

CHIROPRACTIC HUMANITARIAN OUTREACH

PROGRAM MANUAL
JUNE 25 - JULY 2, 2018

KIM B. KHAUV, DC MPH
Founder & Director
WELL-BALANCED WORLD, 501(c)(3)
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Republic of the Philippines
Province of Albay
MUNICIPALITY OF POLANGUI
Tel. No.: (052) 486-2431
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RURAL HEALTH UNIT and FAMILY PLANNING CENTER

January 8, 2018

Kim B. Khauv, DC MPH
Well-Balanced World
2333 Camino Del Rio South, suite 230
San Diego, CA 92108

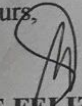
Dear Dr. Khauv,

The Rural Health Unit of Polangui would like to formally invite you and Well-Balanced World's volunteers (Doctors of Chiropractic and senior chiropractic students at Life Chiropractic College West) to come to the Philippines in June-July 2018 for your inaugural chiropractic mission trip.

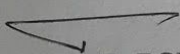
Your organization's efforts to provide healthcare to populations in need is deeply appreciated.

We look forward to your joining us in 2018.

Sincerely yours,


ADRIANNE FELIZ S. SANTAYANA, M.D.
Rural Health Physician

Noted by:


ARNEL T. BORJA, M.D.
Municipal Health Officer



A 501(C)(3), NON-PROFIT CORPORATION

VISION

Well-Balanced World's sole purpose is to serve populations in need. We are non-religious, non-governmental, solely humanitarian.

PURPOSE

The specific purpose of this nonprofit corporation is to provide charitable chiropractic aid to children and older adults. These purposes include providing chiropractic care to children and older adults during annual trips to Cambodia and the Philippines, supporting a free school for children to learn English and computer skills in Cambodia, and providing allied health care and all other charitable and educational activities associated with this goal as allowed by law.

MISSION

To develop well-balanced children through allied healthcare (chiropractic, dentistry, optometry, etc), education and nourishment in under-served populations in Southeast Asia.

Short term: Annual mission trips to Cambodia and the Philippines with a team of allied healthcare professionals to serve underserved populations at no charge.

Long term: Operate a permanent site to deliver allied healthcare, education and nourishment year-round through the aid of volunteers to serve underserved populations at no charge.

PHILIPPINES HUMANITARIAN OUTREACH PROGRAM OVERVIEW

JUNE 25 – JULY 2, 2018

**ARRIVE MANILA
DELIVERING CARE
PROGRAM ENDS**

**JUNE 25
JUNE 26 - JULY 1
JULY 2**

GIVING THE GIFT OF CHIROPRACTIC:

Do you dream of bringing chiropractic care to communities with little or no access to a chiropractor? Does the slogan, "A Subluxation-Free World" dwell deeply within you? Join us on our inaugural Humanitarian Outreach Program to the Philippines. Help the Filipino people with the gift of chiropractic.

PHILIPPINES INFORMATION:

The Philippine Islands became a Spanish colony during the 16th century; they were ceded to the US in 1898 following the Spanish-American War. In 1935, the Philippines became a self-governing commonwealth. Manuel QUEZON was elected president and was tasked with preparing the country for independence after a 10-year transition. In 1942 the islands fell under Japanese occupation during World War II, and US forces and Filipinos fought together during 1944-45 to regain control. On 4 July 1946 the Republic of the Philippines attained its independence.

POPULATION:

104,256,076 (July 2017 est.)

HEALTH:

Life expectancy at birth

- **total population:** 69.4 years
- **male:** 65.9 years
- **female:** 73.1 years (2017 est.)

Infant mortality rate

- **total** 21.4 deaths/1,000 live births
- **male** 24.3 deaths/1,000 live births
- **Female** 18.3 deaths/1,000 live births (2017 est.)
-

ETHNIC GROUPS:

Tagalog 28.1%, Cebuano 13.1%, Ilocano 9%, Bisaya/Binisaya 7.6%, Hiligaynon Ilonggo 7.5%, Bikol 6%, Waray 3.4%, other 25.3% (2000 census)



LANGUAGES:

Filipino (official; based on Tagalog) and English (official); eight major dialects - Tagalog, Cebuano, Ilocano, Hiligaynon or Ilonggo, Bicol, Waray, Pampango, and Pangasinan

RELIGIONS:

Catholic 82.9% (Roman Catholic 80.9%, Aglipayan 2%), Muslim 5%, Evangelical 2.8%, Iglesia ni Kristo 2.3%, other Christian 4.5%, other 1.8%, unspecified 0.6%, none 0.1% (2000 census)

AGE STRUCTURE:

0-14 years: 33.39% (male 17,764,826/female 17,050,168)
15-24 years: 19.16% (male 10,199,389/female 9,780,025)
25-54 years: 36.99% (male 19,597,675/female 18,964,900)
55-64 years: 5.97% (male 2,844,739/female 3,375,139)
65 years and over: 4.49% (male 1,930,273/female 2,748,942) (2017 est.)

(Source: [US Department of State](https://www.state.gov))

PASSPORT & VISA:

U.S. citizens will require a passport for travel outside of the country. Make certain that your passport is current – check the expiration date (*you must renew your passport if it expires within 6 months of the trip*). U.S. citizens may enter the Philippines for purposes of tourism without a visa if they present: a valid U.S. passport and a return ticket to the United States or an onward ticket to another country. Those holding passports from other countries should contact the nearest Philippines consulate/embassy for entry requirements. Some passports may require a visa to enter the Philippines.

WHAT YOU NEED:

Doctors –

- Current passport
- Portable adjusting table
- A copy of your curriculum vitae and license to practice chiropractic (send to Dr. Kim Khauv)

Interns –

- Current passport
- Portable adjusting table
- 3.0 GPA or above
- Must be approved as a Clinic Intern with 90 visits

HOW TO PARTICIPATE:

Doctors who are interested in participating should email Dr. Kim Khauv, director of Well-Balanced World and Adjunct Prof. at Life Chiropractic College West, at drkhauv@gmail.com with the following information:

- Phone number and mailing address
- Email address
- Preferred chiropractic technique

APPROXIMATE EXPENSES:

FLIGHTS: The group will most likely fly with Philippine Airlines from SFO or LA to Manila. Everyone must arrive in Manila on June 25th. Flights to the Philippines are approximately \$900-\$1500. Meals, housing and ground transportation dues are paid

separately once the final head count is completed (approx. \$800-\$900).

ACCOMMODATIONS: These will be reserved with various guesthouses at site locations.

To hold your spot, you need to submit \$200 by Friday, APRIL 6, 2018. The remaining balance is due on Tuesday, MAY 1, 2018. Other expenses include airport arrivals/departure transfers and unforeseen miscellaneous expenses – some meals, souvenirs, expenses on rest days, tours, etc. Included in the group package and housing fee are various insurances and other administrative fees that Well-Balanced World incurs to organize the program.

CHIROPRACTIC INTERNS: Prospective interns must contact Dr. Khauv and must be approved academically by respective chiropractic college administration and Health Center.

CANCELLATIONS: NO REFUNDS for any cancellations. Please purchase travel insurance if there is any possibility that you may cancel.

SAFETY WARNING: Safety is a concern in all countries, including the United States. The Philippines is no exception. The crime rate is high as a result of poverty, political and social unrest, and high unemployment. We ask that you stay together in groups and are careful where you go, particularly at night. Tropical diseases such as dengue fever and malaria are periodically present in some areas. You are responsible for your own health. You are an adult and it is not possible for any of us to be responsible for you and your actions. U.S. Department of State: www.state.gov (go to travelers' advisories).

OUTREACH PROGRAM CONTACT:

DR. KIM KHAUV
Well-Balanced World
2333 Camino del Rio South, Suite 230
San Diego, CA 92108
E-mail: drkhauv@gmail.com

PROGRAM ITINERARY*

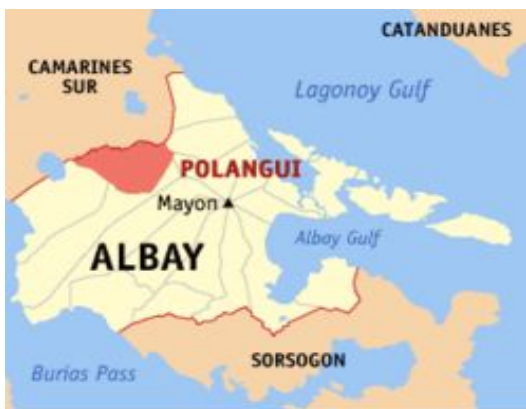
- June 25** Arrive in Manila, wait for everyone to arrive, group briefing over dinner
[*optional visit to the Ayala Museum and Fort Santiago, Intramuros to learn more about the history of the Filipino People*]
- June 26** Travel day - early morning departure from Manila to Legazpi, Albay
- June 27-28** Deliver chiropractic care at the ***Municipality of Polangui - Rural Health Unit***
- June 29** Tour Cagsawa Ruins, Mt. Mayon area
Travel day - early afternoon departure from Legazpi, Albay to Angono, Rizal
- June 30- July 1** Deliver chiropractic care at the ***Municipality of Angono***
- July 2** Program Ends

** This itinerary may change due to scheduling and logistical issues.*

SERVICE SITE 1

The Municipality of Polangui, Albay

Polangui is in the province of Albay. According to the 2015 census, it has a population of 88,221 people. The population density was 610 inhabitants per square kilometre (1,600/sq mi). Its economy is still heavily dependent on agriculture. Major crops include rice, corn, cacao, pili, root crops, vegetables, coconuts and abacá. Poultry and livestock raising are also very much alive.



The present health services of the municipality are administered by 2 Municipal Health Officers, 2 Public Health Nurses, 1 Medical Technologist, 1 Dentist, and 12 Midwives. Aside from the Municipal Health Office and Barangay Health Stations, there are 2 Private Hospitals (Isip General Hospital in Gabon and Perillo General Hospital in Magurang), and 14 clinics that provide alternative health services to the population of the municipality. Polangui is equipped with 6 ambulances - 1 in the Rural Health Unit (RHU), 2 in the municipal hall, and 3 in the health station centers in Balinad, Itaran and Matacon.

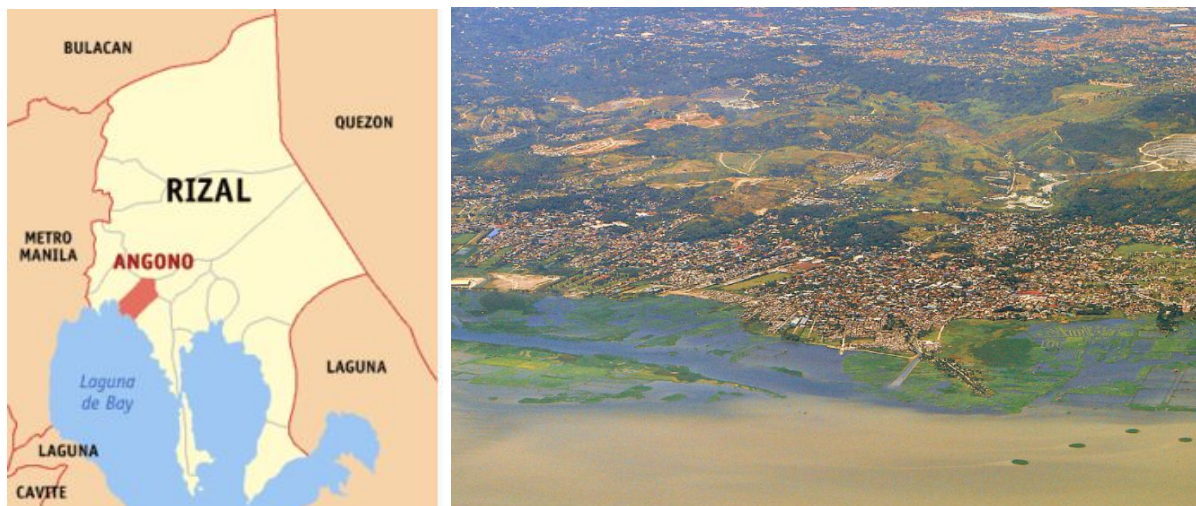
The Basic Emergency Obstetric and Newborn Care (BEmONC) Birthing Facility at RHU-Polangui specializes in maternal healthcare, along with several lying-in and birthing clinics. Polangui's BEmONC Birthing Facility is a PhilHealth-accredited institution and offers free services to cardholders.

A new medical establishment recently opened its doors - the Our Lady of Perpetual Help Diagnostic and Dialysis Center at Barangay Centro Oriental, in front of the Polangui South Central Elementary School. Polangui and Legazpi City are the only ones in Albay who have a dialysis facility.

SERVICE SITE 2

The Municipality of Angono, Rizal

Angono is a first class urban municipality in the province of Rizal, Philippines. It is best known as the "Art Capital of the Philippines", being the hometown of national artist for music Lucio San Pedro and national artist for visual arts Carlos "Botong" Francisco, as well as the site of the Angono Petroglyphs, the oldest known work of art in the Philippines.



The town is located 30 kilometres (19 mi) east of Manila, and with the continuous expansion of the metropolis, is now considered part of Metro Manila's conurbation. According to the 2015 census, it has a population of 113,283 people, with a density of 4,300 inhabitants per square kilometre or 11,000 inhabitants per square mile.

With nearly 100,000 inhabitants in this urbanized town, progress is at its peak. The proposed Angono Fish Port to be constructed at the lakeside shore of Laguna de Bay will soon boost more business opportunities and easier access from the nearby towns situated at the shores of the said lake.

WHAT TO BRING

ESSENTIALS:

- Current Passport
- Portable Adjusting Table
- Face Paper (2-4 boxes)
- Money

RECOMMENDED OR OPTIONAL ITEMS:

- Water bottle(s)
- Duct tape (*for packing tables, etc.*)
- Insect repellent
- Sunscreen/Sunglasses/Hat
- Personal care items (*toothbrush and paste, floss, comb, brush, shampoo, shaver, soap, etc.*)
- Towels (*bath towel, bath towel, for working in the heat*)
- Sheets / Towels to cover adjusting tables (optional)
- Inexpensive toys/stickers for the children (optional)
- Acidophilus / charcoal / etc.
- Chiropractic analysis instruments (Nervoscope, tuning fork, BP gauge, etc.)
- Camera and/or camcorder, film & spare batteries
- Toilet paper (*always handy to carry a partial roll as it is not always found in public toilets or try to only use the restroom at the guest house because public toilets are usually outhouses*)
- Instant hand cleaner, baby wipes, etc.
- Tagalog/English dictionary

CLOTHES: The Philippines is in the tropics. Rainy, monsoon season (May to November); dry season (December to April); little seasonal temperature variation. Warm days, clear skies, no rain, light breeze, cool evenings. Lightweight clothing is the dress of choice. Some work in shorts and t-shirts; some in pants and polo or short-sleeved shirts. We will most likely work outdoors under tin roof or nipa huts. Dress accordingly and comfortably.

NOTES:

#1 – PASSPORT/VISA: You need a current passport. U.S. citizens may enter the Philippines for purposes of tourism without a visa if they present: a valid U.S. passport and a return ticket to the United States or an onward ticket to another country. Those holding passports from other countries should contact the nearest Philippines consulate/embassy for entry requirements. Some passports may require a visa to enter the Philippines. [*Make photocopies of the picture/ description pages of your passport to carry with you and a copy to leave with someone at home.*]

#2 – ADJUSTING TABLE: Pack your table as small as possible as there are luggage size and weight restrictions – check international airline websites for exact info.

#3 – MONEY: You should not need more than \$300-500 in small denominations (\$1-\$20). It can be difficult to cash traveler's checks. Save \$40 for the departure fee at the airport.

#4 – WATER: We will buy our own bottled water and bring them to the sites. Make sure you take at least one water bottle, it will be warm and humid.

#5 – INSECTS: There are many insects in the Philippines as the climate is tropical. You might want to protect yourself with insect repellent. The sun is very intense so sunscreen is very important. If your eyes are sensitive, sun glasses and a hat would be helpful.

#6 – ELECTRICITY - Electricity is similar to the US – 60 Hz, 220 V. If you are taking a 3- prong (grounded) or polar (one wide blade) electrical gadgets, take an adapter with two equal size blades as sockets are neither grounded nor polar.

WHAT TO EXPECT

AIRPORT: The international airport is Ninoy Aquino International Airport.

IMMIGRATION: Upon arrival, follow everyone through the gate and walk towards IMMIGRATION. If you do not have a visa, fill out the form for a tourist stamp on your passport – you will have already filled out immigration and customs forms on the airplane. There may be a health form concerning the AH1N1 virus to also fill out. Reason for visit: “tourist”. Make certain that they stamp your passport with an entry stamp. Use the address that was emailed to you.

BAGGAGE CLAIM: Do not lose your baggage claim receipts as they may ask for check claim numbers when you leave customs (you need them if your luggage does not arrive on your flight).

LOST LUGGAGE: If your luggage does not arrive with you, go to the appropriate airline office. Use the address that was emailed to you and phone number.

CUSTOMS: Go through the appropriate gates for customs. You should not have anything to declare.

LEAVING CUSTOMS: After retrieving your luggage, someone with a sign that reads, “Philippines Chiropractic Outreach Program” will be there to pick you up.

WATER: It is good to have a bottle of drinking water handy – it is warm and humid. The climate is tropical, keep hydrated.

PUBLIC TOILETS: Public toilets in the rural parts of the Philippines are not for the faint at heart. It is basically an outhouse, hole in the ground deal. Please try to use the hotel’s or restaurant’s restrooms whenever possible. Always have a roll of toilet paper with you.

PATIENT CARE

1. You need to work quickly but accurately. Give your patients the finest chiropractic care that you can give them, but work efficiently. We are only there for 2-3 days at each site, therefore, try to see each patient as often as is necessary.
2. The work schedule varies with the location. Start time is around 8am and work until 12 NOON. The afternoon runs from 1pm to 5pm.
3. It is common for the first day to be slow. Things pick up when the word gets out. Also, you must build your “practice.” Make sure you ASK for referrals.
4. The clinical picture of some patients may be very complicated, even for those of us with many years of practice. Many people will have very chronic conditions, and a few will have serious conditions, including neurological and visceral disorders. Multiple problems are common. This includes children. Excellent clinical and adjusting skills are vital.
5. For the less experienced clinicians: If you are unsure of a patient’s condition, have someone more experienced check that person. **When in doubt, get help.**

Baby wipes and / or waterless hand cleaner (eg. Purell) are very useful. You might consider covering your table with a sheet or large towel, particularly if you have a cloth upholstered table.