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Interhealth South America – Ecuador
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Interhealth South America is a program designed to introduce medical students to Ecuadorean/South American primary and community healthcare, through observation of healthcare programs (touring local hospitals & clinics), participation in community health brigades, and taking part in indigenous health activities. There is also a language portion with Spanish instruction at local language academies that emphasizes acquisition and use of medical vocabulary in order to be able to interact with the patients seen.

There is a beginner and an advanced program, based on the student's level of comfort with speaking Spanish. Although I have taken years of Spanish in school, I opted to participate in the beginner program because my Spanish was rusty. Another positive of the beginner program is that you get to see more of Ecuador, while the advanced program participants remain in the capital city of Quito for 3 out of the 4 weeks of the program.

Week 1 was spent in the capital city of Quito, weeks 2 & 3 were spent in the rural city of Otavalo, and week 4 was spent at Yachana Lodge, an eco-lodge in the Amazon River basin. While in Quito, we learned some background information about the country's healthcare system, toured one of the best community hospitals in Ecuador, and participated in community health brigades. The brigades were set up somewhat like mobile health clinics, going into local venues like marketplaces and schools in communities in need and seeing any patients that came with health concerns. In Otavalo, we toured a rural community hospital, observed and spoke with practitioners at a local health clinic, and interacted with traditional healers in various indigenous ceremonies that involved herbs, *aguardiente* (liquor), food, fire, and *cuy*s (guinea pigs). We also continued our health brigades there and while in the Amazon. In addition to the medical activities, we also had the chance to sightsee and take in the wonderful culture of Ecuador, and live with host families in Quito and Otavalo for 2 weeks.

The downsides of the program include a lack of organization in some of the activities, like some of the health brigades. It was also difficult to feel effective at times during the brigades with the limited supplies that we had and by only having 1 year of medical school education under my belt, but fortunately most of the patients that came to us had relatively simple complaints like colds and diarrhea due to parasites.

Overall I had an enjoyable time in Ecuador, and I liked having the opportunity to explore the country and experience things I might not have otherwise. I had memorable interactions with the Ecuadorean people, our patients, the rich culture, and other students in the program; and got to spend an exciting month in a beautiful country.



PREVIENIENDO LA DIARREA!!

La diarrea puede provocar la muerte de los niños pequeños!!



La diarrea es una enfermedad producida por microbios que vienen en la basura, en el agua sucia y en las heces de las personas, causa en el niño deposiciones líquidas y frecuentes que llevan a la deshidratación, pierden agua y sales de su cuerpo, pudiendo causar la muerte.

¿qué debemos hacer :

- dar alimentos sanos y limpios.
- amamantar el seno, mantenga a su hijo bien alimentado.
- lavar los alimentos en un lugar limpio.
- cubrir sus alimentos de las moscas.
- lavar sus alimentos antes de comerlos.
- beber agua hervida o potable.
- el niño debe estar lejos de la basura.
- evitar el niño de orinar o defecar.







Tratamiento de la diarrea

Es importante que tome tanto líquido como el que pierde el niño, desde el momento que inició la diarrea. La rehidratación es reponer al niño el agua que se ha perdido a causa de la diarrea y el vómito.

Por ejemplo: Aguas medicinales, sopas, jugo de agua del arroz, **seno materno** o leche oral que es una bebida especial.

SIGNOS DE PELIGRO DE LA DESHIDRATACIÓN

Señales de deshidratación:

- la sed más fuerte desde la primera señal de deshidratación
- poca o nada de orina, orines de color amarillado oscuro
- pérdida repentina de peso
- boca seca
- ojos hundidos, sin lágrimas
- caída de muñeca (manos chiapanecas)
- falta de elasticidad en la piel

