

# **Osteopathy without borders**

## **History**

The first mission took place in August 2004 on the initiative of Philippe Druelle and Tatiana Vera-Lescano. Since then, fourteen missions have taken place in Peru, six in Pakistan and a permanent mission took place in Peru from April 2007 to March 2009.

To this day, more than two hundred (200) osteopaths and students have treated beyond five thousands (5000) patients.

## **Objectives**

- To treat underprivileged patients.
- To allow the development of osteopathy internationally and to facilitate an exchange of information.
- To allow a medium of training and dynamic exchange for students and osteopaths.

## **Targeted populations**

The population targeted is people without employment and /or underprivileged, complex cases (patients referred by doctors), children, pregnant women, victims of domestic violence.

## **Peru**

Twice a year, a group of ten to twenty-five osteopaths and students from Canada and abroad, treat people during 2 weeks in Arequipa, Peru. We work with local partners such as the Rotary Club, the Catolica University, Amistad (social worker's association) and the hospitals. On average, sixty (60) patients are treated per day. A local team of contributors (doctors, nurses, coordinators, interpreters...) support our work with the patients.

You may also visit our website on: [www.osteopathie-canada.ca/page/volet-humanitaire](http://www.osteopathie-canada.ca/page/volet-humanitaire)

## **Pakistan**

Since 2007, each summer, a team of volunteers leaves for a two weeks mission in Pakistan.

One week is spent in Lahore, Punjab's capital, in the plains, where volunteers have the opportunity to work in the hospitals either in the orthopedic, pediatric, medicine, gastroenterology and gynecology departments.

More than just treating patients, a special focus is placed in increasing healthcare professionals' awareness of the benefits and uniqueness that is osteopathy. Almost each year we have the opportunity to organize a conference to present the work we do to medical teams in various hospitals.

The second week is spent in mountainous regions under basic conditions. The access to the village of Nagar, in the Gilgit-Baltistan, takes 25 hours on the road from Islamabad, or if we are fortunate one hour by flight and 3 hours on the road. We work mainly with children in schools, and we also serve as general clinic for the village population, which now recognizes and appreciates the efficiency of osteopathy.

The work we do is extensive and gives the opportunity to practice osteopathy with various diagnosis that are generally not accessible to us in North America. The volunteers are requested to have an open mind, to be adaptable, in good health and be able to work autonomously.

Since 2007, the foundation "Osteopathy Without Borders", in collaboration with the CEO works at creating an osteopathy school in Lahore. The introduction of osteopathy in the country is the primary goal of the missions. In June 2012 the first group of Pakistani students, with the fifth year study completed, has brought to term the 1<sup>st</sup> cycle in osteopathy.

You are invited to read the reports of previous missions on the site: [www.osteopathywithoutborders.com](http://www.osteopathywithoutborders.com).

## **Mission 2013**

### **Dates:**

- Winter mission in Peru: there will be a winter mission planned in 2013. The exact dates of the mission are from March 4<sup>th</sup> to March 15<sup>th</sup> (leaving on March 1<sup>st</sup> returning March 16<sup>th</sup>).
- Summer mission in Peru: the dates of the summer mission, which are on a 2 weeks period, are from July 1<sup>st</sup> to July 12<sup>th</sup>. The group leaves Friday the 28<sup>th</sup> to arrive before the beginning of treatments so people can adapt to the altitude. The return date is July 13<sup>th</sup>.

- Summer mission in Pakistan: the dates of the mission, which are on a 2 weeks period, are not official yet but may be from August 24<sup>th</sup> to September 7<sup>th</sup>, if not then at a later date.

### **Prerequisites:**

Those who are interested to participate in a mission must have completed the level of study as follows:

#### ***To all participants from the CEO College***

- Winter mission in Peru: only osteopaths and finishing students (from our school and as long as there are no mandatory courses or clinical days during that period of time) can participate to this mission.
- Summer mission in Peru: you need to have completed the fourth year of the regular or full time programs.
- Mission in Pakistan: only osteopaths and finishing students (from our school and as long as there are no mandatory courses or clinical days during that period of time) can participate to this mission.

For those interested in participating to a mission, this document will be sent to you along with a profile form which you need to complete and return to us.

#### ***To all osteopaths graduated from a College outside our country***

- To all participants who did their study in a college other than ours, we request that you have a professional responsibility insurance covering osteopathy when performed outside your office. You need to be a member of a reputable association.

For those interested in participating to a mission, this document will be sent to you along with **a profile form which you need to complete and return to us accompanied with a copy of your diploma, a proof of insurability and a proof that you are registered with a valid and recognized association or register.**

## **General information**

Please note that the plane ticket is at the expense of the participant. Room and board are taken care of by the country that is receiving us.

## **Future**

This year, we finalize the creation of the foundation “Osteopathy without Borders” in Canada and consolidate the already existing missions.

## **Contacts**

For information or registration, please contact Johanne Laperle at the following e-mail address: [johanne.laperle@ceo.qc.com](mailto:johanne.laperle@ceo.qc.com).

People in charge of the missions are:

Nadia Todoroff, D.O. director of the humanitarian missions

Sylvie Erb, D.O. mission director for Pakistan.

We would like to thank you for your interest in taking part in this great humanitarian project and hope to have the pleasure of seeing you on a mission soon.