

Guachipilincito Brigade Report October 2022

Participants:

David McKenna, MD, Miami Valley Hospital, Dayton OH, Brigade Leader
Emily Harrison, MD, Thundermist Health Center, Rhode Island
Carrie Griffiths, PharmD, Wingate University, Mint Hill NC, Clinical Pharmacist
Natalie Castillo, 4th year Medical Student, Wright State University, Dayton Ohio
Katarzyna (Kasia) Jachimowska DO, 2nd year Family Medicine Resident, Lehigh Valley Health Network, Allentown PA
Lauren Travis, PharmD Student, Wingate University
Melina Keller, PharmD Student, Wingate University
Iris Giron, La Esperanza Intibuca, STS Health Promotor for Guachi
Gustavo Meza, La Esperanza Intibuca, STS Brigade Coordinator
William Meza, La Esperanza Intibuca, Interpreter etc.
Julia – Cocinera extraordinaria
Laura Manship traveled in and out of Honduras with us.



October 14 – Saturday

- Flight to Comayaqua XPL (also known as Pamerola and Tegucigalpa) – flights were economical, and we didn't experience any travel delays. Those us who weren't stopped by Customs were able to meet Gustavo and William on time.

- David and Carrie were stopped at Customs by ARSA officials, which resulted in our taking 3 hours to clear customs. This was due to several bureaucratic changes that appeared to be made up by the local ARSA officials (“you need to pay tax on the glucometer”, “you can’t bring in more than \$1000 in medications”). Thanks to Laura and Carrie we were finally able to escape after paying \$22. Bags apparently are scanned by x-ray prior to arriving at baggage claim. Some bags then had stickers on them, which required you to stop at the ARSA tables and have them inspected. We had three items identified and two that were not (all 5 contained meds). This saved us from having 2/5 bags inspected. Not sure if this will work in the future, but perhaps packing the meds in several bags may avoid having all of them inspected.
- We drove to Siguatepeque and the Granja D’Elia for lunch—by now it was late afternoon-- and then on to La Esperanza; we arrived at Las Margaritas Hotel around 8 p.m. The road from La Esperanza is under construction and there was a long back up. Gustavo was able to safely navigate a detour, but it consisted of a poor dirt road and doubled the time of the drive. Despite the long ride in (Emily thinks it’s one of the 2 worst she’s experienced) our group were good sports and stayed cheerful.

October 15 – Sunday

- Visit to mercado, travel to Guachi with arrival at 1 pm after a stop at the Conce clinic and a tour by a relatively new Honduran doctor.
- We found the clinic and dorms in good shape, no major repairs needed
- Organized for clinic in a.m. which included labeling medications and counting out medications that are commonly given to patients to help with quick workflow.

October 16 – Monday

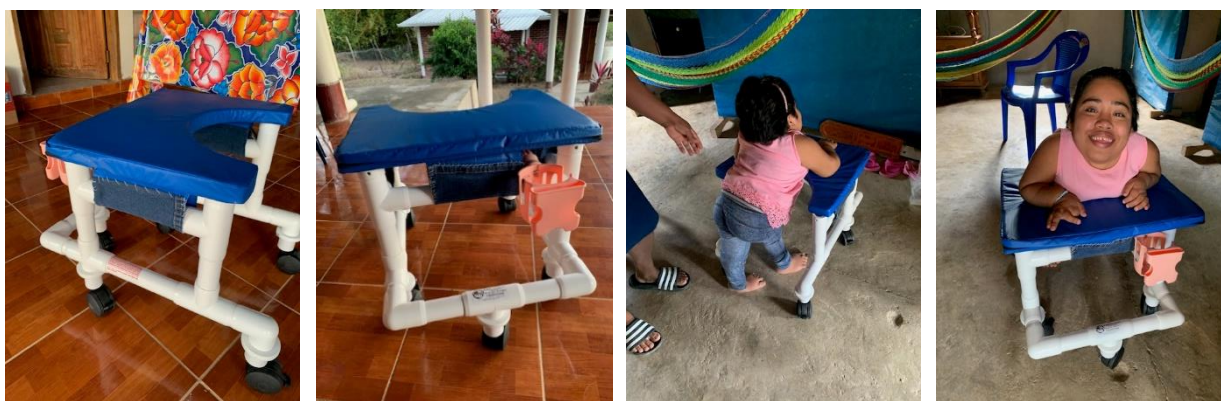
- Clinic was brisk as we had both scheduled patients and walk-ins
- El Centro home visits to 7 patients
- We saw approximately 26 patients/162 prescriptions
- Ear wax removal – went much better this year. I brought an ear canal camera (Bebird) which broadcasts live images to a phone. There were also attachments for wax removal if the patient was able to tolerate. This was a bit uncomfortable, but some were able to tolerate a primary removal. If patient did not tolerate the removal with the camera, we sent them home with Debrox to use 1-2 days and then return for irrigation. This process worked better than last year, and I would recommend giving it a try (camera was \$30 on Amazon).

October 17 – Tuesday

- Scheduled & walk-in patients
- Lots of patients wanting meds for pain, headaches, etc. Ben Gay and vitamins came in handy.
- Saw approximately 24 patients/148 prescriptions filled
- Applied fluoride varnish and gave the dental education for the school (only about 52-54 students). The Kinder was closed, so those students did not get treated.

October 18 – Wednesday

- Completed El Centro and Los Aguilares home visits – 4 patients
 - Fitted Jessica with the walker and Carrie spent the afternoon sewing with the surgical sutures in order stabilize the top. See pictures of walker and Jessica. She was ecstatic to receive this. Her smile was so big!
- Feeding program in a.m., during which Natalie and Kesia gave a charla regarding birth spacing, along with condom distribution. The Charla was well received and we learned a lot about the current availability of contraception at the health center, thanks to Natalie and Kesia.
- Scheduled and walk-ins patients the p.m.
- Saw approximately 36 patients/192 prescriptions filled



October 19 – Thursday

- Scheduled patients and follow ups in the a.m.
- Completed home visits in La Calera – 2 patients
- Saw approximately 16 patients/83 prescriptions filled

- 4 pm – there was an amazing program put on by the school children for us in the community room en el Centro. It's hard to describe just how wonderful it was. From what we learned, Dona Carmelina's brother, who has moved home from the States, and the 3 teachers, worked hard to plan the event. There were traditional dances,



skits, and music. It was clear that a tremendous amount of work had gone into the preparation. The highlight of the evening was a skit entitled "Saving Lives", featuring 2 characters named Dr. Dave and Dra. Emely. We were in stitches. The brigade members were treated like celebrities. Perhaps most significant is the fact that the community has never, until now, organized something like this for us.

<https://youtu.be/4CjSKw3YZBU?si=Kop6f8O8wmftFinH>

October 20 – Friday

- Packed up and traveled to Siguatepeque, stopping in La Esperanza for lunch, shopping, and to say goodbye to Iris.
- We took the long way via La Paz to avoid the construction, which was about a 3 hour drive from La Esperanza. This takes you right past the city of Comayaqua and XPL on the way to Siguatepeque.
- The hotel at the Gran D'Elia was adequate. Not much of an atmosphere and it lacked a place such as a bar that we could gather and socialize. The location is great with the drive to XPL taking only about 30 minutes. Apparently Comayaqua is a historical city and perhaps we can find a more pleasant hotel there, minutes from the airport?

October 21 – Saturday

- Travel home. Arrived at airport >3 hours prior to flight times. No problems getting to the gates. I think we avoided the rush by arriving so early.

Summary

- 115 patients seen (**children) (last year: 101 patients seen (18 children))
- From the chronic disease registry xx with hypertension, xx with diabetes, and xx with depression
- 7 home visits for chronic disease
- 6 home visits for special needs kids (Miguel Gomez came to the clinic)
- Patient follow up: the woman who received a mammogram at our recommendation had the study done, and results were normal. The woman with a healed hip fracture was seen by Kesia, who is a DO. She felt that the patient was doing well, and would certainly benefit from a walker as she is currently using a plastic chair.

Items to consider bringing/ordering more of on future brigades

- Eyeglasses
- Sunglasses
- Cough medications (tessalon perles, guaifenesin or dextromethorphan for adults – honey for kids)
- POC HgbA1C

Other Thoughts

- Health fair – certainly still a good idea, but it is going to take a bit of preparation prior to the brigade
- Generator – non-functional. We probably don't need to pursue replacing it, as at least one brigade has gone 2 days without power in the past, and we don't rely on the pump for water anymore.
- Handy Man – not sure if gutters were worked on. Didn't see any major issues needing repair. Circulation within the Pharmacy – it does get H.O.T. in the pharmacy, especially during a power outage. There was some limited discussion about getting a window AC unit to help cool down that area. It would also be better for the medications.