



# ELI Abroad

Voluntarios Internacionales

## Vietnam Medical, Dental and Pharmacy Programs

ELI is proud to offer pharmacy and medical interns an incredible opportunity to learn about healthcare in Vietnam at the renowned Louis Pasteur Clinic in the picturesque hill town, DaLat. The Pasteur Clinic provides a full range of services, specializing in immunizations and the manufacture of vaccines. ELI's interns choose between shadowing in the clinic, working in the blood draw or vaccine rooms, and/or assisting in the laboratory. We have sent students from all over the world to complete rotations at Louis Pasteur:

“I worked in a vaccine clinic in Da Lat, Vietnam. A typical day varied for each volunteer depending on which room in the clinic we were working in. We either volunteered in the blood draw room, vaccine room, or the laboratory and there was plenty of opportunity to rotate and switch rooms. We would generally arrive at the clinic around 7:15 AM and patients would start to be seen at 7:30 AM. I remained in the blood room throughout the trip. So, I spent my mornings doing just that, drawing blood. The sample size drawn would vary depending on which labs were being completed for each patient. Each vile typically needed 2 ml of blood and some tests such as DNA, RNA and Genotyping required upwards of 4 ml each. The tests run in the lab were generally the same gamut that we would find in any US hospital with perhaps a higher frequency of parasitic and toxicology testing used. I would draw the blood using various syringes sizes (3, 5, 10, and 12 ml depending on the needed sample size). I would then inject the blood into the required lab vials and then centrifuge the appropriate vials before passing them onto the lab that was attached to the blood room via a small window. I would also write a receipt for each patient that highlighted when his or her results would be available for pickup. Generally, most results were available for patients the same day within two hours. Most of the toxicology and parasitic testing took two days and the DNA, RNA and genotyping tests took one day. I found this to be quite efficient particularly considering some of the distances these patients were travelling to receive care at the Pasteur Clinic. In addition, I helped to teach new volunteers rotating into the blood draw room the procedure followed in the clinic for how to draw blood properly.” - Daniel B., Sidney Kimmel Medical College MD Candidate



“I learned more than I expected. I learned how the Vietnamese health care system is different to the Australian. The different roles of Pharmacists, rules and regulations and procedures between both countries. I learned various uses of many different vaccinations, and how to administer vaccinations including drawing up the vaccination from vials, and administering it either intramuscular or subcutaneously. I observed how to clean wounds and suture. I learnt how to draw blood from patients, run microbiological test, pathologies, blood type testing, urine testing and much more. My favorite activity in the clinic would be



working in the injection room, interacting with the patients. This experience was life changing.” – Chelsea C., Monash University Pharmacy School, Australia

“Pharmacy taught the ‘Vietnamese way’ was fascinating. You really come to respect different approaches to medical care.”- Kristine N., Regis University School of Pharmacy, Rueckert-Hartman College for Health Professions

“Since I want to get involved into the research and development of vaccines after my study, I felt really honored that I could do an internship in the vaccination center of the Pasteur clinic of Dalat (Vietnam). I think Eli Abroad has very interesting and well organized internships, also they respond really fast if I had some questions or problems. Vietnam is very far from Belgium and has a lot of cultural and environmental differences, so before I started the internship, I was nervous and worried about a lot. The first day in the clinic was really good, the doctor showed us around; there was the pharmacy, the vaccination room, the consultation rooms, the blood drawing room, the lab,... I could work in the vaccination room and I really liked that place! I learned about all the different types of vaccination and compared these with the one used in Belgium. I liked the internship and I am glad that I had the chance over here to learn how to draw and administrated them, that really helps me to better understand the vaccines. Also I think the professors and pharmaceutical companies in Belgium will really appreciate my Vietnam experience.” –Marth S., Master in Drug Development, KU Leuven, Belgium



“I learned a lot about pharmacy in Vietnam, including rules and regulations, common medications dispensed and labelling/counselling roles. It was interesting as it varied quite a lot compared to Australia, for example how prescriptions in Vietnam are only valid for 5 days compared from 1 year in Australia (or some 6 months). I also learnt to draw up vaccines and administer vaccinations for the first time which was an incredible experience as it is something I would not have been able to do as a student in Australia - and same goes for drawing blood, and conducting blood lab tests. I have learned how to vaccinate which will be useful in my future career. I have also gained experience working in a new setting where there was a language barrier present, which will aid my confidence in future similar settings, and as a health professional in general. There were also many herbal products and medications not available in Australia which I learnt about too which I can apply if I ever work abroad.” – Narges M., Monash University Pharmacy School, Australia



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“The pharmacist and the nurses at the clinics are very knowledgeable. In the pharmacy room, I learned more about the brand name and generic name of many medicines used in Viet Nam. Needless to say, the pharmacists also explain to me how these medicines work in the bodies, their pharmacology, pharmacodynamics, and pharmacokinetics. Sometimes, there were lots of patients who were waiting to buy the medicines. Consequently, the pharmacists gave me the drug’s instructions which became my friends whenever I got back to the hotel. After reading them, if I had any questions, I asked them the next day without hesitation. In the injection room, I was instructed how to check in the patient’s information, see if the indicated vaccines by the doctors are the same as they are on the computer, take out the vaccines from the fridge and hand them to the nurses. In the morning, it was quite busy so these above jobs were my duty. Nonetheless, in the afternoon, since fewer people came, I was excited to learn how to draw the vaccines. At first, I was a bit nervous when handling the needles and the syringes since I just did know how to do anything. The nurses carefully and meticulously demonstrated each step; then Vi also showed me some of her tips to draw it faster and more complete. After that, I could prepare the vaccines, which made my day bright. Furthermore, the staffs taught me where to inject the vaccine correctly. There were always children who were scared of needles or getting hurt. It is very important to know how to hold the children in a right way so that if they try to refuse, the nurses still can give the injection. When the children cried we gave them candies to support their confidence. My favorite activity was preparing the medicines based on the prescription. It may be a boring work to somebody but to me, I learned more than I expected. Most case of any diseases will require the almost similar treatment. However, in some special case, the doctor will prescript the specific medicine. That’s was when a bunch of questions was in my mind. Gratefully, the pharmacists were always patient and told me what important thing. For example, some drugs are using specifically at night only such as chlorpheniramine. This anti-histamine drug has sedative effects, which I haven’t known before. The pharmacist also showed me other anti-histamine in the following generation that could replace the chlorpheniramine reduce the sedation. Another example was the Hepatitis Virus B (HBV) patients. Mostly, they will use Ribavirin 500mg. However, the HBV patients with delta agents need to treat with Tenofovir 25mg. Whenever the patients with skin disease are required two kinds of creams. Mostly, they need to use them separately such as one in the morning and evening, while other in the afternoon and at night. This is because the ingredients in one cream will decrease the efficiency of the other’s function. Overall, it is my pleasure to join this program and learn lots of useful things.” – Han L., advanced Biomedical Sciences undergraduate, Texas A&M University





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“This year, I had the amazing opportunity of interning at the Pasteur Medical Clinic situated in Dalat for a sum of 4 weeks. Despite staying for less than the more common 6 week option, I felt that I learnt much about the practical side of a pharmacist’s role, through drawing and reconstituting vaccines for use in the injection room and dispensing prescribed medications from GP consultations at the pharmacy facility. I believe that the hands-on experience provided to me by this internship pleasantly complemented the learning that I have acquired in lectures and workshops from my university course so far. I would also like to point out that this type of first-hand experience is not readily available for summer placements in hospitals or community pharmacies in the United Kingdom, where I am studying my Pharmacy degree, hence why I chose this overseas opportunity not only for greater practicality but also to compare how different national healthcare frameworks are run. Two such observed examples of difference were the subtle contrasts in vaccine injection techniques and the compartmentalisation of individual dispensing processes. Last but not least, I got the chance to explore the deeply cultural side of Vietnam on the week-ends, through diverse restaurant cuisines, historical museums and tours around the city. All in all, a highly recommended trip for people that would like to try an overseas internship.” – Jerry Wong, Master of Pharmacy, University College London

“Dao and Vi make it their priority to make sure you have everything you need, from showing you to the closest laundromat to introducing you to the yummy local food. I loved this internship because I formed a relationship with the staff; instead of feeling like a superior, they made me feel like family. The hotel staff cooks for you and even though you can’t communicate well, they always have a smile on their faces. The clinic is precious with kids running around all the time, and the city itself is a perfect escape from the heat that you’d expect in Vietnam since it’s higher elevation. I recommend interning in Dalat to anyone, and the people you spend your time with just make it that much better! Flowers everywhere, clean city, and the locals love saying hello to foreigners. And don’t be shy with the Vietnamese guys who play tennis every hour of every day... they love to have some good competition! I truly hope you love the experience as much as I have.” - Lilli Gordon, Pre-Dental, The University of Mississippi



“I had the best month placement in DaLat in Vietnam! Dao and Hanh were so welcoming and accommodating and we still keep in touch now! We made friends for life whilst we were there! I can’t recommend this enough for any pharmacy student or pharmacy professional looking for more experience in a clinical setting as this experience has always set me apart when applying for jobs. I can’t thank Eli abroad enough for giving me this invaluable and unforgettable experience!” - Rhiannon Dixon, Masters of Pharmacy,



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University of Manchester UK

“I was part of a 3 week internship with ELI Abroad’s Vietnam Pharmacy program this past winter, and can happily say it was one of the most rewarding experiences I have taken part in. The team at the ELI and the Louis Pasteur Clinic are some of the kindest people I’ve had the opportunity of meeting. Vi and Dao were incredible mentors and friends & the staff working at Pasteur were eager to teach us about pharmacy in Vietnam, and also eager to learn about the differences between healthcare and medications in the US. I spent about a week and half working in the pharmacy with Tu, Thuong, and Ha to process and fill the prescriptions from the clinic. After, I was in the injection room for a week, where we saw over 900 patients come through in only 5 days and I was responsible for both preparing and administering vaccines to children and adults. For the last couple days, I spent time in the hematology lab where we worked with the blood samples and was responsible for running different lab tests and assays; which was a great experience that not a lot of pharmacy students get the exposure to. Besides the work (which was great and rewarding), we had weekends and nights to explore Dalat, the surrounding areas, and the country of Vietnam. Dalat is one of the most breathtaking places I’ve been to with tons to see (waterfalls, mountains, hikes, etc.) and the weather was perfect the whole time. My friend and I spent a weekend traveling to Hanoi and exploring that city (flights in-country are super cheap, which makes it easy to get really anywhere in Vietnam pretty quickly). The food was amazing everywhere and Vi had the best suggestions for places in Dalat and Ho Chi Minh City. My only regret about this experience is not going for longer. I’m sure I’ll be back soon and I can’t wait to have some bánh mì and pho with my friends from ELI and the Pasteur clinic.” - Colin Dimond, PharmD, University of Rhode island