



Service. Healing. Transformation.

Primary Care Physician Medical Mission Informational Packet

Thank you for committing to join One World Surgery's growing primary care program in Honduras. This packet will provide a brief overview of what to expect during the course of your medical mission, including clinical scope and activities and common diagnoses.

Facilities and Staffing

Primary Care Physicians may be assigned to work in the clinic of One World Surgery's surgery center and/or the external clinical of Nuestros Pequeños Hermanos.

One World Surgery funds and operates the Holy Family Surgery Center (HFSC) in Honduras. HFSC is a permanent, modern, and clean facility modeled off U.S. ambulatory surgical centers. It has 3 operating rooms, 7 clinic/overnight bays, and dental and eye clinics. Watch this [video](#) for a view inside the center. Dr. Merlin Antúnez, HFSC's Medical Director, performs orthopedic surgeries year-round with the support of over 20 local staff. Carlos Claros is HFSC's Administrative Director. This clinic is fully staffed with nurses and assistants. You will evaluate patients in bay areas separated by curtains. There will be 2-3 local primary care physicians on site to assist you, write prescriptions for patients, and provide local medical context.

The external clinic is operated by One World Surgery's partner, Nuestros Pequeños Hermanos (NPH). For more than 30 years, the external clinic has provided primary care services to individuals who live in the communities surrounding NPH. It is located on the NPH property, across the parking lot from One World Surgery's surgery center. The facility is staffed by a local physician (Dr. Martha Baca) and her ancillary staff (2 nurses, 1 microbiologist, and 1 pharmacist). It has a very limited pharmacy and very basic lab. The facility is old and would be considered a bit antiquated by US standards. A simple EMR is utilized at this facility. The formulary for this clinic and a list of available labs are linked within your welcome email.

All primary care physicians will be assigned at least one volunteer support staff (i.e. nurse, medical assistant, clinical assistant, patient coordinator, 3rd or 4th year medical student). We encourage you to recruit your own support person to join you. Physicians will be assigned an English/Spanish interpreter to work with them in clinic.

Supplies

You should consider bringing the following:

- Stethoscope (highly recommended)
- Blood Pressure Cuff (optional but useful)
- Otoscope (optional but useful)
- Headlight (optional)

Medications and Labs in the Surgical Clinic (HFSC)

The surgical clinic has a small formulary of medicines to treat chronic disease in order to optimize the patient before and after surgery. In addition, there are medications such as antibiotics available for acute diagnoses.



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Labs are limited in this facility (pregnancy test, urine analysis via dip stick, glucometer). Please review this formulary linked in your welcome email.

Clinical Activities in the Surgical Clinic (HFSC)

In the surgical clinic, you will provide pre-operative clearance and surgical optimization. You may also confirm surgical diagnoses or assist patients with managing chronic diseases.

Preoperative Clearance: Please review the HFSC Pre-Operative Clearance Form linked in your welcome email and familiarize yourself with the GOLDMANS CRITERIA/SCORING. One World Surgery uses this model to assess cardiac risk during non-cardiac surgery. We also recommend reviewing the basics of reading a chest x-ray. Most patients will come with the chest x-ray film and the radiologist reading, but on occasion, patients may only have the film. It may also be helpful to review reading a rhythm strip/EKG, as most patients will bring EKG results. Those who do not will have an EKG performed by one of our nurses. Most patients will also bring their labs values with them, and you will need to interpret accordingly.

Surgical Optimization: Often times during the preoperative clearance, you may discover the patient is not appropriate/optimal for surgery due to uncontrolled diabetes, hypertension, or perhaps even a new diagnosis. You will use your clinical judgment to optimize the patient for surgery by treating/educating the patient and suggesting the appropriate follow-up exam(s). This is recorded in the appropriate section on the preoperative clearance form. Patients returning for a subsequent visit for surgical optimization will be documented through a Primary Care Form, which is also linked in your welcome email.

Diagnosis Confirmation: Patients are often referred to One World Surgery for surgery, but the diagnosis is unconfirmed or surgery may not be an immediate option. Often, patients are referred by a nurse or other medical provider at their local government clinic without being evaluated by a physician. Essentially, you will determine if the patient is a potential surgical candidate and if the diagnosis is correct. Our local staff physicians and surgeons at OWS can assist in making a decision, if needed. They can also provide recommendations regarding interventions/treatments that are realistic for the patient.

For example, a patient on the otolaryngology surgery waiting list may be on your schedule for diagnosis confirmation. This patient was referred by a nurse at a local government clinic to OWS. This patient was referred for surgery evaluation for breathing problems and/or snoring. Through your consult with the patient, you determine this is not a surgical issue. You diagnose the patient with sleep apnea, and suggest weight loss and discuss sleep hygiene. More costly interventions such as CPAP are not available to this patient. You also decide his breathing problem is nasal congestion from allergic rhinitis and prescribe loratadine, which is easily available. You may also note hypertension in the patient. Please address this and anything you feel pertinent to the patient's wellbeing. Keep in mind resources may be limited, and patient education may be your best resource.

Commonly, diagnoses confirmations are needed for the following conditions/surgical specialties:



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General Surgery

- Inguinal Hernia
- Umbilical Hernia (surgery vs observation)
- Diastasis Recti
- Cholecystitis/Cholelithiasis

Orthopedics

- Chronic Osteoarthritis of Knees (replacement vs injections)

Gynecology

- Uterine fibroids
- Ovarian Cyst

ENT

- Chronic/Repeated Tonsillitis
- Suspicious Thyroid Mass
- Thyroid Adenocarcinoma

Urology

- BPH (surgery vs nonsurgical)
- Prostate Cancer (we will refer if diagnosis is obtain with pathology)

Clinical Scope

Common Chronic Diseases

Some diseases or conditions are more prevalent in the clinics. These diagnoses are not much different from common diagnoses in the US. The main difference is that management options in terms of medications, testing, and specialty referrals are grossly limited in comparison. However, One World Surgery has an onsite social worker who can meet with patients, and in some cases, may be able to provide financial assistance to help patients access these options.

Common diseases you will encounter are:

- Type 2 Diabetes
- Hypertension
- Obesity and its sequelae....gall stones, sleep apnea, CAD etc
- GERD
- BPH
- Osteoarthritis



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- Rashes (contact, fungal)
- Chronic Cough (COPD, Asthma)

Infectious Illnesses of Honduras

Certain infectious illnesses are prevalent in this part of the world including:

- Zika
- TB (immediate referral to public health clinic)
- Malaria (not prevalent in San Pedro Sula and Tegucigalpa, more prevalent in coastal/low altitude areas)
- Pin Worms
- Dengue
- Parasites
- Chikungunya

Contacts

If you have further questions, please contact the resources below:

- For questions regarding medical supply donations, travel, or other hospitality-related topics, please contact our Program Associate, Justyna Twardowski, at medicalmissions@oneworldsurgery.org
- For questions regarding clinical schedule, patient volume, or available clinical supplies please contact our Patient Coordinators at patients.hn@oneworldsurgery.org