



*Helping to provide medical care for the
indigenous peoples of Dominica*

KALINAGO COLUMN: **The newsletter of the Salybia Mission Project**

If you would like more information about SMP,
visit our website www.salybia.org or email SMP@rossmed.edu.dm

Upcoming events:

October 15 – Second General Clinic
October 29 – Third General Clinic
November 10 – Clinical Skills workshop two
November 12 – Fourth General Clinic
November 13 – 5K run/walk
November 26 – Fifth General Clinic
December 10 – Sixth General Clinic
December 10 – SMP Fundraising Banquet

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What is the Salybia Mission Project??

The Salybia Mission Project (SMP) is a non-profit student organization dedicated to providing healthcare to the Kalinago people (the indigenous Carib Indian tribe) in Dominica. SMP gives Ross students the opportunity of direct clinical exposure with Dr. Sanford 6-8 times a semester. During this semester, the new Women's Health Initiative has also allowed additional students to visit the territory and assist Nurse Paris in attending to the needs of women throughout the territory. The current construction of a new clinic will allow SMP to move out of its temporary location in the Salybia Preschool.

Welcome back!

We would like to extend a warm welcome to all the new students at Ross University for the Fall 2005 semester, and especially to the newest members of the Salybia Mission Project! We have a lot of great activities planned for the semester and hope to see you at many of them. Each member should make a sincere effort to attend one of our general clinics—it's an experience you'll remember for the rest of your medical career.

SMP would also like to formally announce the completion of our new website – www.salybia.org – your only source for information and news about the Salybia Mission Project. You can get announcements, history of SMP, Bylaws of the Organization, our mission statement, information and pictures on events and activities, information on the Carib Territory and People, and much more.

History and Mission of the Salybia Mission Project

Salybia Mission Project is an organization that is committed to improving the quality of life of the Carib (Kalinago) people living in Dominica. Founded in March 2002 by Ross University students, the group is working with the local community to enhance the health care facilities of the territory. Twice a month, under the guidance and direction of Dr. Worrel Sanford, we attend the free clinics in the territory, and participate in the delivery of medical services. Dr. Sanford, who is a Carib native, provides free health clinics in the under-served region, relying on scarce government funding and donations to keep the clinic running. It is the scarcity of resources that stifles the improvement of this clinic and the community that it services. The harshness of this reality and the vision of providing a higher level of quality health care gave birth to SMP.

Recognizing that health extends beyond medical treatment, SMP has widened its scope to include health education. We are currently charged with designing and running a health fair in the territory. In addition to screening clinics and immunization programs, this health fair will run workshops and

information sessions on topics that the community has identified as important health issues. This will provide the Kalinago with a forum to learn about different realms of health, especially those that pertain to their daily living. Through these, we hope to illustrate that preventative measures and lifestyle choices are just as important to health as prescription drugs and institutionalized care. It is through this two pronged approach that SMP hopes to help them in reclaiming ownership of their individual and communal health.

Although still in its infancy, SMP has established itself as a viable and credible organization with real goals and aspirations. We firmly believe that with the aid and support of the Carib community as well as the Ross Community, we can collectively realize the vision of enhancing the level of and accessibility to health so that it is no longer a privilege, but an entitlement that all should benefit from.

Clinic Wish List

The clinic is always in need of supplies to fill its shelves. When you travel home over break, keep some extra space in your suitcase and bring back some meds for the clinic. All it takes is a few dollars. You can drop off any items in Mr. John Hawley's office in the old administration (biochem) building, and they will be taken to the clinic.

Donations of...

- *antifungal creams
- * antihistamine (Benadryl)
- * antacids
- *analgesics (ibuprofen, Tylenol)
- *inhalers/sprays for asthma
- *95% and 70% alcohol
- * bandaids
- *antiseptics (hydrogen peroxide)
- *scalpels
- *mebendazole (and other worm medications)
- *arthritis medications
- *condoms
- *glass slides and lab markers

THANKS!

\$8000 EC donated to SMP

The Indian Students Association (ISA) held their date auction on July 19, 2005. After auctioning off professors and students from all four semesters, over \$27,000 EC was raised. The ISA graciously donated \$8000 to Salybia Mission Project which will be used to purchase medical supplies and goods for the clinic. We can't thank you enough!!

Why go to the clinic??

At many medical schools in the United States, students do not have a chance to meet patients until their 3rd or 4th semester. SMP gives you the chance to start earlier and put your stethoscope and blood pressure cuff to work! After all, the reason we're in medical school is to help the patients get well...what better way to do that than going to the clinic and helping out? Not only is it a fun and rewarding experience, but students also have the opportunity to practice skills learned in the classroom on actual patients. First and third semester students can gain additional practice taking histories for their DPS and Behavioral Science classes. Students at all levels have been able to assist Dr. Sanford with minor surgeries at the clinic, and 3rd / 4th semester students can practice their pharmacology by observing what medications are prescribed to the patients. Perhaps the most important reason to attend one of the SMP clinics is to help provide health care for a group of people who otherwise would be unserved. The Kalinago are very appreciative of the help we provide, and no one should go without health care. See you on the next trip!

Dr. Sanford and SMP members after a hard day's work!



Dr. Forkosh addresses students at the first ever SMP Clinical Skills Workshop



Pictures from the Summer 5K run/walk !!



5 K run / walk another success

The summer semester 5 K run/walk was held on July 24th under beautiful running conditions. This semester's race was especially exciting since the past record holders in the Men's and Women's category had both advanced to the Miami 5th semester and were no longer on the island.

Charles Moradi seized this opportunity to become the first across the line with a time of 19 minutes, 39 seconds. Close behind was Dave Hubbard, with a time of 19 minutes, 59 seconds. Third place for the men went to Zachary Taylor with a time of 20 minutes, 27 seconds.

The women weren't too far behind...first place went to Anna Kalena in 22 minutes, 39 seconds. Sherry Modino finished in 22 minutes 48 seconds, and third place was taken by Ginny Carlson in 23 minutes, 45 seconds.

Each of these top finishers got to select a prize, ranging from massage gift certificates to food at the many restaurants in the Portsmouth area.

At the finish line the runners were greeted with fruit, juice, water and baked goods to get their energy back before a long afternoon of studying. The spouses and professors were also recognized for their participation in the race. Kristin Allison and Mrs. Robinson were the top finishers in the 'spouse' category.

Dr. James, Dr. Goff, Dr. Robinson, Dr. Parry and Dr. Almeda also ran the race and finished with great times. Overall, there were 36 runners that passed through the gates of Cabrits National Park, but there were over 75 students and staff that made donations to the Carib Territory and Salybia Mission Project.

Thank you all...without your support we would be unable to keep supporting the health care needs of the territory. The 5K run for the Fall semester is on November 13th, so you better start training!



New this semester: Clinical Skills Workshops!!

October 13th saw the beginning of a new SMP activity, the Clinical Skills Workshops. Over 75 students attended the CSW, which focused on general inspection and cardiovascular exams. The workshop was led by Dr. Garry Forkosh, a recent RUSM grad. Students listened to Dr. Forkosh's presentation on general inspection and examination, and then tutors from the 4th semester class floated around as students practiced their skills.

A lesson in the cardiovascular exam followed, and students again practiced what they had learned about taking blood pressure, pulse, auscultation and inspection. The students expressed gratitude for the session and were anxious to practice these new skills in future clinics. If you're interested in attending the next CSW, you must first be a member of Salybia Mission Project.

The next CSW will be held on November 10th. First we will have a short review of general inspection and cardiovascular skills, then a full presentation on the respiratory and abdominal exams.

News from the Island

ROSEAU, Dominica: Dominican men women and children were treated for a variety of ailments over the last seven days compliments of the 56th Medical Group from Luke Air Force Base, Arizona. Under the leadership of Colonel Dr. Jeffrey M. Swartz, ten Air Force Medical professionals saw and treated hundreds of medical, dental and ophthalmic complaints in Marigot, Portsmouth and the capital Roseau.

When the 11 member team participating in the Medical Readiness Exercise Training (MEDRETE) packed away their equipment on Wednesday September 28, they had seen 2,739 patients and dispensed close to US\$45,000 worth of medicines.

The remaining drugs (valued at approximately \$40,000) were handed over to the Dominica government during a special closing ceremony attended by acting Prime Minister Vince Henderson and Deputy Chief of Mission of the US Embassy to Barbados and the Eastern Caribbean Mary Ellen Gilroy at the Princess Margaret Hospital on Wednesday September 28.

Despite a day's delay due to inclement weather long lines snaked around medical centers in the north of the island as the old and young, mothers with babes in arms and those on their way to work stopped off at medical facilities in Marigot and Portsmouth to have their medical needs met.

By the end of the week the team comprising dentists, general medical practitioners, OB GYN, a pediatrician, ophthalmic technician, specialist in internal medicine, dermatologist and a pharmacist, endeared themselves to the Dominican populace with their professionalism and kindness.

"That is so much better now, I can read again," declared one elderly woman who had just received a free pair of reading glasses from Senior Airman Travis Carr. She was one of nearly 900 Dominicans that received free reading glasses as well as prescription sunglasses from the team.

Eight hundred and nine received general medical treatment, 91 were seen by the OB GYN, 284 by the dermatologist, 184 by the dentist and dental technician, an additional 319 received fluoride treatments from the dental team and the pediatrician treated 179 children. The team dispensed and filled a total of 2,680 prescriptions from their field pharmacy.