Cuba Today: Community Health and Healthcare Delivery

Sample Itinerary

Sunday
6:30 am
Meet at Miami International Airport for flight check-in

Mid-day
Arrival in Havana, check-in at the hotel and orientation

7:00 pm
Welcome dinner.

Monday
9:00 am - 12:00 pm
Primary health care: community-based care
Visit a community-based polyclinic, explore services offered and talk with patients, staff, and health sciences students. Assess the role of this facility in the Cuban health system; divide into two teams to visit two family doctor-and-nurse offices.

12:30 pm
Lunch at National School of Public Health (ENSAP)

2:00 pm
Training Human Resources in Health: Training for Nurses and Allied Health Professionals
Exchange with faculty at ENSAP

Tuesday
9:00 am
Health promotion and prevention: Health education in the schools
Meet students and teachers at an elementary school, and learn about student participation in the prevention of STI-HIV, vector control and traffic safety, and health education in general at Cuban schools

12:00 pm
Lunch at ENSAP or private restaurant (paladar)

2:00 pm
Secondary health care and vulnerable populations
Visit neonatology services at a maternal-child hospital. Speak with patients and staff on the challenges of specialized care for newborns, nutrition for mothers and infants, resources available to these hospitals, and the integration of secondary and tertiary care into the health system, among other topics.

Wednesday
9:00 am
Primary health care and vulnerable populations
Visit a maternity home, observe services, and interact with patients and staff

12:00 pm
Lunch at a family-owned restaurant

2:00 pm
Community mental health
Visit a community mental health center, learn about its services from staff and patients.

8:00 pm
Community participation in health care
Visit a Havana neighborhood and exchange with community members and local activists on health education and promotion programs, as well as community participation in health care

Thursday
9:00 am  Healthy aging: community programs for older adults
Visit a seniors’ club (day program); join in activities and share the life experiences of its members

12:00 pm  Lunch at family-owned restaurant

3:30 pm  Medical sciences training for Cuba and the world
Visit a Cuban medical school and exchange with faculty and students on their learning and living experiences, performance, and plans for the future

Friday
9:00 am  HIV-AIDS prevention and counseling services
Visit the Health Promotion and Disease Prevention Unit in Havana and exchange with staff.

12:00 pm  Lunch at a privately-owned restaurant

2:00 pm  Community projects for children
Visit and exchange at a community arts, culture, and educational after-school project for children in a densely-populated central Havana neighborhood

Saturday
9:00 am  Art as a vehicle for healthy living
Visit a community arts project, exchange with residents and local artists concerning youth involvement, contribution of this project to community cohesion and development of social capital, as well as mental health

11:00 am  Equity-oriented community projects and socially responsible businesses
Visit a community-based private business and exchange with volunteers

2:00 pm  Lunch on your own

3:00 pm - 6:00 pm  Opportunity to pursue one-on-one exchanges

7:00 pm  Farewell dinner

Sunday
Morning  Return to U.S.