

Shoulder to Shoulder

Working Together With Our Communities and You



Hombro a Hombro Expands Services

Hombro a Hombro adds 9,000 patients and implements new community health delivery system in 2013

We've just finished our winter meetings with the Ministry of Health and are excited to announce changes and additions to Shoulder to Shoulder/Hombro a Hombro's coverage in Intibucá.

First and foremost, we have added the municipality of San Marcos de Sierra to our catchment area, which includes roughly 9,000 people. This brings our total number of patients served to 36,212 people, delivering care through five

CESAMOs (primary care health offices staffed with a doctor), 6 CESARs (primary care health offices staffed with a nurse), three affiliate clinics (Pinares-Virginia Commonwealth University, Guachipilhincito-Brown University, Agua Salada-University of Wyoming), 2 Centros Maternas y Infantiles, "CMIs" (Santa Lucia and Concepción), our health promoters, and Equipos de Atención Primarias, "EAPs."

Continued on **4**

EAPs and New Births

Read how our EAPs identified and brought in four high-risk pregnancies for clinic and hospital births.

Page 2

Brigades and Safety

Turn to Page Three for the latest information on our brigades and safety concerns in the region.

Page 3

Health Promoters

Our health promoters are the key to public health through education, vaccination, and identification of patients in need.

Page 5



MANI 3

We continue to partner with the Mathile Institute for the Advancement of Human Nutrition to research and implement MANI 3 (Mejorando Alimentación de los Niños de Intibucá), a corn and soy based nutritional supplement, called Chispuditos that contains 21 vitamins and minerals. This 12-month program began in July 2012, and employs 7 health promoters who work in the municipalities of Concepcion, Camasca, Santa Lucia, Magdalena, and San Antonio.

All children in the communities who attend MANI meetings are screened each month for height and weight, and each quarter for hemoglobin. Children are eligible to receive Chispuditos if they are determined to be underweight or anemic. Currently over 900 children are eligible.

For more information, go to www.shouldertoshoulder.org.

EAPs: Bringing Health Care to the People

This year, under the terms of the convenio, or contract with the Ministry of Health, we instituted Equipos de Atención Primarias, or EAPs, for every 5,000 people in the community. These are three-person community health teams consisting of a doctor, nurse, and health promoter.

Each day, an EAP team interacts with a community, traveling house to house to provide home health care and health and nutrition education. The health promoters identify at-risk individuals who cannot reach the health centers, have missed follow-ups, or have special needs and bring the EAP to the home.

Although there have been tremendous advances in transportation in Intibucá over the last twenty years, many of our communities remain accessible only by foot or moto. It is difficult, cost-prohibitive, or physically impossible for some members of our community to reach our clinics and health centers. Instead, we bring the care to them.

In one week in February, our EAP teams were able to identify, reach, and bring four pregnant women to our clinic.

Patient One has eight children. Each of her other children were delivered at home. She gave birth to a healthy boy at the Santa Lucia clinic less than a week after our EAPs made

contact with her.

Prior to our visit, Patient Two had not received any pre-natal care, including labs or ultrasounds. We provide these services free of charge and will continue to monitor her throughout her pregnancy.

Patient Three had received limited prenatal care prior to our contact. However, she was diagnosed with possible ovarian cysts and had not come in for lab tests. We drew her labs and continue to monitor her.

Patient Four was at full-term, but had been hiding her pregnancy from the community. She had no prenatal care, was abused by her father because of her pregnancy and was suicidal. We educated the family, brought in Patient Four, and determined she was pre-eclamptic. We drove her to the La Esperanza hospital, and she gave birth to a healthy boy after having to be induced. Our doctors and nurses continued to visit her in the hospital and discuss the situation with her family. Our EAP teams will continue to visit and monitor her and her child.

Because of EAPs, these women are able to receive medical care and ensure their own health, as well as the health of their children.





A WORD ON BRIGADES

Brigade Safety, Concerns about Instability in Honduras, and the Future of Brigades

In November 2012, the U.S. State Department issued a travel warning for parts of Honduras, including the states where Tegucigalpa and San Pedro Sula are located. Intibucá was not named in the travel warning.

On February 19, 2013, U.S. Ambassador to Honduras Lisa Kubiske tweeted: “Proud to meet the Public Health Brigade from my alma mater Brandeis. Look forward to seeing more volunteer groups soon.” How should we react when the State Department issues a travel warning, but the Ambassador encourages brigades to come to Honduras?

Honduras is certainly not without its problems. For generations, there have been problems with political instability, corruption, and violence. Over the last two decades, the country has seen a rise in drug and human trafficking. For the most part, Intibucá has avoided much of the violence associated with Tegucigalpa, San Pedro Sula, and

the North Coast. Intibucá has problems, but currently they are largely limited to alcohol, ongoing family or business disputes, and domestic violence.

The safety of brigades visiting Shoulder to Shoulder remains our number one concern. As a result of the travel warning, we decided to temporarily suspend certain brigades, including less established brigades and certain undergraduate programs.

Brigades associated with Shoulder to Shoulder are subject to rigorous safety checks, including undergoing safety training and passing a test prior to visiting Honduras. When the brigades are away from our service areas, they stay in secure hotels and are supervised by both US- and Honduras-based brigade coordinators.

Continued on

4

Free Health Services

Based on our contract (“convenio”) with the Ministry of Health, Shoulder to Shoulder/Hombro a Hombro will continue to offer free care in the areas of emergency, primary, and prenatal and neonatal care. Shoulder to Shoulder/ Hombro a Hombro will also continue to provide free community health, education, and nutrition programs for our communities.

The New Year brought us amazing doctors, nurses, and health promoters to our clinics and communities as new hires or for their social service year. We will feature profiles of our staff in coming installments.

2013 also brings a change to how we reach our patients. We have begun sending out Equipos de Atención Primarias, “EAPs,” into our communities every day. EAPs are comprised of a doctor, a nurse, and a health promoter. For more information regarding EAPs, turn to Page Two, and for more information regarding our health promoters, turn to Page Five.

Dental Services

We continue to offer state-of-the-art dental clinics in both Santa Lucia and Concepción that are among the best in Honduras. Our dentists provide a wide variety of restorative and cosmetic dental procedures. The offices feature dental x-rays and computerized dental records and tooth charts. In 2012, our dentists saw 3,286 patients and performed 4,333 fillings and 1,709 extractions. The fee schedule is

subsidized by donations and represents a fraction of the retail cost of the work performed.

In addition to the work done in the clinics, we operate a prevention program in 12 area schools. This consists of a dentist visiting the class three times per year to apply fluoride and screen children for needed restorative work. The children are brought into the clinic for any needed procedures.

In 2012, we saw 421 children in Santa Lucia and performed 253 extractions, 1,299 fillings, 1,475 sealants to prevent tooth decay, and 1,320 fluoride treatments. In Concepción, where we have had a longer presence, we have seen 280 children, performed 171 extractions, 314 fillings, 718 sealants, and 354 fluoride treatments. Today, nearly all of the students in the program are cavity-free.

This program is funded by donations of 1000 Lempiras (US \$50) per child per year. Go to our website to find out how your donation can expand this successful program.

Advanced Medicine Consults

In addition to the work we do under the convenio, this year we are also providing a number of advanced medicine services to the public for a fee. This includes being seen directly by a physician with family practice training and on-the-spot access to advanced diagnostic equipment including x-rays, ultrasound, endoscope, and more than 50 lab

tests. These physicians can also obtain phone or e-mail consultation with specialists who have electronic access to medical charts, lab results or x-rays. We charge 250 Lempiras, or about US \$12.50, for elective Advanced Medicine consults. The consult fees and any necessary medicines or lab tests are priced based on the market rates in La Esperanza and other nearby locations.

A Word On Brigades

...continued from Page Three

In our 23-year history, we have never had a violent incident involving a brigade member. Still, we remain vigilant with our brigade members. The brigades sleep securely in one of our two CMI clinics or one of our three affiliate clinics. Fieldwork is performed under the supervision of our Honduran doctors and nurses or American brigade leaders.

We recognize that brigades play a central role in the education of both US and Honduran practitioners, and have formed the basis for many a practitioner’s desire to volunteer, contribute, or practice in needy areas worldwide. Brigade alumni remain our most vocal advocates.

Honduras, the United States, and Shoulder to Shoulder remain committed to fostering individual development in a safe environment. For more information regarding our brigades, please e-mail Scott Reinstein at scott@shouldertoshoulder.org.



SHOULDER TO SHOULDER'S HEALTH PROMOTERS

The Key to Our Mission

Health promoters form the backbone of our public health mission in the frontera. Each day, they travel by truck, moto, and foot into the rural Intibucá communities. Shoulder to Shoulder employs a staff of 24 promoters, who reach each of our five municipalities every week.

Promoters perform nearly every service under the public health sun: providing health and nutrition education, human and animal vaccinations, water sampling, data gathering, and identification of high risk or needy members of the community. Their success rates are worthy of study. As a simple example, promoters began vaccinating dogs for rabies five years ago. Each year, they identify and vaccinate every dog in the municipality. If you are familiar with the dogs of Intibucá, you know this is no small feat. Since the promoters began rabies

vaccinations, there has not been a single reported dog-related rabies case in our service area.

As members of our EAP teams, they develop relationships with individuals in the community and bring our doctors and nurses to inaccessible families.

In January and February 2013, promoters visited 422 homes, took height and weight measurements of every child under two in targeted municipalities, engaged in community nutrition and health talks, and monitored the health of countless pregnant women, new babies, and high-risk individuals. Promoters are invaluable to our mission. Their work saves lives and improves the health of the members of our community.



2013 Key Statistics

- 2013 Budget: US \$1,553,750
- Donations Needed: US \$250,000
- Municipalities Served: 5 (Concepción, Magdalena, San Antonio, Santa Lucia, San Marcos de Sierra)
- Population Served: 36,212
- Patient Encounters (to date): 6862
- Clinic Births (to date): 27
- Obstetric Emergencies (to date): 38
- Home Visits by Promoters: 422
- EAP Family Visits: 75 (Feb. only)

Where Your Money Goes

Basic Health	43%
Advanced Medicine	16%
Dental	3%
Education	6%
Community Health	2%
Nutrition	11%
Admin/Equipment	19%
Total	100%

How You Can Help Every Donation Makes a Difference

Shoulder to Shoulder/Hombro a Hombro and the people of Intibucá have benefited from your continuing support in the areas of health, education, nutrition, and quality of life. We are working toward sustainability in each of our programs. However, as we expand our care, we continue to rely on the generous contributions of your time, energy, money, skills, and supplies.

Ways to donate:

- Send a tax-deductible contribution to our accounting firm at:

Shoulder to Shoulder
Pohlman & Talmage CPAs
3445 S. Dixie Dr. #200
Dayton, OH 45439

- Make a donation for a specific program or to the general fund through our webpage at <http://shouldertoshoulder.org> by clicking **How to Help**.

- Make a stock or bond transfer. Contact us for more information.
- Help our bilingual school and libraries by donating books of any level in Spanish and entry-level English books.
- Donate equipment, supplies, or medication. We have a regular need for gauze, fitted sheets, gowns, latex gloves, disinfectant hand gel, citalopram, fluoxetine, cough suppressants and other supplies. For a current list of medications and supplies, please visit <http://shouldertoshoulder.org> and click **How to Help**.
- Provide a scholarship for a local student.
- Travel on a brigade with us. Contact scott@shouldertoshoulder.org to discuss opportunities.
- Shop on Amazon through our website and Shoulder to Shoulder will receive up to 6% of your total purchase at no cost to you.

Be sure to check our website and like us on Facebook to receive the latest news and photos of our programs and partners.

Upcoming updates include:

- Dedication of a new hogar in Concepción for expecting mothers
- Expansion of our Yo Puedo programs for young girls
- Camasca Bilingual School
- Community and Staff Spotlights
- Nutrition Programs
- Distribution of Water Filters



Shoulder to Shoulder/Hombro a Hombro

United States Location:

2123 Auburn Ave., Suite 340
Cincinnati, Ohio 45219

Questions? Comments?

Contact Scott Reinstein at
scott@shouldertoshoulder.org

www.shouldertoshoulder.org

Honduras Locations:

Clínica Hombro a Hombro
Concepción, Intibucá, Honduras

Clínica Hombro a Hombro
Santa Lucia, Intibucá, Honduras