



NICARAGUA GLOBAL
HEALTH PROJECT
PROYECTO DE SALUD GLOBAL

ANNUAL REPORT

2022



CONTENTS

| | |
|-------------------------------------|---|
| Message from the Executive Director | 2 |
| Mission | 3 |
| Programs | 3 |
| Ultrasound impact | 4 |
| New team member | 5 |
| Looking for a research data analyst | 6 |
| Resources & Fiscal Management | 6 |
| Looking Forward | 7 |
| Donate & Volunteer | 8 |

Message from the Executive Director

Dear Friends,

2022 was a tremendously successful year! Our project returned from the delays of the pandemic, and we are excited to celebrate our current impact and future collaborations in Nicaragua.

Our team coordinated the delivery and integration of multiple ultrasound machines at regional hospitals, with much help from our partnerships with HRD Corps and AI Barros Foundation. We have continued the long-term collaboration with the Nicaraguan Department of Health to analyze the utilization of this resource to help guide additional donations and resources in the future.

Our network of collaborators continues to increase both in Nicaragua and in academic centers in the United States. The year 2023 shows tremendous potential for the continue grown of our projects and new interventions to help the country of Nicaragua.

I am very grateful for our excellent team and executive board who have donated their time and effort to help those who are less fortunate. I am lucky to have this opportunity to work with colleagues who are driven by the passion to help, the strength to endure despite challenges, and the wisdom to guide our project toward success.

We look forward to the next year of growth and success!



Nathan Samras MD MPH



Nathan Samras

Executive Director

Mission

Our mission at NGHP is to provide sustainable solutions that empower providers to make interventions within their communities that positively impact health outcomes and quality of life.

Our Vision

Sustainable long-term assistance and partnerships.

Programs

Clinical Medical Assistance



We organize one-week medical trips for American healthcare providers from all backgrounds - physicians, surgeons, nurses, physician assistants, and medical and nursing students. We bring students for experience in the inpatient, outpatient, and surgical environments at different hospitals.

"New arrivals" 3 new ultrasound machines arrived in Nicaragua.



We want to share the joy through these images with all our donors and volunteers that couldn't be with us in Nicaragua to give the donations personally to the Nicaraguan health authorities. Still, they went with us with their hearts. Thanks, everyone, for making this donation possible.



Finally, we want to give special thanks to our donor and colleague Bernt Schmitt who was present with us through a video call celebrating the moment. It is such a heartwarming moment when we see the hope and happiness on the faces of the hospital patients when they realize that they will get better care for their health through these new machines. Also, make our Nica colleagues feel that we are working hard to provide them with more resources for better care of their patients there are no words to describe these feelings. We are looking forward to more moments like this.



Ultrasounds impact.

In October 2022 we had the honor to give another 3 Sequoias - Siemens ultrasound machines to Nicaragua. The following list shows specific clinical situations where the ultrasound influenced medical decision making which improved diagnostic accuracy and improved overall patient care.

Ophthalmology

- Assisted in the diagnosis of trauma pain when fluorescein angiography was not available.
- Useful in patients with corneal opacification

ICU

- Used to verify patency and adequate perfusion of distal arteries when the exam reveals a cold extremity without palpable pulses
- Used to evaluate new onset pneumothorax.
- Portability enabled quick access for critically ill patients, unlike the standard hospital ultrasound that required much more time for transport to the ICU.



ER/Trauma

- Used to diagnose an arterial clot in the foot that was causing gangrenous toes.
- Useful in FAST exams to evaluate for intra-abdominal bleeding

General Medicine

- Used to diagnose mitral valve prolapse in a young woman with tachycardia
- Used to evaluate pulmonary effusions on bedside rounds
- Used to evaluate lung consolidations
- Portability enables significantly faster and more frequent evaluation compared to the large standard unit in the Radiology department



Pediatrics

- Used in intracranial ultrasound in neonates.

Obstetrics

- Used in prenatal monitoring exams.

Community clinics

- Used to evaluate for heart failure.
- Used to diagnose a superficial cyst

- Portability was essential for home visits in the community
- Battery powered functionality is useful as consistent power is unreliable.

New team member.



We are pleased to introduce the newest member of our team, Dr. Ramon Morales, a plastic surgeon from Managua, Nicaragua, who has been a volunteer member of NGHP for a couple of years and is now an official member.

About

Dr. Ramon Morales is a physician who practices in two of the largest hospitals in the Nicaraguan capital, Hospital Manolo Morales and Hospital Nacional of Dermatologia.. He is board-certified in Plastic Surgery and sees patients of all ages. His clinical interests include supporting patients with reconstructive procedures; improving the quality of care for skin cancer, burn, and wound patients who require reconstructive procedures.

Dr. Morales received his medical degree and his plastic surgeon training from the Universidad Nacional Autonoma de Nicaragua (UNAN-Managua) Medical School in Managua City.

Dr. Morales is also a volunteer as an assistant professor of Plastic and general surgery and orthopedics at the UNAN-Managua School of Medicine, where is involved in healthcare utilization research with a focus on individuals who frequently use the healthcare system. He is also interested in global health and volunteers for medical brigades to assist in clinics and hospitals in Nicaragua multiple times a year.

When he's not working, Dr. Morales loves spending time with his six years old daughter and looking for outdoor activities around the town.

Looking for our new research data analyst.



The Nicaragua Global Health Project needs a researcher/evaluator who is able to provide data analysis and help us to provide a high-quality research project utilizing our current ultrasound data reports to provide preventive and clinical care science research. This high-impact role will help improve our programs, The goal is to improve the knowledge and understanding of how access to modern diagnostic resources can improve the quality of the Nicaraguan healthcare system. The position is



available as remote work.

Resources & Financial Management

2022 was a productive year working with our partners delivering donations of medical equipment.

- We donated Sequoia ultrasounds machines supplies to two of Nicaragua's biggest cities within the Ministry of Health
- We were meeting with HRD Corps from Arizona and are in discussions for the receipt of ultrasound machines for implementation at two new hospitals in Nicaragua and planning on new ways to help the Nicaragua Health system to improve the quality of services through technology.
- We strengthen our relationships with partners who want to work with us to help Ship the donations to Nicaragua like Foundation Al-Barro and MTOM- services in the L.A. area.

Future Donations of Medical Equipment

We will continue to make partnerships with hospitals, clinics, and charitable organizations in the United States and other developed nations to receive donations of medical supplies. We will maintain focus on the sustainability of the donor-recipient dyad both within the US and between the US and Nicaragua, and also on the longevity of the donated supplies within Nicaragua. We will continue to study the long-term durability of the supplies within the country.

Strategy of Fundraising

We expect 2023 to be a successful year as we transition to a long-term fundraising model. We are proud that the last year has shown us that we have built enough grassroots involvement to warrant fundraising to support specific aspects of our projects

Our fundraising will be guided by the following principles:

1. No funds will be used to subsidize the participation of American or other developed nation participants. We understand that the sacrifice of transport costs and housing within the country is less than the large potential benefit of using these funds for the Nicaraguan participants and projects.
2. Any administrative costs will be kept to less than 10% of the total budget, with the aspirational goal of less than 5%, and will only be spent within Nicaragua.
3. We are a tax-free 501(c)(3) charitable organization and our budget require approval from the Executive Board with oversight by an accountant for monitoring.

In 2023 we will concentrate fundraising on the transportation of ultrasound machines from the United States to Nicaragua. We will continue to identify organizations that can provide free or reduced cost transportation from the port of exit in the US to the hospitals in Nicaragua.

Looking Forward

2023 We look forward to redoubling our efforts in Nicaragua with the following goals

- Continuation of the ultrasound project, which includes gathering data of its impact to support future efforts to donate related supplies.
- Medical brigades of physicians, nurses, PAs, and students in rural and hospital settings
- Establishment of collaborations with medical and nursing schools in the US interested in having clinical experiences for its students.
- Increase the executive leadership goal of >50% of the leadership living in Nicaragua.
- Find an opportunity to support a Nicaraguan doctor to have a 1-month observership in the United States for training.

Executive Leadership

We are lucky to have highly motivated leadership as we grow our project, and we are actively recruiting more members to be part of the supervisory board.



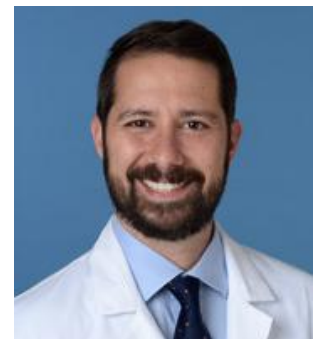
**Dr. Mayra Rivas
Contreras**



Dr. Dane Hellwig



Dr. Harrison Cheeley



Dr. Nathan Samras

We Need Your Help

We are proud of our American and Nicaraguan partners and we look forward to continued growth our quest to assist the health care system of Nicaragua. With all money going to Nicaragua, and less than 10% administrative costs, we can ensure donations are maximized to help the people in the country.

Every Penny Matters

Our most pressing need is for the transport of ultrasound machines from America to Nicaraguan hospitals, and any donation will help make an impact.

Join us in our campaign: [AmazonSmile.com/NicaraguaGlobalHealthProject](https://www.amazon.com/NicaraguaGlobalHealthProject)

You can also donate by mail:

Nicaragua Global Health Project, 4339 Jasmine Avenue, Culver City, CA, 90232

Volunteer and Help Make a Difference

Not everyone can make a financial contribution. We are always looking for participants to help out in Nicaragua and also in the United States. Anyone in the medical field (nurses, students, PAs, primary care doctors, specialists, surgeons, etc) and also with administrative projects including website design and management, accounting, and fundraising.

Volunteer with the Nicaragua Global Health Project

Volunteer in a different way: _____

Please visit our website www.nicaraguaglobalhealth.org to learn more, or call us at 267-974-6822. Send this form by mail to our office at 4339 Jasmine Avenue, Culver City, CA, 90232

Name: _____ **Phone:** _____

Email: _____