

KALI NAGO COLUMN:

The newsletter of the Salybia Mission Project

April 2006



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

Upcoming events:

Clinic trips, Clinical workshops, 5K run, and more...
Check your email and watch for flyers around campus!

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.

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

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Welcome back!

We would like to extend a warm welcome to all the new students at Ross University for the Summer 2006 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-serviced 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. We have recently instituted a scholarship program for students at the Dominica Nurses' College. 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. Have any unneeded meds lying around? Extra space in your suitcase? Leftover gloves from anatomy lab? You can drop off any items in Mr. Hawley's office in the anatomy building, two doors down from the EMS office. Donations will be taken to the clinic. THANKS!

- *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

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!

The Summer Semester Executive are currently being finalized. For more information, or if you want to be on the e-board, email smp@rossmed.edu.dm



**Selling baskets in
the territory**



SMP members after the
Spring 5K run

5 K run / walk another success

The spring semester 5 K run/walk was held on March 26th under great 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. Mike Bierl seized this opportunity to become the first across the line with a time of 19 minutes, 34 seconds. Close behind was Victor Ashbey, with a time of 20 minutes, 18 seconds. Third place for the men went to Gavin David with a time of 21 minutes, 47 seconds. The women weren't too far behind...first place went to Claudia Padilla in 20 minutes, 53 seconds. Amanda McFarland finished in 21 minutes 39 seconds, and third place was taken by Kristen Allison in 23 minutes, 31 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. Like always, a number of professors participated in the race. This semester, Mrs. Robinson and Dr. Robinson were first to cross the line, next was Dr. Boaz, and finally Dr. Parry. Thank you to all of the businesses providing us with prizes, and to all of the students who ran, and those who made donations as well...without your support we would be unable to keep supporting the health care needs of the territory. The 5K run for the Summer semester is just around the corner, so you had better begin training!

Past activities: Health Fair Highlights!

On May 28th, 2005 the SMP held its annual health fair for the Carib Territory at the Lighthouse Baptist School. Here is a quick recap of what went on...

About 60 patients were seen by Dr. Sanford, Dr. Sharma, Dr. Schipul, and Dr. Lorber. 42 students were present to take full histories and review of symptoms. Patients had their pulse and blood pressure taken, and body fat assessment scales were used to inform patients about healthy body fat percentages in relation to their own weight and height. Glucose testing was performed on many patients. After all of these preliminary assessments, the students presented the patient to one of the doctors and watched or assisted with the physical examinations.

With the help of three nurses (Nurse Paris and two ladies from Canada) and Renmark, our pharmacist, prescribed medicine could be distributed to those who required it. Pamphlets were prepared by members of the executive board on Hypertension, Diabetes, Nutrition, Women's Health, Infectious Diseases (HIV/TB/Fungal infections), and Pediatrics. These pamphlets were distributed to the patients. One member educated patients about the importance of Breast Self Examinations by wearing the ICM breast model. Two other opportunities offered themselves at the fair; an epidemiological survey and a genetic research study. Many of the common chief concerns from the patients involved general body aches (shoulder pain, lower back pain), headaches, diabetes, skin rash (atopic eczema), ear infections, earwax buildup, tonsillitis, and abdominal pains.

Special thanks go to Nurse Paris, to Reverend Challenger for allowing us to use the School / Church and to Chief Charles Williams for opening up the fair.