

# CAROLINA HONDURAS HEALTH FOUNDATION

Newsletter – November 11, 2016



Dear Friends of CHHF,

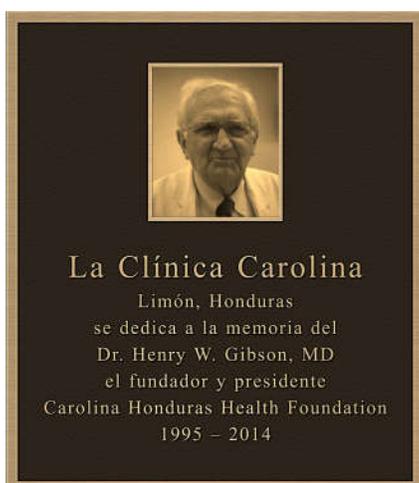
**Coordination + Cooperation = Patient Benefit** For 20 years, individual teams have staffed the clinic with little patient coordination from one team to another, only notes in the patient chart. Today, with increasing frequency, team leaders are sending requests for the incoming team leader to check on a specific patient or patients. A team leader in September sent five such requests. Thus, our clinic is becoming more than a “doc in a box” where patients see the doctor once then hope wellness follows. Recent follow-up requests included checking on a patient who had significant burns, delivering supplies to a paralyzed man, bringing a medication for a patient when that medication was out-of-stock in the pharmacy.



Certainly, communication between three teams has been very important to the health and survival of Baby Britanni. Mother Norma brought the six week old baby who was diagnosed with severe malnutrition. Norma was given what formula was in stock in the pharmacy. This was followed with a request to the incoming team for more formula. When the following team saw Britanni, she had not gained weight and appeared to be dehydrated. Docs made a “high calorie” formula for Britanni and an IV was established. Baby and mother stayed at the clinic all day until doctors knew she was able to tolerate the formula and that her hydration was improved. Norma was sent home with formula and instructions to return in 2 days. Then in discussion with Norma, the team realized that the whole family was hungry; Stop Hunger Now food was given for the other children. In addition, one of the doctors gave the mother money which would help during the upcoming rainy season when no teams will be at the clinic. Two weeks later the final 2016 team took more formula for Brittany and, when they saw her, confirmed that she is gaining weight.

Another excellent example of coordination between teams is the story of Sadie and Edwin. In the last newsletter, I shared the story of Sadie, known by team volunteers from previous missions to Honduras.

When Altman team volunteers saw Sadie in September, they recognized that the Personal Energy Transport she had been given years ago was both outgrown and outworn. As they returned home, they arranged for a donation of a new P E T and asked my team to deliver it. In addition, the Altman team identified young Edwin as needing a P E T. Edwin has hydrocephalus, spina bifida, and other birth disorders. Both devices were donated by the Alabama Honduras Medical Educational Network, AHMEN. And my team was the recipient of the true joy of seeing Sadie and Edwin as they received these gifts, offering them mobility they did not have.



**Dedication plaque** In October the Board of Directors dedicated a plaque at the Limón Clinic in recognition of the leadership provided by Dr. Henry Gibson in creating a health care facility where none previously existed. The plaque reads:

**The Carolina Clinic**  
Limón, Honduras  
dedicated to the memory of  
Dr. Henry W. Gibson, MD  
founder and president  
Carolina Honduras Health Foundation  
1995 - 2014

**Making a difference, one patient at a time...** Volunteers often ask the question “What would these patients have done had our team not been at the clinic?” Here are a few stories sent to us by volunteers:

- A premature newborn was brought to the clinic barely breathing. With all the medical intervention available, doctors worked with the baby to stabilize sufficiently for transport (on oxygen) to the hospital nearly two hours away.
- On a house call to a home in the village well after hours, doctors found a young man totally unresponsive; the family indicated that he often had seizures. The team provided assistance with funds to have the ambulance transport the young man to the hospital.
- A woman who escaped her husband’s machete attack was given a sedative and comforted with prayers.
- A team provided stitches for a man who, while hunting for food for his family, severed an artery in his hand with a homemade spear.
- A father came with his sick son, previously diagnosed with a kidney blockage; the family had no funds for required surgery. CHHF’s Medical Referral program provided those funds so that the child might have the needed surgery.
- Many diabetics and hypertensives are dependent every day on the medications that our teams provide. Without these medications both would eventually have strokes. The diabetics would have loss of vision and ulcers would result in amputations.
- Many children come in respiratory distress, are given breathing treatments, and mother is provided with a nebulizer and education as to how to treat asthma.

**Another life for an old yellow bus** In 2003 CHHF purchased and shipped to Honduras a 1992 yellow Bluebird bus. That bus has been used these past 13 years to transport patients from other villages to the Limón clinic or to transport the medical teams to remote clinics, thus saving the patients long journeys on foot or expensive journeys by motor taxi. When a team is at the clinic in Limón, the old yellow bus goes between Limón and the villages of Francia, Plan de Flores, and other villages in order to bring the patients to the clinic in Limón.



Recently two different mothers have expressed their gratitude for this old bus. Dilcia Galvez lives in Limoncito and finds it very difficult to walk the hour and a half with her three children. Taking a motor taxi would cost \$5 each way, which she doesn’t have. She also says the long walk in the hot sun with children who have a fever would be impossible. Sonia Padilla lives in Francia, which is even further than Limoncito. Without the old yellow bus, Sonia says she would be unable to obtain medical care for her five children. Who would have imagined this new life for an old yellow bus which once transported children to school in the States!

**Honduran Doctors Serve at Clínica Carolina** Within the past two years, several medical teams have utilized Honduran doctors working alongside them at our clinic. This year ten teams were joined by one or more Honduran doctors. Some of these served as volunteers; some are paid a very small salary. When back to back teams cancelled in late August/early September, Team Leader Lou Altman stepped forward to lead a quickly formed team so that the clinic would not be closed for five weeks. She did not find doctors in the States who could go on short notice; she did find four Honduran doctors who volunteered with her team that week. CHHF is most grateful for their service and for Lou’s quick response to our need.

The Honduran doctors have expressed their appreciation for the medical care we offer their people. Dr. Oscar Reyes commented, *“Here at the Limón clinic you have any kind of medication needed; this is different from the government clinics who do not have too many kinds of medications. There we diagnose the problem, but there is no remedy.”* Dr. Baison Centeno said, *“I am pleased with the work you do in Limón, helping many poor people. I enjoy working for the poorest people because it is a great blessing. Thank you for having us to work with your mission groups in Limón.”*

Words cannot express our thanks to our volunteers who serve this need in Honduras. Yet, beyond this volunteer service, CHHF spends over \$136,000 annually in order to provide medical care at our clinics. The health care we offer and programs such as the Medical Referral Program, the Community Development Program and the Education Program are changing lives. Your donation today means that you are joining with us in making a difference in the lives of those impoverished in Honduras.

Sincerely,

A handwritten signature in black ink, appearing to read "N. K. Hook, Jr.".

N. K. Hook, Jr.  
President