

2018 Annual Report



The Roberto Clemente Health Clinic
Helping One Community at a Time

410.369.0512 | www.nicaclinic.org | Tola, Nicaragua

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.

The Roberto Clemente Health Clinic – NICACLINIC

EXECUTIVE SUMMARY

Operational Plan 2018

Overview

The socio-political economic crisis in Nicaragua as of March 2018 has had a categorical impact on the community in general and the Roberto Clemente Clinic. The Clinic has been affected in its income both internationally and locally. As of April, austerity measures were implemented for the execution of the Clinic's activities planned for 2018.

The management of the Roberto Clemente Clinic continues to operate without interruption in a positive manner in favor of the Nicaraguan population. Emergencies have been attended and patients evacuated from remote areas. The assistance of children has been encouraged to continue in the school system successfully, we support their families to receive basic food as supplementary support. We provide purified water for children in local schools and health centers. We train families to develop their own gardens to ensure healthy eating.

In addition, we encourage the participation of international volunteers and promote local volunteering successfully. We work in coordination with other local organizations to support us in this crisis and together we strengthen the development objectives of a united and committed community.

It is important to highlight the professional, organizational and executable level of activities demonstrated by the staff of the Clinic. Likewise, we must recognize the support from the NICACLINIC headquarters in Baltimore, so that the Clinic can continue with its activities without interruptions for the benefit of Nicaragua.

These facts have impacted on the demand and offer of services provided by the clinic.

The Numbers

During 2018, the Roberto Clemente Clinic treated 13,121 people with 33,599 services in the medical area, programs and projects.

Summary of services 2018*

	Number of People	Number of attentions
Medical Services and Pharmacy	9,193	27,369
Bio-organic Gardens Program	Direct beneficiaries 163	163
	Indirect beneficiaries 2,013	2,013
Padrino Program	66 students	396
	4 children with special needs	32
Volunteers Program	49 international volunteers	1,269
	57 local volunteers	410

Purified Water Project	3 schools / 768 children	1,143
	4 community health centers / 463 people	
	53 families/ 212 people	
Nutrition Project	133 children	804
Total	13,121	33,599

* The statistical collection was made through software installed in the Pharmacy for the registration of people served, collection and registration of attentions.

Medical Services



It constitutes the main service demanded by the community. 9,1923 people in the area received 27,369 medical and pharmacy attentions.

The current economic situation in the area influences the demand for health care. In general medicine it has decreased by 3.13% compared to 2017. The demand for day services 80.59% versus 19.41% at night is maintained. The demand for diagnostic services by imaging, ultrasound, increased by 5.97%. While the demand for laboratory tests decreased by 16% and the demand

for medicines in pharmacy decreased by 32.71%.

The three main pathologies, respiratory 27.21%, gastrointestinal 21.59% and trauma and injuries 8.79% are a constant that remains in the area.

The ambulance was used in 61.46% for transporting patients. Due to mobility risks of people in Nicaragua, it was necessary to use the ambulance in 29.51% for administrative logistics and program activities.

However, of the approximately 12,000 people who live in the neighboring communities 76% of this population goes to the clinic for health services.

Diabetes Club Project, a project created as a need to respond to the high incidence of complications in diabetic patients in the area. The project serves 163 patients from 4 community health centers in the area. It provides diabetes education, specialized medical care in diabetes, health promotion of the chronic and diabetic patient.

Since 2018, the project has been supported by the American Nicaraguan Foundation - ANF for the supply of blood glucose tests for patient follow-up. ANF provided the participation of a nutritionist to support the management of a healthy diet. Since September, ANF has donated a machine and reagents for the execution of glycosylated hemoglobin A1C. These tests help improve the quality of diabetic patient control and help prevent complications. Today, Diabetes Mellitus is the most frequent cause of morbidity and mortality in the Latin American population with a prevalence rate of 11.7%



Program of Organic Bio-intensive Gardens implemented 22 new family gardens with 163 direct beneficiaries and 2,013 indirect beneficiaries. In addition, 30 gardens developed since 2016 were assessed, with 152 direct beneficiaries and 1,340 indirect beneficiaries. In total, the program has 52 organic bio-gardens in production. Two of the school gardens - in Limón and Virgen Morena - will continue every year with education to children about bio-gardens and preservation of the environment.

The beneficiaries of the project received training workshops for 3 months, agricultural efforts, protective mesh for the gardens, seeds, genetic material (lombriabono), instructions and field work. During harvest and post-harvest, workshops are held on the use of the cultivated products, nutritional value, and consumption, to improve the nutrition of the community.

The bio-intensive culture method, developed and implemented by the Clinic, is positive for the community. Its application is easy, improves the family's economy, improves cooperation and family unity, and positively impacts the environment. This program has also been supported by American



Nicaraguan Foundation-ANF who selected 5 beneficiary families of the 22 families and in return delivered a motorcycle to facilitate the instructor's access.

Padrino Program, promoting education and assistance of 66 children to attend school, meeting their basic needs for school supplies and uniforms, performing medical and laboratory checks, supporting the nutrition of children through a nutrition project. The program also assists 3 children with especial medical needs. It should be noted that four young people from the Padrino Program are now in college and one will graduate in 2019. The flow of information among the beneficiary children, the program and the sponsors has increased positively.



The Nutrition Project, created to support the children of the Padrino Program, was developed through a cooperation agreement signed with the American Nicaraguan Foundation - ANF. The project provides Mannapack (protein supplement) for the children of the Godfather Program and their siblings. In total 133 children have benefited from this project. At the same time, we deliver bi-monthly basic foods (rice and beans), for consumption by the 49 families of these children.

The results of this intervention accomplished the participation and integration of the children's parents in various activities of the project. The Mannapack had an acceptance of 95% of the children. The incidence of mild malnutrition was reduced by 14.5%. The incidence of children with normal weight and height for age (eutrophic) increased by 10.7%. The incidence of obesity was reduced to 0%. The incidence of urinary infections in these children decreased by 7%. The impact of the project is very positive for the community.



Agua Azul Project, created as a measure to promote and prevent the consumption of hard and polluted water, has directly supported children and the entire community. The project distributes water to 3 schools (768 beneficiary children), 4 health centers (1,143 people), 53 families (212 people). It is important to emphasize that the consumption of purified water also benefits the people who come to the Clinic for services.



Volunteers Program promotes the participation of people under a principle of shared responsibility and service to the community. We received the participation of 106 volunteers in different specialties. 49 international volunteers, 57 local volunteers. Their participation directly benefits 1,269 people. The participation of international volunteers was more extensive in the first semester of the year. The promotion of local volunteering has offered alternatives for community care. Among the local volunteers, the participation of bilingual volunteers, psychologists, gynecologists, and specialized chefs stands out. Some of the beneficiaries of services and programs of the Clinic, have been organized in 7 groups of volunteers who support some tasks of maintenance and execution of activities of the programs and projects.



Achievements and challenges

- The Services, Programs and Projects of the Roberto Clemente Health Clinic - NICA CLINIC were developed under normal, efficient and high-quality parameters.
- The demand and supply of services to and from the population has grown despite the crisis in the country.

- The Roberto Clemente Health Clinic - NICACLINIC in the Municipality of Tola, is the only resource recognized by the community as an effective support for their wellbeing in the areas of health and services.
- Each day, more people from the community come to the clinic to request services and support to overcome this crisis.
- The non-governmental organizations that work in the area find in the clinic an ideal strategic ally with whom to work together.

Working together we can overcome obstacles and look to the future.