

Trip Report – May 13-22, 2018

Submitted by Rachel Easley

- 1) Trip Participants – 9 individuals
 - a) Medical Professionals: Dr. Anne Ruch (founder, OB/GYN), Dr. Gary Collins (pediatrics), Dr. Kim Collins (pediatrics)
 - b) Medical Students (University of Toledo): Courtney Rusch, Christian Carwell, Danielle Saevig, Charles Hawk
 - c) Non-medical Personnel: Randy Ruch, Rachel Easley
- 2) Travel Notes
 - a) 6 people traveled through Belize; Dwight Tillet provided transportation between the Belize airport and Belize-Guatemala border, and Ismael Martinez provided transportation between the Belize-Guatemala border and the clinic.
 - i) Arrival was uneventful; departure was a bit dramatic due to a temporarily lost passport and a vehicle breakdown in Belize.
 - b) 3 people (Dr. Gary, Dr. Kim, and Courtney Rusch) flew through Guatemala City to the Flores airport (due to leaving on May 19th, instead of May 22nd).
 - i) Arrival and departure were uneventful, but the cost of air tickets was significantly higher than the air tickets to Belize.
- 3) Medical Activities
 - a) Dr. Anne, Dr. Gary, and Dr. Kim remained at the clinic all week to see patients. Medical students rotated between doctors and assisted with intake.
 - b) Gynecology:
 - i) Patients did not want a male medical student to assist in gyn room. Will probably not bring male students on gyn trips in the future.
 - ii) Patient numbers:
 - (1) 242 paps done
 - (2) 13 colposcopies with biopsy done
 - (3) 3 other biopsies
 - (4) 6 LEEP's
 - (5) Mayra reported approximately 260 patients seen by Dr. Anne.
 - c) Pediatrics (comments from Dr. Kim Collins)
 - i) Patients seen: 121
 - ii) Common visits:
 - (1) Intermittent headaches (with mild dehydration and long, activity-packed days likely playing a role, to whom we gave basic hydration advice and taught basic stretches and relaxation techniques)
 - (2) Intermittent cough (viral upper respiratory infections versus allergic rhinitis versus exposure to environmental irritants)
 - (3) Malnutrition (both undernutrition and a couple children with obesity)
 - (4) Children who had been hospitalized at one point (for reasons including pneumonia, asthma or likely nephrotic syndrome) whose parents wanted to make sure they were still doing well

- (5) Children who had murmurs in the past and wanted follow-up about the murmur and overall health and growth
- (6) Well children in for growth checks and to discuss preventative health measures
- iii) The most challenging situations were:
 - (1) Children with developmental disability (motor, speech and/or cognitive) with likely multifactorial etiology and being supportive while also being honest about the limitations in developmental progression that are likely. Having quality of life discussions are difficult even without a cultural barrier, and to be trying to be a support for these families (whose lives we don't fully understand) on a short-term basis is challenging.
 - (2) Children who have had (stated or suspected) Adverse Childhood Experiences and likely toxic stress, knowing that these things (poverty, death of family members by violence, etc.) are likely to affect their long-term quality of life, and it's hard for us to help foster any appreciable difference in resilience on a short-term trip.
- d) Discussed with Mayra about developing more clear protocols. She shared with us all the protocols that she has from Dr. Susanna
- 4) Community Activities:
 - a) Monday, May 14: Orfe took Rachel, Courtney, and Danielle to the school of La Bendicion (just down the road from the clinic). We took height & weight, did fluoride treatments, and gave vitamins.
 - b) Tuesday, May 15: Orfe took Rachel, Christian, and Charles to the school in Mango. We took height & weight, did fluoride treatments, and gave vitamins.
- 5) Other Activities:
 - a) Randy & Ismael installed a drop ceiling and an air conditioner in the pharmacy.
 - b) Rachel introduced Ismael to QuickBooks as a possibility for bookkeeping.
 - c) Randy & Ismael drove to Puerto Barrios to complete paperwork for importation of the truck.
 - d) Randy did lots of fixing and improvements around the hostel.
 - e) Christian, Charles, and Danielle visited Tikal with Seiner and some students from the clinic.
- 6) Spiritual Component – Evening Devotions
 - a) Monday, 6/14 – Colossians 3:12-17 (*We will support our teammates during this trip.*)
 - b) Tuesday, 6/15 – Psalm 147 (*Where did we see God's provision today?*)
 - c) Wednesday, 6/16 – Psalm 44 (*What are we lamenting?*)
 - d) Thursday, 6/17 – Isaiah 65:17-25 (*What do we have hope for?*)
 - e) Saturday, 6/19 – 1 John 3:16-18 (*How do we participate in bringing God's kingdom?*)
 - f) Sunday, 6/20 – Matthew 6:19-21 (*What do we want our legacy to be?*)
- 7) Meetings
 - a) Guatemalan Board Meeting
 - i) Sunday, May 20 at 3pm
 - ii) Used GoogleHangout (video conferencing) to include board members who couldn't travel to the clinic – it worked for the beginning part of the meeting, and then started freezing towards the end

- iii) Dr. Lucky Hernandez was the only one to join the meeting remotely. Rudy Gonzalez, Tita Balsells, and Isabel de Bosch did not attend.
- b) Staff Strategic Planning Meeting
 - i) Thursday, May 17 at 4pm
 - ii) Led by Anne and Rachel, with staff members attending: Ismael, Orfe, Mayra, Seiner, Lorena, Elder
 - iii) Discussed accomplishments so far, and answered the question: Where would you like to see SewHope in 5 years? (Notes from the meeting will be presented to the U.S. Board of Directors for consideration in Strategic Planning.)
- 8) Finances
 - a) To exchange money for trip participants, we had them give us U.S. money before the trip, then Ismael withdrew those amounts in cash from the Guatemalan SewHope account
 - b) Total Trip Expenses (**PRELIMINARY**): \$5037.98
 - i) Total Trip Income: \$6,100
 - ii) Surplus (**PRELIMINARY**): \$1062.02
- 9) All in all, a great trip!