### Background

- More rehabilitation sciences students are engaging in short-term international experiences to gain clinical experience in a setting or with a population they may not have access to in their home country.
- These trips are profoundly transformative for students but minimal investigation has focused on long-term impacts on the students and host populations resulting from these initiatives.
- Though trips have shifted more toward mutually beneficial partnerships between home and host, previous research has focused primarily on the student perspective.

### Purpose

To identify the benefits and harms of a short-term (less than 2 months) global health initiative (GHI) completed by students in formal rehabilitation educational programs on the student and host country population.

### Methods

- **Databases Reviewed**
  - Registered with PROSPERO and followed PRISMA guidelines
  - Search Engines: PubMed, Embase, and CINAHL in English, Spanish, and French
- **Inclusion Criteria**
  - Rehabilitation students (PT, OT, and/or SLP)
  - Student participation in GHI
  - Supervision by licensed practitioner
  - GHI between 1 day and 8 weeks
- **Data Extraction**
  - General characteristics of articles, students, and hosts
  - Outcomes: benefits and harms
  - Methodological quality: Oxford Level of Evidence

### Outcomes

#### Benefits to Students
- Adaptation to Novel Healthcare System/Resource Availability
- Improved Clinical Skills
- Increase in Cultural, Intrapersonal and Interpersonal Competence

#### Benefits to Hosts
- Increased Access to Therapy
- Novel Training
- New Equipment

#### Harms to Students
- Emotional Health Risk
- Safety Risk
- Culture Shock

#### Harms to Hosts
- Lack of Sustainability
- Suboptimal Care
- Ineffective Utilization of Resources
- Decreased Productivity

### Results

- **87%** of the articles (13/15) discussed benefits to the student participating in a GHI.
- **27%** of the articles (4/15) discussed potential harms to the student participating in a GHI.
- **73%** of the articles (11/15) discussed benefits to the host community participating in a GHI.
- **40%** of the articles (6/15) discussed areas of potential harm to the host community participating in a GHI.

#### Countries Involved in Included GHIs

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### Conclusions

- Need for an established, sustainable partnership between home university and host organization.
- Further research required to gain insight into the relationship between short-term GHIs and their potential harms and long-term effects on the parties involved.

### Clinical Relevance

- Short-term GHIs are gaining popularity within rehabilitation curriculums.
- Understanding benefits and harms on both student and host population serves as a foundation for future initiatives to be developed to produce the most favorable outcomes for all parties involved.

### Acknowledgements/References

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