



**'Bringing Hope and Healthcare to Guatemalan Families'**

**November 2021**



*Milan came to HA with dehydration and an infection*

## **Together, We Can Save Lives Please Donate to Help Vulnerable Families**

Serving our patients during a pandemic has been especially challenging, but thanks to your partnership and support, Hospitalito has survived the immediate crisis and continues to meet medical emergencies, provide clinical care, and educate families in primary prevention in rural areas.

Apart from salaries, utilities, building and equipment maintenance, medication, patient care and diagnostic supplies are all costly.

We cannot do it without your generous partnership. Please join us so that we can work together to provide access to quality medical care for families with the greatest need.

### **From the Chairman's Desk**

Dear Friends,

Now more than ever we need a vision of the future that is filled with hope. Fortunately, that vision already exists in the ongoing work of Hospitalito Atitlán. Despite the challenges of the past year, a resilient Hospitalito continues to realize its mission. Teams of dedicated local doctors see patients and attend births. Community health programs do outreach to neighborhoods in need. A few international volunteers have returned to perform essential procedures. A fully vaccinated hospital staff works tirelessly with a focus on the people it serves.

As we look forward to 2022, Hospitalito will continue to adapt to the needs of the community. With hope and optimism, we plan to meet the health needs of those who have struggled. But we can't do it without your help. Please consider how you can contribute to the mission of Hospitalito Atitlán and share in the vision of a future filled with hope.



With gratitude,  
*Andrew Smith, MD*  
*Chairman, Amigos Hospitalito Atitlan*

Dr. Andy Smith was at Hospitalito preparing for the arrival of his surgical team in March 2020 when borders closed due to COVID-19. Despite a US State Department Level 4 warning, Dr. Smith led a team of five specialists and their support team this October and performed 45 general and orthopedic surgeries. Guatemala's "do not travel" recommendation has since been lifted, and we hope for the return of our medical volunteers to perform life changing procedures for the Atitlán population.

**Your Donations Make Outreach & Emergency Medical Care Possible  
Please donate by check or online**

Amigos Hospitalito Atitlán, 2220 Shallow Well Road, Manakin, VA 23103  
[www.hospitalitoatitlan.org](http://www.hospitalitoatitlan.org)

## With Your Partnership, HA's Preventative Programs Make a Difference

According to national statistics, 66% of Guatemalan children suffer from chronic malnutrition. Working with the government's national nutrition program, SESAN, HA trains healthcare workers and community leaders to educate the population on healthy nutrition for mothers and children. We have also provided home gardens to 74 of these families to promote low-cost and sustainable healthy eating. This multi-disciplinary approach supports underfunded government programs and is sponsored by the IZUMI Foundation in Boston.



*Cooking demonstration using garden vegetables for health promoters, led by our nutrition program coordinator, Lilian*



*Healthy Habits diabetes monitoring and education workshop for church leaders, led by project coordinator, Gerber*

Healthy Habits is a community outreach initiative that began in January 2021 to improve the general health of families in six villages in the department of Sololá. It aims to reduce chronic disease such as diabetes, high blood pressure, and respiratory illness through education about life-style choices, healthy diet, and exercise.. The program is funded by the World Diabetes Foundation in Denmark.

**Your gift will used to cover medical treatment, medicine, emergency transport, x-rays and lab tests for families in need.**

Donate online or by check: [www.hospitalitoatitlan.org](http://www.hospitalitoatitlan.org)

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## Hospitalito Chosen as National School Insurance Program Provider

Guatemalan Ministry of Health clinics and hospitals are not typically well-equipped with X-Ray, laboratory services, and specialists to provide quality medical care. Accordingly, in 2021, the Guatemalan government contracted NGO hospitals to provide medical care for primary school students through a nationwide school insurance program. Our facility is well-staffed and equipped thanks to donors like you, and Hospitalito has been able to help children in the Lake Atitlán region and beyond.

**Lives Saved:** In September, the HA ambulance transferred to the hospital seven-year-old **Fabricio** from Nahualá, three hours away. The child suffered from burns after a falling ladder knocked a pot of beans from the stove top onto his legs. He was hospitalized for four days in pediatric care.

Four-year-old **Jenifer**, was hit by a car and brought into Hospitalito emergency room by her parents. X-rays showed that the little girl had a transverse fracture of her right femur and fracture of the left collarbone. She had surgery and remained in the hospital for four days for treatment. After release, Jenifer came for weekly check-ups with Dr. Manuel Gonzalez, Hospitalito orthopedist and medical director. Today, she can use her leg without pain.

Despite these success stories, the insurance program does not cover costs for every child because many are enrolled in private schools or have left school to help support their families. For low-income families, the cost of medical care is handled by our social worker using funds provided by our generous donors.



*Jenifer, able to walk again after a long treatment process*

## Become a Monthly Health Partner and Help Families like These



***Felipa** and her newborn receive medical care as part of HA's Maternal Infant Sponsorship Program, which covers education and prenatal care for the mother and pediatric consults for her child from birth to age five.*

*Four-year-old **Chonita** needed a surgeon to remove an infected cyst near her ear. The operation was a success, and she left the Hospitalito after only two days. The family, who comes from a low-income background, asked Hospitalito's social worker for support, and thanks to donors like you, their only concern was the full recovery of their little girl.*



*15-year-old **Anibel** had a plate fixed to his femur after a car accident broke his bone years ago. He came to the HA emergency room when the screws and metal plate broke through his skin. Orthopedic surgeons were able to remove the plate and screws so he can begin his recovery.*



## Your Gifts Provide Necessary Help During COVID

**Equipment:** Our community suffered greatly during the pandemic and especially when the Delta variant arrived. Your generosity helped Hospitalito purchase ten oxygen concentrators for patients and six oxygen cylinders that were loaned out to Covid patients for home use.

**Vaccine Promotion:** When the vaccines arrived to the general public, Hospitalito worked with a Ministry of Health educator to reduce fear and encourage vaccine compliance. Our team used the Hospitalito ambulance and loudspeakers, traveling through town and the rural communities to broadcast messages both in Tz'utujil and Spanish.

**Covid Prevention Education:** All health workers, educators, and traditional birth attendants were provided with masks and PPE and recommendations on how to keep their families safe during the pandemic.

**Lockdown Health Education:** Nutrition coordinator, Lilian Chavajay organized radio spots to encourage children and families to maintain healthy diets and exercise routines while schools remain closed.

## Sharing Donations and Resources, Thanks to our Partners

Direct Relief International ships medication, supplies, IV solution and PPE to Hospitalito several times a year. These resources are donated to rescue workers, Ministry of Health, and non-profit hospitals.



*Nutrition program coordinator, Lilian Chavajay, distributes hygiene kits to families with malnourished children*

*Gloves, masks and medical supplies were donated to rescue workers from several towns*



*HA sent IV solution and PPE to the hospital in San Lucas Tolimán*



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### 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?

“The CME week offered by 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**

**ACCREDITATION:** In support of improving patient care, Penn Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**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.

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