

Trip summary June 2008

Week 1 - June 7-15

Week 2 - June 14-21

1. Trip members - 38 total

Leaders - Anne and Randy Ruch

5 Physicians - Anne Ruch, Gary Collins, Coral Matus, Lynette Thuma, John DeKeyser

7 medical students - Natalie King, Katherine Lee, Megan Kapp (Roach) , Jacob Snow, David Podboy, Kim Collins, Jennifer Weber

1 anesthetist - Melinda Rakesmith

4 nurses - Maggie Trzcinski, Mary Mascazine, Mary Rose Hayes, Colleen Perry

6 teachers - Leslie Miller, Loviah Aldinger, Sr. Pamela Buganski, Sr. Colleen Cousino, Joe Mascazine, Ashley Misejka

4 translators - Ninette Ruch, Deena Ellis, Jacob Snow, John Orozco, Kim Collins

1 Pastor - Roger Miller

General helpers - Jeanne Crossen, Bruce Baker, Kathy Curry, Brad Crossen, Russell Ruch, Laura Ruch, Graham DeKeyser, Nora DeKeyser, Thomas Hayes, Randall Ruch, Bill Schmidt

What we brought

1. Medications - list attached at end

Donated by King Pharmaceuticals, Americares,
Bought from Promedica

2. 600 pairs of eyeglasses - bought from Restoring Vision

3. Surgical supplies -

Gowns, drapes, laparotomy sponges, suture, surgical instruments, foley catheters, scrubs, prep kits, betadine, anesthesia supplies, tubing, cautery, irrigation, face masks, boot covers, gloves, spinal trays, needles, syringes, suction, scalpels, laryngoscopes, IV tubing, IV start kits, urine testing kits, stethoscopes

Donated by Promedica, Alaska Medical Missions, Providence Hospital in Alaska

4. Diabetic supplies - 100 glucometers, 3000 glucose strips, lancets

Donated by Alaska Medical Missions, Promedica

5. Ultrasound machine (donated by Alaska Medical Missions)

5. Colposcope - donated by Promedica

6. Cryotherapy gun - donated by Promedica

7. School supplies - value \$500

8. Paper making supplies

9. Tools for vocational center - value \$400

10. Vitamins - 25, 000 Children's vitamins
5,000 prenatal vitamins

11. Anesthesia supplies

12. Pap Supplies - donated by Promedica

13. 500 bibles - donated by ? (from Mark Sass)

Itinerary

Sat (7th) - Arrive, pizza. Bring supplies to clinic

Sun (8th) - Medical Clinic was completely emptied, restocked and organized.

Painting of clinic started.

Church in evening

Bring supplies to Hospital Shalom

Buy paint and materials for latrines for clinic

Hang banners in clinic

Monday - Friday(9th-13th)

1. Ob/Gyn and general clinic at Colonia Tikal
2. Eyeglass clinic in Colonia Tikal and villages
3. Medical jornada to villages each day
4. Paint clinic (inside and out), install shelves, general repairs
5. Put in latrines in Pueblo Nuevo
6. School teachers at school
8. Continue working on water surveys of people in San

Benito and surrounding areas.

9. Meeting with Microenterprise group
10. Teaching paper/card making
11. Nightly group discussions

Saturday, the 14th

Trip to Tikal.

1st group left in evening and 2nd group arrived

Sunday, the 15th

Trip to lake

Organized supplies at Hospital Shalom in preparation for surgeries

Church in evening

June 16-20

1. 9 surgeries at Hospital Shalom
2. Ob/gyn/Peds/general clinic in Colonia Tikal
3. Ob/gyn clinic at Hospital Shalom
4. Teachers working in school
5. Eye glass clinic
6. 9 surgeries at Hospital Shalom
7. Continue painting clinic and working on latrines.
8. Continue community surveys and above projects.
9. Field trip to water park with 65 children from Pueblo Nuevo
10. Continue working on surveys and water testing

11. Distribute mebendazole
12. Nightly group discussions

Friday, the 20th

1. Ob/Gyn clinic at Colonia Tikal
2. Medical clinic at Pueblo Nuevo and Colonia Tikal
3. Introduction of "therapeutic food" to Pueblo Nuevo
4. Visit Mayan ruins in Tikal in the afternoon and dinner at lake.

Sat, the 21st

Home

Medical Clinic at Clinica Buen Samaritano, Colonia Tikal

The clinic was staffed every week day during the trip. We saw 20-40 people each day. There were initially problems with people knowing about the clinic because it is not normally staffed but as the time went by, people came from farther and farther away with more complicated problems. By the end of the 2nd week, people were coming on buses from several hours away and we have heard since our return that people are now coming there because of the miraculous recovery of the women with the leg ulcer. The trip confirmed to us that all this clinic needs is a good physician or advanced practitioner with physician back-up.

We fully stocked the clinic with multiple medications (see list).

Frequently noted problems were: malnutrition, worms, stunted growth, diabetes (many newly diagnosed), hypertension, rashes, asthma, pelvic pain, gastritis, arthritis, abnormal uterine bleeding, otitis media, abnormal pap smears, headaches, abdominal pain, depression, fungal infections

Patient identified with 12 cm. chronic leg ulcer of 4 years. Debrided at Hospital Shalom and treated with calcium alginate. Excellent healing. Patient will be followed by Mirena at clinic

Medical protocols are currently being set up for treatment of diabetes and hypertension. Patients were initially started on drug therapy and they will continue to follow with Mirena.

Ultrasound, colposcope, and cryotherapy machine installed.

The clinic was painted inside and out, the banners (made with the help of Elise Metzger) were hung and everyone commented that it gave the clinic a feeling of renewal.

The clinic is now fully equipped with meds, supplies, equipment to have a functional Ob/Gyn /general medical clinic. Mirena and Elena have been there for 10 years; they know the community and very committed to the success of the clinic.

Medical jornadas

4 villages - average of 50 patients each day. Similar problems to those mentioned above with more problems resulting from malnutrition and worms.

Albendazole and vitamins also distributed.

Visiting the villages gave the group members a good sense of what the people in these areas face in order to survive. Everyone felt it provided a lot of insight into the incredible struggles of lack of food, lack of potable water, poor or non-existent education, large families, no local health care provider. I think the general feeling however was that our efforts could be better used at centralizing the health care we are providing and letting the existing health promoters know that we are there and they can send patients to us.

Hospital Shalom

We had an excellent opportunity to get the staff and administration of the hospital well. They were extremely gracious and we felt that we all worked well together. There were some problems with having as many surgeries as they had hoped for. Multiples reasons for this which were discussed.

9 surgeries

1. Uterine procidentia, cystocele, rectocele - vaginal hysterectomy, Colpocleisis
2. Debridement of chronic ulcer
3. Uterine fibroids - TAH BSO
4. Chronic pelvic pain, adhesions - TAH
5. D&C - miscarriage
6. D&C - retained products of conception
7. Ovarian cystectomy - hemorrhagic ovarian cyst
8. Menorrhagia - TVH
9. uterine fibroids - TAH

Clinic - pap smears, evaluation for surgeries, treatment of multiple gynecologic problems, prenatal visits, Severe postpartum endometritis - 14 year old girl traveled 6 hours and slept outside overnight in order to see us. She had a fever of 104 and had delivered a stillborn baby the week before. She was admitted and treated with antibiotics and recuperated quickly.

Pueblo Nuevo

1. Installation of 4 latrines with funding for 2 additional immediately
2. Medical jornada - 99 patients seen
3. Teaching of paper making and flower pressing
4. Randy had opportunity to spend a good amount of time with Goyo, one of the main leaders of the community.

Pap smears

95 paps done - 1 cervical cancer identified and treated,
Several high grade dysplasias identified - will be treated on next trip

Water testing - 15 homes

3 places identified with fecal coliform contamination including vocational center. Only one identified that used municipal water system. Need identified for further testing. Surveys indicated that people were concerned about the water (even if water was not contaminated) and were reluctant to drink it.

Vocational School

Pastor Roger and John Orozco led a bible study at the center.

Derida, Bio and I talked at length about how the sponsorship relationship should be. They felt strongly that the individual boys not realize that individuals are "paying" their way. Since more boys will be joining, they are concerned that some may feel left out. They also don't want the boys to manipulate the sponsors. They feel it would be better for the boys to know that there are a group of people supporting the center who really believe in the mission there. It would be great for the sponsors to correspond with the boys in general. The boys made coaster sets for the sponsors which we brought home.

Education Team

1. Clog dancing class
2. Art class
3. Teacher inservices
4. Language arts inservice
5. Teacher observation
6. Distribution of supplies
7. Great need evident for books in Spanish

Microenterprise

1. Meeting with Genesis Empresarial
2. Meeting with Solidarity Group
3. Teaching of card/paper making in Pueblo Nuevo and Colonia Tikal

Field trip to Water Park

50 children from Pueblo Nuevo, 5 teachers, 5 team members. Most of these children had never been outside their village. The children were quiet and never spoke on the trip there. However, on arriving at the water park, they were jubilant and apparently had a time that they won't forget. The people of this village are not accustomed to Americans and so they have appeared very nervous around us. It seemed as though this trip was a wonderful way to build trust and good relationships with the children. "Papi" Sass had requested that his donation be used for children and so that money was spent for this excursion. I told him about it on returning and he was tearful with joy!

Evangelical

Pastor Roger and David Podboy and Marissa distributed 500 bibles

Pastor Roger acted as hospital chaplain and led prayers with all patients at Hospital Shalom

Prayers with many patients and families

Rotary Club of Flores

Randy and Bill met with Rotary members to look at water reservoir tank for community elementary school. Bill had contributed to this venture. They participated in a Rotary luncheon with governor of Peten. The Rotary sponsored Diabetic Clinic of Peten was given a huge amount of diabetic supplies by SewHope including 75 glucometers and 2000 test strips and lancets (value about \$4000).

2. Report on Education Week One of June 2008 Trip

Sr. Pamela Marie Buganski

Our regular team consisted of Sr. Colleen Marie Cousino, Joe Mascazine and Sr. Pamela Marie Buganski. Graham DeKeyser joined us for a day of observation and assistance with translation for Sr. Colleen, and of course, playing soccer with the boys. David Podboy and Brad Crossen also joined for soccer. David also distributed the health books written in Spanish at the Manantial School

Sr. Colleen taught clog dancing on several days to the 4-6th grade girls using the church as the studio. The girls really enjoyed it. Sister taught an art class to the K-5, K-6 and 1st-3rd grade students. They came away with butterflies and hats and flowers that they were very proud of.

Joe spent a day with Wendy, the English teacher. He also spent time observing and helping the teachers Daniel, Victor and Sissy in grades 4-6. Joe presented an in-service to all of the teachers one day after school with the help of Derida as the translator. He presented language lessons based on the Guatemalan culture that had application in any area of study. The teachers really participated in the presentation and walked away with three new ideas. I considered this in-service to be the most phenomenal experience of our time at the school. And of course, in between times you found Joe on the soccer field!

I wandered through all of the classrooms with hands-on materials that were purchased for the school. I demonstrated use of the materials and then left them with the teacher; for example, using colored paperclips as counters for carrying in grade one and the using playing cards for practice of multiplication facts in grade two. See the list of accompanying purchases. I observed lessons and talked with teachers all of whom I had met last year. It was evident that the experience of last year had paved the way for a deeper experience with more teachers this year.

Sr. Colleen and I were invited to the home of the principal, Nancy and her husband el Pastor. Nineth spent 90 minutes translating conversation with these two leaders of the San Benito community. They talked about the power of faith in the community, the building of the school and parish, their ability to get jobs for 40 community members, their hopes for the future of the people. Most powerful was the level of faith and the level of trust that they had in us. We invited them to come to visit our schools. They said that they would plan for the trip.

The saddest experience that I had happened right away on our first day at the school. Albana, the bilingual daughter of Derida and Bio, showed up at the door where I was unpacking the supplies that we had purchased for the school. She had three of her fourth grade friends with her. Albana translated that her friends could hardly wait to read the books that we had brought that were written in Spanish. She pointed to the library that contained many books but said that the children can't read them because the books were written in English. I also kept eight second grade boys off the soccer field without coercion as they read to me in Spanish the entire Curious George and the Bicycle. The children are starved for books in Spanish. I would like to do a project at Christmas to work on collecting books for the children.

Sr. Colleen and I also started and completed a curriculum project for the vocation center that Derida and Bio had asked us to do. We took all of the available resources that Bio had and the resources that we had brought with us and organized them into a basic curriculum. It is a start. We know that the boys at the vocation center need a more sophisticated calculator that I would also like to work toward getting at Christmas time.

Sr. Colleen and I also spent an hour walking through one of the schools at the village of San Valentino when we accompanied the medical team. Our tactic since we didn't have a translator was to walk slowly and carry a big smile. We were immediately noticed as we walked through the gate of the school compound. Soon the director spotted us and came over. After 10 minutes of hieroglyphics of language and gesture we managed to tell him that we were teachers and that we just wanted to observe in the school. Believe it or not, with a sweeping gesture he gave us permission to wander freely wherever we wished. We spent time with each teacher and swarms of students. The school was much poorer than the Manan

3. Leslie Miller and Ashley Misejka and Sr. Colleen and Loviah Aldinger - Observed classes while in session. Taught language arts class about Father's Day using a graphic organizer. Provided teacher inservices.

Microenterprise -

Report on Microenterprise Experience of June 2008 Trip

Sr. Pamela Marie Buganski

I had spent lots of time looking for an established microenterprise group in the San Benito area before we left for the trip. I found only one that was non-agricultural by nature. Through using the connections of our sisters working at a UN NGO, I managed to get a direct contact with the director of Genesis Empresarial. Since Rolando only speaks Spanish, Derida contacted him the week before our trip and set up an appointment for us. Believe it or not, we happened to pass Genesis Empresarial everyday on our trip to the clinic.

Joe Mascazine, Brad Crossen, Sr. Colleen Marie Cousino, Derida and I spent over an hour with Rolando. Rolando turned on the air conditioner in a classroom with chairs where we met. We contended with the loud rumble of the air conditioner, the freezing room, the annoying traffic sounds of a busy corner where a man with a whistle was conducting traffic in a construction zone, and the translation. It was a challenging but wonderful conversation. Rolando answered any question that we had with grace and thoroughness.

Our goals were threefold: To check out the organization, to see if they were able to take on more groups, and to see a solidarity group in action. I would say that we were successful in all three. Rolando was convincing to me, they have room for more groups and he was able to set up a meeting for us to meet a group of women.

Rolando arranged that one of his field workers would take us to a solidarity group. The group was not in actual session, so we did not see how they conducted a meeting, but we got a good enough idea and asked the women many questions. The group had been together for five years, and they were currently on their fifth loan. There was a president and a treasurer of the group. We found out that the money earned is very important to the women just to maintain their families with three meals a day and basic needs. You could see that they were benefiting from the experience, but that no one was getting rich. I still feel like I was on a page of the National Geographic.

Joe and Mary worked miracles with the paper making. They rolled with every punch and created enough supplies for two groups though they had only planned for one. The entire lesson was hands on and the women loved it and were very good at it. Joe and Mary left their supplies and mailed more. It is a perfect microenterprise project.







I believe that Derida will continue to work with the women on the paper project that Joe and Mary Mascazine initiated among the women at Pueblo Nuevo and at San Benito and perhaps get them started with Genesis Empresarial. I will stay in contact Derida and prepare our next goals.



This isn't exactly microenterprise yet, but when I was speaking with Nancy and her husband in San Benito, I asked if they would be interested in The Stove Project. I will continue to explore this and have already made one contact with a leader of that project. It could serve to give some employment to some of the men and to improve their health

Bill and Sr. Pam

Rotary Club of Flores

Randy and Bill met with Rotary members to look at water reservoir tank for community elementary school. Bill had contributed to this venture. They participated in a Rotary luncheon with governor of

Peten. The Rotary sponsored Diabetic Clinic of Peten was given a huge amount of diabetic supplies by SewHope including 75 glucometers and 2000 test strips and lancets (value about \$4000).

Guatemala - 2008 meds

1. Diabetic meds

Metformin - 500mg - 100 tabs/bottle/72 bottles - 7200 pills

Glyburide 2.5 mg #1000

Glyburide 5 mg #1000

Glucometer strips #2300

Lancets #5000

2. BP meds

Verelan PM (Verapamil HCl) 300mg - 400 pills

Hydrochlorothiazide 25 mg #20,000

Atenolol 50 mg #10,000

Diltiazam 240 mg ##9000

3. Antibiotics

Cefazolin 1 gm for injection - 100

Cephalexin 250mg #550

Cephalexin 500mg #1500

Metronidazole 500 mg #1000

Erythromycin 500 mg #1000

Nitrofurantoin 100 mg #300

Macrobid #600

Pediatric doses of amoxicillin

125mg/5ml -9000 treatments

250mg/5ml - 9000 treatments

Pediatric doses of cephalexin

125 mg/5ml - 9000 treatment

250mg/5ml - 9000 treatments

4. Steroid creams

5. Antifungals

Clotrimazole 30 gm #140

Fluconazole 50 mg #100

Fluconazole 100 mg #100

Fluconazole 150 mg #100

Nystatin suspension - 5600 treatments

6. Pain meds

Naprosyn 500 mg - 6374 pills

Acetaminophen 325 mg #4000

Ibuprophen 200 mg #4000
Acetaminophen suspension 16 oz #5
Pediatric Tylenol suspension 160 mg/5ml(500 doses) 50 btl.

7. Gastritis

Ranitidine - Zantac 75mg - 240
Prevacid - 3475 pills
Ranitidine 300 mg. #720

8. OB meds

Oxytocin

9. Dermatologicals

Eryderm - erythromycin 2% topical solution - 48 bottles
Cutivate lotion .05% 60 ml - 24 tubes
Silver Sulfadiazine ream 25 gm #20
Silvadene cream 1% - 600 treatments

10 Vitamins

Iron with Vit C - 1080 tabs
Iron suspension with A,C,D and fluoride 4 oz/bottle - 122 bottles
Ferrous Sulfate liquid 300 mg/5cc - 100 doses
Children's vitamins - #21,000
Prenatal vitamins - 5000

10. Surgical supplies

Furosemide inj 40 mg (10mg/ml) - 50 vials
Vecuronium bromide for injection (10 mg/vial) - 100 bottles
Neo-Synephrine HCL 10 mg uni-amp - 25 ampules
Promethazine 25 mg/ml - 10 carpjects
Isoflurane 250ml/bottle - 6 bottles
Lidocaine 2% 20mg/ml 50 ml/vial - 50 bottles
Bupivacaine for spinals - 100 ampules
Ketoralac - 30 mg/ml -100 doses
Ultane Sevoflurane 250 cc - 6 bottles
Fentanyl Citrate 250mcg/5ml - 50 vials
Morphine Sulfate -for epidural - 10mg/10ml -20 vials
Morphine - 10mg/ml - 50
Succinylchloride (20 mg/ml) 10ml vials/ 50 vials
Nimbex (cisatracurium besylate) (2mg/ml) 10 ml vials) 120 vials
Ephedrine sulfate 50mg/ml - 10 1ml vials
Glycopyrrolate injection (robinul) .2mg/ml - 25 vials
Neostigmine .5 mg/ml - 20 vials

11. Worm

Albendazole 400mg #6000

12 Contraceptives

Levonorgestrel and ethinyl estradion tab #300 packs

Zovia #150

13. Thyroid

Levothyroxine sod 88mcg #100

14. Lice

Kwell, Nix -100 bottles

15. Diaper rash

A&D oint - 100 tubes

Desitin - 50 tubes