



Nursing Heart Inc / Asociación Corazón de Enfermería
2019-2020 Activity Summary

From César Santos

Nursing Heart / ACE concludes another season thanks to the teamwork between communities and partner universities. Together we consulted with 4,561 patients and beneficiaries in the Guatemalan communities, during the various activities offered by NHI / ACE for the 2019-2020 season. Activities included school wellness exams, general care clinics, women's cervical cancer screenings, DM / HTN clinics, and foot care clinics.

In addition, more than 272 family members continue to benefit from the installation of a safe, efficient and environmentally conscious Chapina stove in their homes. Impacts on health and education are often difficult to measure and certainly go beyond these direct one-on-one encounters. Thank you for your spirit of service and generous support of time, money, and resources this year, we couldn't have done it without you!

10 different groups came from the United States to serve the Guatemalan people this season. The 141 individuals include:
109 RN and NP students
10 University Faculties
32 Other professionals and volunteers

Much of our work involves strong relationships with partners. We completed 1 construction project for a medical clinic in the community of El Limonar, 1 public health check-up project in Pacoxpon, an Eco-filters project in Pacoxpon for clean water, a school educational project in El Platanar, and 9 clinics in collaboration with Hombres y Mujeres en Acción / [People for Guatemala](#) in San Martin. We were successful in implementing some new projects this year: principally those in Pacoxpon and the debut of the Minnesota educational program! We continue to explore new ways to unite to benefit both organizations and support communities in rural Guatemala in improving public health.

Guatemalan nursing students from Rafael Landívar University worked with Nursing Heart at three of our General Acute Care Clinics near Antigua this year. Students took vital signs, provided patient support, and participated in consultations alongside US professionals, all while earning hours of clinical practice to obtain their nursing degree. We are looking forward to expanding this partnership in the coming years and are excited about its potential to empower local nursing care.

Covid-19 affected almost half of our work in the communities, since 5 groups were unable to come to Guatemala due to the global health situation. 3 communities were affected in the general clinics and we stopped attending 350 patients for consultations and 250 women for detection and prevention of uterine cancer. Another 8 communities were affected in school clinics and we stopped serving 1,082 students. Also the foot clinic was affected and we could not cover 3 communities with a total of approximately 100 patients. It also affected the installation of 30 stoves in 3 communities and affected 150 people with the benefit.

In total, 5 groups, 17 affected communities, and ~1,932 patients, students, and beneficiaries were canceled.

As long as travel from the United States remains limited but Guatemala continues to reopen, the plan for Nursing Heart is to be able to cover Guatemalan medical and nursing personnel, taking into account the available resources and continuing to partner with Landivar. This report will be updated upon completion of the originally planned clinics.

Here is a breakdown of our stats for this season. For more information on our various programs and projects, or to find out how you can get more involved, please feel free to explore this website or contact us at: info@nursingheart.org

Summary 2019 - 2020

General Medical Consults	1,054
School Wellness Screenings	1,014
Rapid IVA tests	363
Foot clinic	112
Diabetes clinic	379
Stoves	47
Total people benefited	272
Physical check-ups	284
Eco-filters delivered	80
Total people benefited by ecofilters	74 x 5= 370

School Education	159
Older Adult Education	29
Construction of medical clinic	1
Total people benefited by construction	525
Total community support	29
Total new communities	5
Total people benefited	4,561

School wellness exams

Visited Schools	8
Children seen	1,014
Doses of albendazole provided	362
Fluoride treatments - applied	1,014
Medical referrals	73
Dental references	117

General acute care clinics NP

Clínics performed	3
Patients evaluated	1,053
Referred patients	241

Cervical cancer screening tests in women

Women's Health Clinics	3
Tested women (VIA)	363
Positive results	21
Cryotherapy treatments performed (even for Ectropion)	14
Vaginal infections treated	105
Women referred	13

Foot Clinic

Clinics performed	5
Patients consulted	112

Diabetes and Hypertension Clinic

Carried out monthly with an average of	32 participants every month
Patient from July 2019 to June 2020	379 patients

Installation of Stoves

Installed stoves	47 stoves
The number of family members benefited.	272

Community project in Pacoxpon (new)

Families were visited by physical check-up in the Pacoxpon community.	68 Families
The physical check-up was carried out in the Pacoxpon community.	284 People

Eco-filters were delivered to families, schools and the Convergence Center of the Pacoxpon community.	80 Eco-filters
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Educational project (new)

School educational talks on tooth brushing and food dishes were given to students at the El Platanar school.	159 Students
Educational talk of the elderly, exercises and lottery were given at the Casa Maria San Felipe de Jesus Nursing Home.	29 People

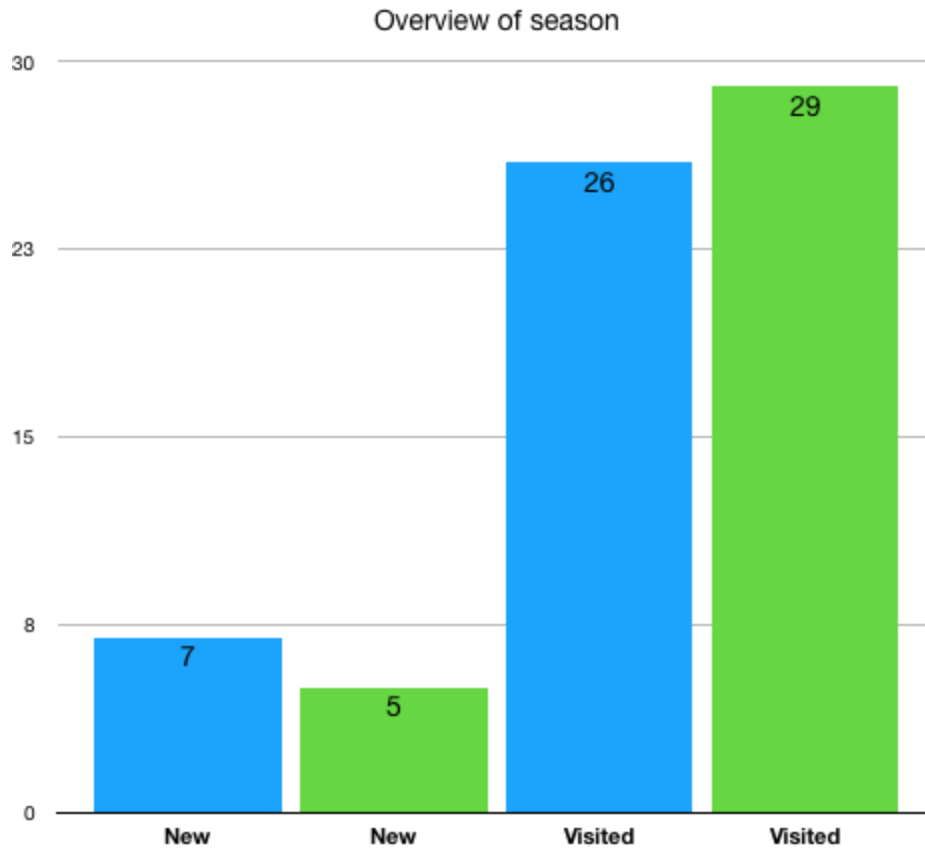
Construction project

Medical clinic and multipurpose room in the community of El Limonar with Nursing Heart Inc and People for Guatemala.	1 Construction
People benefited by construction	525 People

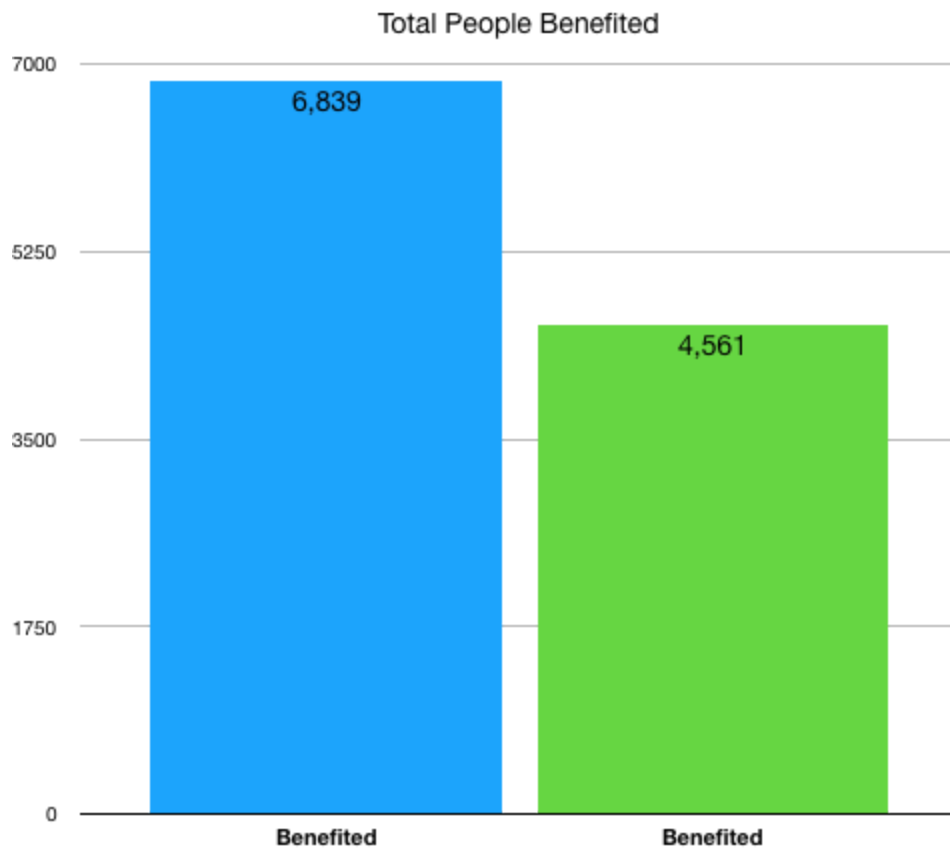
STATISTICAL REPORT

SEASONS 2018-2019 (color blue) / SEASONS 2019-2020 (green color)

Nursing Heart.



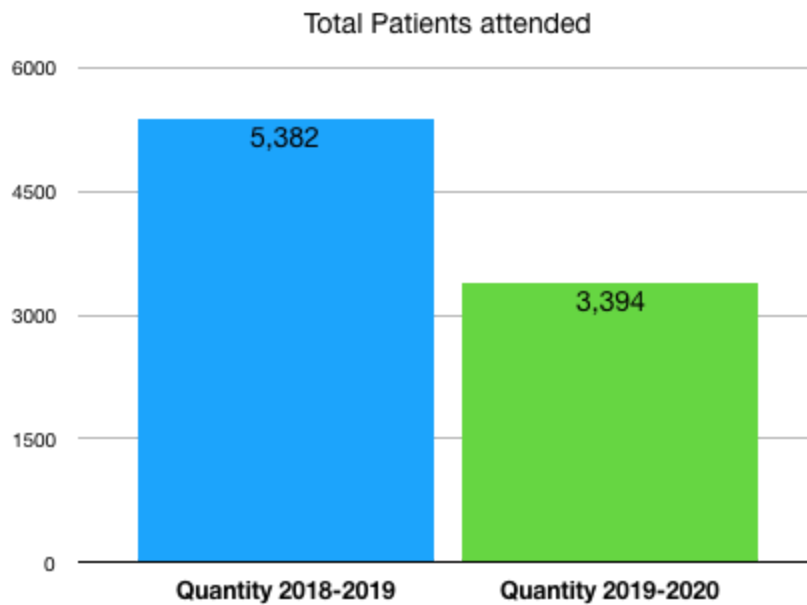
For the new season there are new communities interested in having the opportunity to hold health days, such as the community of San Andrés Itzapa and Jocotenango.



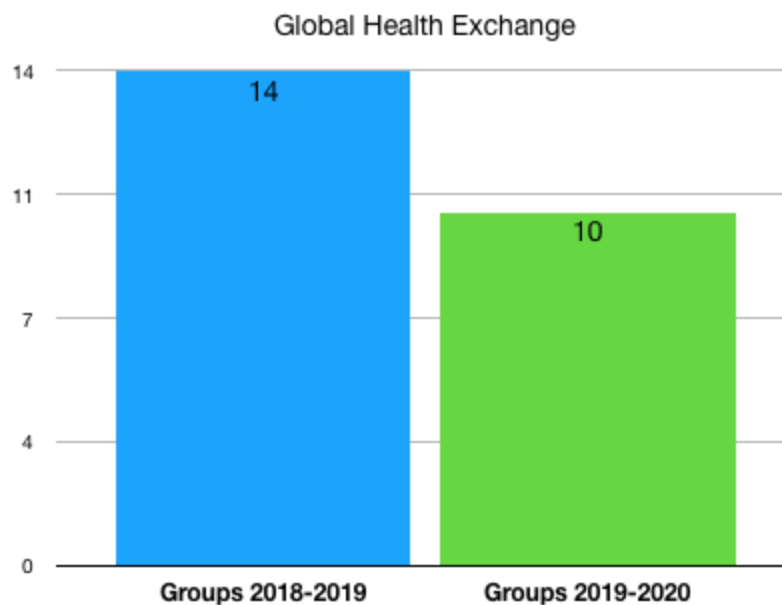
Benefit is lower due to Covid-19, 3 communities were affected in the general clinics and we stopped attending 350 patients for consultations and 250 women for detection and prevention of uterine cancer. Another 8 communities were affected in school clinics and we stopped serving 1,082 students. Also the foot clinic was affected and we could not cover 3 communities with a total of approximately 100 patients. It also affected the installation of 30 stoves in 3 communities and affected 150 people with the benefit.

In total, 5 groups, 17 affected communities, and 1,932 patients, students, and beneficiaries were canceled.

The benefit is less but it is due to the lack of several clinics to be performed due to COVID-19.



The number of patients decreased due to the cancellation of the groups due to the world situation.

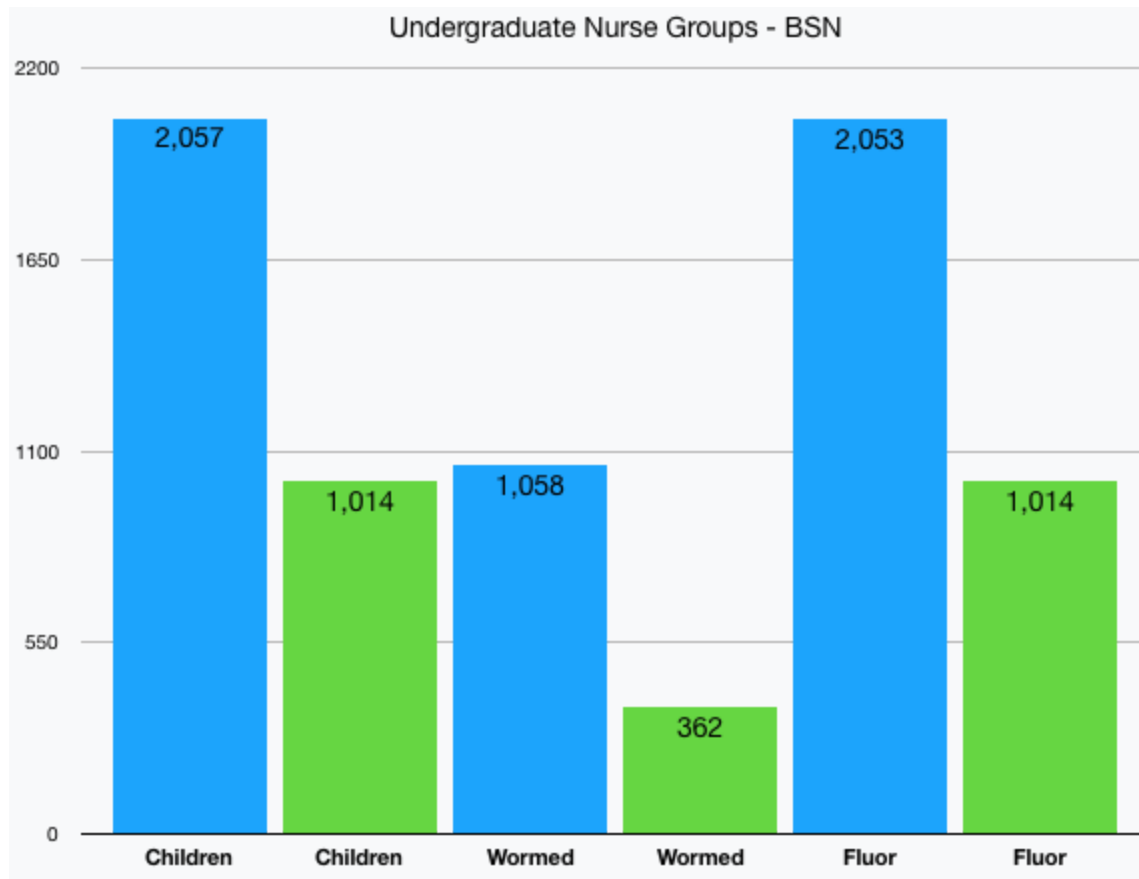


There is a difference between the groups since at the moment they are suspended due to the health situation that exists worldwide.

For the 2019-2020 season 9 Universities and 189 nurses were planned, but 3 Universities could not come and 89 Nursing students could not come to Guatemala due to Covid.

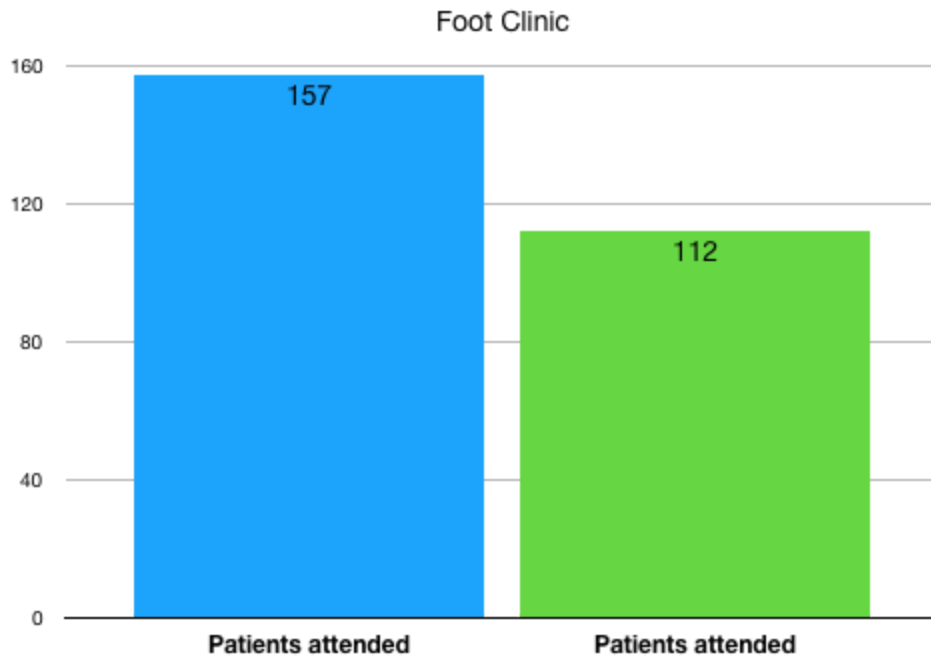
Bachelor of Science in Nursing Students - School Wellness Clinics

BSN, are undergraduate nursing students studying a Bachelor of Science in Nursing. The trip is part of the hours of clinical practice according to the study plan of each University that each student must complete.



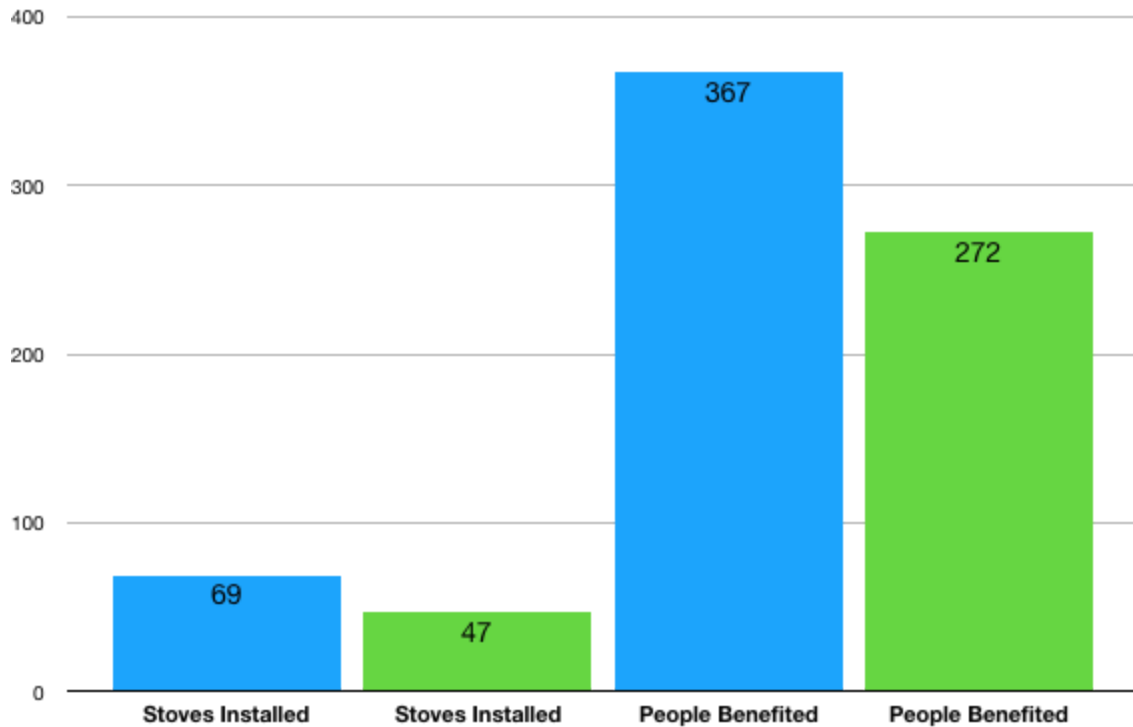
The work that BSN students come to do in school clinics is to give deworming, educate in brushing teeth, apply fluoride to teeth, weigh, height, check the skin, listen to the heart and lungs of the students.

In the school clinics the health care of the students is worked through the prevention that is worked with the nursing students, in this way it supports the schools in the rural communities of Guatemala.



The foot clinic is important for patients for the care that should be taken especially for patients with diabetes since they are vulnerable people to suffer different problems such as; Wound healing, lack of sensitivity, foot care is also important in other patients to avoid problems such as; ingrown nail, fungi among other situations that affect people's health.

Installation of Stoves

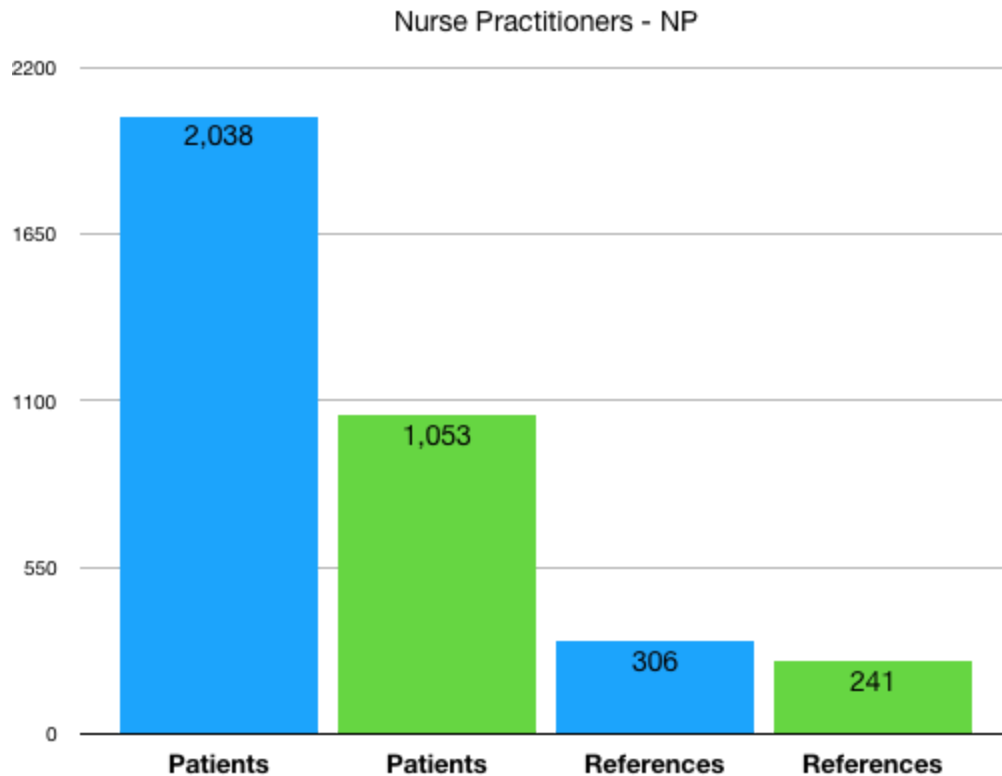


The stove program benefits the population to change family health situations that may be affected such as; they get less sick from cough and lungs, children are less at risk of being burned, the family economy improves and the environment is taken care of because less firewood is used. The improved stove helps change the lives of families and communities as there is less environmental pollution from excess smoke and fewer health illnesses.

It is recommended to continue with this stove program, since the family benefit can be seen, the maintenance of each stove is also recommended so that it lasts longer.

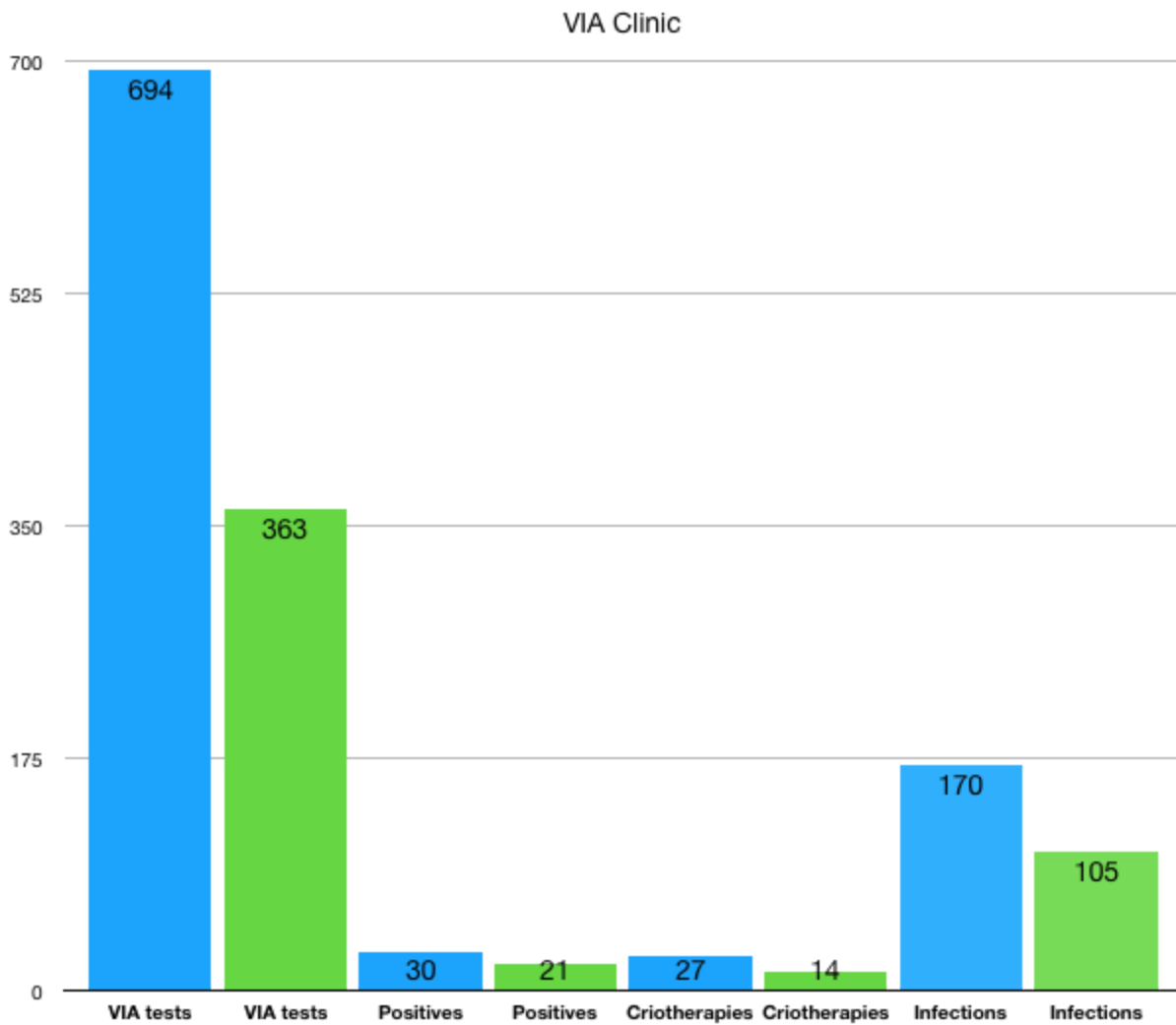
Nurse Practitioner - General Medical and Women's Health Clinics.

NP, are Registered Nurses undertaking their PHD to become Nurse Practitioners, the trip is to complete hours of practice as required by each University.



NP, they are nurse practitioners who come to Guatemala to consult patients and diagnose what is people's health problem, they can prescribe treatments supervised by Guatemalan teachers and doctors, also nurse practitioners take turns in the clinic of the rapid test or clinic for women.

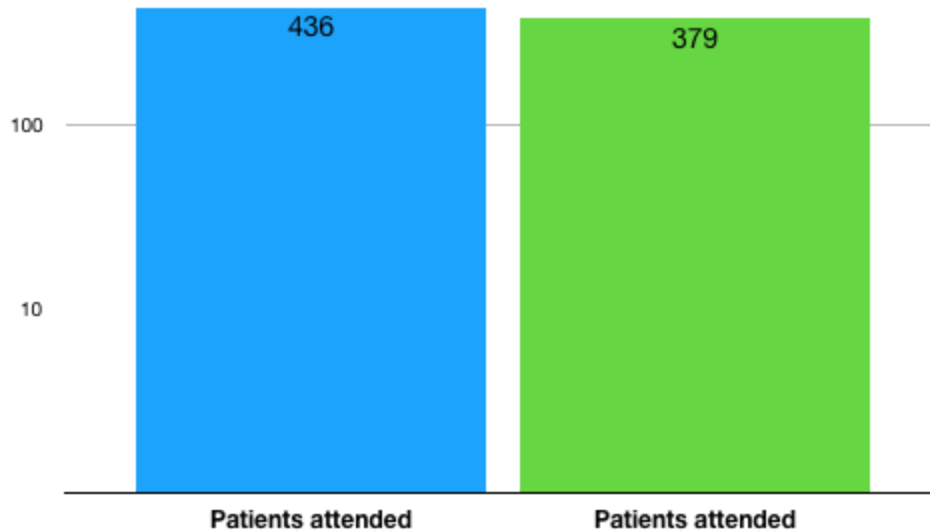
It is recommended to continue with the general consultations, since there are many health needs in the different communities that NHI / ACE covers in coordination with health professionals from the USA and national partners.



The IVA clinic or women's clinic is an important clinic for the objectives proposed by NHI / ACE, cervical cancer in Guatemala has the most cancer related deaths (since cervical cancer prevention is essential), for the moment we have held three days of rapid test clinics, they were not carried out 2 days due to the world health situation.

Continuity of the clinic for IVA rapid tests is recommended.

Diabetes and Hypertension Club



In the diabetes and hypertension club it is carried out in the multipurpose room in the second canton 2-1034 in Santa Maria de Jesus, the graph shows a decrease in patients who attended each month, the reasons why There has been a change is that some patients have improved their health through the care and responsibility of each patient, another reason is that there are also attendance rules since if they are absent 3 times in a row they are out of the club.

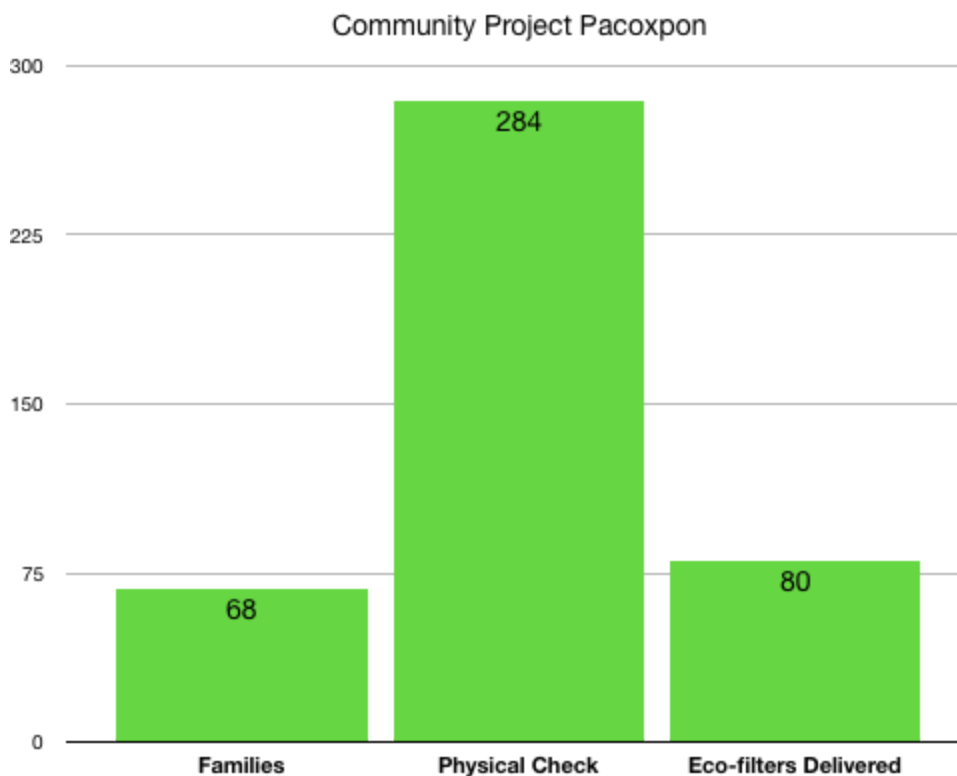
Follow-up of the diabetes and hypertension club is recommended, since the club currently has an average attendance of 32 patients each month, since patients are interested in improving their health through the club where each patient is recommended, diet, exercise and taking the medications provided at no cost.

During the Covid-19 situation, the Nursing Heart team has continued working for the diabetes and hypertension club, providing the follow-up medications for the patients, they have also delivered groceries containing food, fruits, vegetables, personal cleaning kit and cleaning of surfaces to 32 patients who attend the club.

During the care of patients in the club, there is a protocol where appropriate prevention measures are taken, patients sit 2 meters away from each other and must wear the mask. For Nursing Heart personnel, they must wear an N95 mask, face protection visor and gloves, in order to avoid Covid-19.

Also, if possible, carry out controls of the following routine laboratories recommended by Dr. Erik Hernandez, suggested laboratories are Creatinine, Glycosylated Hemoglobin and, if possible, lipid profile, at least once a year, since it is important to know the function of vital organs that affect people with diabetes and hypertension.

Community Empowerment Pilot Project and Non-Clinical Nursing or CEU programs



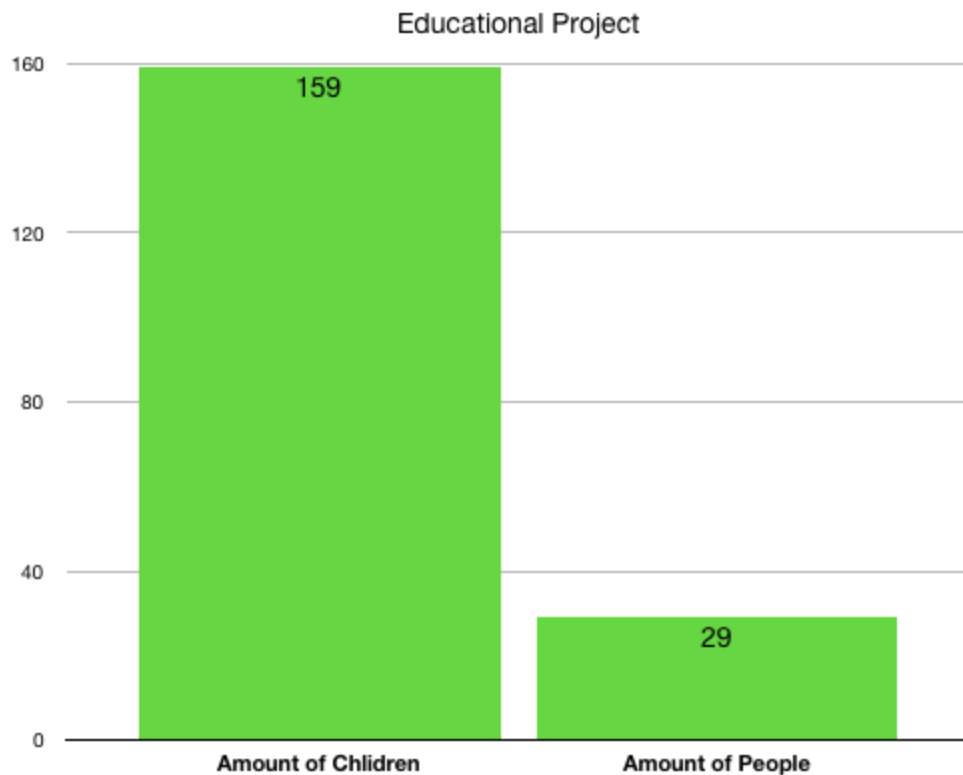
The community projects in Pacoxpon continue to develop this thanks to the support of the teamwork that is carried out with the groups of the Universities, NHI / ACE and Men and Women in Action, this season 68 families were visited by physical check-up, this with the Aim to learn more about the health status of the Pacoxpon community and to be able to monitor their health both in the Convergence Center and in the Men and Women in Action clinics.

The Pacoxpon community is expected to be an example to other communities who want to participate and that the community can continue to empower leaders using their own resources that they currently have.

Eco-filters were also delivered to 74 families, a pre-primary school and an elementary school, as well as the Convergence Center with a total of 80 eco-filters delivered, this with the aim of improving the health of people in the Pacoxpon community.

The situation of Covid-19 suspended the planning that had the issues that were with the community and the Nursing Heart team had been working for more than 1 and a half years, at the moment the community of Pacoxpon is pending follow-up with the community leaders and the community that we hope to have when we can and authorize the meetings, since the communities have their own prevention and protection measures for the community.

At the moment it is expected to be able to make the decision as a team with both the community leaders and Nursing Heart. Since the commitment time will end in the month of October 2020.



It began with school educational talks with students from El Platanar primary school about toothbrushing and food, this with the aim of reinforcing school health in the community.

Educational talks were also held for the elderly with the objective of performing physical and mental exercises to help reinforce the state of health of the people.

Summary

Nursing Heart continues to work for communities, improving the health of the rural population through the development of programs. The Covid-19 has not been an obstacle on the contrary it teaches us many things that we must appreciate in life.

The plan for the next season is to have faith and hope that the groups return to Guatemala, if it is not possible with the groups it is expected to organize a group of doctors and Nursing from Guatemala with the support of the Rafael Landivar University.

What we have done during the Covid-19:

1. We deliver groceries to 32 patients of the diabetes and hypertension club in Santa Maria de Jesus.
2. We deliver groceries to the nursing home in San Martin, we hope to make a second aid delivery.
3. We deliver KN95 masks to 300 Nurses from the National Hospital of Antigua.
4. We hope to deliver masks to 1,200 Nurses from the San Juan de Dios Hospital in the capital city.

5. We plan to help 12 families with food needs in the community of El Limonar in San Martin Jilotepeque with food supplies.

We hope to continue helping more communities in this time of Covid and that God bless us all.