

# ANNUAL REPORT

# 2023



# CONTENTS

Message from the Executive Director	2
Mission / Vision	3
Programs	3
Looking for Our Research Data Publication	4
Resources & Financial Management	5
Goals for 2024	6
We Need Your Help	7

# Message from the Executive Director

Dear Friends,

The year 2023 marked a remarkable achievement for us! We are thrilled to acknowledge the significant progress we have made and the promising future of our partnerships in Nicaragua.

Our team successfully managed the delivery and integration of several ultrasound machines into regional hospitals, thanks to the invaluable support from HRD Corps. We have sustained our long-term collaboration with the Nicaraguan Department of Health, focusing on the analysis of these machines' usage to inform future donations and resources.

Our network of collaborators is expanding not only within Nicaragua but also across academic institutions in the United States. The prospects for 2024 are incredibly promising, with numerous opportunities for the growth of our existing projects and the initiation of new interventions to support Nicaragua.

I am profoundly grateful to our exceptional team and executive board members, whose dedication and efforts have made a significant difference for those in need. It is an honor to work alongside colleagues who are motivated by a genuine desire to help, possess the resilience to overcome obstacles, and demonstrate the wisdom to steer our projects toward success.

We eagerly anticipate another 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

- 1. Clinical Medical Assistance:** We organize one-week medical trips for American healthcare providers from all backgrounds, including physicians, surgeons, nurses, physician assistants, as well as medical and nursing students. Throughout 2017 and 2018, we facilitated student experiences in inpatient, outpatient, and surgical environments at two different hospitals.
- 2. Ultrasound Implementation:** We have identified hospitals, physicians, and resources to support the implementation of ultrasounds in various clinical settings, from the ER to the ICU and remote clinics. These ultrasounds will benefit a wide range of patients, including adults, pregnant women, and children. With support from the Ministry of Health, we plan to initiate a pilot phase in two hospitals, during which we will collect data on the utility of these donations.
- 3. Experiential Learning in the United States:** In 2017, we brought a Nicaraguan surgeon to the United States for a one-month observational surgery program at UCLA. This experience allowed her to enhance her skills, ultimately improving patient care in Nicaragua. We anticipate bringing another physician to the US in 2023-2024 for a similar training opportunity.



## Looking for Our Research Data Publication.

We are currently in the process of analyzing data collected over the past three years from the three cities where we donated ultrasound machines. This comprehensive analysis aims to assess the impact and effectiveness of our donations on healthcare outcomes. We are excited to announce that we anticipate publishing our findings soon. We extend our heartfelt gratitude to Diana Vu from Washington University in Virginia for her exceptional dedication and hard work in preparing this publication. Her contributions have been invaluable to our research efforts.



# Resources & Financial Management

## Future Donations of Medical Equipment

We have reached out to various institutions to establish partnerships and are currently in the process of finalizing these agreements. Although this journey has not been swift, it promises to be highly rewarding upon completion. These partnerships will enable us to secure larger donations, expand our programs, and significantly enhance our impact. Additionally, we are in the process of hiring new staff in Nicaragua, who will be introduced through our website soon.



## Strategy of Fundraising

We anticipate 2024 to be a highly successful year as we shift towards a sustainable long-term fundraising approach. Over the past year, we have demonstrated significant grassroots support, which now enables us to fundraise for specific components of our projects.

Our fundraising will adhere to the following principles:

1. No funds will be used to subsidize the participation of individuals from the United States or other developed nations. We believe that the cost of travel and accommodation for these participants is a small sacrifice compared to the significant benefit of allocating these funds to support Nicaraguan participants and initiatives.
2. Administrative costs will be limited to less than 10% of the total budget, with an aspirational goal of keeping these costs under 5%. These expenses will be incurred exclusively within Nicaragua.
3. As a tax-exempt 501(c)(3) charitable organization, our budget requires approval from the Executive Board and is subject to oversight by an accountant for monitoring.

In 2024, our fundraising efforts will focus on the transportation of ultrasound machines from the United States to Nicaragua. We will continue to seek out organizations that can offer free or reduced-cost shipping from the port of exit in the US to hospitals in Nicaragua.

# Goals for 2024

We are eager to amplify our efforts in Nicaragua with the following aims:

- **Sustaining the Ultrasound Initiative:** We will continue our ultrasound initiative, emphasizing the collection of impact data to support future donations of related equipment.
- **Medical Teams Deployment:** We plan to send teams of doctors, nurses, PAs, and students to offer medical services in both rural areas and hospital settings.
- **Building Academic Partnerships:** We aim to create collaborations with US medical and nursing schools that wish to offer their students hands-on clinical experience in Nicaragua.
- **Enhancing Leadership Representation:** We are committed to increasing our leadership representation, with a target of having more than 50% of our executive leaders based in Nicaragua.
- **Supporting Nicaraguan Medical Training:** We will provide an opportunity for a Nicaraguan doctor to participate in a one-month observational training program in the United States.



## Executive Leadership

We are fortunate to have a highly driven leadership team as our project expands, and we are currently seeking additional members to join our 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/?ref=A_Smile)

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:

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Please visit our website [www.nicaraguaglobalhealth.org](http://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:** \_\_\_\_\_