



Providing Healthcare and Hope to Maya Families

AMIGOS Hospitalito Atitlán

December 2018

Hospitalito Improves Quality of Care Through Expanded Services

In September, a Global Health Commission, part of the prominent medical journal *The Lancet*, published an article on the importance of forming high-quality health systems in the developing world. The article stated, "In short, it is becoming clear that access to health care is not enough, and that good quality of care is needed to improve outcomes."

The commission defined a high-quality health system as, "...one that optimizes health care in a given context by consistently delivering care that improves or maintains health outcomes, by being valued and trusted by all people, and by responding to changing population needs."

Hospitalito Atitlán has taken initiative, offering culturally competent care to our patients — Maya living around Lake Atitlán, many of whom are low income and lack formal education. Our medical and support staff speak the native languages and work closely with families to provide both preventive and clinical services. These include general and emergency medical care, as well as increased community outreach to rural areas; extensive diabetes identification, prevention, education and treatment; a nutrition program; and reproductive health services. The Hospitalito's activities reflect the most prevalent healthcare issues in our community, and we are committed to expanding to other areas of need.

HA has had an increase in general, obstetrical, trauma, and specialty surgeries performed by our physicians, volunteers and members of surgical jornadas (as seen in the graph). Hospitalito patients receive dental and ophthalmological treatment and other services often unheard of among low-resource, rural, indigenous populations.



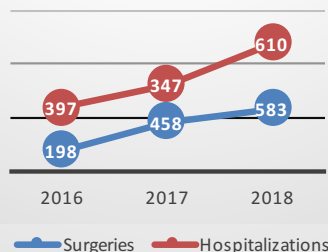
A team from the International Eye Institute provided 85 surgeries in November

We at the Hospitalito share the values cited by the commission. Patients always come first, regardless of their ability to pay. Every patient receives the same quality of care. HA's staff is resilient, serving the needs of our patients whether in the hospital or out in the field. We are constantly striving to deliver efficient and effective healthcare.

Your Support Makes High-Quality Care Possible

We are able to achieve this level of high-quality care thanks to your investments in us. We hope you will continue to support our work and to spread the word about the Hospitalito and your personal experiences with family, friends and coworkers through social media posts on Facebook, Instagram and/or Twitter. Your stories and photos may help inspire someone to become a part of the Hospitalito family as a donor, volunteer or visitor. Together, we can continue increasing the Hospitalito's impact and serve as an example of a high-quality health system for similar hospitals around the world.

Increase in Services from January to June



**We're saving lives and making a difference - please donate today!
Donations towards emergency medical care will be matched!**



Early Nutrition Interventions for a Brighter Future

The first **1,000 days** of life - the period spanning from conception to age three - is a critical period when the foundations of optimum health, growth, and neurodevelopment across the lifespan are established (UNICEF). In rural Guatemala, seven of ten children are anemic and show stunting because of poor nutrition, according to the Pan American Health Organization (PAHO).

Thanks to funding from the IZUMI Foundation, HA began a three-year initiative led by Maya-speaking health promoters who counsel mothers during home visits about the importance of good nutrition. Key to the initiative are three illustrated booklets written in Spanish and three Maya languages, which include information about preventing malnutrition and recipes using local, affordable ingredients.

Hospitalito Expands Diabetes Prevention & Education Program

This summer, the Hospitalito kicked off its third initiative funded by the World Diabetes Foundation in Denmark. The three-year project will continue to strengthen and expand on the diabetes prevention and treatment model we created in 2012 and have utilized since.

It will support existing diabetes clinics and clubs, educate future generations about prevention via classroom talks, establish an electronic database for all diabetic patients in the department and expand the program's reach to include all of Sololá. The Hospitalito will also become a center for comprehensive diabetic care and create a culturally-appropriate recipe booklet for diabetics.

Bill Cuneo & Rotary Provide New Battery Back-up

Hospitalito amigo Bill Cuneo came to the rescue again when he visited in June and learned that the battery back up system installed in 2010 to prevent loss of electricity in the hospital and protect expensive medical equipment was nearly dead. Bill, a proponent of solar energy since its beginning, generously donated to purchase a new system of batteries and inverters that will allow HA to sell back excess energy generated by the 700 solar panels on the roof, which was not previously an option. We would also like to thank Monroe Rotary of Washington for their support for this project.



Thanks to our friends from Stillwater, Minnesota, we have received a fabulous ultrasound machine.

Architects and Engineers Finalize Plans for Hospital



As the Hospitalito's reputation in the area grows, so do the number and needs of its patients. A surgical team recognized the need for additional consultation rooms and helped fund completion of architectural plans for a four clinic addition to the HA complex. The two-story, L-shaped addition will dramatically improve functionality for surgical teams, provide more specialty care and cut patient waiting time. The capital campaign will soon be underway, so please contact us if you know of any organizations that may be interested in financially supporting our hospital construction.

Help the Hospitalito save the lives of mothers and children: Become a sponsor

Recommend our Spanish and Cultural Immersion CME / CNE

Hospitalito Emergency Fund Provides Life Saving Care

A medical situation can be enormously difficult for low-income, rural families in Santiago, but Hospitalito Atitlán is able to provide medical care and emotional support for the families of its patients, thanks to the generous contributions of people like you. Here are a few stories of life-saving interventions.

Life-Saving Medicines for Brothers

Two brothers, Santiago (18 months) and Eliseo (3 years) came to the Hospitalito for their regularly scheduled pediatric appointment, suffering from coughing and fever. Even the cost of one medication can be overwhelming for a family. Their diagnoses of bronchopneumonia and mild bronchial hyperactivity meant that their family would need seven different medicines to help their children recover. This is when the Emergency Fund stepped in and covered the costs of the boys' medications. Both boys have since had full recoveries.



Santiago and Eliseo at home with their mother

Community Collaboration Saves Life of Two-Year-Old Girl



Abita at the Hospitalito

In February, a group from the local Catholic parish visited the nearby macadamia plantation and came across a two-year-old girl who was having great difficulty breathing. They convinced her mother to seek immediate medical care at the Hospitalito, promising to work with us to cover any treatment costs.

The medical team hospitalized Abita, diagnosing her with bronchopneumonia, often fatal in children. The Hospitalito underwrote 90 percent of the medical costs, and the church covered the other 10 percent. Church members brought the family food during Abita's hospitalization. When she came in for her follow-up visit, the doctors were pleased to see that she was doing well.

Her recovery is a testament to our staff's commitment to working with the local community. Thanks to the generosity of our donors and Santiago neighbors, the Hospitalito is able to provide treatment for patients in need like Abita.

HA Staff Goes the Extra Mile

During their regular home visits, Hospitalito's social worker and pediatrician found a sick and underweight 16-year-old girl named Micaela. She was living with her parents and two brothers in a basic one-room structure with no electricity or toilet. Recognizing the severity of Micaela's condition, they immediately brought her to the Hospitalito, where she was diagnosed with severe anemia. She was referred to Sololá for blood transfusions.

Although she could not be treated at HA, some members of the HA team donated the blood for Micaela's transfusions. Without the dedication of our social worker and doctors, who do regular home visits, and the generosity of our staff, who see every patient as their responsibility, her story could have ended tragically.



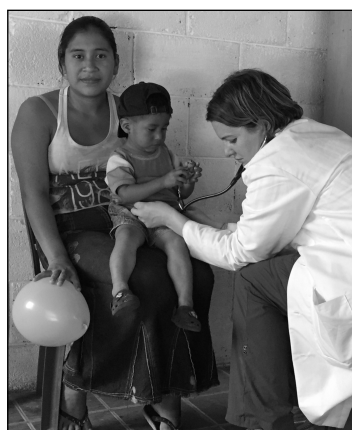
Pediatrician Dra. Ana Lucía with Micaela at a follow-up visit

Hospitalito Outreach Offers Prevention, Diagnosis & Treatment Medical Volunteers Make a Difference!

Traveling to rural areas means we are reaching the neediest parts of the community. Often these patients are brought immediately to HA for medical care or for transfer to a center that provides neonatal intensive care, blood transfusions and ventilators.



Each year, Dr. Andy Smith returns to his Hospitalito family with two family practice residents to volunteer for one month.



*"The level of need in Olas de Moca was more extreme than what I have witnessed in any other place I have worked in Guatemala."
~Dra. Sarah Bergman, a Seattle Pediatrician*

SPANISH AND CULTURAL IMMERSION CME / CNE AT HOSPITALITO ATITLÁN

Cultural competence is a major asset in diagnosing and treating Spanish-speaking patients. What better way to enhance your skills and knowledge than a week in beautiful Santiago Atitlán?

Escape from the cold of winter or heat of summer to our average 75-degree sunny days and cool nights. The course will improve your medical Spanish and provide exposure to culture and customs prevalent in Central America.

"The CME week offered by the Hospitalito Atitlán was an outstanding experience in all respects. Not only was I able to improve my Spanish, but also, at the same time, learned about the fascinating culture of this extraordinary Mayan community"

Dr. Rob Meyer, Cambridge MA

PHYSICIANS: Penn Medicine designates this live activity for a maximum of **26 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSES: The program will award 26 contact hours.

PHYSICIAN ASSISTANTS: AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credits™ from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of **26 Category 1 credits** for completing this activity.

Continuing Medical Education



Perelman
School of Medicine
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Experience Guatemala and help save lives as a medical volunteer!



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