



Can health professionals really handle everything?
Lessons learnt from a first attempt at measuring resiliency, culture
shock and stress levels of year-long physician, nurse and midwife
Educators serving in Africa.

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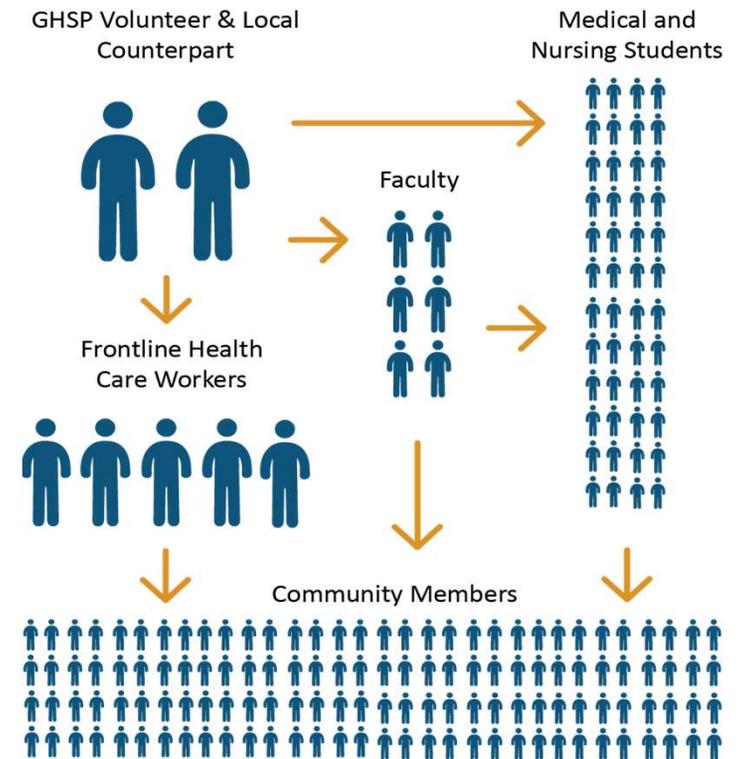
Seed Global Health educates a rising generation of health professionals to strengthen access to quality care with a goal of *saving lives, strengthening health systems, and improving health.*



GLOBAL HEALTH SERVICE PARTNERSHIP



GHSP Model



GHSP Educator Support Surveys

Identifying personal and structural factors associated with resiliency, stress, and culture shock to promote successful GHSP service.

To determine the **personal and programmatic factors** that impact the **process of culture shock, stress, and resiliency** for GHSP educators;

To use the information gained to **strengthen the preparation and support mechanisms** for GHSP educators;

To identify **risk factors and periods** during GHSP that require the **most intensive support** for culture shock and wellness;

To determine how resilience, stress, and culture **shock impact** GHSP educators' **career motivations in global health** and health disparities after service.

Data Collection Methods

- Longitudinal study.
- Five online surveys sent out on a quarterly basis.



Measures

Resiliency Assessment Tool
(CD-RISC 10)

10 statements

Perceived Stress Scale
(PSS-10)

10 statements

Culture Shock Profile
Questionnaire

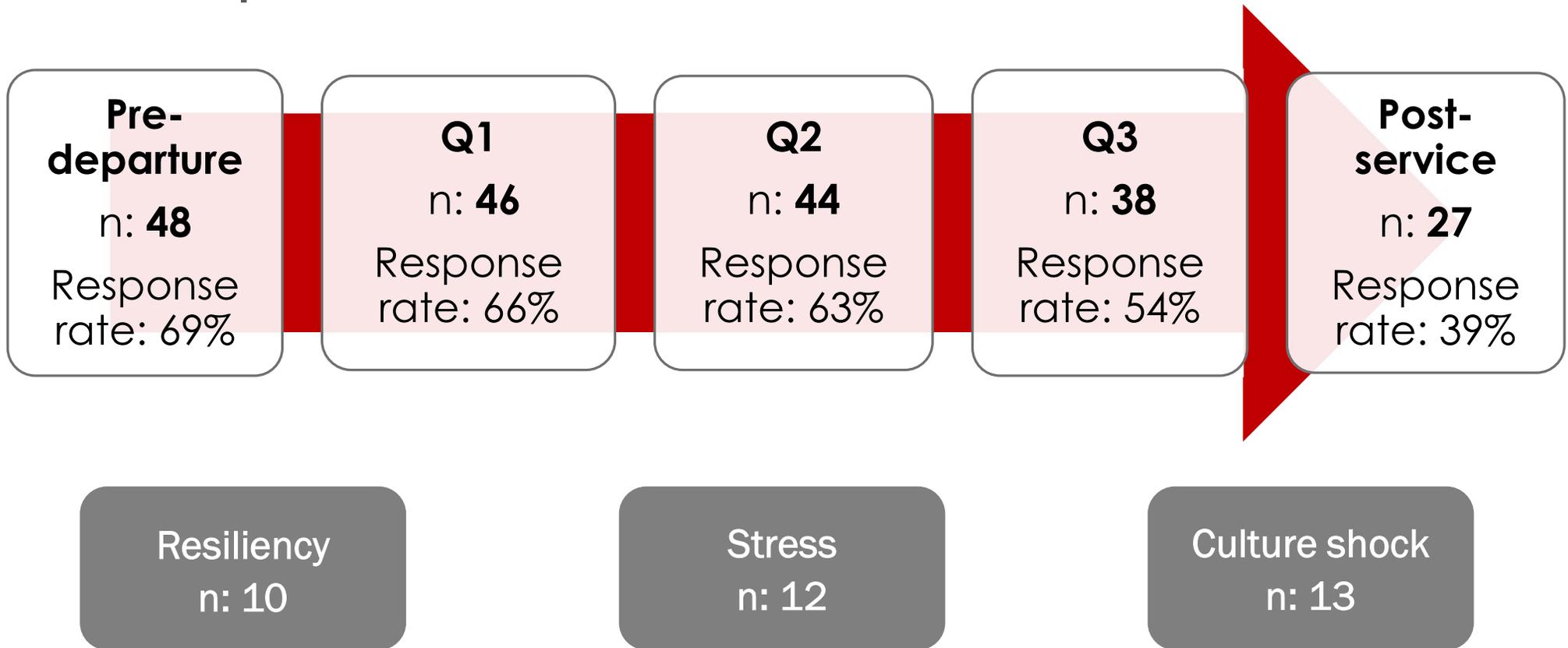
33 statements

Other questions

18 to 27 questions

Professional experience. Global Health exposure. Training and clinical conditions on site. Stress, resiliency, and culture shock. Returning home.

Samples



Analysis

Analysis consisted of:

- Descriptive statistics
- Non-parametric tests
- Correlations

The longitudinal **sample size was too small** to conduct the statistical analyses we were planning to conduct, such as:

- T tests
- ANOVAs
- Regressions

Learnings

- Surveys were long.
- Data was not analyzed as we received it.
 - Did not use it to inform the programming for the cohort being studied.
 - Program had ended by the time the data was analyzed.
- Plan to continue conducting the survey was affected due to program changes.

Current Situation

- Information available is not generalizable.
- Low likelihood of having access to an educator pool similar in size.
- We still do not know:
 - How much health professionals can handle.
 - What are the main factors that influence stress, resiliency, and culture shock throughout the year.
- It has informed how we integrate this type of data collection into our routine data collection activities.

In the Future

- Explore potential incentives in exchange of survey completion.
- Analyze the data as it comes in.
 - Share findings with relevant staff members.
 - Share data highlights each quarter with educators.
- Explore validated tools that measure culture shock.

What About You?

- Have you had any experiences conducting longitudinal studies?
- What are some tips and best practices you can share?