



CAMINOS DEL PARAMO - NEWS FROM ECUADOR

Welcome to the latest installment of the **fhn USA** newsletter! Since our last update, **fhn USA** and the people of El Páramo have achieved numerous goals. In this issue, members of **fhn International**, report the impressive accomplishments they witnessed during this summer's visit to Ecuador. We also introduce Jose Cedeño and Lucia Loor, volunteer health promoters from two communities surrounding the health center in La Y. We are sure that their stories will inspire you! Finally, we look to the future and the next steps of **fhn** and Ecuador. Please consider becoming a Sustaining Partner (*see last page*). Also, you may now set up recurring monthly, quarterly, or annual donations through our website partnership with Network for Good. Please visit [www.f-h-n.org](http://www.f-h-n.org) to learn more!

Summer-Fall 2006



THE HEALTH CENTER  
(EL SUBCENTRO DE SALUD DE  
LA Y DE LA LAGUNA)

**Treatment Campaigns Extraordinarily Successful!**  
*Ecuador Report by Martin Eckhardt, May 2006*

In the last few months we have started vaccination, education, and treatment campaigns! Our team, comprised of La Y health center workers and fhn volunteers, visited eight distant communities. Reaching them required hours of hiking through muddy terrain. We treated numerous patients, provided education about dental and general hygiene (especially clean drinking water), and provided routine vaccinations.

**Newsletter Spotlight:**  
**Health Promoters**  
**Providing First Aid**

Almost every community has volunteer health workers, trained through **fhn**, who assisted in these campaigns. As part of our current efforts, volunteers were instructed on how to prescribe medications to treat pain and fever, and were then tested on their knowledge. Those who successfully passed the test received medications for their work in their respective villages, while all others received additional training. As a result, patients can now be treated with medicines before they are transported to the health center, providing relief during the trip.

*“Those who successfully passed the test received medications for their work in their respective villages... As a result, patients can now be treated with medicines before they are transported to the health center, providing relief during the trip.”*

*Many thanks to all the donors who responded to our call and provided important financial support for these activities!*

**Profile of Community Health Promoters From El Páramo**  
*By Erin Lunde, Co-Vice-President, fhn USA & fhn Ecuador Volunteer (2003)*



**JOSÉ CEDEÑO, A MODEL HEALTH PROMOTER FROM THE COMMUNITY DOGOLA, PLANTING TREES FOR A CONSERVATION PROJECT**

**José Cedeño**, of the community Dogola, has become one of the more active community health workers. He is quite comfortable recognizing the signs and symptoms of malaria within his community and takes blood samples when he suspects malaria. He then gives the patients the appropriate dose of chloroquine to treat the malaria and brings the slides with the blood samples to the laboratory specialist at the health center located 6 hours away by foot. The results of the tests are shared with Jose and he brings the necessary follow-up primaquine treatment to any patients with a positive result. He dutifully explains the appropriate dosing and monitors their response.

José also coordinated the building of a latrine at the Dogola school and gave a community talk on how to prevent parasitic disease by using a properly built latrine, washing hands and boiling drinking water.

*Continued on Page 2*



### Profile of Health Promoters From El Páramo, Continued

**Lucia Loor**, from Aniceto, became a key link between her community and the medical staff at the health center. Several children from her community of Aniceto developed skin lesions from leishmaniasis (a parasitic disease spread by sand flies that often causes debilitating skin sores). The treatment for this disease requires daily intramuscular injections for approximately one month. If patients are not treated, the lesions will take a year or more to heal and will leave disfiguring scars. In rare cases, the parasite results in a systemic infection. Coordinating the treatment with the children of Aniceto became tricky until Lucia Loor got involved.

Most of the children lived about a two hours walk from the health center and it would be unrealistic to expect parents to travel this distance for daily injections. The medication dosing needs to be given precisely, however, to ensure adequate amounts based on the patient's age and prevent overdosing. Having received training in intramuscular injections, Lucia was able to quickly learn the necessary dosing of the medication and could administer the daily injections in the community. The children got better from their lesions without any complications. This method was repeated in other communities when other children developed leishmaniasis. The health workers continue to assist in the prevention of the disease by educating their communities about sleeping under mosquito netting and keeping animals separate from human living areas.

### Summer-Fall 2006



HEALTH PROMOTORS BEING TRAINED TO GIVE INTRAMUSCULAR SHOTS

[WWW.F-H-N.ORG](http://WWW.F-H-N.ORG)



DENTAL HEALTH WORKSHOP

### News Beyond the Health Center: Staying Healthy Means More than Just Going to the Doctor!



FHN ECUADOR DIRECTOR, GABRIELA ORDOÑEZ, TEACHES A GROUP OF CHILDREN THAT BRUSHING YOUR TEETH CAN BE A LOT OF FUN TOO!

### FUN FOR EVERYONE!

An interesting and highly useful collaboration with the British embassy in Ecuador has emerged. Together with the inhabitants of the region, we convinced the British Embassy to construct two children's playgrounds in La Y and the neighboring village of La Laguna.

One hundred and forty children now have the opportunity to use safe playground equipment for the first time! In addition, 225 people of all ages participated in three workshops on children's rights and violence prevention. Once again, **fhn** works towards one of its major philosophies: *that staying healthy means more than just going to the doctor!*

### THANKS TO OUR ON-THE-GROUND FHN VOLUNTEERS!

#### The Health Center Continues to Provide Consistent Quality Care...

We would like to thank American physician, **Christopher Selhorst**, who volunteered with us for seven months and was greatly respected by the people of El Páramo and **fhn** staff. He covered the health center at all times, even the days the local doctor **Dr. Felipe Aguilar** was unavailable. **Corinna Mummelthai** and **Jürgen Heuer**, both from Germany, staffed the village library and provided important assistance with environmental and garden projects in the region. **Peter Morse** (USA) returned to Ecuador for another few months this year to continue working with the health promoters. And finally, thanks to **Alli Pribnow**, a Public Health student from the U.S., **Cris Garwood**, a medical student from Tasmania, and **Paul Urquhart**, an Australian doctor now volunteering, for their dedication in various capacities at La Y's health center. We hope to continue recruiting so many wonderful volunteers!

To learn more about our projects or to make a donation to **fhn USA**, please visit us at [www.f-h-n.org](http://www.f-h-n.org)  
To share comments, or to remove your name from our mailing list, please email us at [info.usa@f-h-n.org](mailto:info.usa@f-h-n.org)



### Next Steps: A Lot is Happening, Here and Abroad

The President of **fhn Germany**, Martin Eckhardt, has spent this summer conducting a survey in El Páramo on the feasibility of community-based health insurance. If the results are positive, **fhn** will begin making plans to implement a health insurance program for the region in the coming year. Such a step would help not only the sustainability of the health project, but it would also allow more people to access the clinic's health care!

Another important project is in the planning phases. A new building will be built next to the health center. The building will serve as a location for training and lodging, as well as a meeting space for local groups. This building has been long anticipated! Since the beginning, we have had to conduct health education classes in the waiting room of the health center because of limited space. Furthermore, there have been no volunteer or health promoter dormitories in the main town of La Y. Therefore, on a daily basis, volunteers have to race the sunset as they head home on lengthy hikes through the jungle. Extensive training over several days was not an option. *A space for such meetings is of utmost importance and will aid in the development of the region!*

Finally, a lot is going on here in the United States with **fhn USA**. In the next month, positions on our executive board will be shuffled, and we will be expanding the general board of directors. In fact, in our next Newsletter, we will be happy to introduce 10 new board members for **fhn USA**! If you are interested in getting more involved in our work, please let us know! Imagine all that we can accomplish with so many innovative minds and energetic attitudes.

### Summer-Fall 2006



JUNE 2006: KARIN FRIEDERIC (PRESIDENT, FHN USA) WITH XAVIER AGUAVIL (HEALTH CENTER ADMINISTRATOR) & KATHY CAVAL (NURSE), BOTH COMMUNITY MEMBERS TRAINED BY FHN AS HEALTH CENTER STAFF.

Thank you for your support!

Karin Friederic,  
Erin Lunde, Jessica  
Levy, Jason Cross, &  
Lilian Friederic -  
board members from  
fhn USA - hope you  
had a  
wonderful summer!

### Needs For the Future: Looking Ahead. . .

**Become a Sustaining Partner!** By agreeing to donate just over \$8 per month — at least \$100 annually — you ensure that **fhn USA** can better focus our efforts in project management and fundraising.

We hope to enroll 50 Sustaining Partners (who donate > \$100 annually) by the end of this year — so that we know we can depend on at least \$5000 worth of donations per year. *Please consider joining our team!*

To make an annual, quarterly or monthly donation, please click on the Donate Now icon at [www.fhnusa.org/donations](http://www.fhnusa.org/donations).



### YOUR SUPPORT IS VITAL!

Although we all are very proud of the work we have been doing in El Páramo, there is still a lot that needs to be done. With your continued help, we are confident that we can meet our goals! Below is a *short* check list of the objectives we would like to meet in the next few months.

- Further training in:
  - ⇒ first aid and primary illness management
  - ⇒ community leadership and education
  - ⇒ obstetrics— including warning signs for when help is needed
- Reinforcement of skills previously learned
- Increased capital for supplying the first aid kits in each community
- Raise funds to expedite the building of the dormitory house and conference space at the health center— to support fhn volunteers and the health workers who come from remote communities to attend long trainings
- \* **Increase our membership list so that we can reach the above goals! (See the box on the left)**

To learn more about our projects or to make a donation to **fhn USA**, please visit us at [www.f-h-n.org](http://www.f-h-n.org)  
To share comments, or to remove your name from our mailing list, please email us at [info.usa@f-h-n.org](mailto:info.usa@f-h-n.org)