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The Gazette

SUMMER
2019

Letter from the President:

Dear friends,

On a recent trip to Honduras, I was struck not only by the continued need for medical care but also by the hunger for an advancement in services and knowledge. I am constantly in awe of the medical providers working within the Honduran healthcare system, who work tirelessly with limited supplies and without the opportunities for continued growth and education which abound elsewhere.

There is a strong drive to beat the odds, to find a way to help when it is not being provided in traditional ways, and to push ahead for no other reason than because the need is there and it is not going away. Medical providers in Honduras are committed to working with what they have to help those in need. It is a sight to behold and leaves one in amazement not just because of the human ingenuity involved but also because one is reminded of how much we take for granted in the United States.

In this brief newsletter, a snapshot of our work, you'll read about doctors and nurses in Neonatal Intensive Care Units in San Pedro Sula, who seek ways to provide advanced care using the supplies they have available to them. You'll read about Rosibel and the care that she received from cardiologist, Dr. Silvia Martinez, and pediatric heart surgeon, Dr. Victor Paz. You'll also learn that FOB nurse educators are working directly with Honduran community health centers in the mountains.

There is much desire for advanced training and a yearning to find new, innovative ways to help the growing numbers of those in need. It truly is an honor for Friends of Barnabas to partner with so many amazing Honduran medical professionals.

It is equally an honor to partner with all of you, who make our work possible in Honduras.

Gratefully,



Erin H. Caldwell, President



Dr. Silvia Martinez, a cardiologist in San Pedro Sula, has partnered with Friends of Barnabas for more than ten years.



NICU nurses from seven hospitals received advanced training and instruction from a recent FOB team.



Joe Cram, a Respiratory Therapist from Medical City Children's Hospital of Dallas, provides instruction to local Honduran doctors and nurses.

Developing New Options in the NICU

During the month of April, a group of respiratory therapists from UVA Children's Hospital and Medical City Children's Hospital of Dallas traveled with Friends of Barnabas to educate nurses and physicians from seven Neonatal Intensive Care Units (NICUs) in San Pedro Sula.

Barry Young and I were placed at the Social Security Hospital (IHSS), where needed supplies and equipment are often in short supply. For infants in the NICU, this means that the only options for oxygen delivery are a simple, standard nasal cannula or an invasive ventilator (breathing machine).

While at IHSS, we were introduced to a premature baby boy, who was suffering from infant respiratory distress syndrome (IRDS). This commonly occurs in almost all neonates who are born less than 35 weeks gestation, due to underdeveloped lungs; and for neonates in the US, it is standard practice to place them on bubble CPAP, which is a non-invasive ventilatory strategy. **This had never been an option for any baby at IHSS prior to our visit.**

With donated supplies, education, adaptability, and help from the dedicated health care providers at the hospital, we began to help solve the treatment challenges. Our NICU Team had brought some supplies with us but needed a few more pieces to make the bubble CPAP device functional. We worked for about an hour with the nurses as they tore apart unused ventilators for parts and searched in supply rooms. We explained to them the tools we needed, and they went to work to find them.

The moment the newly assembled device was applied to the baby, he began to improve. His vital signs got better; his work of breathing and respiratory rate improved; his oxygen saturations became higher. **The physician and team of nurses were so joyous. We looked down at the baby, knowing we had made a difference in the life of this child.**

- Kendra Clingerman, Respiratory Therapist, UVA Children's Hospital



FOB's NICU Team and local Honduran nurses build a bubble CPAP device, the first of its kind in the hospital's NICU.



A donation of simulation dolls from the Life Support Learning Center at UVA Health System provides invaluable training experience for Honduran NICU nurses.



FOB's NICU Team gained national news coverage in Honduras.



Kendra Clingerman lectures on the first day of the NICU Training Workshop.

Meet Rosibel

FOB was first introduced to Rosibel when she was just five months old and suffered from a ventricular septal heart defect, low weight, and a cleft lip and palate.

Her parents, Maria and Jorge, along with her older sister, live in Montesillo, Santa Cruz de Yojoa, where her father works as a day laborer when he can find work.

Once enrolled in FOB's Extended Care Program, Rosibel was referred to a cardiologist, Dr. Silvia Martinez, who was able to prescribe a medication to stabilize her condition. This allowed her to participate in the Little Hearts Project. Dr. Victor Paz performed a catheterization and later was able to make a successful closure of the defect for our little friend, Rosibel.

Over time, FOB continued to assist the family with everything from consultations and routine examinations to parental education and transportation. Equally important was the milk and food which were provided to improve Rosibel's weight, development, and growth.

Maria and Jorge are very humble people with limited resources. However, there was never an obstacle so great that it would stand in their way of making sure that Rosibel made each and every medical appointment.



Rosibel was enrolled in the Extended Care Program when she was five months old.



Rosibel and her family are grateful for FOB's ECP nurse, Dalila Navarro, and her visits.



Nurse Dalila makes a home visit to see Rosibel and her family.



Today, Rosibel is one and a half years old.

As Rosibel's health continued to improve, it paved the way for her to have her cleft lip and palate repaired through our partnership with Operation Smile.

Dalila Navarro, FOB's Extended Care Nurse shared, "Rosibel's parents are very grateful to God and to all the people who support Friends of Barnabas for making this dramatic change in the life of their daughter possible."

On behalf of Rosibel and her family, FOB thanks you for supporting our more than 300 children, who are enrolled in the Extended Care Program today. Without your support, children like Rosibel would have no access to the medical care that they so desperately need.

We hope that you will continue to support our work so that we can help more children like her in the days, weeks, and months ahead.

It is your generosity that makes this work possible!

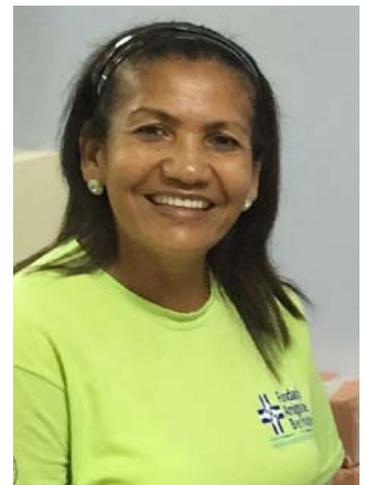
Family Planning

In communities like El Cielito and La Masica, major strides are being made toward family planning with the help of Friends of Barnabas Nurse Educator, Pascuala Martinez.

In speaking about FOB's Community Health Development Program, Pascuala recently shared that "a great success we are having is in family planning. Through seminars and lectures with women of all ages, we can better teach women ways in which they can plan their families. While community health centers are still not available for many of our communities, some do have access to these centers for a monthly visit to get birth control."

Sharing the knowledge of options and available resources has been key. Also, discussions with groups of women as well as those in which women are joined by their partners is instrumental to bringing about change. We are able to educate families on what is available and point them to resources within a reasonable distance.

"We are beginning to see smaller family sizes and a great impact on women over 40 years old, who previously were without any means of family planning. It is really great to see this change in our communities," said Pascuala.



Pascuala Martinez has led FOB's community health education efforts with much success.