

Kalinago Column

The Official Newsletter of the Salybia Mission Project

Fall 2010 Semester



Mr. John Hawley &
Kalinago Chief Joseph



Students conducting an HPI



SMP members conducting cholesterol
and glucose screening

Message from our Fall 2010 SMP Co-Directors

For Fall 2010 semester we both envisioned the growth of Salybia from the previous semester and to encourage new and exciting ideas. We have both been members of SMP our entire time at Ross Medical University. Our desire to become Directors of this organization stemmed from our beliefs and goals being in sync with the Salybia mission goals. We both wanted to continue SMP's history of providing the Kalinago people with health care and educational needs. The 2010 e-board has done just that, and exceeded our expectations. We have implemented important changes to the ever so growing Salybia Mission Project! This semester started with a "bang," at our first clinic that doubled as a health fair where over 30 patients were seen by 3 physicians. We had special guests accompany this clinic which included the Kalinago chief, Ross faculty, one of whom helped found SMP 8 yrs ago and a Devry representative. The clinic opener was just the beginning to a successful semester.

(Continued on Page 2)

Table of Contents:

SMP Board Updates.....	2
Membership.....	3
Carib Territory History.....	4
Clinic Opening.....	5-6
Clinic Spotlight.....	7-10
WHI Clinic.....	11
Phlebotomy Clinic.....	12
Portsmouth Peds Fair....	13
SMP Member	
Reflection.....	14
Clinical Director's Perspective.....	15
SMP Clinical Staff.....	16
Special Projects.....	17
Fundraising.....	18
Poker Tournament.....	18
Dodgeball.....	19
Halloween Bash.....	20-21
5K Run/Walk.....	22-23
Alumni Spotlight.....	24-25
E-Board.....	26-27

SMP Co-Director Message (Continued from Page 1)

The brand new Kalinago Health center has been the site of our clinics this semester after the long awaited anticipation of the grand opening. The center has the capacity for several private exam rooms, interview rooms, plenty of restrooms, a large waiting room, and an area for easy access to our pharmacist. Several nurses will be stationed at the center as well as a doctor. The health center will also be equipped to deliver babies in the future. It will also eventually be the primary source of health services for the Carib territory and be a general out-patient clinic.

We expanded our e-board for next semester to better cover the health education for both the Kalinago and student members needs by adding 3 Health Education Coordinators, which are completely new positions. The Health Education Coordinators will add flexibility in planning events such as health fairs with a focus on nutrition, diabetes, pediatrics, hypertension, women's health, or sex education as well as student clinics and fundraisers in phlebotomy, intubation, simulation-man and basic CPR opportunities.

A special projects position was also added to our e-board to help cover details of some more specific needs for SMP. We have 2 different research opportunities to help identify needs and track the health of the Kalinago people. These studies will help guide future SMP events and help to fill the gap of medical data from the Carib territory for more accurate statistics for Dominica as a whole.

This semester SMP started providing Letters of Recommendation for members that meet the required criteria as well as providing reflective practice letters to help students meet the Ross requirements to leave the Island and continue to 5th semester. A letter of Recommendation from Salybia is meant to recognize those members who best exemplify the Salybia mission.

Our fundraising and donation efforts have also been expanded by reaching out to SMP alumni that are practicing physicians in the U.S. Salybia alumni members have already contacted us and requested to be kept informed on the progress of SMP. We hope to be able to bring some of the alumni back to the island for a special welcome back alumni clinic so they can witness firsthand the success and growth SMP has made over the years.

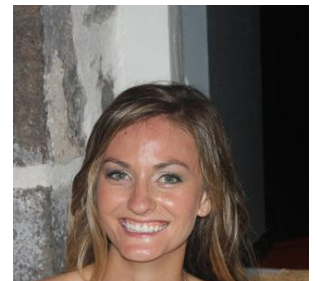
We are thankful for everyone's hard work and perseverance over the semester. Much has been accomplished and we truly hope that next semester will harbor more success and the continued growth of SMP. We encourage everyone to take part in next semester's events and clinics and continue the spirit of SMP.

Sincerely,

Jaclyn Remund and Mitun Patel
Fall 2010 Co-Directors



Mitun Patel,
Co-Director,
Fall 2010



Jaclyn Remund,
Co-Director,
Fall 2010



Kalinago Healer's Mask

Fall sale raised over 1000 EC
for Salybia, & helped the
local Kalinago community.

SMP Membership



Membership dues help fund our bi-monthly clinics and other special projects.

Did you know that...

- Salybia Mission Project was founded in 2002
- SMP have **329** active members on the island
- We gained **82** new members this semester
- Members can practice their HPI skills at the bi-monthly clinics in the Carib territory
- SMP has supported 3 Kalinago nurses in their education

For just **140 EC**, you get:

- Lifetime Membership to SMP
- SMP T-Shirt
- Access to Health Clinics & Events to help the Kalinago People

"In order to get this level of healthcare-related experience, our US medical school colleagues would need a passport, plane ticket, and summer vacation. All you need is a Saturday."

— Alexander Curtis,
Clinic Coordinator

"The primary funding each semester comes from membership dues, so it's essential to keep up our recruitment numbers! This semester, we utilized in class announcements and lunch tabling for two weeks straight. Hopefully that helped spread the SMP word a bit further!"

--- Arathi Kumar, Membership Coordinator



Carib Territory, Dominica

Home of the Kalinago People



Cassava bread



Traditional Kalinago tribe dancing

The Kalinago people of Dominica live in the last indigenous community in the entire Caribbean. As British strength grew on Dominica in the eighteenth century they were driven to a remote area in the mountainous eastern part of the island. In 1903 the “Carib Reserve,” which we know as “the Territory,” was established in this remote area and the ownership was held in common by the Kalinago residents. After British rule ended in 1978 the Territory survived as did the Kalinago community.

As a result of early independence, the Kalinago people maintained some of their rich traditions, although some aspects of the tribe have been lost over time. Most members of the tribe speak English and French Creole, much like their Dominican counterparts.

There is a strong sense of community in the Carib territory, and there are around 3,500 inhabitants. Craft shops and banana crops are the main source of income for the Kalinago people, although some members of the community work as fishermen or find other employment. Several have pursued higher education, such as Ross University SOM physician, Dr. Worrel Sanford.

In 2002, Dr. Sanford encouraged a small group of PBL students to do more for the Kalinago people, and the concept of Salybia Mission Project was born.

Despite early struggles, the small group of medical students and faculty members built an organization that we can all be proud of. The club is entirely supported through membership dues, fundraising events, and direct donations. **This semester we were even able to help inaugurate the long-awaited Kalinago Health Center!**

Throughout each semester, SMP sponsors biweekly medical visits to the territory, in which medical students work alongside several hard-working physicians, our dedicated pharmacist, and some of the very same nurses that SMP has sponsored through nursing school. Recent Ross graduates have participated in our clinics, and served as a wealth of information for our members these past few semesters.

Clinic Grand Opening

September 11, 2010



After 8 years of careful planning, fundraising, and hard work, the Kalinago community now has a new clinic! The grand opening of the clinic was well-attended by prominent members of the Kalinago tribe, the Chair of the Dominican Medical Board, Dr. Dorian Shillingford, RUSOM Senior Associate Dean for Academic Affairs, Dr. Gannady Raskin, the President of the Healthcare Division for DeVry University, Bill Hughson, and Dr. & Mrs. Rios, who were both instrumental in our early successes. Thank you to all members, past and present, who have made this clinic a reality for the Kalinago people!

Our New Clinic



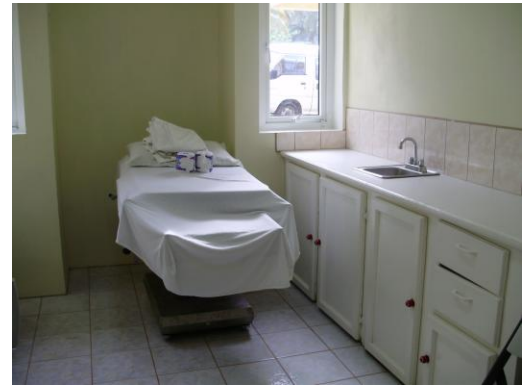
Clinic Entrance



We had a great turnout for the opening clinic.



Students conduct the HPI & take vital signs



Examination Room #1



Examination Room #2



Pharmacy



HPI Room

Clinic Spotlight

What does it take to organize a clinic?

Each Clinical Coordinator is responsible for organizing an entire clinic, under the guidance of our Clinical Director. This means that the Clinical Coordinator recruits the physicians, nurses, pharmacist, and bus drivers for their clinic, and contacts the community members to make sure that everyone knows about the clinic.

Local schools, churches, and community centers are contacted, and fliers are distributed in the Territory. They also provide any necessary special training for the clinic, and they help keep the clinic running smoothly. Additionally, they work closely with the Supplies Coordinator & the Pharmacist to ensure that adequate medical supplies will be available for the patients.

My Experience as a Clinical Coordinator

This semester I had the privilege of being a clinical coordinator for Salybia Mission Project. For those that do not know, Salybia host a health clinic in the Carib territory once every two weeks. It is the job of the clinical coordinator to make all the necessary arrangements for the health clinic to be a success. I had scheduled Mr. Renmark Johnson as our pharmacist, Ms. Nurse Burton, and Dr. Andrew to be our physician. I called the Carib territory government office and the local churches to inform the public we would be having our health fair. Early Saturday morning I woke up hoping for the best. I brought down some fans we bought for the clinic, a tray of banana bread for the patients, and met with the supplies coordinator to get the medical supplies.

By 8:00 am all 15 Salybia members that signed up showed up for the clinic. All the materials and students were loading on the bus, and we set off on our journey to the Carib territory past the Dominica Airport. We made a quick stop at one of the Carib bakeries. There a local man was nice enough to give us a blessing for our clinic.

When we arrived at the clinic Nurse Burton was already there with patients waiting for us. Nurse Burton was a big help, she knew exactly what she was doing and was a big asset to making the clinic run smoothly. Our SMP members broke up into teams of two (one upper semester and one first semester) and began patient interviews. Mr. Renmark Johnson and Dr. Andrew arrived shortly after.

Mr. Renmark Johnson has been our loyal pharmacist since the beginning of SMP. He was very helpful and educational to the patients and SMP members. It was a privilege to get to work with him. Dr. Andrew was also a valuable asset to our clinic. Each group of SMP members got to present their patient to Dr. Andrew. She took the time to explain to the patient and us what her differential diagnosis was and answered any questions we had about the condition. Dr. Andrew provided a very rewarding experience for the SMP members and our Patients.

In total we saw 19 patients on that Saturday. Conditions varied from Staphylococcus boils on an infant, to a necrotic ulcer on a man's leg that we got to watch debride. The SMP members gave a lot of positive feedback; they seemed to really enjoy their experience and felt that they not only learned but did a valuable service to the people of the Carib territory.

Speaking for myself I am very glad I had this opportunity to be a Clinical Coordinator for the Salybia Mission Project. There are many student organizations at Ross that provides aide to the local Dominica people. However, SMP is the only organization that has its primary goal in providing medical care. It is also the only organization that makes the long drive out to the Carib territory. Being the clinical coordinator was a very self rewarding experience for me. Knowing that the work I did was able to provide medical care for 19 less fortunate people is something I feel very proud of. Our time here at Ross in Dominica teaches us the scientific and medical knowledge that we will use throughout our clinical career. However, I feel the clinic SMP runs teaches us something we cannot learn in a class room. It teaches us to be caring physicians, it shows us the impact we can have with our patients, and makes the whole experience more real.

I would like to thank all of the SMP members that woke up early to attend the clinic; a special thank you to Dr. Andrew, Mr. Johnson, and Nurse Burton for sacrificing their time to make the SMP clinic a success. Most importantly I want to thank the people of the Carib territory for welcoming us very warmly into their community.

BY: Daniel Miles; SMP Coordinator Fall 2010



Students board the bus early each clinic morning, and make the 1 hour journey out to the Carib Territory.



Building rapport with patients - A large part of what makes SMP unique is the eagerness of our members to give back to the local community.



Dr. Rios at the Inauguration of the new clinic.



Patients outside of the clinic.



Glucose/Cholesterol Station



Building our clinical skills



Students take BP & other vital signs



Taking an axillary temperature

Pediatric Clinic



Ear exam



Preparing healthy snacks for the children



Pulmonary/Cardiac Station



Height & Weight Station



Organizing the volunteers

50 children & 8 adults received healthcare services during our first-ever Pediatric clinic.



Blood Pressure



HPI



Blood Pressure

Health Education: Hand Hygiene Experiment



The children were taught to wash their hands carefully, and shown the results of good and bad handwashing using a special “germ” solution, provided by **Dr. Drummelsmith** from the Microbiology Dept. Afterwards, a blacklight was used to visualize any remaining germs.



UV light – testing for germs after hand washing



Of course, we'll never turn away any patient.



Cardiac exam



Dispensing of medications to the patients



Check-up with Dr. Andrew



Check-up with Dr. Burnett



Nurse Porshia Burton



SMP volunteers with some of our patients



A special thanks to Dr. Burnette, Dr. Andrew, Nurse Burton, and our Pharmacist Renmark Johnson_

SMP Fall 2010 Newsletter, Page 10

W♀men's Health Initiative



The WHI Team:

- Pharmacist Renmark Johnson
- Nurse Dorren Ettienne
- Dr. Rachel Andrew
- Jackie Kelly (WHI Coordinator)
- Tammy Seipel (WHI Coordinator)

The Women's Health Initiative began in 2009 after SMP learned of the need for women-specific medical care and education in the Carib Territory.

Since then, WHI holds 2 specialized clinics per semester, & specialized female exams are available, including pelvic and breast exams.

Students use models borrowed from ROSUM's ICM Dept. to demonstrate how to perform a self-breast exam.

Starting in January 2011, there will be 3 Health Education Coordinators, who will conduct 2 WHI clinics per semester, as well as other Health Education needs in the Carib Territory & on the Ross campus, to better train our Salybia members for indigenous medicine.



Phlebotomy Clinic @ ROSUM



Dr. Mallik presented the fundamentals of phlebotomy to the eager students.



Each semester, SMP offers a Phlebotomy Clinic to all ROSUM students. Current SMP members can participate for free, and non-SMP members can pay \$20 EC to participate. Students learn how to draw a blood sample and start an IV on models from the ICM department. Student volunteers conduct the training.



Mirela poses with Harvey.

Portsmouth Pediatrics Fair (w/the Pediatrics Association)



The RUSOM Pediatrics Association requested for SMP to help co-host a Pediatrics Fair for children in the Portsmouth area. Our members quickly signed up to participate, and they had a great time helping the children in the local community.



The Pediatric Fair is offered once every semester, and children are given a complete health screening by RUSOM students.



80 children received healthcare services during the local Peds Fair.





Helping to provide medical care for the indigenous peoples of Dominica

Salybia Mission Project: My Reflection

My experience with Salybia has been an exceptional one. Since the first clinic during my first semester, I had a great passion for serving the Kalinago people of Salybia, Dominica, West Indies. Salybia is a unique organization in that it gives all of its students, irrespective of knowledge or skill level, the opportunity to practice medicine at its heart; patient interaction. The patients are pleasurable and willing to help us practice as medical students. Each student practices taking clinical histories and conducting various parts of the physical exam; the students then join the doctor to practice diagnostic skills. We discuss each case in detail, combining our basic science course work with the practical aspect of medicine. Dr. Sabaroche, the primary educator for the weekend clinics, has incredible critical thinking skills and a wealth of knowledge that he has shared with us; he taught us how to properly assess cases, and devise a list of differential diagnoses. The tutelage from Dr. Sabaroche transcended the academic aspect of medical school, he guided us to go beyond book knowledge by comprehensively and critically applying the knowledge we had acquired to real patients.

The Salybia Mission Project has provided me with the rare opportunity to connect with the local people of Salybia. My colleagues and I were able to provide basic health services such as blood pressure checks, glucose & cholesterol monitoring, maintenance medications and health education. The patients were so grateful for our efforts to improve the quality of health care in their village, and quality of health for each of their individual lives. For Instance, a concerned mother humbly asked Salybia if we would be willing to help raise 20,000 XCD for her son to be able to travel to a neighboring island to get neurosurgery to remove a cystic mass. Fundraising for cases like these in order to prolong an individual's life and sustain the family unit make our mission worthwhile. Words cannot express how gratifying it is to be able to provide such small services, yet leave such a lasting impression.

Salybia Mission Project not only allowed me to give back to the local people of Dominica, but it has also given me a means to learn, practice, strengthen clinical and communication skills and grow as a future physician. My experience with Salybia has given me the opportunity to be a leader, to serve and to provide health care early in my medical education. A memorable moment with Salybia occurred when a patient gave me a small token of her appreciation. The gratitude that the gift represented, rather than the gift itself, gave me further proof that medicine is the field where I belong; I am beholden to Salybia for making moments like these possible.



My First Clinic Semester 1 June 2009



HPI's at New Clinics First Health Fair



My Pediatric Patient

Written by: **Melanie Rookwood, MS3,**
SMP Clinical Director from May-August 2010

Clinical Director's Perspective

The Fall 2010 semester was a revolutionary time for SMP. Its Clinical Director, Alexander Curtis, organized the first clinic of the semester – on September 11, 2010 – at the Kalinago Health Center (KHC). September 2010 marks the first official clinic at the magnificent KHC. Chief Joseph and John Hawley provided opening remarks to document the momentous occasion. Dorian Shillingford, the Chair of the Dominican Medical Board, as well as the President of Devry's Health Care Group, Bill Hughson were in attendance. Dozens of patients were seen by Dr. Andrew, Dr. Sabarouch and the Kalinago Community's Dr. Sanford. Many patients were also screened for cholesterol and blood glucose levels.



Alexander Curtis with Dr. [redacted], Kalinago Chief Joseph, & Peace Corps volunteer [redacted]



Canadian Research Team information session

SMP invested an average of 1350 EC (\$500 USD) on each of its eight clinics this semester. The total cost of operating this semester's clinics, which includes hiring local drivers, nurses, and snack providers, reached just over 10,800 EC (approximately \$4,000 USD). It is critical to recognize the invaluable service SMP's Saturday clinics provide to the patients who receive treatment, the students who receive clinical skills training, and to medical school applicants who are attracted to RUSM as a result of this unique opportunity.

Throughout the semester, SMP members met with patients of all ages who offered health concerns ranging from mild scrapes and bruises to severe cases of unmanaged diabetes and the resulting peripheral neuropathy. SMP would like to obtain a clearer understanding of what health concerns are addressed at our clinics. As a result, Alexander and one of SMP's Co-Directors, Jaclyn Remund, met with a Ross University epidemiologist to discuss tracking the health characters of patients who participate in our Saturday clinics. Anonymously recording pertinent patient health information offers an exciting new opportunity for next semester's Clinic Coordinators.

Alexander also met with a team of indigenous peoples health researchers from Manitoba, Canada to discuss how SMP can become involved with an in-depth community health assessment of Kalinago Community members. Dr. Richard Heinzl, Dr. Javier Mignone, and Dr. Brenda Elias have spent their careers working with communities similar to the Kalinago's around the world and have developed the "Kalinago Peoples Health Needs Assessment" to better understand the Kalinago peoples' health concerns. As a result, the partnership between SMP, the University of Manitoba, and the Carib Council offers a tremendous opportunity to future Saturday clinic participants, the Kalinago Community and to Dominican health professionals.

Collectively, a new clinic, new doctors to SMP's roster, and new health informatics initiatives spell the beginning of an exciting new direction for our Salybia Mission Project.

Our Clinical Staff



Worrel Sanford, MD
Founding SMP Staff Member



Renmark Johnson, R.Ph
Founding SMP Staff Member



Curtis Sabaroche R.Ph, MD
3 years with SMP



Porshia Burton, R.N
Current Studies:
Nurse Midwifery
2 years with SMP
Current SMP Scholarship
Recipient



Winnie Joseph, R.N,
Midwifery
Previous SMP Scholarship
Recipient



Dr. Andrew
2 Semesters with SMP



Dr. Burnette,
Guest Pediatrician

SMP Special Projects: Nursing Scholar Graduation!



Melanie Rookwood (prior Clinical Director), Asiya Hussain (prior Director), Derrick Moriarty (Prior secretary) at Nurse Joseph's graduation ceremony.

Nurse Joseph approached SMP with a request for funding 2 years ago.

Through her hard work and dedication, and the contribution of SMP members, Nurse Joseph graduated with from Dominica State College with a degree in Midwifery. This will help her to better serve the Kalinago community.

Part of our mission is to help educate members of the Kalinago tribe in medical fields, so that they can help us provide medical care to the community.



Fundrai\$ing

SMP depends on all of the money raised from new memberships and fundraisers to provide for clinic costs and special projects, our fundraisers are a big part of SMP's activities.

This semester, our Fundraising Coordinator Jenny Underwood worked closely with our current E-Board to organize new fundraisers, such as the Poker Tournament, Halloween Bash, and Phlebotomy Clinic. We are also reaching out for greater donations from SMP Alumni and interested community members.

Additionally, we continued our trademark Dodgeball Tournament and 5K Run/Walk. Our team worked diligently to try to bring in more money than we were spending, and we were fortunate to succeed at the end of the semester.

Poker Tournament



SMP paired with Phi Delta Epsilon to hold a Casino Night fundraiser. Thanks to all of our 60 members who participated.

A special thanks to Phi Delta Epsilon for the donation of 100 first-aid kits to SMP. PDE President Muzna Rauf was instrumental in bringing this donation to our club.



SMP Dodgeball Tournament

The Champions: **FLAMING DISCHARGE!**



Team members: Marc Collins, Paul Simpson, Collin Kitchell, Liz Otto, & Jani Brackett



A special thanks to our **11** participating teams!

We raised **\$965** towards future Salybia clinics!

The Teams:

- Kidz
- Fun Faculty
- Mighty Pandas (VSA)
- Flaming Discharge
- Manicoot
- Ball Bashers
- Gabe Squared
- Elephantitis Balls (AMSA)
- Balls of Destiny
- Booty-Butt-Cheeks
- Team Salybia

Dodgeball Coordinators:

Laura, Jennifer, & Cristina Nguyen



Photography by Simon Peter Tiu

Halloween Bash!



This was SMP's first ever party at Cabrits, so we shared the risk & the profits with BSA.



Selling tickets to the event – SMP & BSA teamwork



Gotham's Heroes & Villains

Fortunately, we had a GREAT turnout, and brought in over **15,000 EC!** We will definitely be sponsoring more parties at Cabrits in upcoming semesters!



Super Mario Brothers & Friends



Tabasco Sauce



The Fanta Girls



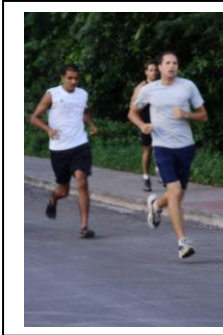
50's Housewife



Serving drinks to a thirsty, post-mini crowd



Salybia 5K Run/Walk



Top 3 Women:

1. Constance Deslauriers (22:36)
2. Jennifer Genova (23:17)
3. Mona Madini (24:57)

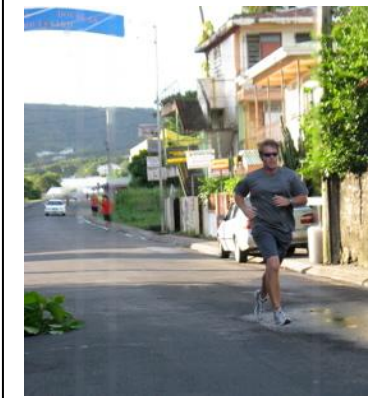
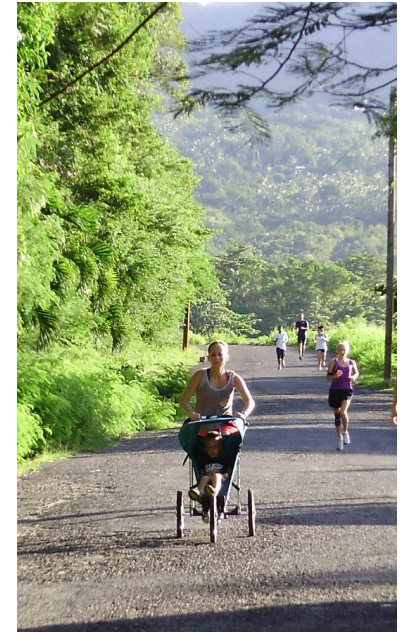


Top 3 Men:

1. Zachary Miller (18:07)
2. Bernie Martinez (19:01)
3. Jason Wright (19:06)

"Turtle Prize"

Hans Schilders, Carey Charyk,
& Lise Van de Kamp (48:17)



One of SMP's signature fundraising events is the 5K Run/Walk, held every semester here at RUSOM. This year's event was no exception – we raised over **5,000 EC**, based on local sponsors and runner entry fees. The event was a great success!

Early on Sunday, November 21, runners lined up at the Main Gate. At 7am, they started off on a race that would end just 18 minutes later for our fastest male runner. The 5K included a diverse group of students, faculty, spouses, and local community members. We even had an amazing runner cross the finish line with her son in his stroller! This was an excellent event, and we look forward to increasing student involvement and fundraising for this event next semester!



5K Coordinators, in their E-Board Shirts
Viji, Teena, & Louise



SMP Alumni Spotlight



1st SMP clinic, 2002.

Founding E-Board Members:

Mark Thompson (Director)

Challie Minton (Assistant Director)

Sylvia Marcos (Treasurer)

Kevin Price (Membership Coordinator)

Brad Chastant (Membership Coordinator)

Daniel Marrero (Donations Coordinator)

Angie Foley (Clinical Coordinator)

SMP Alumni Profile: Dr. Sylvia Marcos



RUSOM Class of November 2005

Residency:

Internal Medicine,

SUNY Downstate Medical Center - 2006-09

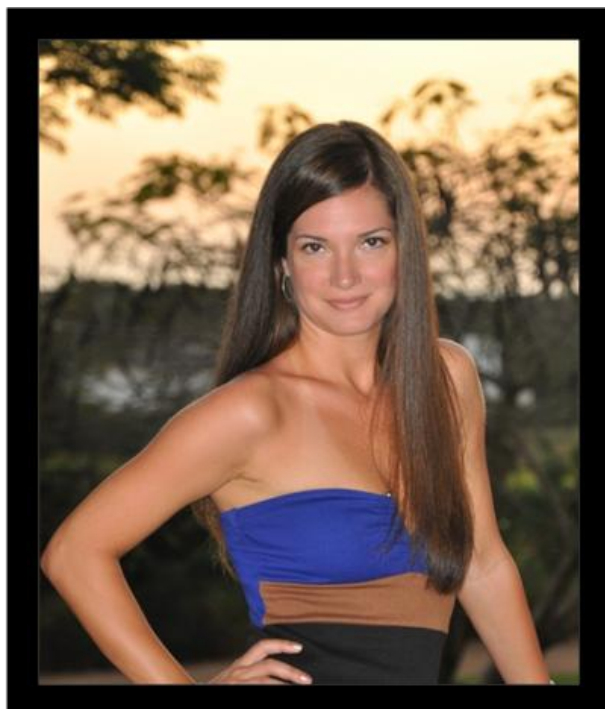
Chief Resident for the same in 2010

“As the only Canadian founding member of SMP, I was drawn to the Project because of its underpinning philosophy that health care is not a privilege of some, but rather a right for all. Collaborating with a team of intelligent, inventive leaders and having the privilege of serving the Carib community could not have been a better springboard for my professional career. It was during those formative years that I was able to truly experience the essence of being a physician, something that I work to emulate in my current practice. I would like to thank our countless successors that have helped carry on the legacy of SMP and supported its growth. I look forward to the day when I can reunite with the other founders, meet our successors, and propel SMP to its next great success.”

SMP Alumni Profile: Dr. Angie Foley

"I was interested in helping start up a clinic for the Carib Indians while in medical school for two reasons; they needed us and I needed them. At the time there weren't a whole lot of resources for this population and we had a connection to the area through Dr. Sanford. He was so wonderful to take us around and introduce us to his people and culture. We really learned a lot from him. We also needed the clinic experience.

Those of us that began the clinic all had some sort of clinical experience before coming to the island and didn't want to lose those skills plus seeing patients is what kept most of us motivated for the long hours of book work. I served as the Clinical Coordinator, which meant that I had the pleasure of actually going to the clinic every other weekend with a new set of students. Being with these people on such a regular basis was really rewarding and to be honest, I miss it! They are great people in a unique environment and it was an experience that cannot be duplicated!"



RUSOM Class of May 2005

Residency: Tallahassee Memorial Hospital in Tallahassee, FL in Family Medicine

Board Certified in Bariatric Medicine

Current position: Private Practice (Primary Care, Urgent Care)

Current goal: - - "I hope to start a bariatric program in my area, serving another population with a stigma and few resources."

SMP Alumni Committee

Main goal: to reach out to past SMP members, to provide opportunities for our alumni to stay connected to SMP's mission, and to invite alumni to visit the island to assist us in our clinics. We will also try to profile 2 SMP Alumni members in each subsequent newsletter.

Fall 2010 Committee Members:

Teena Dhir, Arathi Kumar, Sheryl Recinos, Kelly Davis, Ned Palmer, & Alexander Nutt

Are you an SMP alumni? Would you like to be added to our mailing list? Please send an email to Mr. John Hawley: jhawley@rossmed.edu.dm or SMP@rossmed.edu.dm.

Fall 2010 E-Board



Co-Directors:

Mitun Patel
Jaclyn Remund

Secretary:

Cassie Kazl

Treasurer:

Colin Kanach

Clinical Director:

Alexander Curtis
Mirela Saca

Recruitment Coordinator:

Arathi Kumar

Supplies Coordinator:

Andrew Wang

Clinical Coordinators:

Daniel Miles
Jessica Lee
Lily Assefa
Keith Schenker
Lindsey Ball

W.H.I. Coordinators:

Tammis Seipel
Jackie Kelly

Fundraising Coordinator:

Jenny Underwood

Dodge ball Coordinators:

Cristina Nguyen
Jen Nguyen
Laura Nguyen

5K Coordinators:

Teena Dhir
Viji Motilanheru
Louise Djeumo

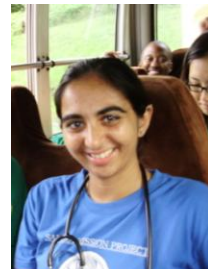
Webmaster:

Julie Oda

Newsletter Coordinator:

Sheryl Recinos

It's been a productive semester for our SMP E-Board, and we are grateful for everyone's hard work and dedication to the mission. Although we are sad to see our 4th Semester E-Board members move on, we are glad that they are continuing forward in their pursuit of the dream.



We are excited to announce our new E-Board for the January 2011 semester:

Co-Directors:

Arathi Kumar
Andrew Wang

Secretary:

Cristina Nguyen

Treasurer:

Laura Nguyen

Clinical Director:

Lily Assefa
Teena Dhir

Recruitment Coordinator:

Daniel Cifarelli



Supplies Coordinator:

OPEN

Health Education Coordinators:

Alex Nutt
Ned Palmer
Sheryl Recinos

Dodgeball Coordinators:

Thuy Ho
Umair Randhawa

Special Projects Coordinator:

Alexander Curtis

**Fundraising
Coordinators:**

Manju Kannikunnel
Julie Oda
Keith Schenker

5K Coordinators:

Rita Akarez-Avedissian
Meryl Davis

Clinical Coordinators:

Angela Azor
Jennifer Cackowski
Sherly Mathew
Jenisha Narayanan
Reena Patel

Webmaster:

Jeremy Day

Newsletter Coordinator:

OPEN

SMP Wish-List



When asked what more Salybia could do to improve our clinics, Renmark told us that we simply **need more medications for our patients.**



Our pharmacy stock is largely purchased during semester breaks, from the United States and Canada. It's amazing how much need there is among our patients. If we could get **each SMP member** to go shopping and **buy 5-10 items from our wish list**, we would be much better equipped to serve our patients. If we could use all of our connections back home... we could obtain sample medications, medical supplies, and much-needed equipment to help stock our beautiful new clinic. **Please help us help the Kalinago people!**

Medications:

1. **Antifungal creams**
2. **Broad Spectrum Antibiotics**
3. **Antibacterial creams**
4. **NSAIDS**
5. Corticosteroids
6. Acetaminophen
7. **Antacid (liquids)**
8. Antihistamines (Non-drowsy (ex Claritin, loratadine) and 1st gen (ex benadryl)
9. Bandages and adhesive tape
10. Benadryl tablets
11. Betadine solution
12. Eye drops
13. **Folic Acid**
14. **Hydrocortisone**
15. **Hypertension medication**
16. KY Jelly lubricant
17. **Multi-vitamins – Children's, General Adult, Prenatal**
18. **Oral rehydration salts**
19. Topical muscle care (ex Ben-gay)
20. **Triple antibiotic ointment**
21. **Tylenol/Acetaminophen (Esp. Children's & Infant's strength)**
22. Wound care (band aids, guaze, hydrogen peroxide, ace bandages, etc)
23. Zantax
24. Skin lotion
25. Stomach meds (anti-diarrheals, antacids, any others)
26. Thiamine
27. Cough and Cold medications (ex Dayquil & Nyquil, etc)

SMP Wish List, Continued....

Examination Items:

1. Glucose strips

Current glucose machines that we have: 2 One Touch Ultra Monitor; 2 One Touch Ultra2 Monitor; 2 One Touch Ultra Mini Monitor; 5 Contour Monitor: 5 (Sent one to the clinic); 3 Freestyle Lite Monitor; 1 Freestyle Flash Monitor; 1 Leader True Track Monitor

2. Cholesterol Strips

Current cholesterol machines that we have: Total Cholesterol Test Strips (CardioChek brand)

3. Precision glucometer strips

4. Cholesterol Machine
5. Sterile blood sample puncture/finger stickers
6. Alcohol 70% liquid
7. Alcohol Prep pads

8. Disposable Probes for the end of thermometers

9. Electronic Thermometers

10. Face Masks
11. Gloves (small or medium)
12. Hand Sanitizer
13. Hand Soap
14. Numbered cards (plastic)
15. Pregnancy tests
16. Small composition notebooks
17. Spatulas
18. Staplers
19. Speculums

20. Syringes 3cc, 5cc, 10cc

21. Tongue Depressors
22. Urine Catheter equipment
23. Small, clear plastic bags (medicine distribution)

Clinic Equipment:

1. Ophthalmoscope
2. Otoscope
3. Children's BP Cuff
4. X-Large Adult BP Cuff
5. Bathroom Scale
6. Stethoscopes
7. BMI Calipers
8. Clip Boards
9. Eye charts
10. Laminated Calendars
11. Maxwell Quick Medical References

Miscellaneous Medical Supplies:

1. AAA Batteries
2. Ace bandages
3. Cotton Balls
4. Pampers adult and XXL
5. Selsun Blue
6. Shampoos and conditioners
7. Tooth brushes and Tooth paste

Patient Education:

1. Dildos
2. Condoms
3. Laminated Medical Posters/Wall Charts

Without a doubt, I loved being the supplies coordinator for Salybia Mission Project. The job begins even before the semester begins; I organize what needs to be brought in from the States or Canada. There are many items, such as glucose and cholesterol strips, that are not readily available on the island of Dominica and yet are vital to our initiatives on the Carib Territory. Every time we have a clinic, I needed to make sure that our clinical coordinators got exactly what they needed. On top of that, there are many generous contributors on campus that donate their spare clothing to help those who needed them more and I make sure that these donations make their way to the clinic.



Andrew Wang,
Supplies Coordinator

A special thanks to our sponsors!!



Digicel

Dominica's Bigger, Better Network.



Perky's Pizza

Riverside Hotel and Restaurant



Uptown Diner

Natural Livity Restaurant

Cabrits Dive Center



Alexis Car Rental

The Café

Le Flambeau: Restaurant & Bar

A-1 Taxi: mini-cab service

