



ANNUAL REPORT 2018

Hospitalito Atitlán
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LETTER FROM THE DIRECTOR

Dear Reader,

After spending my childhood around Lake Atitlán, I spent many years in fast-paced Guatemala City. Every time I returned to visit my hometown, San Pedro La Laguna, I noted how things had changed, but I did not imagine returning to the solemn and stationary landscapes of the lake.

At the end of 2015, I came to San Pedro on vacation for two months and took advantage of the opportunity to collaborate with a parochial clinic that supports people of low economic resources. The patients that I saw at the clinic spoke very highly of Hospitalito Atitlán. They said that they didn't feel discriminated against because they were treated very well, the staff was attentive and spoke the local language and furthermore, they had "better equipment than the national hospitals." All of this attracted my attention.

Since then, I have been conducting medical consultations and orthopedic surgeries for approximately two and a half years at the Hospitalito, and towards the end of 2018, I assumed the position of medical director.

During my time here, I have noticed that the Hospitalito has a profound impact on the resolution of medical and surgical problems, specifically gynecological-obstetrical, which undoubtedly has reduced maternal and infant mortality. Additionally, the diabetes education program has played an important role in preventing diabetes not only in the community of Santiago Atitlán, but all around the Department of Sololá.

We currently offer established specialties including pediatrics, gynecology, obstetrics, internal medicine, general surgery, orthopedics and orthopedic surgery, and odontology. Our laboratory, along with general medicine, gynecology and obstetrics offer services 24/7. Visiting medical/surgical teams support us with additional specialties. These services have increased the number of patients who receive care, and thanks to our social work program, the prices of services are adjusted based on the economic means of the patient.

We are very grateful for your support in 2018 and we look forward even more growth in the year to come. We are excited to continue providing care to the people of our community, especially those with the greatest need.

Sincerely,



Dr. Manuel O. González
Traumatology and Orthopedics
Medical Director, 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. The Hospitalito has the only 24/7 emergency and surgical obstetrical care within a two-hour radius, as well as a 24-hour lab, orthopedic services, and general surgery and anesthesia.

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 quality of life.

2018 BY THE NUMBERS

13,235

Outpatient Consultations

3,124

Emergencies

814

In Patient

194

Births

601

Surgeries

4,305

Ultrasounds and X-Rays

20,440

Laboratory Tests

40,832

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 mission to reduce maternal infant mortality social ensures that staff can save lives regardless of ability to pay.

Elena, Cerro de Oro, Santiago Atitlán

Elena is a 29-year-old mother who visited Hospitalito Atitlán's emergency room for the second time in September. Five years ago, she arrived for help with a complicated delivery. This visit was for a postpartum hemorrhage after giving birth to her fourth child. She had severe preeclampsia and was at risk for brain damage. Pediatrician Dr. Ana Lucia also evaluated her baby and feared she had neonatal sepsis.

Elena and her husband insisted that they return home after evaluation, but the social worker, pediatrician and gynecologist worked together to convince the family to stay for treatment.

Both Elena and her baby are doing well thanks to our generous donors, who have allowed the Hospitalito to provide Elena and her baby with both medical care and financial support.



Santiago and Eliseo, Pachichaj, Santiago Atitlán



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 bronchial hyperactivity meant that their family would urgently 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.

Micaela, San Antonio Chacayá, Santiago Atitlán

During their weekly home visits, the Hospitalito's social worker and pediatrician came across a sick and underweight 16-year-old girl in San Antonio Chacayá. Micaela lives with her parents and two brothers in one room with no electricity or toilet. The family hauls water from the lake for drinking and cooking.

They realized the severity of Micaela's condition and immediately brought her to the Hospitalito, where she was diagnosed with severe anemia. She was referred to the national hospital in Sololá for blood transfusions. Staff donated blood for Micaela. We are proud of the important work that our social worker and pediatrician do regularly to reach out to community members who have both medical and economic challenges.



A YEAR OF SUCCESSES



Congratulations to Jacinto on His APIC Scholarship!

HA's executive director, Jacinto García, is one of only ten medical professionals worldwide receive an **International Travel Grant** to attend the **Association for Professionals in Infection Control** conference in Minneapolis in June. Mary Sibulsky, a nurse manager with the International Eye Institute in Idaho, encouraged Jacinto to apply for the grant. The three-day conference, attended by thousands, provided education in infection prevention and epidemiology challenges. While in Minnesota, Jacinto also spent two days training on use of endoscopy equipment in anticipation of the Olympus donation.

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 expanded to include other towns in 2015.

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 hopes to become a center for comprehensive diabetic care and create a culturally appropriate recipe booklet for diabetics.



Diabetes training for health workers in Nahualá

2018 to 2021 Diabetes Program Advances

27 clinics equipped for diabetes detection

8,626 diabetes detections performed

2,168 students taught about diabetes

113 health workers trained



Lilian Facilitates Expansion of Nutrition Program

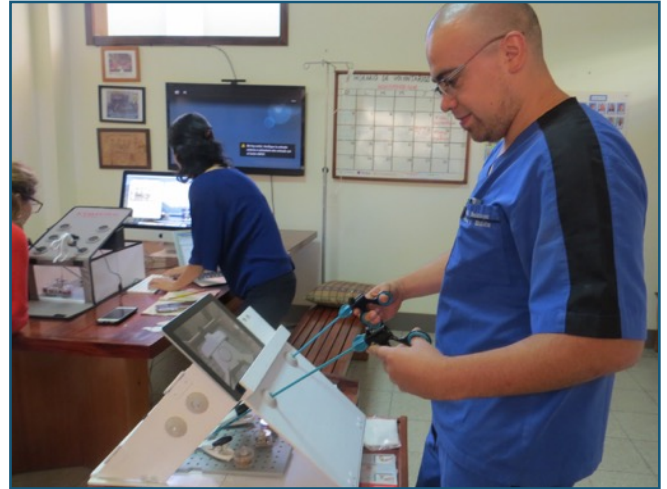
After a successful 2017 working in the Tzútuji region of Lake Atitlán, this year the Hospitalito's nutrition program, which focuses on the first 1,000 days of children's lives, expanded into the Kaqchikel area. The illustrated education booklet about healthy nutrition during pregnancy and children's first two years has been published in both languages. Culturally appropriate educational materials facilitate learning in rural communities.

Lilian Cox, nutrition program coordinator, led 21 trainings for 165 health promoters as well as cooking demonstrations promoting awareness about the return to use of highly nutritious native plants such as chaya, chipilin, and herb mora. Lilian received an engineering degree in agriculture in 2017 and uses her knowledge to help families to include these plants in their home gardens.

EDUCATION AND TRAINING

Bringing Minimally Invasive Surgery to Rural Guatemala

Dr. Esther Han returned to the Hospitalito to continue advancing her project “Bringing Minimally Invasive Surgery to Rural Guatemala,” a collaboration between Hospitalito Atitlán and the Department of Obstetrics and Gynecology at Columbia University Irving Medical Center in New York. At the request of Hospitalito leadership, gynecologic surgeons at CUIMC provide comprehensive and multi-modal training in minimally invasive surgical techniques, enabling surgeons to perform common and life-saving procedures. Main goals are reducing complications and promoting faster recovery. This initiative embodies our dedication to facilitating a bidirectional exchange of knowledge in order to provide the best care possible.



Nurse Midwifery Training

Each May faculty nurse midwives Mamie Guidera and Dawn Durain bring nursing students from the University of Pennsylvania School of Nursing to provide education for Hospitalito staff. One of the most vital contributions is the education of traditional birth attendants in collaboration with the local Health Department.

Scholarship Recipients

We are proud of our motivated staff members who are continuing their education and professional development with the support of an HA merit scholarship!

Pedro Abraham Mendoza, son of Lino a night watchman, received the Dr. Maj StormoGipson Memorial Scholarship for a five year degree in chemical biology at the University Galileo in Quetzaltenango. As a future chemical biologist, he can apply his skills in our laboratory and help us accomplish our goal of starting a blood bank.

Antonio Ramírez Chichom (Tono) in central supply received the Bill Falinski Health Science Scholarship to study to become an X-ray technician. He is studying at the University Galileo in Guatemala City on Saturdays.



Pedro and his grandmother

SURGICAL TEAM JORNADAS

Several U.S. 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.



International Eye Institute

IEI's biannual surgical jornadas began six years ago by providing adult and pediatric medical and surgical eye care to those without access. The team has equipped HA to offer the highest quality ophthalmological care. Thanks to IEI's excellent reputation, hundreds arrive for evaluation and treatment during the jornadas. In November, 82 surgeries were performed for cataracts, strabismus, and diabetic retinopathy.

Miraculous Hand Surgery Dr. Andrew Smith Surgical Team

A patient from San Juan La Laguna came to the November jornada with total immobility of three fingers of his right hand. Hand surgeon Dr. Peter Fitzgibbons removed tendons from the patient's left arm to insert into his hand. He now has full mobility of his fingers and is strengthening them through physical therapy. Previously he looked into having hand surgery at private hospitals in Guatemala City, but he was unable to afford the high cost, up to \$6,000. At the Hospitalito, he donated \$250. and was extremely grateful for the surgery, which allowed him to regain the use of his hand.



Dr. Andrew Smith's surgical team at their good-bye party.



University of Pennsylvania Dermatology Team

Nine dermatologists – six from Penn and three from INDERMA (Instituto de Dermatología y Cirugía de Piel) in Guatemala came to Hospitalito for a jornada. Dr. Rudolph Roth led the team that evaluated and treated 662 patients over four days, in San Lucas, San Marcos, San Pablo, San Juan, Chacayá, and the coffee plantation Carmen Metzabal.

VOLUNTEER PROFILES



Dr. Bergman Lewis doing a pediatric check up at a coffee plantation

Dr. Sarah Bergman Lewis

Dr. Sarah Bergman Lewis, a Seattle-based pediatrician, spent three months in Santiago Atitlán with her husband and two children. Her children attended a local school and her husband did volunteered teaching math at the school and coaching basketball across the community. During her time here, she saw patients at the Hospitalito; accompanied the community projects team to see patients in Cerro de Oro, San Antonio Chacayá and coffee plantations Finca Metzabal and Olas de Mocá; and provided training with our Maternal Infant Program. Sarah's compassion and dedication to her patients and the community made her a tremendous asset to the Hospitalito team.

Priya Khetarpal

Priya Khetarpal from University of Southampton Medical School in London, volunteered for one month in the Hospitalito and in our clinics in Cerro de Oro and Chacaya. Having worked for several years as a first responder, she appreciated the opportunity to learn about medical care in rural Guatemala. Personable and charismatic, Priya built strong relationships with staff and patients.



Nutritionist Kanami Tomina

Hospitalito staff was sad to have said goodbye to nutritionist Kanami Tomina in December. We are so incredibly grateful for her amazing work as a JICA Guatemala volunteer starting in 2016.

Kanami brought her positive energy, professionalism and contagious laughter to every cooking demonstration, nutrition training, anemia detection, everywhere she went!

Her work on our illustrated nutrition and recipes for diabetics booklets will have lasting impact in Atitlán.

We wish her the best of luck continuing her nutrition studies.



Kanami at a training in Cerro de Oro

VOLUNTEERS 2018

Volunteers are essential to our work at the Hospitalito. Medical volunteers see patients, lead trainings, and perform procedures alongside local staff in the hospital and in rural community outreach clinics. Non-medical volunteers assist with community

Medical Volunteers

Denise Contreras
Jamie Ellis
Manami Kawano
Caroline Komanecky
Dr. Sarah Bergman Lewis
Dr. Morgan Mandino
Dr. Michael Paling
Dr. Bryan Sauer
Dr. Andy Smith
Diane Smith
Kanami Tomina
Julia Tse

Medical Students

Jasmine Gordon
Priya Khetarpal

Non-Medical

Cameron Bream
Mike Contreras Byington
Peter Kordiyak, P.A.C.
Jeff Lang
Maria-Ana Lipman
Fran Nelson, F.N.P
Diane Paling
Lynn Thompson

Guatemala Health Initiative:

Dr. Kent Bream
Dr. Fran Barg
Thomas Calder
Erick Garza
Sarah Jacobs
Jessica Korducki
Molly Walzer



Dr. Michael training Dr. Cosigua

Michael Paling, MD is an internal medicine and diagnostic radiologist from Tualatin, Oregon. When he first decided to volunteer at the Hospitalito, he was interested in providing one-on-one education to staff in the use of our 4D ultrasound. The machine, donated by friends in Stillwater, MI allows staff to perform more specialized diagnosis.

Dr. Michael worked with Hospitalito physicians and X-ray technicians, to improve diagnostic accuracy. He became a valuable mentor to members of the medical staff and provided unwavering support to new members of the team.



Manami taking patient blood pressure

Manami Kawano, R.N.

Manami, an obstetrical nurse educator is a JICA (Japan International Cooperation Agency) volunteer at the Hospitalito. She supports us at the Hospital and at health clinics for pregnant women in rural communities. She will complete her two years of volunteer service in July 2019.

SENIOR EMPLOYEES**Executive Director**

Jacinto García Chipir

Medical Director

Dr. Manuel González

Administrator

Rebeca Petzey Cuá

Nursing DirectorConcepción Damian
Ixbalán**Social Worker**

Vicenta Chavajay Cortéz

Volunteer Coordinator

Febe Sosof Sapalú

Director of Development

Alverta Lyn Dickey

HOSPITALITO STAFF

We are grateful to be able to count on 63 professional staff, 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.



HA's Executive Director began 2018 with plans on how to improve employee moral. He requested donations from local artist HA Board member, Angelika Bauer and then contacted medical supply companies who donated refreshments and gifts. Each month we gathered for 15 minutes to sing, hug and recognize the staff celebrating their birthday month.

IN MEMORY OF A GRAND SURGEON: DR. ADRIÁN MOLINA

Wednesday, November 14th, 2018, a public boat crossing from Santiago Atitlán to Panajachel capsized due to strong wind and waves. Of 19 people onboard there were 11 survivors, three dead and five disappeared. Dr. Adrián Molina, the general surgeon at the Hospitalito, was among the disappeared. It was a devastating accident for the entire department of Sololá and the Hospitalito community.

Dr. Molina was well-known by hospital staff due to his friendly, open, humble demeanor. He treated everyone equally and was passionate about his job, crossing the lake that he loved so dearly at night and on weekends, to perform life-saving surgeries. His patients expressed their deep appreciation through gifts and small gestures. He was committed to delivering high quality care to all patients, regardless of their ability to pay. His last surgery was on a seven-year-old girl of low economic resources and he did not charge the family anything. He is an inspiration and role model for our staff, helping us remember our priorities and mission. It is not easy to come across people like Dr. Molina, and we are grateful that he filled our hospital with warmth and light. Read more about the tragedy that claimed the lives of two members of the Hospitalito family [here](#).



FRIENDS OF THE HOSPITALITO

Hospitalito Atitlán 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:

Adelphia Foundation

Amigos Hospitalito Atitlán

Dr. Andrew Smith's Team

Bruce Allen

Bavaria Motors

Beams in Guatemala, Inc.

Dan Cummings

Eighth Day Faith Community

Heather Pierce

International Eye Institute

IZUMI Foundation

Kevin Bjork

Mano Amiga

Mark Lepore

Masek Foundation

Robert Finnegan

Sarah Brightwood

St. John's Lutheran Church

Strachan Family Foundation

William Cuneo Trust

World Diabetes Foundation

Donor Spotlight: Dr. Bryan Sauer



Three years ago Dr. Bryan Sauer, a gastroenterologist from the University of Virginia, inquired about needs for endoscopy equipment in the Santiago Atitlán area, which led to investigating potential equipment donors. This year Olympus and Americares made a generous donation of new equipment to Hospitalito Atitlán. Olympus sent a representative from Puerto Rico for the installation and training.

MedShare International & Delta Care Team

Atlanta institutions teamed up to replenish HA's central supply, keeping costs low. Delta employees with vacation plans in Guatemala contacted MedShare for a donation of medical supplies to carry as baggage. This required coordination between HA's development office, Delta Care and MedShare, and the results were worth the effort.



Direct Relief International

Several times a year HA receives donations of medicines and supplies from Direct Relief International, a nonprofit, based in California with the mission to "improve the health and lives of people affected by poverty or emergency situations." Last year HA shared the donation with victims of the tragic volcanic eruption in June.

FINANCIAL REPORT

EXPENSES

Employee Salaries and Benefits	\$458,443.13
Equipment, Utilities, and Maintenance	\$29,325.56
Medications and Supplies	\$146,199.76
Other	\$39,366.25
Total	\$673,334.70

CASH DONATIONS

Donor Contributions	\$158,685.09
Patient Contributions	\$523,954.70
Total	\$682,639.79

OTHER DONATIONS

In-Kind Donations (medications, medical equipment, and supplies)	\$ 516,633.19
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FREE AND DISCOUNTED CARE

HA Social Work Department	\$93,208.00
Community Outreach	
- Managing Diabetes in the Department of Sololá (World Diabetes Foundation)	\$55,597.00
- Other outreach projects (Strachan Family Foundation, MASEK Foundation, Izumi Foundation, Adelpia Foundation)	\$56,500.00
Total	\$205,305.00