p.m.</b></p>	<p>Tour of INBio Institute and bio prospecting facilities. Learn how biodiversity and the pharmaceutical companies interact in Costa Rica.</p> <p>Dinner at a restaurant in San José Center.</p> <p>“The Future of social security of Costa Rica.” Conference as part of Cátedra Dr. Hugo Behm Rosas of IHCAI Foundation.</p>	<p><b>Ana Sylvia Huertas</b> Business Development Officer Bioprospecting INBio Institute</p> <p><b>Rodrigo Carazo Odio</b> Ex-President of the Republic of Costa Rica (1978-1982) – Founder of the University for Peace.</p>
<p><b>Thursday March 10</b></p> <p><b>8:30 a.m.</b></p> <p><b>10:30 a.m.</b></p> <p><b>4:00 p.m.</b></p>	<p>Trip to Manuel Antonio National Park.</p> <p>Visit a rural EBAIS (primary care facility) of the Garabito Área of Health (near the Pacific Coast). Clinic Director lecture and tour of the facility.</p> <p>Arrive at a hotel in Manuel Antonio. Basic information, general instructions and recommendations.</p>	<p><b>IHCAI Staff</b></p> <p><b>CCSS Staff</b> <b>Dr. Carlos Monge Director</b> <b>Jaco- Garabito Clinic</b> <b>&amp; IHCAI Staff</b></p> <p><b>IHCAI Staff</b></p>
<p><b>Friday March 11</b></p> <p><b>8:00 a.m.</b></p> <p><b>9:00 a.m.</b></p> <p><b>12:30 p.m.</b></p>	<p>Breakfast in the hotel.</p> <p>Brief presentation about IHCAI Foundation.</p> <p>Seminar: An introduction to four important tropical diseases: Dengue / Malaria / Leishmaniasis / Chagas. Video: “Talk with a patient who has one of these illnesses”.</p> <p>Free afternoon to visit Manuel Antonio National Park.</p>	<p><b>Hotel Staff</b></p> <p><b>IHCAI Instructors</b></p>
<p><b>Saturday March 12</b></p> <p><b>4:00 p.m.</b></p>	<p>Free day at the beach and national park</p> <p>Return to San José.</p>	<p><b>IHCAI Staff</b></p>

<b>Sunday March 13</b>	Transportation to the airport and return back to Michigan.	<b>IHCAI Staff</b>
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