

Family Medicine Cares International

Delegation Trip: Dominican Republic
February 10 - 17, 2024



The Family Medicine Cares International (FMCI) is a program created and funded by the AAFP Foundation.

- Goal:

Improve the health and quality of life of the underserved around the world, by delivering medical education, providing patient care, and medical resources/support to those in need.

- Philosophy:

Sustainability through partnerships with local clinical teams and medical education.

Program Location



Trip Itinerary

February 10 Saturday	February 11 Sunday	February 12 Monday	February 13 Tuesday	February 14 Wednesday	February 15 Thursday	February 16 Friday	February 17 Saturday
Morning Travel Day	Morning 7-8pm Breakfast 8-9am OWS Site Tour 9-10am Clinical Orientation 10-10:30am EMR Training 10:30am Church Services/Free Time	Morning 6:30am Lunch prep 7-8am Breakfast 8:00am – Depart for Batey Dona Lila 8:30 Outreach clinic	Morning 6:30am Lunch prep 7-8:00am Breakfast 8:00am – Depart (walking) to NPH Clinic (Delegates: CA, AD, GT, PT, SB, FS, HP, and BP) Leave OWS @ 9am Delegates: FH, MB, SH, KL, JB, JH, AL, TY, and RT 10 – 12am: UCE Student Panel Discussion: Medical Students: 70	Morning No lunch prep. 6:30-7am Breakfast Leave OWS @ 7:15am 8am – 4pm Hodelpa Conference Ctr Symposium – Juan Dolio- Approx. 175 Attendees Delegates: All No Patient Care	Morning 6:30am Lunch prep 7-8:00am Breakfast 8:00am-4:00pm Patient Care Batey Community: La Laura Delegates: All	Morning Lunch prep 7-8:00pm Breakfast 8:00am- Leave OWS 8:30am - 1pm Patient Care Batey Community: CEINDEPEDIS Delegates: All	Morning 7-8:00 Breakfast 8:00-8:30am – All depart OWS for airport.
Afternoon Delegates arrive in SDQ between 1 - 4pm Airport pickups 4-6pm	Afternoon 12-12:30pm Lunch 12:30-1pm Vitals & Lab Training 1:00-2:30pm Med Sorting	Afternoon Lunch in Batey 3:00pm Wind up outreach clinic 3:30-4pm Medical Mission Debrief	Afternoon 12:30-1pm: Lunch @ OWS 1-2pm Activity at OWS with local FP: (Research/Educational Needs)	Afternoon Lunch at Hodelpa Medical Education Continued: Hodelpa	Afternoon Lunch in Batey Patient Care 3:00pm Start packing up clinic 4pm – Leave clinic	Afternoon 2-3pm – Medication Sorting 3:30pm – Travel to Hemingway 3pm: Local vendors	Thanks and Safe Travels!!!
Evening 6:00pm – Settle into OWS 6:30pm: Dinner 7:30-8:00pm: OWS Orientation	Evening 4-5pm NPH Tour 6:30-8pm Dinner + Presentation (History of OWS)	Evening 6:30-8pm Dinner + Beyond the Mission Presentation	Evening 6:30pm: Dinner 7:30: FMCI mid-week debrief	Evening 5:15pm Transportation back to OWS. 6:30pm: Dinner	Evening 5-6:30pm NPH Children's activity 6:30pm: OWS Dinner 7:30pm Evening programming	Evening 4-8:30pm – Beach Day + Dinner	

2024 Delegation Team

Left to right (first row):

- Dr. Aline Le, Philadelphia, PA*; Dr. Fay Homan, Wells River, VT; Sheryl Bartos, Bedford, TX; Dr. Jessa Hernandez, Swedesboro, NJ*; Dr. Frank Satriale, Harrisburg, PA*; Dr. Tiffany Yu, FMCI Scholar, Chino Hills, CA*

Left to right (Back row)

- Dr. Justin Bartos, Bedford, TX; Heather Palmer, AAFP Foundation Leawood, KS; Sharon Hunt, AAFP Foundation, Leawood, KS; Dr. Kristina Laguerre, Philadelphia, PA; Dr. Caleb Atkins, Watertown, NY*; Dr. Byrum Patrick, Detroit, MI; Dr. Gail Guerrero-Tucker, Thatcher, AZ; Paul Tucker, Thatcher, AZ; Dr. Ryan Thompson, Murphys, CA; Dr. Anna Doubeni, FMCI Lead Consultant, Columbus, OH

* Family Medicine Residents

Missing from Photo: Dr. Moazzum Bajwa, Riverside, CA





Our Partners



American Academy of Family Physicians Foundation



Service. Healing. Transformation.

Patient Care

- Logistic support & host
- Primary Care Clinic & Community Outreach
- Clinical mentorship



Medical Education

- Support FM recruitment:
Medical Students
- Symposium: Local Physicians & Residents
- Bi-directional Learning:
Residents



Children's Project

- Supports special projects and activities for the children.
- Funded by Ruth Ostergaard Endowment



One World Surgery

Logistics and Patient Care



Logistics

OWS coordinates registration of FMCI volunteers with the Dominican Ministry of Health and the United States Embassy in the Dominican Republic, purchasing emergency medical and travel insurance, obtaining permission from local authorities to operate FMCI activities, preparing FMCI volunteers through an informational packet.

Volunteer housing is located on the OWS property and connected to the primary care and surgery clinics. It has 23 bedrooms (and can accommodate up to 70 volunteers), a courtyard, visitor and catering kitchens, and a large conference room where group dinners and evening programming are held.

OWS local team consists of family physicians, social workers, community outreach coordinators, pharmacy, transportation (to and from airport, Batey outreach clinics, and medical education events) and hospitality staff. Provides three meals a day plus one off-site dinner.

While OWS surgery center and the main primary care clinic are waiting to open (late 2024), outreach clinics are held in bateys (sugar workers' towns) close to the OWS site. Batey residents can be Dominican, Haitian, or a mix and may work in a variety of jobs but remain underserved compared to the general population. Provides continuity of care for patients through OWS full-time clinical team.

Patient Care – Why the Bateys?

Though the sugarcane industry has declined, the land remains legally owned by the sugarcane companies.

Many descendants of the sugarcane workers have remained in these communities

Many residents do not have legal documentation, limiting access to medical services and education.



Providing care...

- Volunteers help register patients, take vitals, provide compassionate care and fill medications.
- Patients served: 275
- Bateys visited:
 - Dona Lila
 - NPH Clinic
 - Batey La Laura
 - Ceindpededis (Barrio Porvenir)



It takes a team...

Family Physicians

Specialists (i.e., Orthopedic,
Pharmacists)

Health Promoters

Interpreters/Translators
(Spanish and Creole)

Social Workers

General Volunteers

Community Leaders

Outreach Clinical Assistants

Transportation support



Challenges with Short Term Medical Missions

Quality of Care

- Language barriers
- Failure to comply with local laws
- Lack of preparation/training
- Lack of cultural understanding
- Medications that may not be effective due to expiration

Sustainability

- Failure to provide follow-up care for procedures and chronic health need
- Starting medications that can't be continued
- Equipment that cannot be sustained

Our partner, OWS, addresses continuity of care through home visits.

Continuity of Care: OWS Health Promoters



EDUCATE

- How to take medications
- How to maintain healthier lives and prevent chronic diseases

PROVIDE

- Follow up on the studies and analyses ordered for patients
- Support the doctors in taking vitals and keeping patient data up to do date
- Hygiene kits to communities

LOCATE

- New patients
- Communities in need

COMMUNICATE

- With community leaders
- With patients

Continuity of Care after the Delegation:



OWS Primary Care Physicians

Travel to communities visited by medical missions/delegations to treat patients:

- 4 times a week: each doctor twice a week
- Provide medication refills
- Understand their living conditions
- Further education on lifestyle





Universidad Central del Este (UCE) Medical Education

- The Medical Education events took place February 13 and 14, 2024 in collaboration with UCE, OWS, and FMCI.
- Location: San Pedro de Macorís.
- Graduates 350 medical students annually.
- FMRPs: Affiliates with five hospitals in the Eastern Region that support Family Medicine Resident Programs: Cruz Jiminian, Ramon De Lara, Antonio Musa, Oliver Pino, and Policia Nacional.
- All three medical education events were in Spanish and English.

Student Panel Discussion

Why Family Medicine?

- Panelists: Mix of FMCI delegates and FM residents from the Dominican Republic.
- Discussion: Journeys in family medicine and career options.
- Students in attendance: 50 +



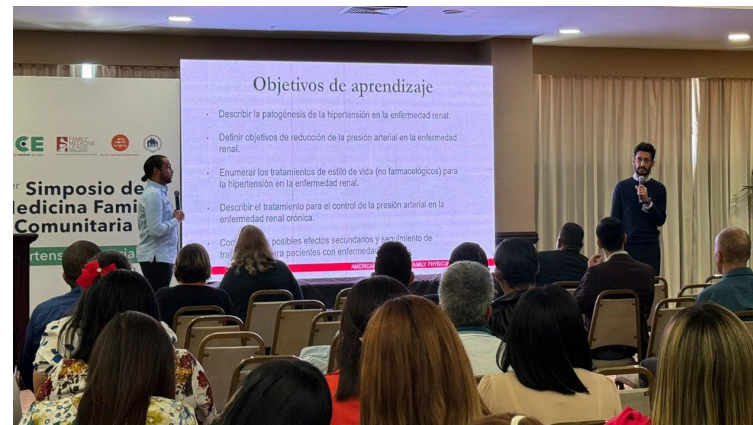
Symposium on Hypertension

Lecture A: Hypertension in Renal Diseases: Dr. Moazzum Bajwa

Lecture B: Hypertension in the Elderly: Dr. Justin Bartos

Lecture C: Hypertension in Pregnancy: Drs. Fay Homan/Kristina Laguerre

Lecture D: Severe Asymptomatic Hypertension: Dr. Anna Doubeni



Medical Education – Resident Bidirectional Learning



Bidirectional Learning Session:

Applying knowledge to real-world scenarios

Description: The symposium's four didactic presentations were followed by small group breakout sessions in the afternoon with residents from the Dominican Republic who were matched with visiting physicians. Specific clinical questions related to each presentation were discussed within the groups. Discussions included the differences and similarities in the treatment of hypertension in the Dominican Republic and the United States.

Learning Objectives

Hypertension & Renal Failure

- Outline the pathogenesis of hypertension in renal disease
- Define goals of blood pressure reduction in renal disease.
- List lifestyle (non-pharmacological) treatments for hypertension in renal disease.
- Describe treatment for blood pressure control in acute and chronic kidney disease
- Compare potential side effects and monitoring of treatments for patients with kidney disease.

Hypertension & the Elderly

- Outline physiologic age-related changes for hypertension.
- List common factors associated with primary and secondary hypertension.
- Compare treatment goals from selected professional society guidelines.
- Summarize the selection of hypertension medication in the elderly population.
- Describe unique issues in the elderly population in treatment of hypertension.

Hypertension & Pregnancy

- Outline the prevalence and risk factors of hypertensive disorders in pregnancy.
- Define diagnostic criteria for: chronic hypertension, gestational hypertension, preeclampsia/eclampsia, preeclampsia with severe features.
- Identify signs and symptoms related to hypertensive disorders of pregnancy.
- Summarize treatment and surveillance for hypertensive disorders of pregnancy in the prenatal and postpartum periods.

Severe Asymptomatic Hypertension

- Outline the pathophysiology of severe asymptomatic hypertension (hypertensive urgency).
- Compare the diagnostic criteria of hypertensive urgency and hypertensive emergency.
- Summarize the evaluation and treatment of asymptomatic severe hypertension in the outpatient setting.
- Describe strategies to improve outcomes for patients affected by severe hypertension.



Nuestros Pequeños Hermanos FMCI Children's Project

- Supported by the Ruth Ostergaard Children's Endowment
- In 2024, we provided \$6,500 to Nuestros Pequeños Hermanos (NPH) for much needed medical equipment and medications for NPH's Special Children's Project
- FMCI hosted an evening event with the children to participate in interactive games and empanadas.

NPH supports and cares for children and young adults with special needs both in their home and in the neighborhoods.

- 500 children benefit from a variety of service programs

- 250 children living in the neighboring bateys visit NPHs early childhood education classes, primary or secondary school.

- 45 children and young adults with special needs either permanently live at NPH or participate in their External San Marcos Program.





FMCI Resident Scholarship

Application period: June 1 – August 31, 2024

- Annual Scholarship: \$5,000
- Covers airfare, in-country expenses (including housing and food), and travel expenses to the AAFP National Conference
- Support for this scholarship is made possible by the Dr. David and Karen Smith Humanitarian Fund

Criteria:

- Must be a PGY2/PGY3 resident or early career active member of the AAFP.
- Must have a strong interest in global health and the underserved.

For more information:



[FMCI Scholarship Criteria](#)



[FMCI Overview](#)



Special thanks to our consultants who give their time, money, and expertise on an ongoing basis to make this program a success.