

ICLC Newsletter



Service Learning at EBAIS clinics in Costa Rica



Health students that learn Spanish at ICLC are able to help at EBAIS clinics at the end of the Language Program.

- Work schedule is from 7 a.m. until 2 p.m.
- Length of the service: from 1 to 8 weeks.

EBAIS are local clinics that belong to the Costa Rican Social Security System: CCSS (*Caja Costarricense del Seguro Social*). The complete name (in Spanish) of these small clinics is: *Equipos Básicos de Atención Integral en Salud*, which means Basic equipment for an integral health attention.

These clinics fit in the first level of attention and the goal is to prevent and motivate to a healthy life status.



Each clinic has one doctor, one nurse, a social worker, dentist, pharmacist and cleaning maintenance staff. Patients request appointments in advance.



This picture of a group of students from the medical field was taken in front of an EBAIS clinic in Carrillos, Alajuela.

Participants will be able to observe the daily duties of a doctor and a nurse in a rural clinic. They can also help on specific activities that the doctor will indicate. For example:

- Finding and organizing patient's profile.
- Help with medical intake/history interviews: This could include measurement, weight, blood pressure, etc.
- Visiting locals with the social worker.



EBAIS clinics are in each town, all over the country. Their services are available for 100% of the population including foreigners. 90% of the residents are already incorporated to de Social Security System and the other 10% is able to have access in case of emergencies.

EBAIS health personnel also take care of:

- children of the area: all receive vaccinations free of charge until they are 9 years old.
- Pregnant woman receiving birth control: monthly or weekly when necessary.
- Seniors



Participants often help with advice and guidance to:

- Patients with high blood pressure
- Diabetic patients
- Asthmatic cases
- Preventive measures for dengue and other risks of the population.

