

KALINAGO COLUMN

THE NEWSLETTER OF THE
SALYBIA MISSION PROJECT
JUNE – JULY 2008



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

A NOTE FROM THE EDITOR:

The goal of the newsletter is to keep all those past and present members of the Salybia Mission Project (SMP) informed on the progress that is being made in the Carib Territory. This is a bi-semester newsletter which will inform members of upcoming event, to share remarkable stories from students who have visited clinics, and to provide updates on fundraisers and other events

Thank you for being a member of SMP and for helping provide medical care for the indigenous peoples of Dominica

**-Zohra Salehi
KC Editor**

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**SMP Recruited 91 new members!!
Thanks for Joining!!**

UPCOMING EVENTS: MARK YOUR CALENDARS!

Dodge Ball Tournament: July 16

5K Run: July 27

Clinic Visits:

July 5th.

July 19th

August 2nd

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The tri-annual Salybia 5K Run-Walk is here!!!

When: Sunday July 27th at 7 AM.

[Stay tuned... for more details on how you can participate or volunteer]

This renowned run, which takes you from the Ross main gates to Cabrits National Park, is one of the biggest fundraisers for Salybia and **is a fun event for everyone.**

But this fundraising event is not possible without your participation. Come out and show off your running skills as you compete for some great prizes while making a contribution to this amazing cause!



All proceeds from this event go out towards many projects for the indigenous people of Dominica!!

5K (CON'T)



Last semester, we raised \$4,000 EC!!!

**STAY TUNED... FOR MORE DETAILS ON
HOW YOU CAN PARTICIPATE OR
VOLUNTEER**

**BE THERE.
We'll be. Will you?**

Question/Comments Please Contact:

5K Team Coordinators:

Namita Bhardwaj

Myra Choudhry

Kavita Patel

CAN YOU BEAT THEIR TIMES??

Past Winners

Male Winners:

1. John
Thursten
17:39
2. Sean Dillon
18:04
3. Louis Torres
19:22

Female Winners:

1. Camille Doan
20:51
2. Sara Paul
25:34
3. Rachel Bell
25:56



UPCOMING EVENTS!!

<p>CLINIC VISITS!!!</p> <p>Now is your chance....</p> <p><u>Mark your calendars</u> this semester's remaining clinics are Saturdays:</p> <p>JULY 5 JULY 19 AUGUST 2</p> <p>** Don't forget to watch your emails for instructions!! **</p>	<p>Dodgin' Some Balls... AGAIN</p> <p>The SMP Dodgeball Tournament Is to be held on</p> <p>July 16th</p> <hr/> <p>Come out to play and support your favorite team!</p>
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PAST EVENTS:

On Friday June 20th, when most of Dominica was out of *water* and *power*.....

SMP along with Student National Medical Association (SNMA), and Vietnamese Student Association Hosted the
GAME NIGHT

Game night is an event that brought together people, raised money for clubs, and gave students a *study break*.

Among the activities planned were **Board games (*Battleship*, *Connect 4*, *Checkers*, *Chess*, *Jenga*, *Monopoly*, *Operation*, *Pictionary*), **Egg toss**, **Table Tennis**, **Guitar hero**, **Raffles**...and much more.....**

Game NIGHT



And the **WINNERS** are...

Foosball Tournament:
Isabella Ahanogbe

Guitar Hero Tournament:
John Eric Wagner

Ping-Pong/Table Tennis:
Eric Ardestani

Pool Table Tournament:
Frank Payanes and Robert Hires

CONGRATULATIONS!!!!!!

Thanks for Coming To Game Night!!

*For any Questions/Comments, please contact Warren SanDiego, Game Night
Coordinator*

*~ * ~ **CLINIC'S WISH LIST** ~*~*

As many of you know, the clinic is always in need of supplies to fill its shelves and help serve the Kalinago people. When you travel home over break, keep some extra space in your suitcase and bring back some meds and/or supplies for the clinic. In addition this semester we are going to have a box at the 4th semester sale, so any items you want to donate we will be gladly accept. Also, throughout the semesters, you have the opportunity to drop off any items in the new drop box in the library and you can rest assured that they will be swiftly carried to the clinic where they are much need and appreciated!!

In addition if you have any of items listed below that you would like to donate to the Carib Territory, please contact SMP or place items in donation box located in library.

Medications Needed:

NSAIDs

Vitamins (children + adult)

Pain Killers (Tylenol, Aspirin)

Antihypertensive

Topical Steroids

Hydrocortisone Cream

Antifungals

Antacids

Worm Medicine- Albendazole

In addition to medications, other supplies needed at the clinic are:

IV Pole (Currently improvised with an examination lamp)

Pap smear brushes

Storage components for drugs/equipment, etc.

Baby Weight Scale (Currently improvised with a pulley scale hanging from a door header).

If you or anyone you know would like to donate any of these supplies please contact our

Supplies Coordinators: DelinWang@rossmed.edu.dm

THANK YOU SUPPORTING THE...

SMP NURSING SCHOLARSHIP

Recognizing the important role nurses play in the health care system



SMP is committed to improving access to nursing education programs for indigenous students in Carib Territory. Early in its history the students of SMP recognized that the nurses serving the people of the Territory were essential to providing adequate care. It was also important that the nurses were of Carib heritage themselves so they would understand the lives, history, and families of the people they were serving. To assure that such nurses would continue to be available the Salybia Mission Project established a scholarship fund in 2006 to assist qualified Carib students to attend the Nurses Training Program of the Health Sciences Department of the Dominica State College (DSC).

Annually SMP awards a scholarship of \$9000 EC to a student of Carib heritage, interested in pursuing an Associate Degree in Nursing. The award covers the full costs of tuition, fees, books, uniforms, and miscellaneous other costs for the 2 ½ year program. Recipients of the award are selected by Dominica State College. The student must demonstrate the ability to complete course of study, and agree to serve as licensed Registered Nurse in Dominica for at least 2 years upon completion of training. This year's recipient of the Nursing Scholarship is Anjaie Frederick.



Eunice Koh presents scholarship to Anjaie Frederick (right)

Mr. John Hawley, advisor to SMP, stated that the contributions to the nursing scholarship come from the student members of the Salybia Mission Project. Mr. Hawley stated "the students are the ones who finance it. The students, through their fundraising, financed this scholarship and will continue to finance it each year. This is the level of commitment in the students at Ross." SMP would like to continue to award the scholarship annually so that Carib Territory can have more medical professionals providing quality health care.

Inspiring Story of Student Whose Life Was Touched By A Patient.

By Zohra Salehi



Our routine day to day schedule goes like this: go to class or mediasite, eat lunch or dinner with friends, laugh & joke and maybe complain about living in Dominica, talk about which courses you are acing or not acing, and then wake up the next day doing the same routine over again.

Like all of us, Orietta Girard, a 4th semester student, knows she is here to become a doctor so she can ultimately help people live healthier lives. She attends classes and watches the mediasite and studies day in and day out. She has adopted a local dog and is looking for homes for its eight puppies. If that didn't keep her busy, Orietta has an aspiration to go out to Dominica homes and help individuals. An active member of "Hope for Dominica", an organization dedicated to visiting homes of Dominican elders, Orietta finds that balancing school with extracurricular activities is crucial to enhancing her own growth, and to using her knowledge to better the lives of others.

Recently, through a friend, Orietta was asked to put her chiropractic skills to work to care for a patient with a spinal cord injury who lives in Salybia in the Carib Territory, a district on the northeast coast with an area of some 3,785 acres and a 1 hour drive from Ross University.

After arriving at the clinic, Orietta and James Lee (another 3rd semester student who enjoy giving time to the Salybia mission) went to meet Mr Frederick at his home. Mr [Fenian](#) Frederick is an emaciated 30 year old Kalinago (Dominica's indigenous Carib) paraplegic who appeared shy seating in his wheel chair outside his modest home wearing only a diaper.

During a brief history taking, Orietta and James learned that [Fenian](#) was involved in a truck rollover accident in 1999, which left him paraplegic from waist down. The spinal cord injury left him with no sensory perception and no motor control on his bladder, bowel, sexual functions as well as his lower extremities, making him unable to walk and perform many of the normal life functions we all take for granted. After the history taking, Orietta began her assessment of his condition and was ready to begin the manual therapy to help him move his lower limb joints. She explained to [Fenian](#) why taking care of his paralyzed legs was necessary, "if you use your hands to move your joints daily, you will help the rest of your body and decrease the rate of the deterioration of the joint".

After getting to know [Fenian](#) as a patient, Orietta began to realize that her true purpose and responsibility as a human was to help him

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to regain a sense of hope, to overcome his depressed state of mind, and to provide him “real human contact”.

Orietta described Fenian’s home. She depicted a house with four walls; inside is a hospital bed, and a mattress but no bed sheets, a sink without water, and a light bulb hanging from the ceiling. There is no television or radio for entertainment, and besides a few bananas on the kitchen floor, she saw no stored food. His most valuable possessions are his wheelchair and his cell phone. When asked if he likes to go outside, Fenian reported that since one of the brakes on his wheel chair is no longer functioning, he is homebound.

He is fortunate that there is a community of support for him in the Territory, which has

arranged for him to have his simple home and food and company. SMP has been a part of that community, paying for the foundation of his home, the concrete porch and sidewalk, and the installation of the electricity.

Nevertheless, Fenian still needs more human contact and encouragement. He needs to capture a vision of a future that is worth working for, and he needs to be encouraged to exercise to become more independent.

Orietta reported that Fenian had blown out his radio because he needed a transformer. Does anyone have a radio and transformer to donate? In addition, Fenian’s SMP friends will try to find him clothing, and to fix the brake for his wheelchair.

If you are interested in donating to The Fenian Project, please see visit Salybia.org website



“Individuals like Felina inspire me to learn medicine, and learn it well.”

By Helena Russell, April 15, 2008

It is a Saturday morning, and I am interviewing Felina, a middle aged woman from the Kalinago area, one of the last remaining indigenous communities in the Caribbean.* At first her case appears simple enough, left shoulder musculoskeletal injury, and I gear up to quickly run through her medical history before presenting her to the doctor. This is the last free clinic of the semester and we have a number of patients to be interviewed before the doctor can begin the clinic, and I am feeling pressured to finish quickly. As I progress with asking Felina questions, she states she has always been healthy, and other than the chief complaint of pain in her shoulder when carrying water, she has

no other immediate health concerns. She smiles and shakes her head as I ask about family and social history, denying significant family illnesses or risk factors. We move to the review of systems and I methodically begin asking her questions about her body starting with her head down to her feet. Nothing unusual is reported. It looks like I’ll be done with the interview in record time. Then I reach her feet and she says sometimes she feels “pricky-pricky” in her toes. Hmm. I ask if she notices any swelling or redness and she states she has occasional swelling in her feet and ankles. After a few more questions I decide to move back up the body a bit to see if I had overlooked anything.

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BY Sui, Chengyu
¶ This is actually my first time going to the clinic, even though I have been a member since second semester. To be honest, part of the reason that I have waited so long to signed up was that I had doubts about the kind of experience I would get, whether it will be worth of the time and effort. And the other part was the bus ride. Truth is, the bus ride was really a hassle, but the experience was so great that made, the supposedly unbearable bus ride, seems very insignificant. ¶

¶ What I think of the clinic visit?? I think the experience was phenomenal!! Once a while, I need something or someone to remind me of reason why I bury myself in the mountain of books. Going to the Salybia clinic was exactly what I needed. The few hours in the clinic gave me a shot of reality, a little taste what I will be facing in the future path. I was very excited!! Finally I have put what I learned from lectures and books into use. Not to sound too cliché, but it feels good to help people. I love to see how at the end of the day, there are smiles on their faces. I know I have done something that was right...something that was good. And that feeling to me was priceless. My only regret was I wished I would have signed up earlier. ¶

¶ I would do it again in a heart beat, if I am given the chance, and...I would recommend other students to go EARLY, and ENJOY!¶

¶ Thank you SMP, for the great opportunity!¶
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By Helena Russell, April 15, 2008

She had initially denied problems with urination, but when asked again she stated she often gets up several times in the night to urinate. Hmm...I ask a second time about thirst, changes in appetite, and weight loss and change my questioning to more concrete and quantifiable questions such as “how many glasses of water do you drink a day?” or “do your clothes fit you the same way as last year?” Slowly a pattern emerges; polyuria, polydipsia, substantial weight loss, peripheral neuropathy, dizziness, blurring of vision, all the hallmarks of diabetes. We perform a random blood glucose level and it is 170 dl/mg.

By now the doctor is waiting and I am hesitant to take more time reviewing her mental health. I hastily ask her if she ever feels depressed. No. Anxious? No. Problems with her memory? No. Hallucinations? No. Hearing voices? Yes. Hmm...Felina’s health is (Helena’s story con’t)

With limited resources, it is questionable whether she will be able to afford the diagnostic tests to follow up with her multiple symptoms. Nor do I know if her life will afford her the luxury of following the doctor’s advice on diet change or resting her shoulder.

obviously much more complex than I imagined. Further questioning reveals nearly thirty years of psychotic episodes, but which has not kept her from being an integrated member of her community, a mother of four, and maintaining a 38 year marriage.

Individuals like Felina inspire me to learn medicine, and learn it well. Becoming a doctor is more than studying biochemistry and pharmacology and taking multiple choice exams. It’s learning how to appreciate how each person relates to his own well being. In Felina’s case, I was so focused on getting through the interview quickly that I nearly missed two potentially prominent illnesses. Given the growing business trends in the field of family practice, I imagine this will not be the last time I will make such a mistake either. I do not yet know how Felina’s case will develop....

The quandary of medicine is that there are seldom quick fixes, but perhaps by showing an interest and investment in another person’s health like Felina, she will also feel empowered to make changes for herself. It is just the beginning of a relationship.

*Felina was a pseudonym given to protect patient confidentiality.

