

# Salud Juntos 2010 Eye Brigade to Punta Ocote



## Monday 4 January 2010

**We're having an awwwhhh – ful time!**

Traveling together certainly teaches us about each other in a hurry. One of the first things I learned on this trip was how infectious the Carmen / Leslie “Awwwhh” is when they see something ... well... cute, something like a verbal group hug.



For example... all together now... Awwwhhh!

breakfast. He has the coffee pot brewing, there is no reason to be late to the bus.



We went to Ramon's to pick up some supplies, found the guard dog next door on high alert.



Dale has the breakfast thing figured out now. We are no longer at the mercy of a Honduran restaurant for



The first day was new for almost all of us. Five community members led by Karina were there to help. With their help, we collected histories, kept the line organized, and by the end of the day, they were performing refractions. I am so grateful for the language skills of Leslie and Carmen. Laura can make herself understood, and Ramon lived in Plainfield NJ for two years, so his English is excellent, but my Spanish is nil, even after living in Tucson for nearly 20 years.



We are using an abbreviated eye chart (one octave steps) and have 20/160, 20/80, 20/40 and 20/20 lines for refracting binocularly at distance (6 feet) and near (16 inches).

We start at distance, and have a set of readers to determine if the patients' distance vision improves to 20/40 with plus power. Then, based upon age, we try to see what the appropriate add is.

The goal is to get everyone binocularly to 20/40 both distance and near. Once a pair of spectacles is selected, monocular distance visions are recorded.

So far, so good.



There is the occasional myope or anisometrop who needs to be refracted with our portable phoropter. Great little gadget for something like we are doing; available from Precision Vision.



The diabetics and hypertensives have their pupils checked, then they are dilated and have a fundus examination to look for retinopathy and to examine the optic nerve.



It is very much a teaching opportunity for our team, and so far, it seems that the importance of a diabetic eye exam on an annual basis is being communicated.

## CASE OF THE DAY



Yesterday I mentioned the elusive “aphakic spectacle”- I was most gratified to see this gentleman back as the first patient this year. I saw him last year. He had congenital cataracts removed over 50 years ago, and was left aphakic. Last year, our team examined him, and Salud Juntos prescribed and supplied the aphakic spectacles you see him wearing. His refractive blindness was cured by these glasses, and this retired minister is now able to read the bible again.



Last year he was also diagnosed with glaucoma, very advanced in one eye. Here you see his intraocular pressure being measured.



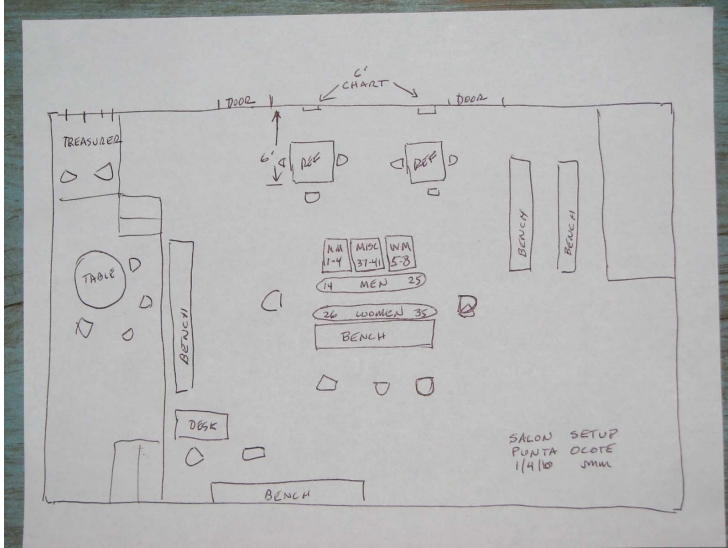
While he is on therapy, the pressure control was not adequate, so Dr. Felix-Tacoronte advanced his medication regimen to two drugs per day. Thanks to donated eye medications, we were able to provide this gentleman with a years worth of medications. Thank you Pete Carpenter and Allergan!



It was off to lunch at Jessica and Ramon’s, then back to the clinic in time to find the other kind of truck loaded with kids.



In case you are wondering about the “Salon” in Punta Ocote, it is a community center with a stage and used to be used for showing movies.



There is a stage and a place for the treasurer to collect funds for people getting care. The patients pay L20 (there are about 20 Lempira to the dollar) to participate in this special event, with the funds going to the community health district, and at least one Lempira going back to the state. I guess that is the Honduran version of the Dean’s Tax.



Kids are Kids, and who can resist performing on a stage?

## The Yoro Running Club and Zombie Patrol



There are running junkies on this trip, and with Dale’s kind assistance, after we got back to the hotel, we changed into running clothes and were off for a run.



Dale drove behind, lighting the way.....





Dale had our backs, and



Laura kept watch for zombies.

It was a great run, started a little late because we had an odd shopping trip to do (2 hand mirrors, white spray paint, big sharpie, tissues, q-tips, pink hair clips, sandals M&Ms...) all the stuff that Rene and Brenda magically make appear in the clinic for us. Coming down here and being without the usual supply closet really makes one appreciate the work environment we have at UPH.



We finished the evening with a trip to the Rancho Tipico, where we dined last night. It was a most successful first day.

### Punta Ocote Salud Juntos 2010 Eye Brigade Monday - Day 1

	<40y	>40	Total	Hyper	Myope
<b>Male</b>	<b>6</b>	<b>3</b>	<b>9</b>	<b>7</b>	<b>0</b>
<b>Female</b>	<b>12</b>	<b>10</b>	<b>22</b>	<b>9</b>	<b>6</b>

### Diagnoses

13	Dry Eye Syndrome
7	Allergic Conjunctivitis
1	Glaucoma
3	Diabetics, not requiring LASER
1	Hypertensive Retinopathy, no treatment
1	Visually Significant Cataract
3	Pterygea
1	Accommodative Esotropic Child

### Distribution of Refractive Error

Glasses	Plus SV	Plus BF	Minus SV	Minus BF
<b>0 to 1</b>	<b>10</b>	<b>4</b>	<b>5</b>	<b>0</b>
<b>1 to 2</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>0</b>
<b>2 to 3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0</b>
<b>3 to 4</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>0</b>
<b>4 Plus</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>

**A total of 31 patients were seen, a good first day!  
All the staff got sunglasses (see header!)**

**Thanks to all, Leslie Carmen Laura Joe and Dale**