This section contains the following:
- an agreement that each medical professional must sign and return to the US office
- a message from the chairs of the HOI Medical Committee
- information for dentists who wish to practice while on a mission trip in Honduras
- a list of supplies which the medical officer needs to carry for the team’s care

Requirements
Thank you for helping with God’s work in Honduras by offering your professional services. Because of the remote location of Rancho el Paraiso and the villages served, HOI places two requirements on its mission teams:

1. *Each team must include a medical officer who is 18 years or older.*

2. *A medical officer must stay with the mission team at all times.* Lack of immediate response from a medical standpoint is common in most communities we serve. Should an emergency or severe illness occur, it is important that a trained medical professional be available.

3. Each medical officer must, at all times, have access to their groups’ medical/health information. This can be one compiled list of the information off each team member’s profile and physician release form or some people like to just bring a copy of those two forms from each person.

If there is more than one medical person in the group, each is welcome to work in the HOI clinics or with the Honduras medical personnel as long as at least one medical professional remains at the work site with the team.

Medical personnel who wish to provide care to Hondurans must provide a copy of the respective diploma, current professional license and passport to the US office at least six weeks prior to the trip.

If there is only one medical person in the group, he / she will travel to the village each day with the mission team. The Honduran medical staff will not go with the group to the village as they will be conducting their own daily schedule of seeing patients and providing medical care to those who come to the clinic.

Health care professionals who may serve as the designated medical officer for the team include:
Physician, Physician’s Assistant
Registered Nurse, Nurse Practitioner
Licensed Practical Nurse
Emergency Medical Technician, First

Credentialing
In addition to receiving a copy of the Team Member Section and completing the required forms, the medical professional(s) on the mission trip must provide professional credentials to the HOI Mission Program Coordinator. The Team Leader is responsible for ensuring these credentials are submitted on time to the HOI office.

________Medical Person(s) Agreement and Passport (due six weeks prior)
________Medical Person(s) Diploma (due six weeks prior)
________Medical Person(s) Professional License (due six weeks prior)
________List of Medical supplies (due six week prior)
MEDICAL PROFESSIONAL’S AGREEMENT
(Please submit one copy for each medical person traveling with your team)

I have read the attached HOI (formerly known as Honduras Outreach, Inc.) information for medical personnel. I will comply with what is explained and expected of me. I am including a copy of my current professional state license and passport. If I am making my first visit as a medical practitioner to Honduras with HOI, I am also enclosing a copy of my medical diploma.

PRINT NAME: ______________________________________________________________

SIGNATURE: ______________________________________________________________

Date: ____________

Medical credentials must be in the US office by the due date to allow sufficient time to register medical personnel with the Honduran Ministry of Health. If the required medical credentials are not in the HOI office six weeks prior to scheduled departure, the medical officer may not be able to treat Hondurans. This is a directive from the Honduran government, not HOI. Failure to properly register medical personnel could result in the loss of the HOI medical program at the ranch and the loss of our medical staff and their credentials.
TO: All medical personnel traveling to Honduras through Honduras Outreach, Inc.

FROM: Lee Woodall MD
Chair of HOI Medical Committee

RE: Illness in missionaries with groups traveling to Honduras

Dear Medical Professionals,

First we would like to thank you for your interest in the work that you do, and for going to Honduras as medical missionary support. Your help with the Honduran people, the physicians and nurses of Honduras and the healthcare of the groups is of the utmost importance to all concerned.

Unfortunately in some cases when North American groups travel to Honduras, illness will result. The medical committee feels it is important to introduce some guidelines concerning illnesses that might occur in missionaries. Usually the first consideration is that the patient has contracted some illness related to the environment, food, or water in Honduras. This usually not the case since most things that would be contracted in Honduras have an incubation period beyond the usual one week stay. This is certainly true for malaria, Dengue fever, parasites, and in most cases, traveler’s diarrhea. The most common illnesses that occur in North Americans are usually due to dehydration, overwork in a hot environment, or perhaps an illness that actually began in its pre-clinical phase in the United States. For this reason, we ask medical support personnel to consider the following guidelines:

1. The most common illness will be dehydration and overwork. This can be prevented by adequate fluid intake before and after workdays.
2. Encourage cessation of work on particularly hot days, especially with individuals who appear to be prone to dehydration and exhaustion.
3. Consider environmental related illnesses that are contracted in Central American countries only after more practical considerations are entertained.
4. The use of antibiotics, especially Cipro, when definite diagnosis is not known or suspected is actively discouraged.

Over the past few years, there has been an increase in the occurrence of dengue fever and chikungunya in Honduras. Because dengue and chikungunya are viruses, antibiotics are not effective. In addition there is no vaccination against these viruses which are transmitted by a mosquito. Unfortunately unlike malaria, the carrier mosquito is everywhere. The malaria mosquito does not survive well in cities; so large cities and urban areas don’t pose the same risk for malaria as dengue. The potential for death among Americans travelling to Honduras is reduced because their health is generally good. Most of the people who die from dengue in third world countries begin their illness in a substandard health situation. Nevertheless, dengue can be a serious illness in any individual, causing damage to the kidneys and death in extreme cases.
It is crucial that individuals, who travel to a country where mosquitoes are a problem, do everything possible to prevent being bitten by a mosquito. This includes applying mosquito repellants at all times to exposed areas, using netting at night if possible and certainly wearing long sleeves and long trouser p.j.s. While evening hours and during sleep pose the times of greatest exposure to get bitten by mosquitoes or other bugs, daytime is a problem too; travelers should wear clothing that will reduce the amount of exposed skin and use repellants at all times.

Malarone and Mefloquine are not needed in Central America for prevention of malaria. These medicines have a higher side effect profile than hydroxychloroquine or chloroquine, and are more expensive. The CDC states that hydroxychloroquine in Central America is all that is needed n areas where malaria is a problem. Hydroxychloroquine is preferred over chloroquine since there are fewer side effects but both work for prevention of malaria while in Central America.

Typhoid immunization has not been used for over 20 years of travel to Rancho el Paraiso with HOI and is not present in the area of The Ranch. Because of the sanitary conditions during our travel we have never had any problem with typhoid fever. However, if you are unsure, we strongly suggest that you discuss typhoid immunization with your personal physician or travel clinic.

In cases of illness for visiting North Americans, we strongly suggest that immediate consultation with the HOI Ranch physician be considered since he is well aware of the problems that occur in Honduras. We think this is the best approach to take for optimum safety of the individuals working at the ranch and in the outlying villages.

Again, we would like to thank you for all of your help.

Yours truly,

Lee T. Woodall, MD
On behalf of the HOI Medical Committee
Dental Professional Missionaries

The dental needs in our area are immense, but with the help of generous donors and willing volunteers like you they are being addressed. Because oral health is critical to a person’s overall well-being, offering preventative and restorative dental care will ultimately lessen disease rates and improve the quality of life in the Agalta Valley.

Thanks to designated financial gifts, HOI has on staff a full time dentist. Additionally, we have been able to purchase and retrofit a vehicle designated as a mobile clinic to transport the medical team members, a portable chair, mobile compressor, drills and generator to our remote clinics whenever necessary.

As this ministry grows, we invite dental professionals to partner with our dental staff in Honduras to maximize the impact on local communities. The goals of the program are to provide dental education to residents, as well as fluoride treatments, access to basic dental supplies, and preventative and restorative services. The HOI Ranch dentist will prepare a work schedule for you to work alongside the HOI medical team in one or more of our health clinics.

Because HOI is designated as an official Health Care Sector by the Honduran government, we must observe rules set by the Honduran Ministry of Health. The following guidelines will make your trip as successful as possible.

1. A legible copy of the dental diploma, current professional license and passport must be provided to the HOI office six weeks prior to your US departure which will allow us to obtain a temporary work license for your trip. Without proper documentation, North American dentists are not allowed to practice in Honduras.

2. Do not attempt to practice dental care beyond your usual scope.

3. Patients in Honduras are seen on a first come, first serve basis. If you treat a patient who needs follow-up medical care, please be aware of the local custom when you make a referral to the clinic. Additionally the medical clinic at Rancho el Paraiso charges adult medical and dental patients a small fee for treatment in order to instill a sense of ownership and accountability in the patient’s care.

4. You should take everything you think you will need to use during your visit. Assume that nothing will be available and prepare accordingly.

5. Please report any equipment failure to the medical director.

6. Sharps should be placed in an appropriate container and given to the Honduran medical personnel for proper disposal.

7. Any type of patient medical complication should be reported to the medical director at once.

8. Routine dental hygiene is not standard practice in Honduras and is not given a high priority in most homes. To help change this attitude, HOI has made teaching dental hygiene a priority in the schools within the area of our influence. We strongly suggest that you and your mission team prepare hygiene kits to distribute in the community where you will work or to leave in the ranch clinic.
Team First Aid Kit
(For team members’ medical needs)

It is required that the group’s medical person(s) and / or group leader bring a well-stocked first aid kit.

Following is a list of items that might be useful to have when working in the local villages and should the need to treat a team member arises. This is not an exhaustive list; please bring whatever will make your group comfortable. Any unused “leftovers” may be donated to the Ranch clinic.

- bandages
- rubbing alcohol
- aetadine swabs
- sterile 4 x 4s
- butterfly closures
- Neosporin ointment
- handiwipes and waterless hand sanitizer
- tape
- soap
- sling
- cold pack
- moleskin
- sun block
- ibuprofen
- Tylenol
- Immodium
- Pepto Bismol
- Septra DS or Cipro 500
- bee sting kit
- eye flush
- Benedryl
- scissors
- stethoscope
- blood pressure cuff
- gloves, sterile and unsterile
- phenergan
- paper and pen

Please also have information on allergies and current medications for each traveler, including malaria preventatives.

Be aware of those team members traveling with chronic illnesses, such as diabetes. Also be sure they have been cleared by their doctor to travel and have an emergency treatment plan in place. All travelers should realize the remote nature of HOI’s location and should be prepared for the unexpected. Please refer to the CDC and WebMD for further material about travelers with chronic health needs:


http://www.webmd.com/diabetes/tips-traveling