



HEALTH MISSION INSTITUTE

PALAU TRAINING & COMMUNITY HEALTH WEEK

8-12 February 2027 | Palau

VISION CARE	ORAL HEALTH	DIABETIC NEUROVASCULAR SCREENING	ADDICTION PREVENTION & RECOVERY
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TRAIN • EQUIP • SERVE • MENTOR • MULTIPLY

A competency-based medical missionary training program integrating vision care, oral health, preventive screening, referral, community education, and addiction prevention and recovery.

Training principle: Training does not equal licensure. All clinical activities must remain within applicable local law, professional scope, supervision, infection-control, privacy, and referral requirements.

Friday, 12 February 2027: Methamphetamine & Betel Nut Clinic / Community Workshop - Koror
Seventh-day Adventist Church, Palau.

MONDAY - 8 FEBRUARY 2027 | DAY 1

Understanding Vision & Basic Vision Assessment

Building the Foundations of Vision, Optics and Spherical Correction

8:30-9:00	Welcome and Introduction
9:00-10:00	How Vision Works
10:00-11:00	The Optics of Vision and Lenses
11:00-11:15	BREAK
11:15-12:15	Refractive Errors
12:15-1:00	Basic Vision Assessment
1:00-2:00	LUNCH
2:00-2:45	Introduction to Vision Correction
2:45-3:30	Introduction to Subjective Refraction (Spherical Correction)
3:30-3:45	BREAK
3:45-5:00	Practical Session 1: Visual Acuity (VA), Pinhole & First Refractions

Day 1 emphasis: understand how vision works, establish reliable visual-acuity technique, recognize refractive error, and begin safe, supervised spherical refraction practice.

TUESDAY - 9 FEBRUARY 2027 | DAY 2

Developing Refraction Skills

Learn the Basic Principles of Subjective Refraction

TIME	SESSION
8:30-9:00	Review and Reflection
9:00-10:00	The Logic of Subjective Refraction
10:00-10:15	BREAK
10:15-11:15	Practical Session 2: Best Sphere
11:15-12:15	Astigmatism and Cylinder Basics
12:15-1:00	Supporting Tools: Autorefraction & Retinoscopy
1:00-2:00	LUNCH
2:00-3:15	Practical Session 3: Full Refractions with Cylinder
3:15-3:30	BREAK
3:30-4:15	When Refraction Doesn't Make Sense and When to Stop
4:15-5:00	Practical Session 4: Full Refraction Attempts

Safety emphasis: trainees should recognize when findings are inconsistent, when vision cannot be adequately corrected, and when the appropriate action is to stop and refer rather than continue refraction.

WEDNESDAY - 10 FEBRUARY 2027 | DAY 3

Eye Health & Clinical Integration + Oral Health Foundations

Morning: Finalising Prescriptions, Recognising Abnormal Eyes & Knowing When to Refer

8:30-9:00	Review and Reflection (Binocular Refraction / Ready-Made Glasses)
9:00-9:30	Turning Refractions into Glasses
9:30-10:15	Recognising Common Eye Problems
10:15-10:30	BREAK
10:30-11:30	Retinal Photography: Normal vs Abnormal
11:30-12:00	Red Flags, Scope & Referral
12:00-12:30	The Medical Missionary Eye Care Pathway
12:30-1:00	Final Reflection
1:00-2:00	LUNCH

Afternoon: HMI Oral Health Technician - Foundations

TIME	SESSION
2:00-2:15	Welcome & Introduction to the HMI Oral Health Technician
2:15-2:45	Understanding Oral Health & Why It Matters
2:45-3:15	Basic Tooth & Oral Anatomy
3:15-3:45	Common Dental & Oral Diseases
3:45-4:00	BREAK
4:00-4:30	Oral Health Risk Factors & Prevention
4:30-5:00	Basic Oral Assessment, Screening & Documentation
5:00-5:30	Dental Cleaning, Prevention & Referral: Introduction to Tomorrow's Practical Skills

Oral-health pathway: EDUCATE -> SCREEN -> PREVENT -> BASIC CARE WITHIN AUTHORIZED SCOPE -> REFER -> FOLLOW UP.

THURSDAY - 11 FEBRUARY 2027 | DAY 4

Oral Health Practical Skills + Diabetic Polyneuropathy & Angiopathy Screening

TIME	SESSION
8:30-8:45	Review & Reflection
8:45-9:15	Infection Prevention, PPE & Instrument Sterilization
9:15-9:45	Dental Cleaning Principles: Plaque, Calculus & Scaling Basics
9:45-10:15	Sealants & Preventive Oral Care
10:15-10:30	BREAK
10:30-10:50	Practical 1 - Set-Up, PPE & Infection Control
10:50-11:20	Practical 2 - Systematic Oral Assessment & Charting
11:20-11:50	Practical 3 - Dental Cleaning / Scaling Skills
11:50-12:10	Practical 4 - Brushing, Flossing & Patient Education
12:10-12:25	Practical 5 - Red Flags, Referral & Case Scenarios
12:25-1:00	Skills Review / Questions / Transition
1:00-2:00	LUNCH
2:00-4:00	Supervised Oral Health Practical - Continued
4:00-5:30	Diabetic Polyneuropathy & Angiopathy: Screening and Referral (if time and audience allow)
5:30	Final Reflection & Commissioning

Clinical boundary: Scaling, sealants, retinal imaging, diabetic neurovascular screening, and other procedures must be taught and performed only within locally authorized scope and required professional supervision. Abnormal findings require appropriate referral.

FRIDAY - 12 FEBRUARY 2027 | DAY 5

Methamphetamine & Betel Nut Clinic / Community Workshop

Koror Seventh-day Adventist Church, Koror, Palau | 9:00 AM-5:00 PM | Free Services

TIME	SESSION
9:00 AM	Registration & Welcome
9:30 AM	10,000 Teeth Workshop
10:00 AM	Betel Nut Trivia
10:30 AM	Kids' Oral Hygiene Education
11:00 AM	Understanding Oral Cancer
11:30 AM	Addiction Recovery & Hope
12:00 PM	Lunch Break
12:30 PM	Strong Teeth Competition
1:00 PM	Lifestyle Medicine for Families
1:30 PM	Betel Nut Recovery Stories
2:00 PM	All About Meth!
3:00 PM	Prevention & Recovery Tools
4:00 PM	Prayer, Hope & Healing Session
5:00 PM	Clinic / Workshop Close

Community services may include dental and oral checkups, oral-cancer screening, general health checks, mental-health and addiction support, nutrition guidance, community resources and referral, according to available qualified personnel and local requirements.

PALAU HMI WEEK - PROGRAM OUTCOMES

Participants should leave the week with stronger foundational knowledge, supervised practical experience, clearer referral thresholds, and a shared HMI framework for compassionate community service. The program is designed to connect technical training with Friday's community-facing prevention, screening, education, recovery support, and spiritual-care activities.

Healthy Eyes. Healthy Smiles. Healthy Lives. Healthy Communities. Wholeness in Christ.