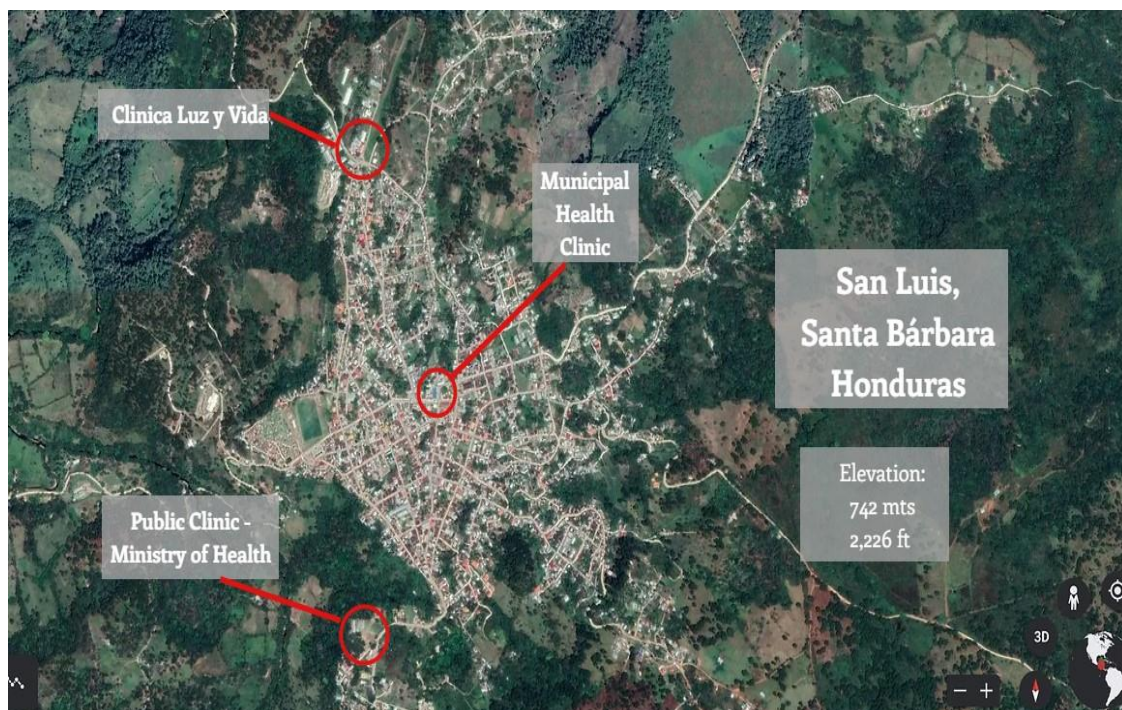


Trip Report
Visit to Clinica Luz y Vida
San Luis, Santa Barbara, Honduras
February 26 – March 1, 2023

Summary: We visited San Luis, Santa Barbara, Honduras between February 26 through March 1, 2023,¹ and participated for two days in a medical brigade sponsored by the Evangelistic Faith Missions (EFM) missionary Daniel Melton (see <https://efmmissions.org/>). Daniel is the director of the Luz y Vida Health Clinic. During our visit we also met with staff of the Ministry of Health public health clinic and the local Red Cross office. The objectives of our trip were to (1) provide information and equipment to measure hypertension, (2) facilitate CPR/AED training and provide a HeartSine Samaritan Model 350P defibrillator to Luz y Vida Health Clinic, and (3) participate in the medical brigade work in two communities. This visit helped us understand that there continues to be a need for preventive healthcare, medical equipment and training in the San Luis municipality.

Background: San Luis is one of 28 municipalities in the department of Santa Barbara, Honduras, and is ranked as one of the poorest with an overall poverty rate of 60 percent. The municipality is comprised of 17 towns and 185 communities with a total population of 25,292 residents. The largest town is San Luis with a population of 6,929. Over 70 percent of the municipal population is classified as rural and are found in San Isidro (4,040), San Francisco (1,868) San Juan (1,592), La Union (1,197), Las Flores (1,102), and Tejutales (1,037). The primary economic activity is farming and coffee is the largest cash crop in the area. Health services are limited to a Ministry of Health clinic, a newly established municipal clinic, and a faith-based maternal clinic (Luz y Vida). The Red Cross also provides services in San Luis. The map below shows the approximate location of these clinics in San Luis.



¹ Michael Maxey and Ana Julia Maxey – Executive Director and Treasurer for the Marie Maxey Foundation.

The Marie Maxey Foundation is coordinating with Colleagues in Care and Harper Hill Global to provide healthcare information, equipment and training to diagnose and treat high blood pressure and to provide emergency assistance for cardiac arrest. This work is part of our mission to support improvement in education and health outcomes in Honduras and among the Honduran diaspora in communities across the United States with an initial focus on two municipalities (San Luis, Santa Bárbara, Honduras and Fairfax County, Virginia). As indicated in the [annual report for 2022](#), our foundation provided \$2,700 in support comprised of public outreach material (250 coloring books on hypertension prevention) , medical equipment (blood pressure gauges, an AED defibrillator, CPR training dummy and an AED training module).

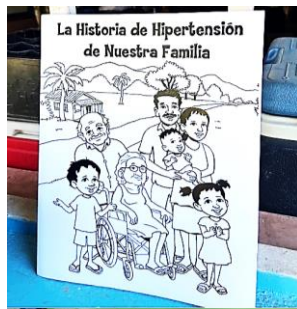
The work in San Luis was primarily with Clinica Luz y Vida which maintains 24-hour emergency medical service for the town and surrounding area. The clinic is one of the primary birthing centers, provides maternal care, and periodically provides medical brigade services. During my participation in the medical brigade as an interpreter for two days we attended over 650 patients – more than 1,500 patients were seen during the five days of campaign. EFM and Clinica Luz y Vida were able to reach six percent of the total population of San Luis municipality during the campaign. The health data obtained from these efforts provides a snapshot of the types of illnesses that are most common. The data also provides a sense of existing conditions that, if not treated, can lead to stroke and heart attack (i.e, hypertension).



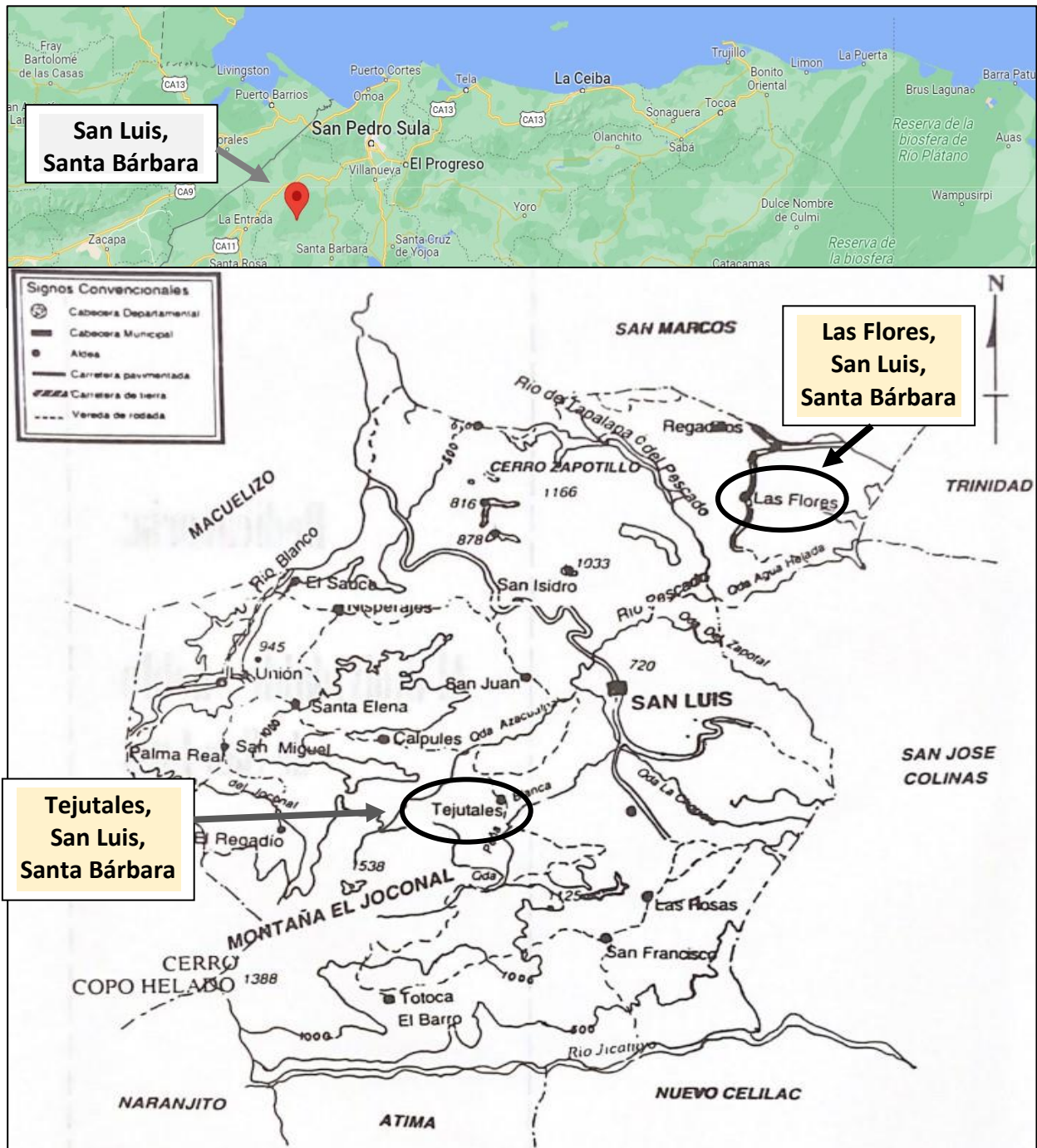
A person can donate to EFM for Clinica Luz y Vida by clicking on this link -- [here](#). We are planning to provide the following support for EFM: (1) scholarship fund for training of nurses; (2) development of audio/video spots for public outreach on hypertension; (3) medical equipment (blood pressure monitors, AED, CPR/AED training equipment). Using shipping companies, we will send some of this material over the next 8 to 9 months and take the rest on our return to Honduras at the end of 2023.

Medical Brigade with Clinica Luz y Vida and Evangelistic Faith Missions

The clinic was started in 1978 and attends to approximately 25 people per day. A modest fee is charged for all medicine and medical services to partially fund them – the majority of funding comes to the clinic from donations to Evangelistic Faith Missions. The clinic appears well stocked with medicine and supplies. Basic healthcare is provided and periodic medical missions provide surgeries and community outreach. I participated in two separate field trips to Las Flores and Tejutales. See the map on the next page.



During medical brigade visits a triage station is set up for receiving patients, assessing their situation and completing a form to be taken to a nurse for treatment. The form lists the patient's age, gender, blood pressure, weight and symptoms with a preliminary diagnosis for treatment. After triage, the patient is brought to a nurse for treatment.



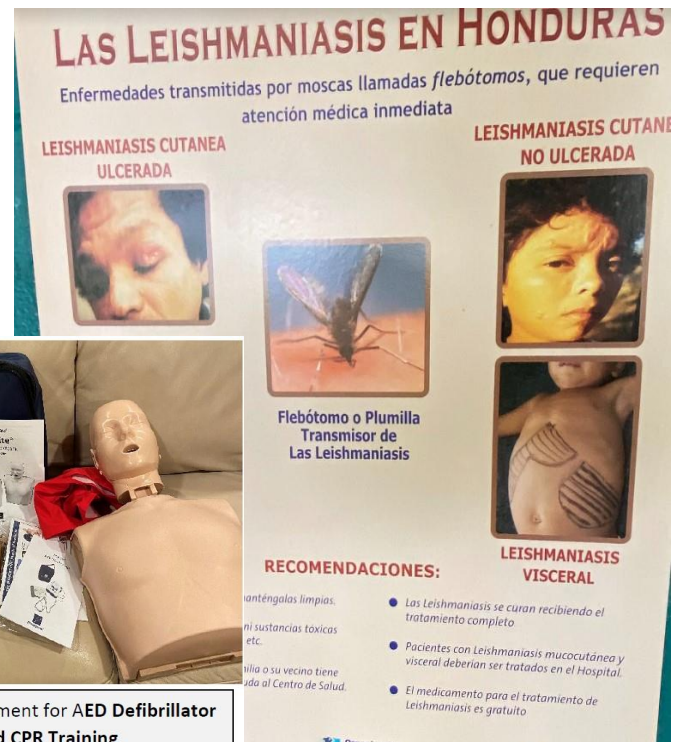
During the two days that I volunteered with the brigade, I was the translator for my nurse (Shelly). We saw 11 families the first day and 16 families the second day. The entire brigade treated 650 patients the first two days an estimated 1,500 patients during the week. This effort

helped provide a sense of the state of health of the local population. The Ministry of Health and the Red Cross participated in events and in Las Flores, they monitored the population for incidents of Leishmaniasis.² Almost without exception patients were treated for intestinal parasites and provided vitamins. Other problems included respiratory issues, colds and coughs, infections and fever. There were eye problems, back pain, migraines, and an assortment of other symptoms.

One lady explained that she was diabetic but had not been able to afford to buy her medicine for four months. Many patients complained of dizziness which could be a symptom of hypertension. During my time with the brigade, we provided coloring books explaining hypertension and blood pressure was monitored as part of triage.

Upon our completion of the second day of the field work, we were fortunate to have Dr. Alejandro Buines provide training in the use of a defibrillator (AED) and CPR to the nurses at Clinica Luz y Vida. At the conclusion of the training, we provided a new AED, AED trainer and dummy for training how to apply AED shock and administer CPR to a patient that is in cardiac arrest.

In a follow up conversation with Daniel Melton, the EFM missionary and director of the clinic, we discussed the problem of the AED not having Spanish language capability and we discussed how we could try to find a Spanish language AED.



Training Equipment for AED Defibrillator and CPR Training



² According to the Centers for Disease Control -- Leishmaniasis is a parasitic disease that is found in parts of the tropics, subtropics, and southern Europe. It is classified as a neglected tropical disease (NTD). Leishmaniasis is caused by infection with *Leishmania* parasites, which are spread by the bite of phlebotomine sand flies. See <https://www.cdc.gov/parasites/leishmaniasis/index.html#:~:text=Leishmaniasis%20is%20a%20parasitic%20disease,bite%20of%20phlebotomine%20sand%20flies>.

Next Steps

1. Provide additional blood pressure monitoring devices and follow up with training to ensure that proper readings are obtained.
2. Provide another AED and CPR training material with Spanish language capability to the Clinica Luz y Vida and transfer their current AED to the local Red Cross unit.
3. Procure more coloring books with crayons that provide an explanation of hypertension and how to avoid it.
4. Finalize audio visual outreach material explaining the danger signs of hypertension especially for pregnant women.
5. Provide scholarship funding for nursing staff at Clinica Luz y Vida.



See <https://screenpal.com/u/3MVu/clinica-luz-y-vida>



Daniel Melton on right



Shelly and Mike