

## RAY OF HOPE KENYA GLOBAL HEALTH ELECTIVE BRINGS BIG REWARDS

Holly Gilbert, Kate Ketcham, James Lanz



Fulfilling a long-time desire to lend a helping hand abroad, James Lanz and Kate Ketcham, experienced Public Health Nurses, traveled to Kenya for Ray of Hope this fall. They were part of a group that included two Portland doctors and six physician's assistant program students from Pacific University. The students were fulfilling a global health internship.

Students spent four days in Migori working in the town's two hospitals, St. Joseph Umbo Mission Hospital and Migori District Hospital. On Fridays in Bware, they teamed up with local health workers of BEEKAS and BUCHWA to screen 2,000 of the village's 3,000 school children for anemia, vision, dental and ear problems. About half the children were referred for care. On Saturdays the students provided educational workshops for the ROHK Community Health Workers of BBEKAS and BUCHWA.



**Dr. John Evans examines a pediatric patient**

### **Morning Rounds on the Pediatric Wards at St Joseph Mission Hospital, Migori, Suna , Kenya**

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For more information about our programs

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Both James and Kate walked alongside Community Health Workers to conduct a survey of people isolated because of disabilities. Collecting data about elders and children with disabilities will help the community identify individual and system needs. For instance, as blood pressures were taken, people were referred into the dispensary for treatment of hypertension. However, the dispensary needs support to be able to treat this and other chronic conditions, like diabetes and arthritis. Another identified need is locally provided and home-based physical therapy for both adults and children. Adults who have suffered strokes and children with neurologic effects of congenital conditions, febrile seizures and malarial meningitis would benefit greatly from this service. The Ray of Hope survey provided valuable information to ROH-K, the community and to the Kenyan Ministry of Health which will assist in serving individuals, as well as building systems of care.

Health workers realize only some villagers they refer for medical care will get it. Some have no way to get to town or money to pay for transportation, medicine or hospital costs. The hospital system is tiered with Level 5 hospitals located in large population centers. Ray of Hope works with two local hospitals - St. Joseph's Hospital and Migori District Hospital- to increase their capacity to treat patients. A gift of orthopedic surgical equipment from Virginia Mason Hospital facilitated by Ray of Hope is one example of the way ROH does this work. Another example of capacity support was a gift of layettes and bulb suction for the Dispensary labor and delivery unit.

Now that James and Kate have dipped their toes in overseas work, they want to do it again. Working with Ray of Hope offered an opportunity to begin "to pay back."

To read more about Kate and James' s adventure with ROH programs see [http://phnursingadventure.blogspot.com/2012\\_08\\_01\\_archive.html](http://phnursingadventure.blogspot.com/2012_08_01_archive.html)



Kate & BUCHWA members Marselline Daphyn and Lynette walk to a home visit



Pictured above is Christine, a child born with clubfeet. BUCHWA community health workers, James and Kate visited her as part of the ongoing ROH program that is working with people living with disabilities. She is pictured here with Joseph, a Physical Therapist at St. Joseph Ombo Mission Hospital. This was Christine's FIRST formal PT session in her life!! Afterwards she said "I want to walk more" & upon leaving the hospital, her mother said, "Irene is happy" now.



James and Lynette interview a disabled patient