



**JUNGLE MEDICAL CLINIC III
FINAL REPORT FOR FAMILIES FROM
PUERTO EL FLOR, USULUTÁN"**

INTERNATIONAL SPONSOR

DEL MAR SOLANA BEACH SUNRISE ROTARY CLUB (DMSB) IN DIST. 5340

PERIOD REPORTED:

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**TO BE PRESENTED TO:
ROTARY DISTRICT 5340**

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JUNGLE MEDICAL CLINIC III FINAL REPORT

I- INTRODUCTION AND SUMMARY

This final report describes the completed activities on "Preventative Health Care Nutritional Training and Environmental Sanitation for about 500 rural poor families in Puerto Flor, Usulután from September 2015 thru March 2015.

As a direct result of Jungle Medical Clinic I, II and now III District Grant of about \$22k funded by the DMSB Rotary and District 5340 from the past 3 years, the health and nutrition awareness of these rural jungle population of about 1,300 people have significantly improved and thanks to the Rotary. Families are now more aware of nutrition and family diet, disease prevention and sanitation.

A local Support Committee of seven community leaders consisting of guidance counselors and health promoters have also been trained to assure continued sustainability of this project beyond the District Grant and will be funded by the local NGO OEF. With the help of these community support members, the following were accomplished in this District Grant.

To complete this project a total of \$10,000 was spent with \$8000 provided by DMSB Rotary as an international sponsor and \$2000 supplemented by the local NGO OEF.

II- DEVELOPED ACTIONS

The following developed actions were performed under this Jungle Medical Clinic III project which includes teaching the families Preventative Health Care, Nutrition and Health Education Training and Environmental Sanitation.

1. PREVENTIVE HEALTH CARE.



The target population of these services was mainly women of child bearing age, pregnant women and children under 10 years of age. 369 women of child bearing age were tested for any evidence of cervical cancer, as it is one of the main causes of women death in El Salvador. In this regard, some women did not want to undergo the testing such as a simple Pap Smear and the local health promoters were able to convince and made them conscious of the importance of such prevention and self-care.

The local support committee (defined above in Section I) has made significant progress in the Puerto El Flor communities by regularly conducting monthly health campaign clinic by providing healthcare checkups and teaching families about preventative care. In a typical monthly Preventative



Health Care Campaign, about 32 children growth and development were monitored with subsequent follow-on checkups, 34 PAP smears, 14 prenatal examinations and 86 adults health care were performed. Multi vitamins, antibiotic, anti-inflammatory were provided to women and children as needed.

While the numbers and the type of treatment vary monthly, the popularity and awareness (as a result of this Jungle Medical clinic I, II & III district grant projects) will have a greater impact on the participant population and will have a continued sustenance beyond the completion of this project funded by OEF local NGO.

a. EYE EXAMINATION AND TREATMENT

In coordination with the Fundación para el Desarrollo de la Mujer (FUDEM), from San Miguel an Eye Examination Campaign at Puerto Flor, Usulután was initiated for the rural families. 86 people were tested and 47 of them were diagnosed with myopia, astigmatism and cataract and other minor eye related deceases. In total, 23 needed immediate corrective treatment (lenses).



b. HEALTH EDUCATION AND HOUSE CALLS



The Health Education classes were attended by an average of 14 people who shared experiences and talked about their habits and attitudes in relation to physical and mental health; the topics covered were: Hygiene Habits, Cancer Prevention; Mental Health, Family Planning, Prevention of Dengue, among others.

These topics did have an impact on the participating families, there have been improvements in the practice of hygienic habits , there is also increased interest in women taking Pap smear , also recognize the importance of maintaining good mental health and as a result showed good and happy family environment.



2. NUTRITION AND HEALTH TRAINING OF FAMILIES

The Health Promoter from the Support Committee made at least two visits to each family per month at Puerto El Flor which rendered extremely helpful and showed significant improvement of the health of these rural families. This project has immensely helped in this regard. The maternal and infant health professional were also involved in some cases of the home visits. The health promoter provided the needed training to the families on



the up keep and cleanliness of bathrooms, kitchen and latrines. The Health promoter also provided advice about proper nutrition and other health related practices to pregnant women, health of children, their weight and height of 5 year olds and under. The visits aimed to provide the relevant recommendations for the family and community health, such as having a clean house, counseling on danger signs and symptoms of pregnancy, health care in chronic diseases, among others.

A family reunion was organized to strengthen and boost the confidence of the rural families with disabilities, elderly and teenagers. This event helped build up confidence in them and further strengthen family bondage and recognition of their value as people. Also, a San Pedro Hospital psychologist attended the reunion and provided valuable advice on a one-on-one basis. The Psychologist provided educational classes to the parents, mother and children on topics such as violence prevention, consequences of joining gangs and experimenting with drugs etc. The parents were encouraged to send their children to nearby schools.



Also, with the support of a local psychologist, 4 infants (3 boys and 1 girl) with disabilities, 3 girls and 2 boys with behavioral problems were given adequate counselling including their parents.

a. DEMONSTRATIVE TRAINING



Workshops on preparing recipes using soya bean were organized with an average attendance of 15 people and three such sessions per carried out. As a result of the workshops, 30% of families are now preparing different soy recipes as a complement to other healthy diet. Supporting this effort - mainly for families of children with low weight- it has been promoted the vegetables cultivation, delivering a variety of seeds (cucumber, cilantro, spinach, green beans, tomatoes, green pepper and radish). At this time, at least 4 families have home gardens, who make an additional effort to keep them, despite the difficulties that are presented as lack of water, overflow of saltwater, dry land, among others.

b. LITERACY



As a response to a community need and in coordination with the El Salvador Education Ministry, and Institute Nacional de Puerto Parada, a literacy program was initiated. Twenty nine men and women attended the literacy classes. Nine of them graduated from First Level - equivalent to third grade education whci has helped lift up their self-esteem, because they now have started to read and write and are motivated to practice at home and continue with the Second level.

3. ENVIRONMENTAL SANITATION



The main sanitation activities have been: cleaning campaigns, vector elimination campaigns and tree planting. The campaigns were conducted in coordination and participation of the Community Family Health Team (ECOSF). The Usulután Municipality provided the badly needed trash truck to clear all the trash. The children of the rural families chipped in to help cleanup with the help and guidance of the Support Committee. Besides, the support committee help set up latrines and provided training to keep the toilets and house of the families clean for a healthy living. Besides, fruit and shade trees were planted, which were adopted by families who pledged to take care of them.