



CHILDREN'S HEALTH INTERNATIONAL MEDICINE PROJECT OF SEATTLE (CHIMPS)

A Model for Resident-directed Sustainable International Health Initiatives

Parmi Suchdev, MD MPH and Ellie Click, MD PHD, Pediatrics Residents, University of Washington

Context

- The health of children is a global responsibility.
- Few international health experiences are available for Pediatric residents that are resident-driven and sustainable from year to year.
- Pediatrics residency is a critical period for EDUCATION and ACTION to motivate future professional contributions to global child health.

Objective

To *ethically* assist in building sustainable medical and public health interventions for an underserved community in El Salvador.

Participants

- Students, Residents, Faculty
 - CHIMPS (Seattle, founded 2002)
 - NU-AID (Northwestern Medical School)
- Physical Therapist, Nurses
- Local NGO: ENLACE ("To Link")
 - Mission: Enhance collaboration between existing organizations
 - Health initiatives: clean water supply, latrines, nutrition programs, self-sustaining health clinics, medical intervention teams.
- Local Health Committee
- Local Physician

Setting

- Abelines, El Salvador
- In Morazon, northeast ES
- Population 1,800 (61% < age 19)
- Scarce clean water, electricity, latrines, roads
- Annual one-week trip



Methods

Public Health

I. Identify significant health needs for which meaningful, sustainable interventions can be initiated in a brief time period

- *Dental health
 - Education
 - Apply fluoride varnish 3 times/year to decrease early childhood caries
- *Intestinal parasites
 - Education
 - Empiric parasite treatment 2x/year to lessen parasite burden
 - Coordination with ongoing community effort to provide clean water, latrines.
- *Nutrition Education

II. Train local health workers in health education and application of interventions



III. Provide public health education for families ("Charlas")



IV. Initiate Interventions



V. Provide supplies and support to enable continuation of interventions

Clinical Care

I. Perform needs assessment/ health risks survey



II. Provide direct clinical care



III. Make house-calls



IV. Arrange for follow-up with local physician



CHIMPS Participants

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|---|---|--|
| Pediatrics Residents
Parmi Suchdev, MD MPH
Kym Ahrens, MD
Ellie Click, MD PhD
Mollie Grews, MD
Heather Silverberg, MD | Physical Therapist
Genevieve Hicks, MSPT | Medical Students
Kevin Gobeske
Juan Ambrose Inausa
Vivien Luang
James Wysock
Rajni Guarnata
Katie Cheil
Adam Romeliser
Sara Bockack
Parveen Parmar |
| Pediatrics Faculty
Ellie Graham, MD MPH
Cor Van niet, MD MPH | Others
Debra Weissman
Chris Williams | Nursing Student
Jemiller Gould |
| Medicine Residents
Jan Kewen, MD
Julie Plakur, MD | ENLACE Members
Lori Macklin
Chris Macklin
Alfredo Aguilar
Doris Evangelista de Leon
Dr. Glenda Henriquez Perez
Dr. Mirna Garcia
Abelines Health Committee | |
| Medicine Faculty
Leslie Ramirez, MD
Greg Brisson, MD | | |

Outcomes

During initial two years of program:

- Worked with local physician to provide direct medical care to hundreds of patients.
- Arranged medical follow-up with local physician as needed.
- Completed needs assessment survey to identify areas for future interventions.
- Developed presentations on nutrition, dental health, and prevention of intestinal parasites for use by local health committee.
- Trained local health committee in interventions (health presentations and application of fluoride varnish).
- In collaboration with local health committee members:
 - Presented health talks to hundreds of families.
 - Distributed toothbrushes to all children.
 - Applied fluoride varnish to teeth of all children aged 1-3.
 - Empirically treated all children under age 12 for intestinal parasites.
- Continuation of planned interventions by health committee during interim of annual trips.

Conclusions

Meaningful and sustainable international health interventions can be coordinated by residents during residency training. Such programs benefit medically underserved communities and enrich the global perspective of pediatricians.