

Global Health Care

In the last few years, Allison Milbrath has taken every opportunity that has called to her. She has traveled to Panama on a health brigade under the organization Global Brigades and through her university. She is a certified EMT and has served her campus community for over a year. In a few weeks she will be finishing up a semester in Chile, wrapping up classes focusing on indigenous groups' medical care. Milbrath's experiences have given her a "more wholistic worldview."

In Panama, Milbrath spent seven days volunteering with Panamanian medical professionals and setting up a free health clinic where people could access consistent medical attention. The student volunteers sorted and labeled medical supplies and then aided with patient care. While patients waited to be seen, often waiting all day, the volunteers hosted "charlas" or conversations for children and adults. Milbrath participated in a charla about the importance of brushing your teeth and of good nutrition. In between patient interactions in triage, Milbrath learned about the most common health complaints, regional health issues, and specific challenges and customs that create problems.

In Chile, Milbrath has been traveling within the country, learning about traditional medical practices. Her research project explores the "intersection of traditional and occidental practices on the reproductive health of indigenous populations." She has talked to many different groups of people on what the term "health" means to them as the cornerstone of her project. The main point she learned was that health is "not a trans-cultural, fixed concept, which



is something that occidental (modern) medicine doesn't consider."

As an EMT on campus, Milbrath was introduced to the love of practicing medicine, and it has been a rewarding experience to support her peers in such a direct way. "While we sometimes work in life-saving situations, a lot of the time we are advising and comforting patients on what to do in situations that are really difficult for them." She helps give an extra push to college students, advising them to see higher medical professionals. She also is the go-to person for connecting students to mental health resources when they need help.

Millbrath is considering applying to nursing school after college. "I love the science of it, I love dealing directly with patients, I love being able to make a direct, positive impact in people's lives. I want to help people, and I know that will lead me to a life of joy and satisfaction." She thinks that nursing will open up a lot of doors, including to health care administration or travelling medicine. "I would actually love to use what I've learned about intercultural medicine in my practice in some way."

"If you can help and care for someone in a difficult time, who's to say you don't have the power to change their world for the better?"

**Above:
Allison
with
patients
in
Panama
Below:
EMT
training
at Santa
Clara**



**Allison Milbrath
SGS Class of 2016
3rd year student at
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