Teachings from the Ugandan Healthcare System: A Study on Global Health

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Introduction
• CFHI is an education program grounded in reciprocal partnership and asset-based community development
• Partnered with Kigezi Healthcare Foundation (KIHEFO) to explore issues pertaining to global and public health

Objective of Internship
I sought to enrich my understanding of global and public health, as well as develop skills in intercultural effectiveness.

Work Profile
• Participated in webinars and training programs on global and public health
• Worked with community leader, Dr. Geoffrey Anguyo, to learn about health and healthcare in Uganda
• Researched poverty and malnutrition to for KIHEFO's Rabbit Farming Program
• Researched intersection of gender-based violence and land usage to inform future KIHEFO projects
• Completed comparative analysis of the United States and Ugandan healthcare systems

Reflection
• My research will go into KIHEFO's archives to help support their future work in evidence-based interventions.
• I have improved my understanding of global health, particularly in the following domains:
  o Social and Environmental Determinants of Health
  o Health Equity and Social Justice
  o Ethics
• Alongside many other lessons, this program has taught me how to:
  o Embrace life as a student of the world
  o Better interact with other cultures
  o Practice thoughtful introspection

Questions
• How can we improve global health in a way that is grounded in respect, equity, and that takes a multifaceted approach to address the many determinants of health?
• How does one successfully uproot systems of oppression in a way that is mindful of cultural norms and uncorrupted by individual or intracultural biases?

Looking Ahead
I hope to continue to grow as a conscious, curious, and humble global citizen, and use my voice to elevate those that are silenced.

Conclusion
It is imperative that a life-long, adaptive commitment to intercultural competence guide us in our work towards improving global health on account of healthcare systems across the globe having much that they can learn from one another.

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