



ANNUAL REPORT 2017

Hospitalito Atilán
Santiago Atilán, Sololá,
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LETTER FROM THE DIRECTOR

Dear Readers,

HA was founded more than 12 years ago with the mission to provide highly accessible, quality medical care in order to reduce maternal infant mortality in Santiago Atitlán. In 2017, we made important changes to meet our mission: we hired specialists to solve the emergency obstetrical and surgical needs of the community.

In October, I was honored to be appointed Executive Director. HA has grown in the number of personnel it employs as well as the services it provides and the community outreach programs it has implemented. The Board of Directors felt the growth of the institution required that Dr. Chuc focus on the direction and oversight of medical personnel, surgical jornadas and specialists as the Medical Director.



Here at HA, we believe strongly in the empowerment and involvement of local people in addition to the cultivation of relationships within the national and international community. I look forward to improving relations within the local community, with external medical volunteers and donors, and hope to expand the number of surgical teams and other medical specialists who make a profound impact through direct medical care, and through the mentorship they provide to our staff.

In keeping with our commitment to build strong leadership and maintain international relationships, Nicolás Sapalú Damián, the President of Asociación K'aslimaál, the governing Board of Directors of HA and a Santiago Atitlán native, had the opportunity to visit University of Pennsylvania hospitals in late 2017. These multicultural exchanges as well as the connections he made will help with planning for HA's direction in the future.

I am very grateful to our supporters who make our work possible with their time and energy, with donations of medical supplies, equipment and funding. In 2017, HA was 65% sustainable from patient donations for medical care. However, those who cannot afford care are never turned away. \$92,562 in free and discounted care was provided in 2017.

It is a privilege and an honor to lead this great institution and I look forward to 2018 as we strive to make an even bigger impact by helping more families improve their health and quality of life.

Jacinto García Chipir
Director Ejecutivo, Hospitalito Atitlán

WHAT WE DO

Hospitalito Atitlán (HA) is a small, private, nonprofit hospital, providing access to preventive and clinical healthcare — with an emphasis on the medical needs of women and children — to 75,000 Maya living on the southern shore of beautiful Lake Atitlán in the Guatemalan highlands.

Our dedicated staff is made up of local physicians, nurses and administrators who work hand-in-hand with international volunteer medical professionals to bring quality care to the community. HA promotes ongoing medical education for Guatemalan and international health professionals, helping to improve the region's quality of life.

2017 BY THE NUMBERS

12,641

Outpatient Consultations

2,910

Emergencies

193

Births

582

Surgeries

4,370

Ultrasounds and X-Rays

18,750

Laboratory Tests

36,901

Patients Served 2005 to Date



OUTPATIENT CARE



COMMUNITY OUTREACH



PARTNERSHIPS



EDUCATION



24/7 EMERGENCY CARE



ADVOCACY

WHY IT'S IMPORTANT

Guatemala has the highest mortality rate for children under five years old in Latin America (UNICEF), and Tz'utujil Maya women have a high risk of complications during pregnancy. Many lives are lost due to patients' lack of access to affordable medical care. Thanks to our generous donors, Hospitalito Atitlán's social work department is able to ensure that staff can save lives at little or no cost to families. Local staff works together with international volunteers to provide immediate assistance to those in need.

Victor David, Finca el Carmen Metzabal, Santiago Atitlán

When Victor David was four months old he was diagnosed with moderate anemia and protein calorie malnutrition during our monthly visit to Finca el Carmen Metzabal. The HA team transferred him to our hospital where he was admitted for three days. After being stabilized, Victor David was transferred to the Tzununá's Nutritional Recovery Center where he received specialized malnutrition care resulting in a swift recovery.



Isaias Juan, Cerro de Oro, Santiago Atitlán

Nicolasa, a woman from Cerro de Oro who is part of HA's Maternal Infant Health Program, gave birth to Isaias Juan who was born with bilateral Talipes Equinovarus (clubfeet). We referred Isaias Juan to ADISA, a local organization that works with children and adults with disabilities. He is now using a Denis Browne splint, which will reverse the adduction of his feet. Isaias will continue to receive follow-up treatment from our orthopedic surgeon.

Jensi Carolina, Cerro de Oro, Santiago Atitlán

Jensi is a 16-year old who came to Hospitalito in need of an emergency C-section. The OB/GYN on staff performed the surgery, and mother and baby are now healthy. With help from our generous donors and the support of our social work department, Jensi received the help she needed to finance the surgery.



A mother and her baby following our December maternal infant meeting.

Maternal and Infant Health Program

In Guatemala, approximately 54% of indigenous women without a formal education give birth before age 20 (OSAR). This community has one of the highest pregnancy rates in Latin America.

Hospitalito Atitlán's Maternal and Infant Health Program offers comprehensive prenatal care, delivery services, and postpartum medical consults to women with high-risk pregnancies and continues with pediatric checkups until the child is 5 years old. The program ensures follow up care as well as maternal education, support, and encouragement.

A YEAR OF SUCCESSES

Hospitalito Awarded Grant from the IZUMI Foundation, “Nutrition Education in Rural Sololá”



Health promoters choosing ingredients to use during our recipe contest. Participants were tasked with making healthy recipes for infants.

Hospitalito health workers routinely identify anemic and malnourished children during clinical and outreach visits in rural communities. Testing for anemia in rural areas began in 2015 and the need for a solution led to the application for an educational project focused on nutrition for pregnant women and young children.

To date, the project has created a culturally relevant, highly illustrated booklet that focuses on the importance of good nutrition in the first 1,000 days of a child’s life, from conception to age two. The booklet includes information on how to prevent malnutrition, offer nutritious recipes that promote healthy eating with locally available and accessible foods, and are written in the three Maya languages.

This three-year initiative will supplement our successful health education programs led by Maya Tz’utujil-speaking health promoters by providing information on healthy ingredient selection and food preparation through cooking demonstrations and during home visits. Currently, mothers are learning about the importance of exclusive breastfeeding during the first six months of their babies’ lives, choosing healthy first foods, and practicing good home hygiene to reduce intestinal diseases. The project will be implemented in the department of Sololá for the the Tz’utujil, Kaqchikel, and K’iche Maya.

In 2017, HA expanded its medical services

Obstetrics & Gynecology — The maternal mortality rate among indigenous women is 2.2 times higher than the rest of the population. We now have five rotating OB/GYN’s 24/7 to meet our mission of reducing maternal-infant mortality.

General Surgery & Anesthesia — A general surgeon now sees patients one day a week. With the help of anesthesia technicians our surgeon performs scheduled and emergency surgeries, like appendectomies, providing life-saving care in critical moments.

Orthopedic Surgery — An orthopedic surgeon comes to HA two mornings each week and evaluates patients, provides treatment, and is available for emergency surgery.

Diabetes Program Advances

Our “Managing Diabetes in the Department of Sololá” program, underwritten by the World Diabetes Foundation, began in 2012 in Santiago Atitlán. In 2015, we expanded the program to the entire Department of Sololá, and this year the program has netted impressive accomplishments.

27 clinics equipped for diabetes detection
31,332 diabetes detections performed
9,351 students taught about diabetes
745 health workers trained

EDUCATION AND TRAINING

CPR Training for HA Staff

In January, HA staff received training in cardiopulmonary resuscitation (CPR) led by Commander David Alvarez, a bombero (fire and rescue) from Guatemala City. During the training, nurses, pharmacy staff, and our ambulance driver reinforced their CPR skills to provide better emergency care in the future. On the day of the training, Alvarez was assisted by Santiago Atitlán residents, and long-time medical volunteers, Paul Embleton and Rob Jones.



Bianca, her sponsors, and the Director of Development at her graduation ceremony

Bianca graduates as a laboratory technician!

In November of 2017, Bianca Mendoza graduated from the Universidad de Galileo as a laboratory technician after receiving the Bill Falinski Health Science Scholarship. She was accompanied at her graduation by two of Bill's sisters (pictured on the right). Bianca had worked in the development office coordinating community health projects, but is now doing great work as part of the laboratory team. In late 2017, the laboratory began providing services 24 hours a day.

Diabetes Outreach

In August, Victor Ramírez, HA's diabetes project coordinator presented statistics from 'Managing Diabetes in the Department of Sololá' to the Ministry of Health personnel, educators, NGOs and community leaders involved in the project which is funded by the World Diabetes Foundation in Denmark. Attendees were surprised to hear the alarmingly high rates of pre-diabetes, diabetes, and overweight and obesity in the department.

"It is important that all healthcare workers and community leaders are well informed on the reality of diabetes in the region so they can work with us to educate the community and lower the prevalence of the disease. We thank Hospitalito for their work in our schools" — Supervisor of Education, Panajachel.



SURGICAL TEAMS

Several US surgical teams faithfully return to Santiago Atitlán each year to provide surgical care for patients who otherwise would be unable to resolve their health problems. Patients who can pay provide a donation towards the cost. Those without financial resources receive surgeries for free.

TANGO Foundation



This past November, HA hosted volunteers from the TANGO Foundation (Tabor Assisting Neighbors through Global Outreach). The team provided 26 surgeries as well as medical and dental care in Cerro de Oro.

Most families' only option for surgical intervention is in Guatemala City where the high cost is inaccessible to most people who reside in rural areas. However, at HA with the TANGO general surgery team, a 1000 Quetzal donation (approximately \$140 US) was requested from those who could afford to contribute, while those without financial resources received free or discounted surgical care.

Pennsylvania Surgical Team

Dr. Alan Schuricht and Dr. Elijah Riddle, gastrointestinal and general surgeons, respectively, hail from the University of Pennsylvania. In March of 2017, they led a surgical team of anesthesiologists, physicians, and nurses from Philadelphia, Pennsylvania. Many team members volunteered in 2015 at Hospitalito or had previously volunteered as nurses or non-medical volunteers.



Rolando and his wife, after he received laser surgery for diabetic retinopathy.

Restoring Sight

Twice in 2017, HA was fortunate to host the International Eye Institute, an ophthalmology team from Idaho. Over the course of one week, two ophthalmologists performed 47 surgeries for cataracts, diabetic retinopathy, strabismus, and other eye problems. In addition to surgery, the team conducted hundreds of eye exams and vision tests. Most importantly, these peoples' lives were changed by medical care that was provided at a very low cost, which otherwise would not have been accessible.

VOLUNTEER PROFILES

Thank you Dr. Michael for mentoring our staff!



Dr. Michael Paling training two HA physicians in the use of a 4D ultrasound machine.

When Dr. Michael Paling, an internal medicine and diagnostic radiologist from Tualatin, OR, decided to volunteer at the Hospital, he made it clear that in addition to working in the clinic with patients, he was interested in training our staff in the use of our 4D ultrasound machine. The machine, donated by friends from Stillwater, MN, allows staff to perform more specialized procedures. Dr. Paling worked with Hospitalito's general medicine physicians and x-ray technicians, showing them how to use the equipment in order to maximize the accuracy of diagnoses. He quickly became a valuable mentor to younger members of our medical staff. We look forward to his return in 2018.

Penn Dermatology Team

Each year, Dr. Rudolph Roth, Director of Clinical Dermatology at the University of Pennsylvania, coordinates with faculty from INDERMA, Guatemala's dermatology residency program, to organize patient consultations at HA and in four towns on Lake Atitlán. In teams of two, one Penn and one Guatemalan specialist, identify patients for surgical procedures which are then scheduled for the last day of their volunteer week in the HA operating rooms.



VOLUNTEERS 2017

Volunteers are essential to our work at Hospitalito. Our medical volunteers see patients, lead trainings and perform procedures alongside local staff. Non-medical volunteers assist with construction and maintenance, community outreach, grant-writing, and fundraising.

We were thrilled to welcome the following volunteers in 2017:

Doctors & Nurses

- Azmina Bhayani
- Denise Contreras
- Glen Dean
- Chelsea Glass
- Marlene Itza
- Evan Krasner
- Nathan Macedo
- Michael Paling
- James Sinard
- Andrew Smith
- Dawn Stapleton
- Laura Veigl
- International Eye Institute
- University of Pennsylvania School of Nurse-Midwifery
- Penn Surgical Mission
- TANGO Foundation

Volunteer Spotlights

Kanami Tomina

In February, HA and the development office welcomed Kanami Tomina, a nutritionist from Japan who is a Japan International Cooperation Agency (JICA) fellow. Kanami will be with us for two years and has already been instrumental in guiding cooking demonstrations and in creating a healthy recipe booklet as part of our nutrition project. A second JICA fellow, Manami Kawano, arrived in August to work with us as a professional midwife.



Kanami judging the health content and taste of dishes as part of our recipe contest.

Jane Dobkin

In 2017, the development office welcomed Jane Dobkin, a non-medical volunteer and recent graduate from the University of Pennsylvania. During her 11-months at HA, Jane helped write the IZUMI grant application for our new nutrition project and assisted with our anemia program in the coffee plantations.



Jane taking an anemia sample at Finca Olas de Mocá.

Medical Students

- Chris Feng
- Lauren Fryling
- Christopher Gonzalez
- Yara Gonzalez
- Maria Manrique
- Sopan Mohnot
- Raquel Ortiz
- Jochum Van't Hooft

Non-Medical Volunteers

- Jane Dobkin
- Laura Dyson
- Maya Gilardi
- Manami Kawano
- Jennifer Krasner
- Jeff Lang
- Lea Pellet & Friends
- TANGO Foundation
- Kanami Tomina

Guatemala Health Initiative:

- Dr. Kent Bream
- Dr. Fran Barg
- Zoe Barbati
- Lynn Hur
- Victoria Moffitt
- Edwin Nieblas
- Nubia Ortega

HOSPITALITO STAFF



Female staff on International Women's Day

We are lucky to count on our talented staff — local doctors, nurses, administrators, pharmacists, lab technicians and support personnel. They are at the core of the Hospitalito's work. The Santiago Atitlán community is almost entirely Tz'utujil speaking, so it is imperative to be able to communicate with our patients in their native language. Our team works hand-in-hand with international volunteers to provide essential services.



SENIOR EMPLOYEES

Executive Director

Jacinto Garcia Chipir

Medical Director

Dr. Juan Manual Chuc

Administrator

Rebeca Petzey Cuá

Head Nurse

Concepción Damian Ixbalán

Social Worker

Vicenta Chavajay Cortéz

Volunteer Coordinator

Febe Sosof Sapaquí

Director of Development

Alverta Lyn Dickey

FRIENDS OF THE HOSPITALITO

Hospitalito Atilán is able to complete its mission thanks to the generosity and support of all its donors, large and small. We would like to give a special mention to the following donors and partners:

Anonymous

Bill Falinski Scholarship Fund

William Cuneo

Direct Relief International

Eighth Day Faith Community

The Fidelity Charitable Fund

Robert Finnegan

HOLA Sertoma

Heather Pierce

Christian and Margarita Klose

Mark Lepore

Rotary Club of Monroe
Foundation

Maya & Arnie Sapper

Elizabeth Shiller

Sharing the Dream

TANGO Foundation

Donor Spotlight: William (Bill) Cuneo



Bill Cuneo and our friends in Marin County, CA have been helping Guatemalans for more than 20 years. In 2006, Cuneo donated to the building fund for the new Hospitalito and began sending containers full of medical supplies and furniture. In November 2017, he visited the Hospitalito and while discussing his pending knee surgery, Cuneo realized the building still lacked an elevator. Without hesitation, he provided funds to install one. Thanks to Bill, wheelchair access to the hospital's second floor is now possible.

Direct Relief International

This year HA received several donations of medications and supplies, shipped by air and container from DRI in Santa Barbara, California. We share these donations with other nonprofit organizations, ALAS Mental Health in Sololá and Ministry of Health clinics. These medications complement our work and our diabetes outreach program by providing diabetes medication to patients who otherwise would not receive treatment.



HA staff with Maya Gilardi, a DRI intern, receiving a DRI donation



Head nurse, Concepción, receiving the donation.

Local Partnership

In June of 2017, Hotel Eco Bambú responded to an online appeal and donated nine sets of bed sheets to Hospitalito. Over time, sheets need to be replaced so new sets are always greatly appreciated. Many volunteers and surgical teams have stayed at Hotel Eco Bambú and we are grateful to our friends for their continued support!

FINANCIAL REPORT

EXPENSES

Employee Salaries and Benefits	\$ 431,850.23
Equipment, Utilities, and Maintenance	\$ 36,236.30
Medications and Supplies	\$ 151,311.64
Other	\$ 43,127.41
Total	\$ 662,525.58

CASH DONATIONS

Donor Contributions	\$ 161,436.04
Patient Contributions	\$ 490,478.50
Total	\$ 651,914.54

OTHER DONATIONS

In-Kind Donations (medications, equipment, and supplies)	\$ 234,174.32
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FREE AND DISCOUNTED CARE

HA Social Work Department	\$ 92,562.38
Community Outreach	
- Managing Diabetes in the Department of Sololá (World Diabetes Foundation)	\$ 52,713.82
- Other outreach projects (Strachan Family Foundation, MASEK Foundation, Izumi Foundation, Conservation Food & Health Foundation)	\$32,986.42
Total	\$178,262.62