



Figure 7. A gift was given to each member of the visiting team from a patient's family.

increasingly aware of the institutional cost/burden. For example, there are three orthopaedic teams at KPH and a total of four operating rooms. Each of the orthopaedic teams has 8 hours of OR time per week. During our visits, we utilize two rooms over 3 days while working with one of the three KPH orthopaedic teams. After inquiring, I was informed that the KPH orthopaedic team works extra hours on the weekends before and after our visits to take care of their trauma patients whose surgeries are adjusted to accommodate the visit. Further, one of the visiting days is a Saturday which requires operating room and anesthesiology staff to volunteer to work on the weekend. Both the surgeons and administration at KPH are enthusiastically supportive of this relationship, which is great. However, the potential for negative impacts that accompany the benefits should never be underestimated.

Case or Tip of the Trip?

Several themes stand out from these trips:

- True growth only occurs outside of one's comfort zone
- Resources do not dictate humanity (Figure 7)
- Relationships add richness to life
- Learn from each other
- Flexibility/adaptability is key

The opportunity to work with and learn from people in different cultures is an overwhelmingly positive experience. These trips are very meaningful to me. The challenges make me a better surgeon, the interactions make me a better person, and the relationships built will hopefully continue to grow over time.