

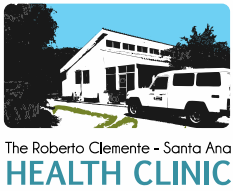


The Roberto Clemente - Santa Ana  
**HEALTH CLINIC**



## The Roberto Clemente Health Clinic 2015 Annual Report

Thanks to all our volunteers and individual  
donors who helped us achieve our goals in  
2015!



## Who We Are

### Mission

***The Roberto Clemente Health Clinic provides affordable access to high-quality health care and wellness programs in the Tola coastal communities of Nicaragua.***

### Vision

***Our #1 Goal: To expand our non-profit health center to provide a full spectrum of primary care, pediatric care, urgent care, and holistic wellness education and services.***

As the 2nd poorest country in the Western Hemisphere, Nicaragua suffers immensely from a deficiency in available medical care. Many of the rural communities do not have local health care facilities and they cannot afford the treatment that is offered in the cities.



The Clinic is named after Roberto Clemente—a major league baseball player for the Pittsburgh Pirates from 1955 to 1972—who died in an airplane crash while aiding a medical airlift for the victims of a devastating Nicaragua earthquake.



Launched in 2004, the Clinic is the creation of generous donations from private individuals, the volunteer efforts of the Rotary Club of Pittsburgh, The Oxford Club, and the Granados Family who donated the land.

The Roberto Clemente Health Clinic serves over 12,000 patients per year through general and emergency care, minor surgery, dentistry, lab work and a fully stocked pharmacy.

In 2015, we have offered not only primary and emergency care, but also increased the range of our community services, improving the general climate of well-being in our region of Nicaragua.



## Health Care Report

The Clinic continues to compound its reputation as a reliable source of health care for residents and tourists alike. Our staff and volunteers enabled us to increase both our technical abilities and our community outreach to meet the health needs in the surrounding regions.

Here are some of the highlights of 2015:

- The purchase of our new ambulance with 24/7 service.
- High collaboration from volunteers, students as well as doctors and nurses, has helped achieve incredible growth in our international network of helpers.
- Fast testing of Dengue was performed as a confirmation for cases involving fever.
- New medical resources were contracted.
- Our Annual Health Care Fair took place in January, 2015.
- Our pharmacy stock grew considerably thanks to the great relationship established between the Clinic and partners like ANF and Juan XXIII.

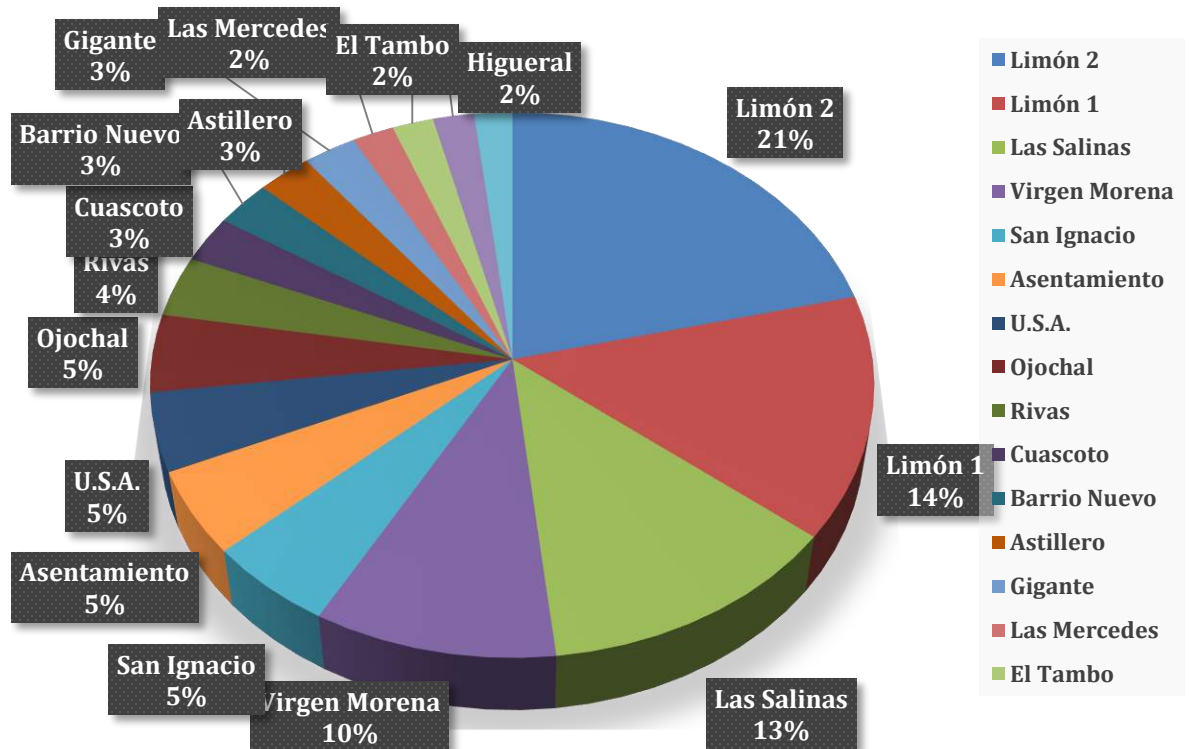


- The above chart shows the total number of consultations in the past five years. 2012 was the year the Clinic received the highest number of consultations. In 2015, the number increased by 4.9% in comparison with the previous year due to the 24/7 service provided.



- Our heaviest months in terms of patient volume are November and December due to the closing of some of the other health centers in the area, resulting in The Roberto Clemente Health Clinic being the only entity operating every single day. Also, fever cases are more frequent during those months.

## Total by Communities 2015

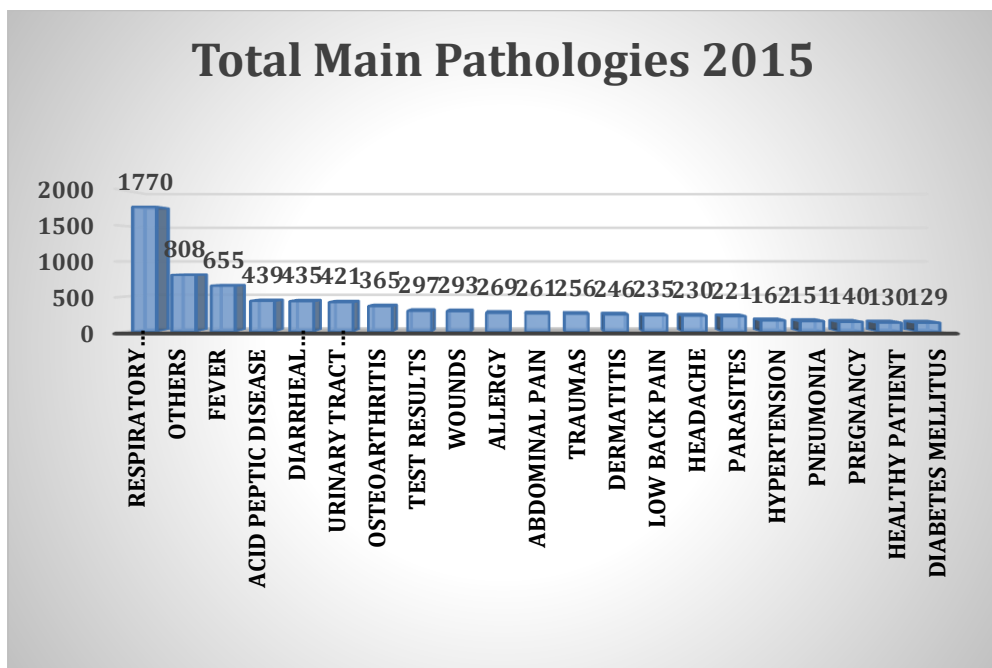


- We provide care to native Nicaraguans as well as foreigners. The bulk of patients come from Limon 2 (1,568), Limon 1 (1,063), Las Salinas (936), and Virgen Morena (736). In 2015, patients from a total of 49 communities received care at the Clinic. We usually have a small percentage of patients from other countries, mainly from the US.
- In the past three years, the majority of the patients have been females.
- Evening/night consultations increased by 27.88% in 2015 compared to 2014. Consultations during the day only showed a minor increase in contrast with the previous year.



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- The age groups that more frequently visited our Clinic were patients between the ages of 25 and 35 years, 36 to 49 years, and 20 to 24 years (in this specific order).
- The main pathologies treated in 2015 are shown in the chart below. Respiratory problems are usually the number one reason patients come to the Clinic due to the high levels of dust in the area and poor hygiene habits. Fever cases due to the presence of mosquitos transmitting diseases such as Dengue and Chikundunga, have also been one of the main pathologies for the past three years.



- A total of 4,576 laboratory exams were performed in 2015 and a total of 59 different tests are currently offered. Urine, blood, and stool tests are the most common.
- In regards to our Odontology services, we received a total of 262 consultations with 98 different procedures performed in 2015.
- 188 ultrasounds were completed. This exam is offered twice a month.



## Padrino Program

The Clinic's Padrino Program is constantly growing. The Program currently works with 67 children from different communities, such as Limon 1, Limon 2, Canas de Garcia, Las Salinas, Virgen Morena, San Ignacio, Las Mercedes, El Asentamiento, among others.



Children are matched with volunteers who provide financial sponsorship of monthly healthcare and education costs. The sponsors are called "Padrinos" and they enable each child to have healthcare and a formal education. They even help purchase essential school items, such as uniforms, supplies and backpacks. The Program allows for communication between the Padrinos and their sponsored children in the form of emails and hand-written notes. Bi-monthly meetings with the clinic staff and the children make sure that the children's needs are fully met by the Program.

In 2015, the Padrino Program handed out uniforms and school supplies at the beginning of the school year to each sponsored child. At the end of the year, the children had lab tests to assess their health. Each received appropriate treatment for any medical conditions, with follow-up every three months. We continued to improve communication between each sponsored child and their Padrino and we hope the number of sponsored children increases every year.



If you would like to become a Padrino, visit our website at: <http://nicacclinic.org/donate-for-child/>



## Volunteers Program

2015 has been an amazing year for volunteers to contribute to many new Clinic projects for the community. They can perform a range of activities, from taking vital signs and helping with patient intake to performing minor surgeries, if they are experienced doctors. They



are also able to work in our organic garden or with our clean water treatment and distribution program. They can help with medicine distribution, educational outreach, model home construction for those in need and Clinic facility upgrades.

We expanded our program. We are seeing an increasing number of nursing and pre-med students from all over the U.S. and Canada come down and volunteer at the Clinic. This is not surprising.

The word is out on Nicaragua as a hot vacation destination and “travel with purpose” has become more popular. Not only is the Clinic an easy place to make a big impact, but also it’s also located right near the Pacific Ocean, where the views are quite spectacular.

Ronnie Prado, our new Volunteers Coordinator, works around the clock to assure that all of our volunteers are busy with projects and activities in the Clinic and surrounding community. Ronnie joined The Roberto Clemente Clinic to enhance his skills while helping Nicaraguans in the Tola province.

If you are interested in our Volunteer Program, visit our website at:

<http://nicaclinic.org/the-volunteer-program-at-the-roberto-clemente-health-clinic/>





## Water Treatment and Distribution Program

Have you ever had to worry about getting sick from drinking water? Do you think about what bacteria might be in it before you take a drink? Are you afraid to bathe your children for fear they could catch a deadly disease? Have you ever had to miss work because you were sick from the water you drank?



These are common concerns for the citizens of the 2nd poorest country in the Western Hemisphere. Access to clean water is a major problem for the majority of rural Nicaraguans.

Many impoverished families drink unclean water from rivers and wells that are polluted with disease-

causing pathogens. Drinking and bathing in contaminated water can cause severe illnesses like diarrhea, birth defects, cancer, typhoid fever, cholera and sometimes even death. In addition to the bacteria, tainted water contains high levels of calcium, which may be connected to the increased incidence of kidney stones among this population.

A lot of what we treat at the Clinic is the direct result of contaminated water. Most families in the community do not have potable water: Their wells are contaminated with bacteria from a nearby septic system or the water is too calcified. We now have our own Water Treatment Plant and distribution system for the community.

The Clean Water Initiative started in late 2014. And our water treatment plant currently distributes an average of 1,195 gallons per month.

People from the community can refill their five-gallon bottles for 30 Nicaraguan córdobas (US\$1.10), which is nearly half the price of a commercial bottle at the store.

The next step is to create a distribution route and reach communities located farther away, where people are not able to come on a regular basis. We also give away one-liter bottles to patients and people who visit the clinic.





## Organic Garden and Healthy Eating Initiative

We have a new, large vegetable garden planted behind the Clinic. We started a Healthy Eating Initiative to battle the local high incidence of diabetes, high blood pressure, tooth decay, weight gain and anemia. Not only are we able to produce vegetables for the community, but we also produce enough for local restaurants. We work as a teaching community, where locals come to learn our natural techniques.



We provide classes in basic gardening, soil enhancement, nutrition and natural pest control. These classes are invaluable to our community members. The reality is that while many Nicaraguans have access to land, they do not possess the tools or knowledge to yield crops for their families. Thus, land is often left unused and undeveloped. Without our continued effort to support programs like our organic garden, families in Nicaragua would continue in the cycle of poor health and a lack of access to resources. About 20 families help out and learn the appropriate techniques to ensure optimum production.

As part of the Healthy Eating Initiative, we also started a Beekeeping Program. One of the benefits of breeding bees is ecological balance, along with high nutritional value from the honey whose relevant characteristic is its high energetic power. Originally, the main idea of the Beekeeping Project was to improve the ecological balance of our organic garden. Honeybees pollinate agricultural crops around the world every year.



Our current goal is to increase the production of each specie grown in our garden. Furthermore, Honeybee hives provide honey which could be sold to create project sustainability.



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We welcome 2016 with open arms and many expectations. We are enthusiastic about our continued growth and improvement as a pillar of health care for the populations of Tola, as well as visitors from around the world.

We would like to remind you that we exist thanks to individual donations. We do not have a big grant, federal or state funds supporting our operation. That means people like you can make a big difference. Our organization is exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code so your donations are 100% tax deductible. Please help us by visiting our website [www.nicaclinic.org](http://www.nicaclinic.org) so we can continue to make an exceptional difference in 2016 for this remote area of Nicaragua



*We cannot do it without you!*

