

KALINAGO COLUMN

The newsletter of the
Salybia Mission Project
January - April 2009



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

What is the Salybia Mission Project?

In March of 2002, Ross University School of Medicine professor Dr. Worrell Sanford posed a challenge to students in his Problem-Based Learning (PBL) group. He asked them to organize a clinic in the Carib Territory for people in need. Despite the demands of their academic pursuits, the group of students took on the challenge and gave birth to the Salybia Mission Project (SMP)

SMP is an independent, non-sectarian, 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 and other physicians, 6-8 times a semester, on Saturday clinics which form the core of SMP's outreach efforts. For more information please visit: www.salybia.org or email smp@rossmed.edu.dm



*Let's Give a Round of Applause to the
Outgoing E-board Coordinators
for a job well done this semester:*

Advisor: Mr. John Hawley

Directors: Ben Vabi & Nadine Hewamudalige

Secretary: Namita Bhardwaj

Treasurer: Adam Souers

Clinical Directors: Jeffrey Irvine & Spandana Nallapati

Clinical: Tamara Augustine, Sherrie Massop, Xylona Bibal, Stephanie Young, & Goldees Liaghati

Supplies: Vijo Samuel

W.H.I.: Nanna Osei-Tutu, Kimberly Roskam

5k: Johnequia Patterson, Raman Muhar, Adil Azeez

Dodgeball: Shraddha Modh & Amy Moses

Webmasters: John Low & Spandana Nallapati

Newsletter: Adil Azeez

Fundraising: Shraddha Modh & Jessica Gonzalez

T-Shirts: Archana Indira & Vijo Samuel

**SMP Recruited 92 New Members!
Thanks for Joining!**

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Why Go to an SMP Clinic?

By Ria Parcellano, SMP Member

I went to my first Salybia Clinic on January 31st, 2009. I have never been to the Kalinago Territory, and it was an experience to see a different culture of Dominica, outside of Ross Campus. Arriving at the clinic was a relief to many of us who did not enjoy the ride, including me, but I would do it again just to follow up on the patients that we saw.



The very first patient that my fellow student and I saw at the clinic was Martin, a 40 year old male who complained of shortness of breath and chest pain with ambulation. It was a challenge to obtain a reliable medical history from him due to his low IQ. According to the nurse, his mental status has diminished after years of alcoholism. My fellow medical student and I proceeded to perform a physical exam on him. We

were not able to obtain a blood pressure due to weak pulses, but upon auscultation, we noted that he had a Stage III heart murmur. We reported our findings to Dr. Charles, and it was then that we experienced what it is like to be a physician, to rely on your findings, and knowledge on how to proceed with treatment. With our help, during review of Martin's case, Dr. Charles diagnosed him with Valvular disease, and Wernicke-Korsakoff Syndrome. According to the nurse, his heart murmur must have deteriorated over the past few months because of the increase in grade and worsening symptoms.

Dr. Charles ordered an Echocardiogram, EKG, Chest x-ray, and lab tests for the patient. Since Martin could not take care of himself, my colleague, the nurse, and I accompanied him to his home to discuss the findings to his caregiver. We met with his aunt and updated her with the findings. She was worried, but her main concern was that she could not afford the bill for all the tests required. We explained the consequence if the tests were not done, but her hands were tied when it came to money. The patient has a sister who works in London that may be able to pay for his tests, but she was not sure. On our way back, I thought, with those findings Martin would be in the hospital now if we were in the U.S. Here in Dominica, cases that are easily treatable like Martin's seem hopeless due to the expense. Physicians here have the skill to treat, but they do not have the resources, supplies or basic medicine to help everyone that comes to the clinic. I noticed checking to see if she had enough Ibuprofen for the patient to take home. Even with basic drugs as that, they rely solely on donations to run the much-needed clinic in the Carib territory.

Lastly, I could not forget our visit with Fenian. Mr. Fenian Frederick is paraplegic Kalinago. His physical condition is a result of an automobile collision in 1999 at the age of 22. He has never been to a rehabilitation facility for this. Resources are limited in Dominica, and it is extremely difficult for disabled persons to adapt to the society and rugged environment. Mr. Frederick is a pleasant, polite, soft-spoken, and very shy person. He can read and write and savors any access to magazines. He spends most of his life in bed on a hill that overlooks the Atlantic Ocean in Marigot, Dominica. The Salybia team really made a difference that day. The clinical coordinator, Goldees, along with Nurse Joseph and Dr. Charles all decided to transport him to the nearest hospital, after we found him with fever and chills. By the time we arrived at Marigot Hospital, Fenian's temperature was already 103 F. Fenian truly needs a support system I am glad that the members of Salybia take the opportunity to check on him during clinic. It is amazing what difference Ross students can make in this part of the world. I would like encourage everyone to go out there and contribute your knowledge, expertise and time, to make a difference in the life of others.



Treasurer's Report

By Adam Souers, Treasurer

This semester we had successful fundraising events. Our dodge ball tournament raised \$750. Our largest fundraiser, the 5K Walk/Run profited \$2630. These amounts will help us continue to run our biweekly clinics, and provide much needed health care to the people of the Carib territory. SMP has made a number of sizeable donations that are greatly appreciated in the territory. SMP provided a scholarship of \$8,000 to help our resident Nurse Joseph attend a midwifery program. The territory has gone a little while without having a midwife and this will be greatly appreciated. We have also made a donation to Lifeline Ministries to assist HIV patients from the territory. They maintain a house in Roseau where the patients and their families are welcome to stay while the patient receives care at Princess Margaret Hospital. We have also made a continuing donation of \$1000 to the transportation of a child in the territory. This child, Shane, has muscular dystrophy and must attend a special school in the territory. He needs transportation to and from the school on a daily basis. These donations help people in the territory who need assistance with medical care and strengthen the presence of Salybia Mission Project in the territory.

Stick It!

By Spandana Nallapati

Do you feel dizzy at the thought of sticking someone? That was the line that hooked the lot of them. We offered no food, no drinks and no perks. Just a unique learning experience. Salybia successfully ran its very first Phlebotomy Clinic this semester. What was originally the brainchild of Vincent Miller became one of the biggest on-campus events held by Salybia. The event itself consisted



of a 30 minute lecture by Dr. Mallik about the theory behind phlebotomy and was followed by a one hour clinical session where students received training on how to find and successfully "stick" someone without causing an incident. The teachers were Salybia members

with immense experience in phlebotomy, ranging from nurses to trained army medics, and they jumped in with both feet to teach almost 120 students. The clinic raised 600EC for Salybia. Dr. Shereaf Walid, a former SMP Director and now PBL instructor was on hand and described the event as something that "went beautifully". The students who received the training gave their many thanks and there are already requests for more phlebotomy clinics and some brave souls even want to try it on each other. Salybia has once again brought something truly unique to the students of Ross University.

Women's Health Initiative (WHI) Update

By Kimberly Roskam, WHI Coordinator

The Women's Health Initiative was created in 2003 by student members and has become an integrated, necessary component to Salybia Mission Project. The goal of WHI is to provide education and service to the women of the Carib Territory and beyond. Not only have we recognized the need for intervention by being actively involved with the SMP General Health Fair but we have reached out to the children of the Carib Territory Primary School regarding sexual education in a fun, interactive way. Women's Health Initiative will be expanding into the monthly clinics. We are hoping to provide an opportunity specific to Women's healthcare. We are excited for the future of WHI!



SMP 5k: Sunday March 22, 2009 7AM

By Adil Azeez, 5k Coordinator

One hundred students and professors combined, registered for this semester's renowned 5k walk/run to Cabrits National Park. Participants enjoyed water, fruit, and banana bread and the finish line. A new group discount program was instituted and the Ross Wellness Committee won complimentary drinks at Addison's A&E fruit juice shack for bringing the largest group. All proceeds go toward providing nursing scholarships, construction and maintenance of health clinics in Salybia, and special medical needs projects.

Congratulations to all the participants and thank you to everyone who donated money and volunteered. See you at next semester's race!



TOP FEMALE STUDENTS:

20:16 Camille Doan
20:32 Stephanie Young
23:07 Christina Prose

TOP MALE STUDENTS:

18:15 Alfredo Lloreda
19:09 Haven Aldrich
19:39 Sekhon Navi

TOP FACULTY:

20: 08 Jairo Ulloa
20: 52 David Sacks
21: 06 Chris Beevers

WOW WHAT A RUSH!!!

The Salybia Dodge ball tournament
has come and gone on February 21st like a Flash!!

So the Final Winners:

1st place- "The SKINS"

2nd Place- " Can't Touch THIS"

3rd place- "Power Rangers"

A big thanks to all those in Salybia and NOT that helped OUT!!
Hope to see you all Back next semester for a RE-RUN!!!
A GREAT round of Applause to the Faculty:
Barremkala, Bergeron, Sacks, Grogan, Jamie, Shereaf
AND Last but not Least the FANS!!!, those of you that did not
Participate, thanks for the Support on the sidelines!!
Go TEAM GO!!

-Amy Moses, Dodge Ball Coordinator



Salybia Looks to Territory & Alumni for Inspiration

By John Hawley, SMP Advisor

SMP supports a new Special Needs School on the Territory:

Several good things have happened to the members of SMP during the last two semesters, and it has been a pleasure watching them. I want to focus on two of them in this column. Lifeline Ministries in Roseau contacted us last semester (September 2008) to ask for some help for a young man named Shawn. Shawn lives with his parents and his sister on Monkey Hill in the Carib Territory and is suffering from a degenerative neurological disease that has kept him homebound and wheelchair bound. In the meantime some remarkable and determined ladies in the Crayfish River area of the Territory have recently shepherded a new school through all the requirements for building permits and hurdles to licensure as a Dominican school. What makes this remarkable feat both new and necessary is that the students the school will serve are "Special Needs Students" who are not served in the regular primary and secondary schools. This school is the first of its kind in Dominica outside of the Alpha Center in Roseau, so this is an example of the Carib people leading the island.



Shawn could hear the children in the school from his home, but because of the terrain could not travel up the hill to the road and down the next hill to the school. With help from the Salybia Mission Project, Shawn now receives transportation to his new school. When you meet Shawn and his family you see the determination they feel to give Shawn the best opportunity he can have, and you see the gratitude they feel to SMP for our support. SMP is now exploring how we can assist all the students in the Territory who qualify for this new school to reach it. This can be life-changing for these young people who have in the past simply been kept home isolated and untaught.

SMP Alumni Return:

Last semester Eric Wilson, MD, returned to Dominica and to Ross to teach PBL and to recapture his experience here where he had planted some roots. Eric had been an active member of SMP in its early days and was very pleased when he visited an E-Board meeting to hear what the organization was now doing. The number of Ross students in active leadership roles impressed him and also the expansive vision that they have developed to implement the mission of Salybia Mission Project.

This semester we enjoyed inspiration and encouragement from two of our alumni, Shereaf Walid and Jairo Ulloa who had graduated (MD's) and returned to Ross to teach PBL and await word of their residency match. (Both matched, so well done gentlemen!) Shereaf and Jairo were leaders of SMP who led us through a time of significant membership growth and growth in our capacity to serve.

Salybia Clinic Wish List

The Salybia free health clinic is always in need of medications and disposable/durable medical goods. When you travel home over break, keep some extra space in your suitcase and bring back supplies for the clinic. Please ensure medications have at least 3 months of shelf life remaining. Drop off your donations in the SMP Donations Bin just to your right as you enter the Library, or you may contact the SMP Supplies Coordinator directly at: marytierney@rossmed.edu.dm. We greatly appreciate anything and everything you give. Thanks!

Medications:

- Antibiotics (Oral & Topical)
- Antifungals (Oral & Topical)
- Anti-Protozoals (Metronidazole, etc.)
- Anti-Helminthics (Mebendazole, etc.)
- Antivirals (Acyclovir, etc.)
- ACLS meds
- Cardiac meds
- Antihypertensives (including diuretics)
- Asthma med inhalers
- Diabetes meds
- Thyroid meds
- Epinephrine auto-injector (Epi-Pen®)
- Benzodiazepines
- Antihistamines (Oral)
- Steroids (Oral & Topical)
- Antacids & Activated Charcoal
- NSAIDs (Aspirin, Ibuprofen, etc.)
- Local Anesthetics
- Aquaphor Cream
- Anti-Diarrheals (Pepto-Bismol, etc.)
- Ensure/Boost Meal Replacement Drink
- Folic Acid, Niacin, & Vit. B₁₂ Supplement Tabs
- Iron, Calcium, & Vitamin D Supplement Tabs
- Anti-Coagulants & Vitamin K

Disposable/Durable Medical Goods:

- Blood Glucose & Cholesterol Meters with Matching Test Strips
- Lancets
- Sphygmomanometer (adult/pediatric)
- Oral thermometer probe covers
- Ultrasound Gel
- Syringes (Insulin, etc.)
- Forceps (sponge, artery, dissecting, etc)
- IV catheters & tubing
- BVM, Non-Rebreather Mask, Nasal Cannula, & Tubing
- Blood collection tubes
- Urine Specimen Collection Tubes
- Pap Smear Collection Supplies
- Disposable Nitrile Gloves (any size)
- Tongue Depressors & Cotton swabs
- Gauze (any size including roller)
- Gauze Tape
- Alcohol Prep Pads & Hand Sanitizer
- Band-Aids & Ace Bandages
- Betadine solution, Isopropyl Alcohol, & Hydrogen Peroxide
- Emesis Basins & Sponge Bowls
- Blue pads & Disposable Bed Pans
- Scrubs & Patient gowns
- Adult briefs
- Sterile catheterization kit
- Hygienic Materials: Toothpaste, Toothbrushes, Razors, Hypoallergenic Shampoo, Hand Lotion, & Soap
- Bed Sheets, Pillow Cases & Towels

**A SPECIAL THANKS TO ALL WHO
SPONSORED SMP
DURING THE PAST SEMESTER!**

Alexis Taxi

Ross EMS

**Shirley's
Beauty Salon**



**ADDISON'S
A & E JUICE**



**Bob's
Chinese Restaurant**

**Bookstores
International LLC**



Atto's Restaurant

The Tomato



**Rituals Coffee
House**

Fortune Apartments

Doreen's Shack

**La Falaise House
Medical Laboratory
Fruits and Flowers
plus Gifts**

Miniya's 7-11+

Need a ride to the Airport?

Want to support the Carib Territory and a Kalinago man?

Ryan, the official Salybia Mission Project Driver will be available for Airport pick-ups and drop-offs this break! Ryan has been providing SMP transport for over six years and is a very trust worthy man. He loves to talk about his people and the territory so just ask him some questions and you will learn a lot.

Driver: Ryan
Cost: \$40/person
Call: 295-7705