

What Has The Alabama Alpha Chapter Been Up To?

Our chapter has excelled in doing our part to not only mentor younger university students but also provide them with ways to get involved both in and outside the community. We have created several initiatives outside of our weekly meetings to help fellow pre-meds continue their undergraduate achievement. One of our most popular initiatives is the alternative spring break.

We have paired with International Service Learning (ISL) for the past seven years and students always come back boasting about how meaningful their experience was. Students leave the US and travel to Managua, Nicaragua on a seven-day medical mission. Once in Managua, volunteers attend seminars on speaking Spanish, diagnosing illnesses, and



how to prescribe medications. The year that I went, we went to a local community that did not have immediate access to health care. We setup our base in the local church and went door-to-door informing the locals we were in town and providing free medical assistance. Working side by side with a Nicaraguan doctor, you receive first hand experience on the inner workings of the doctor-patient relationship. We were able to independently take blood pressures, interview the patient, and make a diagnosis. The doctor would then come by, validate the diagnosis and prescribe medication and the patient could leave without having to pay a single córdoba. You are essentially allowed to turn into the doctor. This not only gives students the chance to know what it's like to be a physician, but also if they have what it takes to one day become one. Purposeful involvement like this sticks with you for life and our goal is to continue helping the community whether it be our own or in Managua.

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