



Global Health Outreach
A ministry of the Christian Medical & Dental Associations

GLOBAL *Health* OUTREACH

TEAM *Participant* MANUAL





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Global Health Outreach is a ministry of the Christian Medical & Dental Associations. The Christian Medical & Dental Associations was founded in 1931 and currently serves more than 16,000 members; coordinates a network of Christian healthcare professionals for personal and professional growth; sponsors student ministries in medical and dental schools; conducts overseas healthcare projects for underserved populations; addresses policies on healthcare, medical ethics and bioethical and human rights issues; distributes educational and inspirational resources; provides missionary healthcare professionals with continuing education resources; and conducts international academic exchange programs.

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TABLE *of* CONTENTS

Introduction.....	4
About Global Health Outreach	6
Where We Serve.....	7
What We Do.....	8
Who Can Apply	12
Application Process.....	15
Trip Costs.....	17
Travel Arrangements.....	20
Team Structure	22
Preparing to Go.....	24
On the Trip Details	32
Post-Trip Follow Up.....	38
Appendix	42

CONTACT *Us*

This handbook is intended to serve as an introduction to serving with us on a short-term mission trip. It may not answer every single one of your questions, and that's where we come in. Our staff members are available to help you, so we encourage you to contact us with any questions you may have—from questions about how to apply, fundraising, packing, making travel arrangements and anything in between. Our offices are open Monday through Thursday from 7:30 a.m. to 6 p.m.

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INTRODUCTION



“This trip is the most spiritually and emotionally challenging trip in which I have ever participated, but the love and presence of the Holy Spirit is palpable. I can see long-term impact spiritually. Generations are being changed.”

—Physical therapist serving in Nicaragua



Welcome to Global Health Outreach

Welcome to Global Health Outreach (GHO), the short-term healthcare missions arm of Christian Medical & Dental Associations (CMDA). This handbook has been prepared to guide you through the process of going on a trip with GHO, from start to finish. We hope you will find it beneficial as you prepare to join us, and we encourage you to read through the information carefully.

No two mission trips are identical. The needs, expectations and perceptions of the patients you serve will change from location to location. The sites where you serve will vary immensely, ranging from primitive without electricity or running water to a hospital facility. Additionally, the training and experience of the participants of each team fluctuates greatly. That means your needs and team activities will differ from trip to trip, but we hope this manual will at least get you started and answer some of your general questions.

It is a wonderful blessing to be able to use our professional healthcare skills to serve others in the name of Christ. If you are new to short-term healthcare missions, welcome! You are in for an exciting adventure!

About CMDA

At Christian Medical & Dental Associations, our number one priority is helping healthcare professionals integrate their Christian faith into their practice of healthcare. It's why we do what we do. And there's no other organization like us.

We have more than 15,000 members located across the world, campus chapters on 260+ medical and dental campuses and local community ministry groups around the U.S. Through our 40+ ministry efforts, we focus on meeting the unique needs of healthcare professionals and students as we seek to change hearts in healthcare. We also serve as a voice for Christians in healthcare, standing up in the public square against persecution, physician-assisted suicide and more. For more information about our various outreaches, services and resources designed to motivate, educate and equip healthcare professionals to glorify God, please visit www.cmda.org.

A major component of our ministry is missions, and we are dedicated to both domestic and international healthcare missions. We provide a variety of opportunities for our members to use their God-given skills to meet the needs of others around the world and share the gospel with them. For more information about other mission opportunities through CMDA, please visit www.cmda.org/missions.

While membership in CMDA is not a requirement to participate in a GHO trip, we do strongly encourage you to join and become a member of this vital organization. For more information about membership opportunities, please visit www.joincmda.org.



ABOUT *GHO*

As a ministry of CMDA, Global Health Outreach is a short-term international missions program dedicated to providing healthcare while spreading the gospel.

Our mission is to demonstrate the love and compassion of Jesus, offering hope to mind, body and spirit through medical and dental care. Our vision is to transform GHO team members who will transform the world by living out the character of Christ with love and compassion, pursuing professional excellence and influencing those around them to a right relationship with Jesus Christ.

To accomplish this, we send 45 to 50 medical, dental and surgical mission teams around the world each year to address people's physical, emotional and spiritual needs. Through these trips, we disciple participants, grow national churches, share the gospel and provide care to the poor and needy. Our teams minister in outpatient primary care medicine and dentistry, as well as in small and large hospitals to provide surgical services. Whether you are a healthcare professional, healthcare student, undergraduate student or are just interested in missions, we have opportunities for you to use your skills through healthcare missions.

If you have never participated in short-term missions before, this is a great place to start. Short-term service separates you from obligations, distractions and the routines of your everyday life. Healthcare mission trips are "other-oriented"—that means you are focused on serving others, witnessing and forming relationships with people you would not normally connect with. You can quickly go deep and discuss spiritual issues as well, since the spiritual component of health is very real and often neglected in Western healthcare.

Most of our trips are primary care medicine and dentistry in the outpatient setting. We serve the poor and needy who often have no access to any healthcare services because of poverty, geographic distance or social status. We often work in rural settings, in urban squatter settings and with women in bondage to sex trafficking. We also have specialty surgical trips that work in small and large hospitals, where surgeons, anesthesia professionals, operating room techs and nurses, circulating nurses, post-anesthesia care nurses and logistics personnel for helping out with instruments are needed. All of our trips need a pastor or two, to work within the team and with our national partners and national pastors.

WHERE *We* SERVE

“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age’” (Matthew 28:18-20, NIV 2011).

This Scripture, known as the Great Commission, is the reason we do what we do in GHO. Our ministry is built on this core of the evangelical faith, and we are following Christ’s instruction to spread the love of God to the ends of the earth. To accomplish that, our teams travel to a variety of locations in developing countries all across the world. Many of our teams serve in Central and South America, where talking about God and sharing the gospel is allowed by local governments.

We also partner with ministries in some countries where sharing about Christ is restricted by the government or even illegal. In those areas, we focus on ministering to these unreached people groups by sharing our Savior’s love through our actions, specifically through the healthcare we provide.

This map shows the countries where our outreaches are making a difference in countries around the world.



The 10/40 Window

The hard-to-access 10/40 Window is the area occupying North Africa, the Middle East and most of Asia. This area includes the majority of the world’s Muslims, Hindus and Buddhists. Many of these countries are closed to Christianity and have high rates of persecution. A total of 4.5 billion people are within this area, and 63 percent of this area’s population is unreached. For security reasons, we do not specify which locations we serve.

WHAT *We* DO

Discipleship

Our priority in Global Health Outreach is making disciples. We focus on disciple-making within our team members, by taking you out of your comfort zone so you can depend more on our Lord, and we also focus on disciple-making with our patients, interpreters and others via our national partners. Our medical, dental and surgical efforts are a means to these disciple-making ends.

Evangelism

Western healthcare is the gold standard of care in the world. Many areas closed or adverse to Christian missionaries are receptive to the provision of free healthcare services. This can open doors of opportunity that simply do not otherwise exist. And that's why we minister through healthcare—to share the love of God.

There is no cookie-cutter approach to evangelism in any arena, and certainly not in a mission clinic. But healthcare is well-suited to sharing the gospel because we spend time with our patients. God can use these opportunities to open doors to Him. Some team members might not be comfortable or choose not to pray with patients and verbally share their faith. They would rather diligently provide their services, knowing that others will handle the evangelism component. That is fine, but a mission trip is a great opportunity to grow more comfortable in sharing about Jesus with willing patients, while also growing your own faith.

Others may enjoy sharing their faith more overtly with patients. They may pray with them about their personal needs and share the gospel with them. Always ask a patient for permission to share. On most mission trips, you are free to use your discretion and follow God's specific leading.

An exception to this is when you are serving in a country where it is illegal to share your faith. In such instances, you will be given specific instructions from your team leader and the national partners.

National Partners

Sharing the gospel and making disciples of all nations is hard to do in a one or two-week period. As part of our long-term strategy, we join forces with national partners who are already working in-country. Typically, those national partners are evangelists and church





planters, and our teams help them open doors into unreached areas. They help us build relationships with the area communities, local governments, churches, pastors and more. Plus, they are able to navigate complex cross-cultural issues, while also making arrangements for our housing, interpreters, transportation and other details.

But most importantly, they remain in the area long after we return home. The medications we prescribe will eventually run out, but our national partners will still be there to provide support. They are able to follow up and begin discipling those who make decisions for Christ, they continue building relationships with others and they carry on the work that was started during the trip to share the love of Christ with the world. That's why our partnerships with the local churches and national ministries are so imperative. Our trips are merely the tools that open doors for our national partners to have a long-term impact on the local communities.

Philosophy of Care

Our primary role as healthcare professionals is to help patients and *do no harm* to them. How does this play out on a short-term mission trip? **Just because we can do something, doesn't mean that we should do something.** We are traveling far from home to use our professional skills to serve others, not to be busy and productive. After all, mission healthcare is about caring for people—not about numbers.

Everywhere we go, we try to support and augment the local healthcare delivery system. In many places, it is nonexistent or very poor, so we adjust accordingly. Sometimes that means shifting our focus to treating what the local system can support when we are not there. As a result, we do very little chronic care. If we prescribe medications for asthma, sleep or depression, what happens when the medications run out in a month?

Additionally, it is important to respect our patient's autonomy. This is a universal principle that must be practiced. You may elect to not treat a patient if they are asking for care you think is not in their best interest. But you do not have the right to provide the elective care that you "know" is best, even when the patient has rejected it. The patient's wishes must be respected. This can be frustrating professionally, but it is another opportunity to demonstrate the compassion of Christ.

This leads into the issue of informed consent. Rarely, if ever, on a GHO trip would we ask patient to sign an informed consent, as is common in the United States. The patients we provide care for are often not familiar with the concept of providing consent. But it is important that we discuss with the patient the rationale and risks of procedures we are recommending, as well as other options (such as referring locally). It does take more time, but it is appropriate care.



Scope of Treatment

Our teams adhere to best medical practices at all times. While this may look different for the country and people we serve on any given trip, our team members are asked to each practice within the scope of their training, according to the highest ethical and moral standards. Questions about the ethics of practice are reviewed with the team leader before any action is taken, but we never unduly endanger our patients or team members. However, one of the greatest challenges you will face is not having the same equipment, instruments or medications you are used to having at your disposal at home.

If it is not legal or appropriate for a team member to provide a service in their home country, then it is not appropriate to provide such care during a GHO trip. Healthcare students can provide care that is appropriate at their stage of professional development consistent with standards of care and supervision. While some basic skills may be taught to students (triage vital signs, eye clinic responsibilities, etc.), a healthcare mission trip is not the place to learn new procedures.

Only in an immediate life or death situation when there is no help available for the patient can we deviate, and even then only with great caution and prayer. It is important to realize that this is the way we show our integrity, honesty and competence in all we do.

Patients may have come from extremely poor living conditions and may not ascribe to the same standards of cleanliness we are accustomed to in the U.S. Plus, many of them will walk great distances to be seen by a physician. However, they are extremely trusting of us and sometimes have unrealistic expectations of what can be done for them. We strive at all times to serve them with the same dignity and consideration we would offer patients in our own practice.

Giving and Caring for the Poor

We often question if what we are doing for the needy with our trips is having any long-term benefit. Are we just creating dependency? Rarely does a week go by when we are not challenged in these areas. I want to share some excerpts from a devotional prepared by Dr. Al Weir:

God in His Scriptures frequently voices His love for the poor. He loves the poor and expects us to care for them. But giving to the poor is not just a blessing for the poor alone. I suspect a major reason that God frequently asks us to give to those in need is to benefit our own character. I believe that God is constantly shaping us to become more like Jesus and that one of our roughest edges is our perceived right to our possessions. Most of us are working very hard to build our personal kingdoms while God is constantly trying to convince us to hand over everything to Him, so that we will not be owned by that which we possess. When Jesus was saddened by the rich young man holding onto his possessions, he was not sad for the poor who would miss out; He was sad for the man who held on to his own kingdom, thus missing the chance to grab hold of God's.

Giving is a blessing for me as much as it is for those who receive my gifts. Pastor Dr. Richard Hipps put it this way, "Thy kingdom come, my kingdom done. Tithing is not just to support the church. Tithing helps me bleed the kingdom I'm trying to build." Do you see what he is saying? Giving to God defunds my own idolatry. Meditate on that for a while.

Safety Concerns

Crime and corruption are prevalent everywhere in the world, and no place is perfectly safe. Some of the locations our teams visit have threats of accidents, thefts, kidnappings, gangs and terrorism, while other trips visit remote areas facing increased risk of infectious diseases, natural disasters and highway accidents.

We take these risks extremely seriously and work with our national partners to take sensible precautions and keep you safe. We work with Red24, a global security company, and use their network and experience to protect against risks.





WHO *Can* APPLY

Healthcare Positions

Our teams provide mainly primary medical and dental care, and some of the positions available include:

- Physicians
- Surgeons
- Anesthesiologists
- Nurse practitioners
- Physician assistants
- Nurses
- Physical therapists
- Occupational therapists
- Opticians
- Optometrists
- Dieticians
- Public health specialists
- Health education specialists
- Scrub nurses
- Scrub technicians
- Pharmacists
- Dentists
- Dental hygienists and assistants

We also enthusiastically welcome undergraduate and healthcare students who are in training for these clinical positions. Be sure to apply early, as teams fill up quickly for specific specialties.

Non-medical Positions

Anyone can apply to serve on a GHO trip. In fact, about one-third of our teams are actually people with no medical training whatsoever. We call these the “logistics” positions, and they help out in the pharmacy, eye clinics, pastoral settings and various other areas. The logistics positions for those without medical training usually fill up first, so we encourage you to apply early for these positions.

Minors Under 18

We also welcome minors under 18 to join our trips. Plenty of students and younger family members go on trips, and you just need to be old enough to serve. Many parents have said serving together as a family while ministering to the needs of others is a great bonding experience. Several of our teams visit areas that are appropriate for young people to visit. However, we don't recommend young people join us on a few of our trips due to security concerns or trip conditions. Please contact us if you have questions about which trips aren't appropriate for minors under 18.

A bit of additional paperwork must be completed for minors. If both parents are going on the trip, then the only extra form is the Supplemental Application for Minor Children that both parents must sign. If only one parent is going on the trip, both parents must sign the Supplemental Application for Minor Children, and the parent NOT going on the trip must sign the Parental Authorization that allows the other parent to take the minor out of the country. If neither parent is going on the trip, a Limited Temporary Custody and Power of Attorney must be completed by both parents. Contact GHOApps@cnda.org to discuss this additional paperwork.

Christians and Non-Christians

We invite people from all kinds of faith traditions to join our teams, as long as they read and accept our biblical basis of ministry and personal standards of conduct. We have had people from many backgrounds, including Buddhists, Hindus and those of no particular belief at all.

However, a few faith traditions hold to beliefs completely opposite the beliefs found in the Bible. Several people from these faith traditions have joined our trips, only to find it was too uncomfortable for them to participate in our ministry efforts. We encourage these people to seek a service opportunity with a group more like-minded to their preferences.



Non-discrimination Statement

Global Health Outreach, a ministry of the Christian Medical & Dental Associations, does not discriminate against any person on the basis of race, color, national origin, disability¹ or age² in acceptance, treatment or participation in its programs, services and activities.

Global Health Outreach follows the well-accepted holistic view of health and medicine, as sanctioned by the World Health Organization. This view understands the bio-psycho-socio-spiritual integration of body-mind-soul. Disease affects our whole being. The best healthcare requires consideration and treatment of each component of our being. Global Health Outreach places a very high premium on an integrated, multidisciplinary team of health professionals. All aspects of our work—preparation for the trip, interactions during the trip, follow-up after the trip—emphasize this approach. Experienced practitioners and healthcare students should expect to participate in cohesive, integrated, multidisciplinary healthcare.

Global Health Outreach treats patients without regard to race, religion, gender, culture and social class, and is fully compliant with all Federal-level anti-discrimination requirements. Trip participants are typically volunteers. Anyone is eligible to apply to serve on a Global Health Outreach team. Global Health Outreach reserves the right to select participants who are capable of fulfilling the team's goals. Team leaders and/or the leadership of Global Health Outreach make the final decision on whom to accept to each team based on qualifications and team composition.

Global Health Outreach is a Christian ministry and has a Christian witness reflected in its work. However, non-Christian participants are welcome. Jewish, Buddhist, Hindu, atheist and those from other backgrounds have participated, with prior understanding of the Christian goals of the mission. Evaluations from them are overwhelmingly positive.

¹While it is not our wish to limit participation based on ability, mission trips to international sites cannot always accommodate certain disabilities.

²Some international sites and some healthcare activities are not suitable for younger-aged participants. Age restrictions are established for each trip.





APPLICATION *Process*

How to Apply

The easiest way to apply is to visit www.cmda.org/ghotrips. You'll find a list of our upcoming trips, and then you can fill out an application for any trip you are interested in. Our online application system will walk you through all the necessary steps to apply, but please contact us if you have any questions. Before you start, make sure you have your passport. Your passport will need to be valid at least six months beyond the date of your return.

To be considered for a trip, all applications must be submitted with a \$150 registration fee. This fee is non-transferable and non-refundable. If circumstances prevent you from participating on the team, your registration fee will not be refunded, but it can be held for up to one year for participation on another trip. The fee will only be refunded if the trip you apply for is full or cancelled by GHO.

After You Apply

Once your application is submitted, it is reviewed for completeness and then forwarded to the team leader for that particular trip. The team leader has to balance how many slots are available for each position on the team (i.e., physicians, dentists, nurses, pharmacists, logistics, students). The team leader will review your application and contact you with any questions before accepting you on the team.

Acceptance to the team is based on the location of the team, the specific needs of the team and the qualifications and experience of the applicant. (Please see the Non-discrimination Statement on the previous page.)

After You Join the Team

Once your application is accepted, there is still a lot to do. You will receive a welcome letter from GHO outlining the next steps you must take and what paperwork is needed from you. Everyone on the team must submit a variety of documents depending on the country where you will be serving. Although all of this may not specifically apply to you, some of the necessary paperwork will include:

- Waiver/Travel Form (see below)
- Copy of your passport
- Headshot photo
- Diploma(s)
- Current license
- CV and/or resume
- Board certification
- Hospital privileges letter
- Letter of enrollment for students and residents

Waiver/Travel Form

It is extremely imperative that you complete this form as soon as possible after you are accepted onto a team. This form must be completed before you can move any further in the process of going on a GHO trip. By signing it, you agree to GHO's policies and procedures for volunteer service, including standards for personal conduct, publicity, fees and more. You can sign this form electronically via email, or you can also mail or fax it to us.

Cancellations

If you end up needing to cancel your trip after you have already been accepted to the team, you must complete the Cancellation Form. This form must be emailed, faxed or mailed to GHO immediately upon notice of cancellation. You will not be officially cancelled from the team until this signed form is received. GHO cannot accept voicemail cancellations.





TRIP Costs

Trip costs are divided into three main categories:

Registration Fee

This one-time \$150 registration fee must be submitted along your application.

Project Fees

This includes your individual costs within your destination country, such as room and board, transportation, interpreter, exit taxes, emergency trip insurance, GHO shirt and more. It also includes your share of team costs including medications, eyeglasses, shipping of these medications, a small contribution to the national partner to cover some of their administrative costs and a portion of GHO's administrative costs. We make every effort to keep project fees as low as possible, while not putting the team at risk from unsafe food or a dangerous housing setting, or not providing for sufficient supplies.

Airline Fees

This includes both domestic and international airline travel from your home to the main airport in your destination country.

All fees must be paid at least two weeks prior to your team's departure date. Remember, these fees do not include costs for passports, visas, immunizations or malaria medication.

“This is my second year going to Ghana, and I believe the trip has helped me to prevent professional burnout at home. Last year I was really struggling with burnout from my practice at home and I came back from Ghana a much better doctor.”

—**Physician
serving in Ghana**

Fundraising

We encourage you to raise support to help pay for the trip fees and airfare. To assist you with this, we developed a fundraising letter you can send to friends, family, local churches and others. This letter is designed so you can send it out via email, share it on social media or mail to friends and family. All donations are fully tax-deductible according to current IRS regulations. In addition, you can create a personalized webpage on ServiceReef.com, the website hosting our applications. This website has additional tools to help you communicate with prayer and financial supporters through social media.

You can also direct people to give online at www.cmda.org/missionspayments. This secure giving link offers donors the option to donate specifically to your trip by selecting "GHO," indicating the payment amount and then including your name in the payment details section. Any surplus money in an individual's account can be held for one year and applied to another trip. After a year, the funds will be used to help support other GHO projects.

It's important to recognize that all donations are solicited with the understanding that CMDA has complete control over the use of all donated funds. These are Internal Revenue Service requirements which are necessary for us to provide charitable contribution receipts for your tax purposes. This means that you must understand and clearly communicate in your fundraising efforts that all funds are given to CMDA and may be used by CMDA to support other GHO activities in the event the funds are not need for your specific trip.

Scholarships

We do provide various mission scholarships for healthcare students and residents who are members of CMDA. For more information about applying for a scholarship, please visit www.cmda.org/scholarships.





Continuing Education

Each GHO trip is eligible for continuing education credits. However, it is at the discretion of the team leader if it will be offered on your trip. Contact your team leader to confirm if it is being offered. The additional cost for continuing education is \$15 per credit hour, for up to 12 hours for one-week trips and 20 hours for two-week trips.

Insurance

As part of our safety procedures, we provide volunteer missionary travel insurance for each team member. The cost of this insurance is already incorporated into your project fees, so there is no additional charge. This insurance includes assistance service, emergency medical evacuation, security evacuation, personal property damage and more.

For the surgical trips operating in hospitals, all medical personnel team members will automatically be enrolled for medical malpractice insurance and then charged accordingly. The cost is \$4.70 to \$9.50 per day, depending on your classification and/or specialty. Because this is a requirement of the hospitals we visit, we take care of the details in purchasing this insurance and the additional costs will be added to your total project fees.

For a regular, non-surgical trip, some medical personnel choose to purchase additional overseas medical malpractice coverage. (Some choose to do this as an extra precaution, while others are required by their employers to purchase it.) This is not a requirement to participate on one of our trips. If you would like to purchase this coverage, please visit <http://www.internationalhelpers.co.gg>.

“I saw more clearly that the mission was more about sharing the gospel and less about the medical care we provided.”

—*Physician serving in Asia*

TRAVEL *Arrangements*

Airline Tickets

It is our policy that every team member travels with the group, and we must make both the domestic and international travel arrangements for you. We have an internal travel agent on staff with GHO who books all airline tickets for teams and coordinates your travel arrangements. We also have a close partnership with a supporting travel agency that assists us with intricate travel arrangements. Unless you receive specific instructions from us, do NOT book your own flights.

Most importantly, tickets will not be purchased for you without a signed Waiver/Travel Form. There will be no exceptions to this rule.

This policy is in place for several reasons: to accommodate airlines' strict regulations when carrying medications and other supplies into foreign countries, to minimize the additional fees now charged for luggage and to ensure all team members arrive in the destination country at the same time to be met by our national partners. International group airfares are booked from gateway cities to receive group discounts, so we must participate in the booking in order to receive those discounts.

We work with a variety of resources to keep airfare costs as low as possible. An approximate range is as follows:

- Central America: \$950 to \$1,150
- Ecuador: \$1,150 to \$1,350
- Africa: \$1,500 to \$2,000
- Asia: \$1,500 to \$2,400

Remember that any airfare costs we provide are estimates as these costs fluctuate daily and are higher during peak travel times. Most airfare costs are higher from March through August.

If you have any specific desires for travel deviations, you must contact our travel agent with your requests. Tickets are often purchased two to three months prior to the trip, so we encourage you to communicate with our travel agent at ghotravel@cmda.org as early as possible. Any flight deviations must be approved by the team leader, our national partner and the GHO Director, so please allow time for this coordination to take place. Your flight itinerary will be emailed to you after your ticket is purchased, and you will be notified of the actual ticket price at that time.



We are more than willing to work with you to allow you to use your frequent flyer miles or other available discounts. If you are interested in doing this, please contact us for more details about making alternative arrangements for your flights.

The cost of the airline tickets must be paid in full at the time we purchase the tickets for you, typically about six weeks before your scheduled departure. Your credit card will be charged when the ticket is purchased in your name. If you cancel after the airline tickets are already purchased in your name, you will not be refunded for the cost of the tickets. You will be free to use or exchange the tickets at the discretion of the ticket vendor. While most airline tickets are non-transferable to another person, those that can be changed for a different flight for the person named on the ticket are often subject to extra fees.

You will most often meet up with your team at one of the gateway cities in the U.S. before flying overseas together. That way, you can go through immigration and customs together as one group. Many of these airports are not the kinds of places you want to wander around alone, and you certainly don't want to leave the airport by yourself. Your safety and security are very important to us, which is why we manage these flight reservations so carefully.

Travel Documents

Passport – Your passport must have an expiration date six months beyond the trip return date. Visit www.travel.state.gov for comprehensive information about applying for or renewing a passport. Normally, it takes about six weeks to get your passport. If you have an urgent need, visit www.g3visas.com.

Visas – We will inform you if a visa is required for entry into your destination country. The best source to obtain up-to-date visa requirements is through the Bureau of Consular Affairs. You can also visit www.g3visas.com for information on acquiring a visa.





TEAM *Structure*

Leadership Structure

Many of our teams can become quite large, with some even reaching 40 or 50 team members. And just like all of our trips are different, the structure of each team also varies according to the team project, location and number of team members. A sample of the team structure is as follows:

Team Leader

This person has been on multiple trips with GHO and has received GHO-based and on-site project training regarding the skills needed to lead a short-term mission trip, as well as the various duties and responsibilities the position requires. Team leaders have received extensive training from CMDA and GHO, and they are considered CMDA leaders. They are responsible for all aspects of managing the team and the interaction with the national partner.

Medical Director

This position supervises the medical clinic site, maintains clinic records, conducts daily rounds, provides oversight of the medical care provided, interfaces with the Pharmacy Director on medication availability and is the first person all medical professionals should contact with any clinical questions or problems.

Dental Director

The Dental Director supervises all dental care, works with the team leader to acquire the necessary medications, supplies and equipment, trains helpers in the dental clinic who clean and sterilize instruments, takes responsibility for the Blood borne Pathogen Exposure Medication Kit and inventories supplies and equipment at the end of clinic.

Pharmacy Director

The Pharmacy Director oversees the formulary to reflect the needs of the country being served and the daily pill packaging in-country to keep ahead of the demand. They make adjustments of medications dispensed according to availability. The Pharmacy Director has the authority to make substitutions for prescriptions in consultation with the Medical Director.

Spiritual Leader

This person works with the team leader to prepare the daily devotional times, is available to provide counsel as needed, assists in evangelism efforts and works with national pastors and church leaders to provide culturally-appropriate spiritual care to patients and training to nationals.

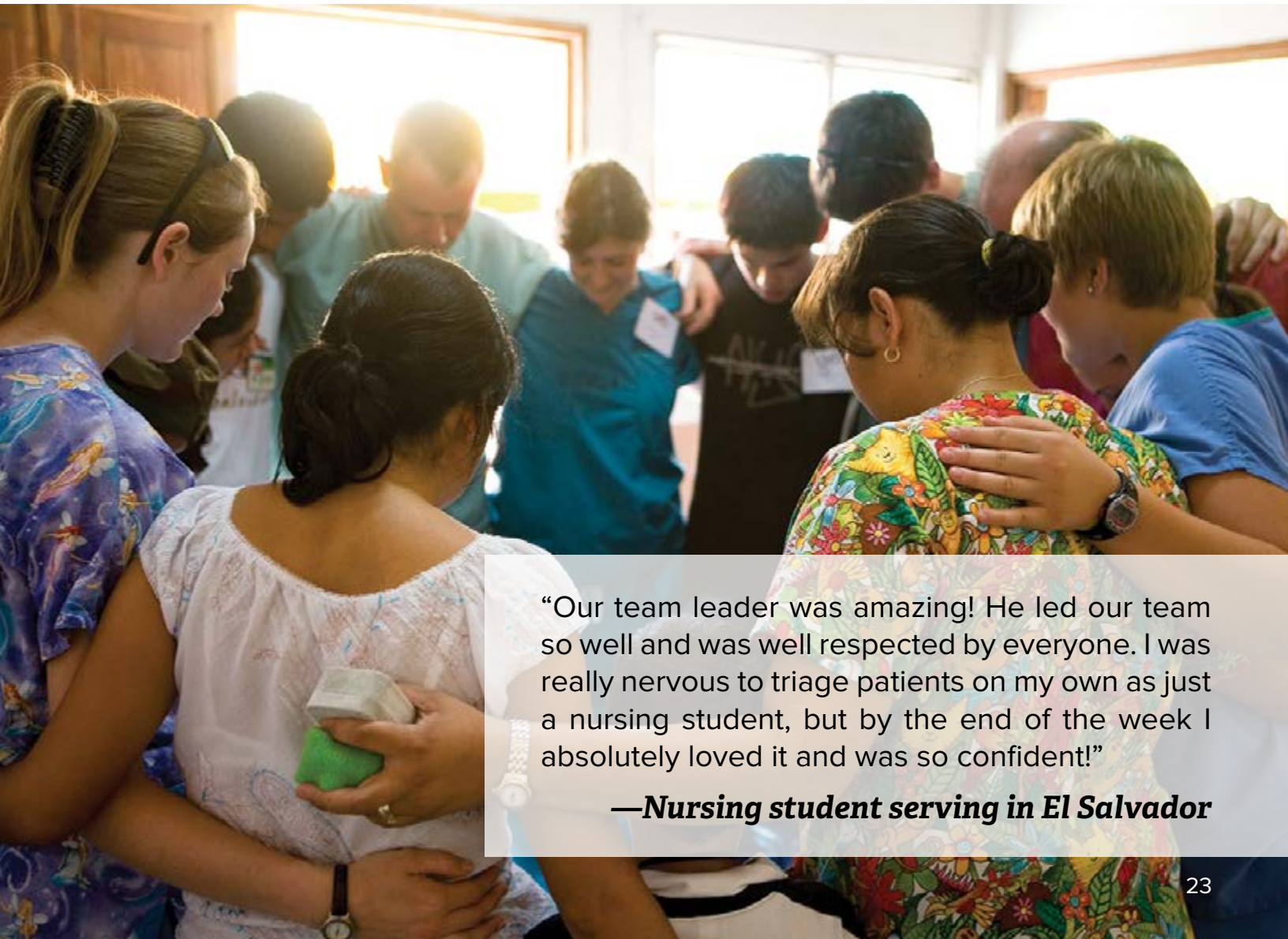
Team Unity

It is important as a team that you are unified in the mission to share the gospel of Christ through both your actions and your words. It is also critical that this include love for one another and for those you minister to throughout the trip. This is a powerful witness to the translators, patients, governmental officials and more. Unity is essential to the success of the trip, not simply an option.

Technical skills as a healthcare student or professional are important, but these skills pale in comparison to other spiritual attributes. We look for team members who desire to develop a humble servant heart, long for dependence on God, desire team unity in the Spirit and aspire to grasp a bigger picture of why God sends us out into the world to serve Him.

Team Meetings

Unlike a church-sponsored mission trip where team members may know each other and can meet together several times before a trip, our team members come from all over the U.S. That means meeting together as a team prior to the trip is just simply not possible. As a result, many of our team leaders use virtual methods to help you get to know each other prior to the trip. These virtual team meetings provide the opportunity for you to ask questions about unfamiliar areas. The team leader will also provide information that helps each team member prepare to serve, rather than be served, while on the trip.



“Our team leader was amazing! He led our team so well and was well respected by everyone. I was really nervous to triage patients on my own as just a nursing student, but by the end of the week I absolutely loved it and was so confident!”

—**Nursing student serving in El Salvador**



PREPARING *To* GO

Planning to serve in a short-term mission clinic can be a daunting task, especially if this is your first time on one of our trips. When you go on a short-term mission trip, you are a missionary. In the same way long-term missionaries prepare for service, you should also prepare. We hope you will find this information beneficial.

Recommended Reading

The following resources are available through CMDA's Bookstore at a discounted rate to help you prepare for your upcoming trip. Contact CMDA's Bookstore at www.shopcmda.org for more information. These reduced prices are not available on the website, so please call 888-230-2637 to place your order.

A Missional Life

This book brings together an inspiring collection of experiences, wisdom and insights from 14 of the most engaged and influential individuals in healthcare missions. If you're looking to learn how to fully surrender yourself to a missional life, this resource is just for you.

Retail price: \$10.00

Your price: \$5.00

Medical Missions: Get Ready! Get Set! GO!

by Bruce Steffes, MD

This book is the short-term medical mission GPS that will guide you every step of the way to successful service and ministry.

Retail price: \$12.95

Your price: \$11.00

Mission Survival Kit

This resource will help anyone wanting to go on a short-term mission trip. It includes a five-disc CD series as well as a personal packing checklist.

Retail price: \$24.95

Your price: \$15.00

The Handbook of Medicine in Developing Countries, Fourth Edition

by Dennis Palmer, DO, and Catherine E. Wolf, MD, MPH

This spiral-bound handbook covers everything from infectious diseases to surgery. For many healthcare professionals from progressive countries, practicing healthcare in developing countries is like entering a time warp. This book is the best collection of clinical information you'll find to aid you in diagnosing and treating patients. This book is provided for free to all prescribers and pharmacists on their first GHO team.

Retail price: \$39.95

Your price: \$24.95

When Charity Destroys Dignity

by Glenn J. Schwartz

This book is about avoiding or overcoming unhealthy dependency in the Christian movement. It contains a description of the dependency syndrome, its historical development and how to overcome it.

Retail price: \$15.00

Your price: \$10.00

Spiritual Preparation

The most significant preparation you can do prior to your trip is preparing your heart and your soul. Before you leave home, it is essential for you to spend time before God in preparation, humbling your heart and leaving your various agendas at home. Being spiritually prepared for the blessings you will encounter will only further the work you will be doing. In the appendix, you will find a list of resources that we recommend to help you spiritually prepare. We encourage you to spend time reading through some of these resources on general missions, discipleship and evangelism that will inspire, convict and challenge you to be more like Jesus as you prepare to serve others.

In addition, approximately two weeks before your team departs, you will receive a copy of the *Goer Guide*, a short handbook to help you prepare for your trip.



Cultural Preparation

Prior to traveling to a different country, it is important to prepare yourself for cross-cultural ministry. We are short-termers, so we're not expected to go to language school and learn the local language. However, it will be very helpful to have a working knowledge of the local area where you're going to be serving. For example, many of the patients encountered on a trip to Cambodia practice Buddhism. It will be helpful to understand what that means in order to effectively and safely interact with patients, students and others during the trip. In the appendix, you will find a list of resources that we recommend to learn more about serving cross-culturally. We encourage you to spend time reading through these resources, depending on your specific area of service.

Once you get to your destination country and begin your healthcare missions work, how do you interact with all of the nationals you see? How do you get the information you need from a person to care for their medical or dental needs? What is the difference between providing someone with free care versus having them pay for their care or medications? Are they likely to understand your instructions and your treatment recommendations? Are they going to take the medications you give them the way you tell them? What are their views on exercise, sun, shade and the wind? What is the difference if the vitamin pill you give them is red, brown or white? What do they believe about spirits? What cultural norms in America are considered offensive to the culture you are visiting? What clothes that you would normally wear at home aren't considered appropriate in another country?

Do the answers to any of these questions matter to you? You are probably seeing many people from other cultures every day here in the United States, so you already know how important these areas can be. Your effectiveness in providing care for physical, psychological, social and spiritual needs is dramatically affected by how well you understand and navigate these issues. It can take many years of working in another cultural setting to begin to understand some of these challenges, and most short-term workers just do not have the time to gain the experience necessary to have effective, long-term impact. Fortunately, your GHO team leaders are committed to learning more and more about providing physical and spiritual care across cultures with our national partners. They will provide you with a cultural introduction to help you understand some of these issues. Our national partners are key resources as well, because they can help guide and direct with their knowledge of the culture and local area.



Prayer List

A key preparation before any trip is prayer. We encourage you to be in prayer before your trip, as well as encourage your family and friends to pray for you. Below is a sample prayer list that may help direct your thoughts.

- Pray for the nation you will be serving.
- Pray for your team leader, your team members and others who will be assisting you in your efforts throughout the trip.
- Pray that you and your entire team will be fully surrendered to God as you serve Him through missions work.
- Pray for the national partners and local pastors in the area where you will be serving, most of whom have little formal training and financial resources. Pray that they will not become weary in their work, and pray for their continued efforts to share Christ even after you return home.
- Pray that God would open the minds of unbelievers you will encounter, so they can hear about the love of Christ.
- Pray for the favor of various government officials in customs, immigration, the health department, local government, village leaders and leaders of families.

Specialty Preparations

Are you going to be serving on the team in a specific specialty? We have specific handbooks available for the following specialties:

- Dentistry
- Pharmacy
- Physical Therapy

We encourage you to utilize these manuals to prepare you for the clinical work you will be doing while on the mission field.

“I loved this trip! I have been able to bring home everything I learned about others, myself and being the hands and feet of Christ.”

—*Physician serving in Asia*





General Packing List

The following items are generally recommended for travel on most GHO projects in the developing world. Not everything listed is necessary for each destination; however, this list should help you focus on your personal needs while abroad. Your team leader will communicate more detailed information about what you should and should not bring with you, based upon your clinic schedule and other travel plans.

GHO Materials

Prior to your departure, you will receive a package in the mail from us with materials for you to take on your trip.

- GHO shirt – Unless otherwise instructed, wear your GHO shirt in the airport in the U.S. until you meet up with your team.
- Nametag – Unless otherwise instructed, wear your nametag in the airport in the U.S. until you meet up with your team.
- *Goer Guide Devotional* – Take the time to read through this devotional before you leave.
- Yellow luggage tags – Unless otherwise instructed, attach these tags to your bag so they are easy to identify.
- Songbook
- Earplugs
- EvangeCube
- Humanitarian aid letter – This letter may or may not help to deter additional luggage costs. Show it at the airport when checking your bags and ask for the additional baggage fee to be waived since you are carrying medications for use on a humanitarian mission.

Carry-on Luggage Suggestions

- All liquids, lotions or gels must fit into one quart-sized plastic ziplock bag.
- Any personal prescription medications you will need for the trip in their original, labeled containers.
- A set of scrubs, underwear and toiletry items that would be needed for three days.
- Any equipment you would need for the first day of the clinic in the event your luggage is lost or destroyed.

Travel Documents

- Airline ticket confirmation
- Passport
- Visa (if required for your destination)
- World Health Organization immunization record (we recommend stapling it inside the back cover of your passport)
- Emergency contact information for family
- Photocopies of important documents in case of loss (passport, immunizations)

Equipment and Necessities

- Sterile wipes / antibacterial gel
- 1 can Gatorade mix per person, per week
- Peanut butter and other snacks, especially for vegetarians (Check with your team leader about food quantity, quality and availability. If you have any dietary restrictions, you MUST verify what is likely to be served and what will be available for you to eat. You may need to bring supplementary food to meet your personal needs.)
- Camera
- Flashlight
- Sunscreen SPF >20
- Lip balm with SPF
- Insect repellent with DEET >20%
- Reading glasses and sun glasses
- Extra pair of glasses / contact lenses
- Small Bible
- Other reading material
- Notebook / journal / stationery / pens
- Cash (Take \$20 bills plus a few singles and fives, in all new and crisp currency. Use a money belt and never keep all your money in one place.)
- Two credit cards, kept in different locations
- A photo copy of your wallet's contents in case of loss

Helpful Miscellaneous Items

- Pocket tool kit / Swiss Army knife
- Electrical converters & connectors
- Extra batteries for electronics
- Insecticide with pyrethrum base
- Drinking "Sports" Bottle
- Sewing kit (pocket size)
- Assorted Zip-lock bags (for storage)
- Laundry bag, soap and clothes line
- Daypack / waistpack
- Inflatable travel pillow

Bed and Bath

- 1 towel & wash cloth (always a good idea)
- 2 sheets / sleeping bag (if specified)
- Mosquito net (if specified)

Personal Hygiene

- Men: shaving kit (prepare for no electricity)
- Women: hair care and hygiene supplies
- Soap, deodorant and shampoo
- Toothbrush and toothpaste
- Toilet paper (flatten roll)/ Kleenex (small packs)

Clothing - Men

- Pants and jeans
- Polos and t-shirts
- Dress shirt, tie and slacks for church
- Swim trunks

Clothing - Women

- Pants and jeans
- Longer (below the knee) skirts
- Tops and blouses (not sleeveless)
- Dress or skirt and blouse for church
- Modest one-piece swimsuit with a cover-up
- If traveling to a community where you may be working in a Muslim setting, you may need to bring scarves to cover your hair. Your team leader will go over this with you.

Clothing - All

- Scrubs for most everyone on the team are fine in the clinic.
- Socks and undergarments
- Light cotton robe (for common bathrooms)
- Windbreaker / sweater
- Dress and casual shoes, flip flops for shower
- Comfortable shoes for working and walking

Personal Medications

- Prescriptions (pack a few days extra)
- Antimalarial
- Antidiarrheal
- Antibiotic (broad spectrum)
- Anti-inflammatory
- Analgesic
- Antihistamine

What Not to Bring

- Candy
- Any valuables you will not need (jewelry, extra credit cards, driver's license)
- Large sums of money
- Short skirts
- Jeans with holes
- Military-style clothing or hats



Formulary

GHO provides the medications dispensed at the clinics, and the formulary is chosen from medications available in country and is designed to give acute relief or temporary help to our patients. We have a limited number of medications for chronic conditions like hypertension or diabetes. However, it is not wise to introduce high cost or high risk medications in the environment of a developing country. More details are included in the Pharmacy Manual.

The formulary provided is based on the number of healthcare professionals, number of clinic days and number of patients the team anticipates serving. We now purchase almost all of our medications from wholesalers who often have reduced pricing for humanitarian use overseas. This allows us to obtain quantity discounts, reducing the burden on each team member to collect medications and supplies.

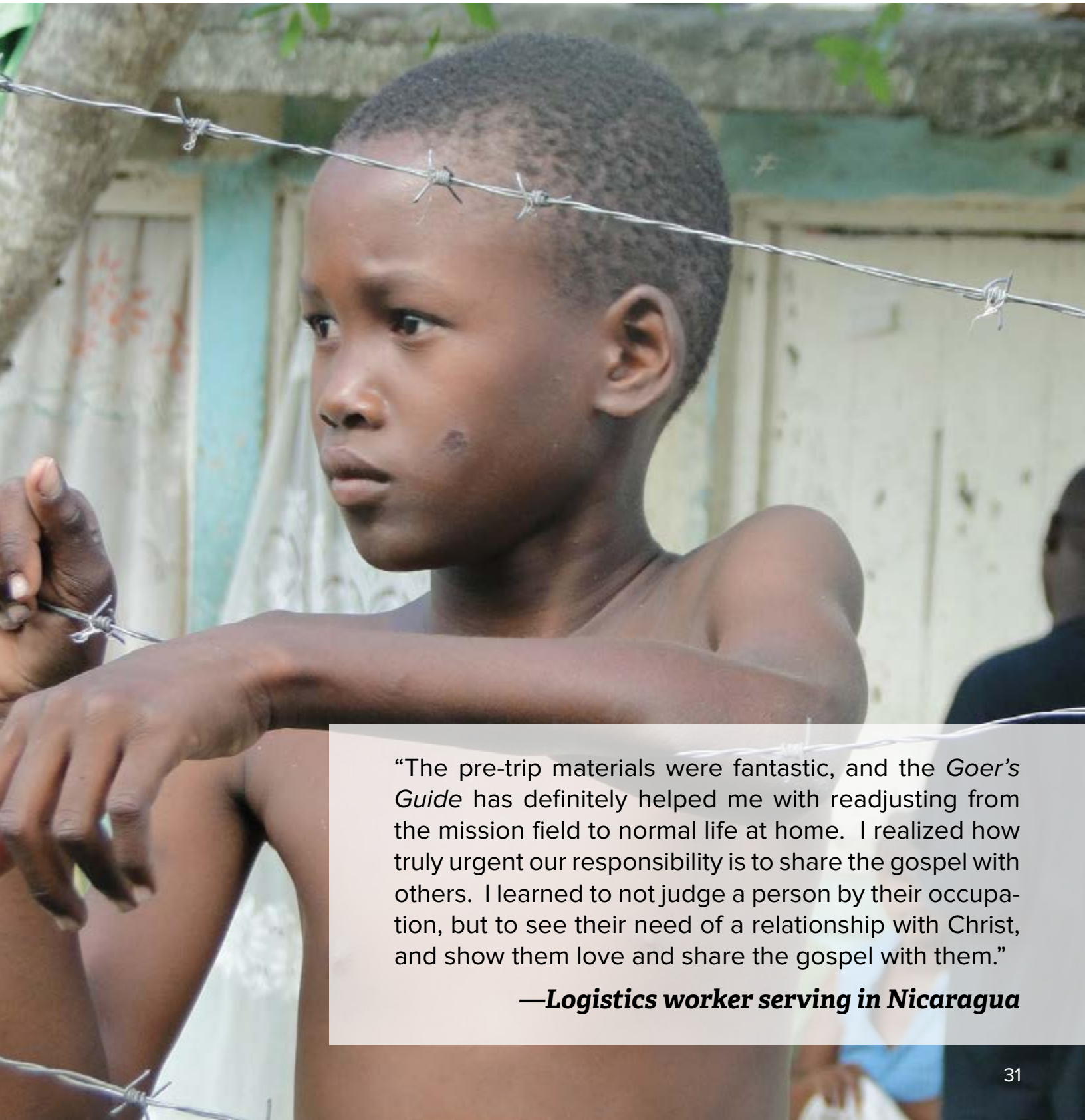
Because of this, the best way you can help in obtaining medications is to ask family, friends and others if they will contribute to the medications budget for your trip. The budget built into your project fees is the bare minimum, so additional funds are always needed. They can mail donations directly to CMDA with an explanation of what the funds are for, or they can also donate online at www.cmda.org/missionspayments.

If you want to bring additional medications into the country with you, keep in mind the following restrictions. No samples are allowed, and all medications must have an expiration date of one year (some countries require 18 months) beyond our arrival date. ***In the rare setting where you will be permitted to bring your own medications, a list of ALL MEDICATIONS you are bringing into the country must be submitted to GHO by the stated due date in the email you receive from GHO so the full list can be presented to the country's customs officials and Ministry of Health. Other than your personal medications, no medications can be brought in country unless they are on this list. Absolutely no exceptions are allowed, as any deviations from this policy will result in all of the team medications being seized by Customs in the airport and could impact GHO's ability to serve in countries around the world.***

Prior to your departure, GHO will ship a box of medicines directly to you. We request you consolidate your personal items into one suitcase, which will allow you to carry these medicines and/or supplies as your second piece of checked luggage. You will need to unpack the items from the shipping box and pack them into the suitcase. It is also a good idea to take a copy of the packing slip, along with a copy of the humanitarian aid letter you received from us, with you to help make processing through Customs easier.

Immunizations

It is your responsibility to make sure you have the necessary immunizations for your trip. Please check with your local Department of Health or the Center for Disease Control & Prevention (CDC) at www.cdc.gov for the latest information on health immunization requirements. If you need any immunizations, you should obtain them immediately as many require multiple doses. In general, Hepatitis B is recommended for healthcare workers, and we also recommend Hepatitis A for everyone.



“The pre-trip materials were fantastic, and the *Goer’s Guide* has definitely helped me with readjusting from the mission field to normal life at home. I realized how truly urgent our responsibility is to share the gospel with others. I learned to not judge a person by their occupation, but to see their need of a relationship with Christ, and show them love and share the gospel with them.”

—Logistics worker serving in Nicaragua

ON *The TRIP Details*



“This was my first missions trip and I’m so glad that I went with GHO. You guys are amazing! I have never seen 53 people from all walks of life put themselves aside to serve so many others. I loved and was so blessed to be with this group.”

—Nurse serving in El Salvador



Being Flexible

Each and every single trip we send is different, every national partner is different, every team leader is different and every culture is different. So our motto during trips is:

“Flexible, Flexible, Flexible.”

Mission trips in developing countries are extremely complex, with constantly changing variables that will more than likely impact you. It’s crucial that you be open to changing environments and circumstances as the trip progresses.

Focus on Evangelism

Throughout the trip, keep in mind that God is not simply interested in the clinical services we can provide. He is interested in shepherding our hearts as we depend on Him and minister in His name. God does not call us to serve on a GHO team just as a physician or a dentist or a nurse; He calls us as His servants and His ambassadors. A healthcare mission trip is not just about using your professional skills to cure the sick. It is not just about seeing a lot of patients and producing great results. Healthcare is certainly important, but sharing Christ’s love through our words and our actions is our chief objective.

Travel

The most common reason team members miss their flights is due to not reading emails regarding flight changes or because they arrive too late at the airport. We recommend you arrive at least three hours prior to your flight, since each flight leg, even the first domestic leg, counts as an international flight and you can be bumped from a full flight if you do not meet the airline’s requirements for early arrival at the airport. Furthermore, it often takes more time to check your luggage and arrange for your second suitcase with medical supplies to go free of charge. Remember, if the ticket or gate attendants are rushed, their default response to many requests will be “No.” It can also take more time to pass through security, depending on the time of day. Also, be alert as you travel.

EvangeCube

One particular thing you will find helpful during the trip is the EvangeCube. Sometimes the people we serve are illiterate or semi-literate, and most of the world’s population learns through stories and pictures. The EvangeCube combines both pictures and a story to make evangelism easy, as it walks you through how to share the gospel.



Serving in the Clinic

You will see different diseases in the clinic setting, far different than you are used to seeing at home. You will see things like viral illnesses, infectious diseases like malaria and leprosy, common headaches, stomach aches, high blood pressure, injuries and many other conditions. You will likely see some patients with neglected injuries and advanced tumors.

Triage staff will take vital signs as needed, while also attempting to narrow down each patient's request to one or two issues. Each healthcare professional who is seeing patients will usually have a desk or table with a few chairs. They may be in a room with two or three other teams simultaneously holding clinic, they may be on the front porch of the building or they may even be under a tree! Remember, be flexible.

Community Health

Community health is a key part of our trips. Most patients we see in developing countries are suffering from preventable diseases. Their greatest need is for general healthcare information like the importance of washing your hands, how to get safe drinking water and more.

We utilize the Health Education Program for Developing Countries to help empower our patients to address the health problems in their community. We also work with our national partners to continue providing this health education to the community long after we return home. The program is available in a variety of languages with illustrations that can be easily individualized. You are encouraged to download the manuals for use while you are on the mission field. Visit www.hepfdc.info to learn more and download the program.

Photography

We encourage you to bring your camera with you on the trip as you will have the chance to capture some great photos. However, we do ask you to follow some general guidelines regarding photography in a mission setting. First, do not bring your camera out as soon as you arrive at the clinic and start taking photos like you are at the local zoo. When team members wander around taking photos, patients are waiting, many of whom have been waiting quite a while already. This does not convey that providing quality healthcare in Christ's name is our first priority.

Second, it is wise not to take any photos of patients unless the translator has asked permission and the patient consents. It is always good to show the image to the patient so they can share in the process. Third, if you are questioning whether or not to take photos, please check with your team leader. In some closed country settings, having a camera out can cause significant problems with local officials. Keep your camera and smartphone out of sight until you have been given instructions on what is appropriate.

When you return from your trip, we'd love for you to share your photos with us. Send them to gho@cnda.org. Please do not post pictures on social media unless you have permission from the Team Leader and the patient's specific permission. We do not want to post photos of vulnerable patients with gruesome conditions.

Devotions

One of the most prized parts of our trips is the devotional time incorporated into every day. Each team will schedule their devotion times when it's most convenient for their team. This may be after breakfast, on the bus going to or returning from the clinic site or in the evening after dinner. It is a great time to hear from other team members about how the Lord is working through the team. All team members attend these meetings, as they are essential to team unity, building team cohesion and growing closer to Jesus.

"I have felt a strong calling toward healthcare missions for several years but was never sure how I could serve in that aspect as a student in pursuit of a medical degree.

This trip was yet another confirmation of that calling.

I was able to serve outside of my comfort zone and have never felt more 'at home' in a place completely foreign. I feel as if this trip deepened my faith and revealed many ways, in which I must continue to trust His perfect plan for my life, where ever that may lead me, continue to be a vessel."

***—Nursing student serving
in the Dominican Republic***

Housing

We try to use hotels whenever possible, but sometimes teams will be housed in local churches, schools or church members' homes. Unless you receive specific instructions from GHO, you will be provided with sleeping bags, sheets, etc. if you are housed somewhere other than a hotel.

Schedule

As we've noted before, each trip is different and the daily schedule will vary depending on a variety of factors. A sample daily schedule is as follows:

7 a.m. to 8 a.m.	Breakfast and Morning Devotions
8 a.m.	Depart hotel for clinic site
9 a.m. to 4:30 p.m.	See patients
5 p.m.	Travel back to hotel
6:30 p.m.	Dinner
7:30 p.m.	Evening Devotions / Grand Rounds / Packaging for the next day
9 p.m.	Bedtime



Sightseeing

Remember that our goal is not a cultural shopping trip or a tourist adventure thinly disguised as a healthcare mission trip. This is a working trip with long days. You will generally be offered limited time to shop, rest or visit some tourist areas before the end of the trip. However, please remember that is not our main objective and may not be possible for your particular trip.

Free Time

On our two-week trips, a “free” weekend is typically worked into the schedule to allow for some downtime, relaxation and rejuvenation in between the two busy weeks of work in the clinic. During this time, we typically schedule important team activities, such as dinner with the interpreters, team meetings, team building activities, etc. However, we discourage you from planning external activities away from the team, such as visiting with friends or sightseeing trips. Many locations are not safe for the inexperienced traveler to wander around without a national as a chaperone.

Team members are sometimes allowed to arrive early or stay late from the advertised dates of the trip to allow for additional free time. That decision is made by the national partner, the GHO Director and the team leader, and it is based on safety and the individual experience of the trip participant. This must be requested well in advance of the trip and before airline tickets are purchased.

“I think this short term mission trip reaffirmed the path God has chosen for me in becoming a physician. Yes, maybe I will help heal some folks along the way, but it’s more so that being a physician opens doors and allows me to be an ambassador of God and model Christ’s purpose.”

—*Physician serving in Asia*





POST-TRIP *Follow* UP

Feedback

We want to hear about your experience after you return, because your feedback is a valuable tool we use to improve the GHO experience. To do that, we ask you to fill out a short online survey to evaluate your trip. This should only take five to 10 minutes of your time, and the results will be for our purposes only.

We also encourage you to share your photos with us. By sharing your photos with us, you give us your permission to use the photos in our newsletter, website, communication pieces and more. You can send them to gho@cmda.org.

Claiming Continuing Education Credits

If your team leader verifies that there was qualified continuing education on your trip (see page 19), you will be required to complete the following steps:

- Complete the Continuing Education Attendance Form.
- Pay the fee of \$15 per credit hour.
- Complete the continuing education evaluation which you will receive after you pay your fees. A URL link will be provided for you to fill out and print a certificate.

Please contact GHOCE@cmda.org if you have questions or need further details.

Sharing Your Experiences

We encourage you to share your trip experiences with your family, friends, church and others. Telling others about how God worked through you on the trip is a wonderful way to inspire them to join you on your next trip with us.

If you are interested in writing about your time on a short-term mission trip, we suggest you visit www.medicalmissions.com. This online community helps you connect with other healthcare professionals and students involved in missions. You can read what others are doing, plus add your own story to help inspire and encourage others in their mission work. We also have several avenues through CMDA for you to share your story, so please contact gho@cnda.org if you are interested.

A word of caution: stories shared on the web through this site, social media and others are not private and can easily be accessed through search engines. You could put our national partners at great risk by sharing information about their work online. To protect the security of our national partners (particularly those working in closed countries) as well as our work in these countries, we strongly request that you make every effort to sanitize anything you choose to share online.

Here are some examples of words and phrases to avoid:

- Global Health Outreach/GHO
- Christian Medical & Dental Associations/CMDA
- Christian
- Mission
- Ministry
- Gospel
- Bible
- Evangelism
- Muslim/Islam
- Convert
- Pray/prayers
- God, Lord, Jesus, Christ, Issa, Messiah
- The names of national partners

Instead, we suggest you use other words to help sanitize your words, such as:

- “Dad” instead of Father or Lord
- “Talk” instead of prayer
- “Group” instead of church
- “Company” instead of ministry
- “News” instead of gospel

Of course, you can share anything you would like in a personal email, but please remember how important it is to sanitize the material when posting anything online.





APPENDIX

Recommended Reading – General Missions, Discipleship and Evangelism

- *The Calvary Road* by Roy Hession
- *Christian Heroes: Then and Now – C.T. Studd* by Geoff Bengé and Janet Bengé
- *C.T. Studd: Cricketer & Pioneer* by Norman Grubb
- *Gems from Tozer* by A.W. Tozer
- *Growing Up: How to Be a Disciple Who Makes Disciples* by Robby Gallaty
- *Helping Without Hurting in Short-Term Missions* by Steve Corbett and Brian Fikkert
- *Humility: True Greatness* by C.J. Mahaney
- *Living Sacrifice: Willing to be Whittled as an Arrow* by Dr. Helen Roseveare
- *Masterlife: Developing a Rich Personal Relationship with the Master* by Avery T. Willis, Jr.
- *Peace Child: An Unforgettable Story of Primitive Jungle Treachery in the 20th Century* by Don Richardson
- *Radical: Taking Back Your Faith from the American Dream* by David Platt
- *Real-Life Discipleship: Building Churches That Make Disciples* by Jim Putnam
- *Serving with Eyes Wide Open: Doing Short-Term Missions with Cultural Intelligence* by David A. Livermore
- *Hudson Taylor's Spiritual Secret* by Dr. and Mrs. Howard Taylor
- *Strategic Disciple Making: A Practical Tool for Successful Ministry* by Aubrey Malphurs

- *The Cost of Discipleship* by Dietrich Bonhoeffer
- *The Hole in Our Gospel* by Richard Stearns
- *The Master Plan of Evangelism* by Robert E. Coleman
- *The Normal Christian Life* by Watchman Nee
- *The Pursuit of God* by A.W. Tozer
- *The Pursuit of Man* by A.W. Tozer
- *T4T: A Discipleship Re-Revolution* by Steve Smith and Ying Kai
- *When Healthcare Hurts* by Greg Seager
- *When Helping Hurts* by Steve Corbett and Brian Fikkert

Recommended Reading – General Cultural

- *Foreign to Familiar* by Sarah Lanier
- *Cross-Cultural Partnerships: Navigating the Complexities of Money and Mission* by Mary Lederleitner
- *Leading Across Cultures* by James E. Plueddemann

Recommended Reading – Islam

- *A Wind in the House of Islam* by David Garrison
- *Seeking Allah, Finding Jesus* by Nabeel Qureshi
- *Breaking the Islam Code* by J.D. Greear
- *Engaging Islam* by Georges Housney

Recommended Reading - Animism

- *Peace Child: An Unforgettable Story of Primitive Jungle Treachery in the 20th Century* by Don Richardson

Recommended Reading – Buddhism

- *Buddhism: A Christian Exploration and Appraisal* by Keith Yandell and Harold Netland
- *Buddhism and Christianity: The Buddha and What He Taught* by J. Isamu Yamamoto
- *Buddhist and Christian Beliefs* by J. Isamu Yamamoto
- *Church Behind the Wire: A Story of Faith in the Killing Fields* by Barnabas Mam
- *From Buddha to Jesus: An Insider's View of Buddhism and Christianity* by Steve Cioccolanti
- *Jesus and Buddha: Two Masters of One?* by Douglas R. Groothuis
- *The Lotus and the Cross: Jesus Talks with Buddha* by Ravi Zacharias
- *The Spirit of Buddhism* by David Burnett

“This trip has further fueled my fire to serve as a medical missionary and gave me insight into how impactful short-term missions can be. I learned so much on this trip about being a servant leader as a physician.”

—**Medical student serving in Ghana**



MY *GHO* STORY

“One of the many little surprises God had buried into this year’s trip was a revisit to one of those assumptions I had made of myself since high school—I assumed that I had no useful skills for His kingdom since I’m not eloquent, I have poor memory and am not a medical person or an engineer. What God HAS refined in me over the years is organizational skills for little objects—like pills, papers or glasses. Last year, He had me in the pharmacy organizing and pulling prescriptions; this year, He had me in glasses clinic, organizing and pulling glasses.

Who knew that there was even a niche in His plan for someone like me?

He clearly did and had designed it to be this way since the beginning of time.”

—Logistics worker serving in Asia