

Honduras Medical Mission Trip 10/15-10/24/2015



Honduras, CA



Team composition

- 4 Physicians: 2 family physicians, one pediatrician, and one cardiologist
- One family physician assistant
- 7 nurses and one nursing student
- 1 physical therapist and two additional support staff who worked in triage or pharmacy
- 2 volunteers to cook and do chores at mission house so others could put energy into patient care.

Missions Team



Border Buddies Ministries (Los Amigos de Fronteras)

- Mike and Glenda Miller local missionaries in Tegucigalpa, Honduras for over 10 years
- Construction projects in schools and free school lunch programs
 - Greatly improves school attendance
 - Mothers of children volunteer to cook the food
- Ministry to Children-
 - Child sponsorship
 - Mentoring of adolescent boys and girls: getting them away from gangs

Border Buddies Ministries

- Prison Ministry
- Tattoo Removal (ex gang members)
- Medical Outreach Started in October 2013 and continued in October 2014 and October 2015

Mike and Glenda Miller



Medical Outreach

- Third Medical Mission for Border Buddies
- Set up clinics in three schools:
 - Fuerzas Armadas School
 - Venezuela School
 - Santa Margarita School
- 1406 patients visits over 7 works days (some long half days and long full days)

RN Patrick tired out- two mission trips
in a row.



Conditions seen

- Many healthy people with a lot of complaints (free meds)
- Intestinal parasites acute or prophylactic 206
- Hypertension 187
- Dermatitis 142
- Degenerative Arthritis 153
- Upper respiratory infection 119
- Headache 113
- Other musculoskeletal 105
- Well child 101
- Abdominal pain 91
- Rhinitis 75

Conditions seen Continued

- Genitourinary 69
- GERD 55
- Pharyngitis/tonsillitis 52
- Bronchitis 50
- Gastritis 47
- Diabetes 43
- Head lice 42

Conditions Seen Continued

- Cardiac disease 43
- Constipation 39
- Allergies 39
- Sinusitis 38
- Urinary tract infection 36
- Low back pain 31
- Chikungunya 31
- Other diagnoses 370

Attempt to make classroom a little more private



Dr. Vincent LaDelia Cardiology- doing some primary care



Two men with similar presentations

- Extreme increased BP and BPH symptoms.
- Both conditions responded well to terazosin.

Chikungunya per CDC

- Most people infected with chikungunya virus will develop some symptoms
- Symptoms usually begin 3–7 days after being bitten by an infected mosquito.
- The most common symptoms are fever and joint pain.
- Other symptoms may include headache, muscle pain, joint swelling, or rash.

Chikungunya per CDC

- Chikungunya disease does not often result in death, but the symptoms can be severe and disabling.
- Most patients feel better within a week. In some people, the joint pain may persist for months.
- People at risk for more severe disease include newborns infected around the time of birth, older adults (≥ 65 years), and people with medical conditions such as high blood pressure, diabetes, or heart disease.
- Once a person has been infected, he or she is likely to be protected from future infections.

Rides motorcycle after stroke



- Pt. woke in May 2015 with headache, left leg weakness and with ataxia and numbness of left arm and left leg.
- Seen 10/2015 with conjunctivitis
- Drives motorcycle in second gear
- Gets off bike to change to first gear to go up steep hill

Pharmacy



Pharmacy

- Over 2000 prescriptions were dispensed to patients at no charge.
- Prescription meds included antibiotics, anti-hypertensives, anti-parasitics, and diabetic meds.
- Non-prescription meds included vitamins, Pedialyte, acetaminophen, naproxen, etc.

Pharmacy

- Bought most medications on line through blessing.org while still in states.

Pharmacy



Lab and X-Ray

- Laboratory : laboratory tests were performed onsite including urinalysis, fingerstick blood glucose and pregnancy tests. 6 Patients were sent to a local lab for sodium, potassium, creatinine and cardiac enzymes.(cost paid by BBM)
- X-rays :1 patients were sent for radiology examinations (paid for by BBM)

Pastor Mark with children



Nursing Student Beth at triage



Spanish interpreters/Honduran Helpers



Two Interpreters, RN Prascilla and Patients



RN Prascilla and Dr. Gary with patients



Dr Correna, Dr. Gary, RN Debra



RN Suzanne and Patient



PA Kelly, interpreter, and LPN Joy



Patients waiting to be seen



Different Waiting Room



Knife wound after cleaning-also wound on buttocks and arm –gang violence?



Tegucigalpa, Honduras Facts

- Capital of Honduras
- Second largest city in Central America
- Honduras has the highest homicide rate in the world- 1/1000 people/year killed (at least of countries with statistics)- much of it gang related
- We were not allowed to go walking or running by ourselves

In trouble or protected?



Tegucigalpa- city of mountains, beauty, some wealth, and poverty







Poorer section on a hill



Durable Medical Equipment

Items of medical equipment were dispensed to patients including ankle supports, elastic compression stockings, elbow and knee sleeves, tennis elbow bands, ACE bandages, and wrist splints for carpal tunnel syndrome. The number of items dispensed was not tabulated.

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Physical Therapist Gayle



Meeting Sponsored Children 2013



Dr. Gary, Karen and her Mom 2015



2013 Colleen sponsored child and mother



Colleen, Dr. Vinny, and sponsored child 2015



2013 Dr. Bob and sponsored child and mother



Dr. Bob and sponsored child 2015



Ginny and Amy keeping us fed



Future Planning

- Another medical mission trip planned October 2016
- Issue of continuity of care for chronic conditions continues

RN Patrick having fun with kids



Face painting and fun with children



Praying before clinics

Also sometimes prayed with patients



Evening Devotions and Fellowship



4 Guitarists Total



Valley of the Angels



At Mike and Glenda's House



Team At Church

