THE MANY GIFTS OF BANGLADESH
ABOUT ME

- Pennsylvania born and raised
- Wonderful parents and an older brother, Charlie
- Grew up skiing, snowboarding, competing in gymnastics and track
- GCH major, nutrition minor

“You only grow outside of your comfort zone!”
APPLICATION PROCESS

- Declared major and talked with Karisa- Bangladesh was first presented to me
- Connections with JHU public health and ICDDR,B to start
- ICDDR,B coming up in classes
- Actual application:
  - Written application with up-to-date picture
  - Recommendation letter from a professor in my major- Dr. Swezy
  - Letter of invitation from ICDDR,B
  - Passport with visa
- Amazing student services coordination- Mrs. Jill Chowdhury
- Skolnik Award surprise! Did not think I was going to win, Dr. Swezy greatly encouraged me to do so
- Anxious but knew I had to do this for myself! Wanted to go along to challenge myself and truly pave a path for myself
- Knew there was no way I could be a global health major without traveling to another country and getting field experience somehow
- Trusted my knowledge and instincts
- Uncertain as to how I would react in new situations but was ready for the challenge!
- Knew too many things were pointing me in this direction- I had to go!
A NORMAL DAY

- Wake up and enjoy hot tea with my roommates
- Meet at the street corner to ride ICDDR,B van to work, about 20-45 min drive depending on traffic
- 9AM: Rounds in the NRU
- 10AM: meet with Dr. Sayeeda and review information
- 11AM: morning tea, followed by rounds and more NRU work
- 1PM: Lunch in the canteen, traditional dishes
- 1-3PM: work in the short and long stay ward, meetings with researchers, work on my case study, always something new!
- 3PM- afternoon tea
- 3-5PM- continue working
- 6PM- back at the apartment! Various evening activities on week and weekends
A DAY IN PICTURES
A DAY IN PICTURES
THE WORK I COMPLETED IN DHAKA

- Small case study on children in the NRU
  - 4 children under the age of 2 with severe acute watery diarrhea and malnutrition
  - Come to the NRU after stabilization period in short/long stay ward
  - Mothers have to be convinced to come- hard at times
  - Overall found that the supplementation process ICDDR,B is currently practicing has proven extremely successful in rehabilitating malnourished children

- Classes at GMU Immensely prepared and helped me to understand the information I was working with
The entire hospital and research center was open for me to view and I was able to meet and discuss a plethora of information with anyone available.

The head doctor opened the hospital to me and encouraged me to take advantage of the knowledge at hand - very big about educating everyone as much as he could.

Rounds in the NRU, ICU, HDU, HIV/AIDS ward, vaccinations, emergency area, long and short stay ward, research centers.

Made a trip to Matlab in Chandpur - rural area.
- 6 hour trip through winding chaotic roads and across rivers
- Mostly focused on maternal and child health as well as diarrheal disease
- Known for their 40+ year epidemiological study with over 200,000 people included
- Observed areas of the hospital as well as clinical field sites and village health workers
MATLAB
HOW I FEEL ABOUT GLOBAL HEALTH

- This trip has convinced me I am doing the right thing in life!
- I initially wanted to tackle clinical nutrition, now I am more focused on education of the public and focusing more on prevention
- Classes on maternal and child health are needed at GMU
- George Mason University did an amazing job at preparing me already!
LESSONS I LEARNED

- You must go into the field to truly understand! Classes in the US don’t even compare
- The pictures you see in class turn into relationships and people you grow to love over time
- You must have an open mind and heart- every culture has positives and negatives!
- Culture shock and reverse culture shock are real!
- Bring a journal and write in it even when you don’t want to- you won’t regret it
- Touch and Go
- Loving other people will never disappoint you- smiles are universal and know every language
- Don’t let anyone or anything tell you what you are capable of
- Gratitude is EVERYTHING
MISCELLANEOUS
THANK YOU!!

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