About DOCare

Non-profit medical outreach program started in 1961

Since foundation, DOCare has run over 110 mission trips

3 permanent primary care clinics staffed by local physicians

2 located in Guatemala: San Andres Itzapa and Tecpan
Who Can Apply?

Students: 3rd & 4th year medical, dental, PA, OT, PT, optometry, pharmacy, podiatry

(not limited to Midwestern students)

Who Goes?

Physicians in a variety of specialties, residents, PAs, nurses, podiatrists, optometrists, PT/OT, pharmacists, dentists, students, and volunteers
Application Process

Application sent to Dr. Vallejo (AZCOM)

- Easy application: contact information, asked to describe spanish proficiency, paragraph on why you want to participate in the trip

Once accepted to the trip by Dr. Vallejo, contact your elective coordinator

- Paperwork requirements then depend on whether you want international rotation credit or whether you are on vacation
- Everyone needs Dean’s approval; 1 form that you complete and send to Dean’s office for signature
Estimated Cost

Flights:
- avg $400-500

Hotels:
- all students stay in same hotel selected by trip leaders
- $18-25 per person per day, assigned rooms of 2-3 people

Transportation:
- ~$50 per week; $100 total to and from clinic sites
- walking in downtown Antigua or Uber avg $2

Food: range from $ - $$$, depending on what types of places you want to eat

1.00 USD = 7.65 Quetzales
A Typical Clinic Day

Monday - Thursday
7:15AM: Be ready in the courtyard
7:30AM-8:30AM: Transportation via bus to village/school
  - Usually, we go to a different clinic each day. Often, some villages are visited every year.
9AM-4PM: See patients
  - Specialties include Women’s Health, General Medicine, Pediatrics, Dentistry, OT/PT, Optometry, Pharmacy
4PM-5PM: Transportation back to housing
A Typical Clinic Day
What to Bring

Scrubs/Sneakers

Medical Equipment: otoscopes, ophthalmoscopes, stethoscope, BP cuff, any other tools you might have
About Antigua, Guatemala

Antigua is where we are based for the full two weeks. It is the former capital of Guatemala now turned hub for many restaurants, bars, tours, and hikes. There is plenty to do!
Things to Do

Tours in Antigua: Food Tours, Walking Tours, Coffee Tours

Choco Museum, many restaurants/bars, salsa lessons, shopping

Hill of the Cross, Volcano Hiking, Mayan Ruins

Weekend Trips:
- Lake Atitlan
- Semuc Champey
- Tikal (+flight)
FAQ’s

Do I need to speak Spanish fluently?
- No! It definitely helps, but there are translators, google translate, and plenty of people who can help assist with medical interviewing/counseling

How long is this mission trip?
- 2 weeks

What do patient visits consist of?
- Patients are triaged and then sent to the proper specialty
- Taking a history, physical examination, counseling, prescribing
- Procedures include cerumen disimpaction, joint injections, wraps, ingrown toenail removal, I&Gs

How is the supervision?
- There are many supervisors floating around, almost all are either a physician or physician assistant. Generally, they are divided between general med/peds/women’s health
- Podiatry, optometry, pharmacy, and dental have their own health professionals also available for guidance
Apply next year!