

REPORT OF THE MEDICAL MISSION TO THE PAMS POLYCLINIC IN CHINCHA, PERU JANUARY 22 – 26, 2024

This was the first medical mission to the Peruvian American Medical Society (PAMS)'s Polyclinic in 2024. It included a delegation of teachers, senior specialty residents who just completed their training program and senior medical students who just completed or were in the process of completing their internship. They joined other physicians and specialists coming from Lima, the US and members of the medical, nursing, administrative staff of the PAMS Polyclinic in Chincha. In addition, there were three senior medical students from the University of Michigan participating as part of a month rotation in Chincha, to conduct a clinical research project on the invasive and non-invasive diagnostic techniques of *Helicobacter*



pylori infection at the Polyclinic between 2022 and 2023. They are medical students of Dr. Manuel Valdivieso at Michigan.

We had the pleasure of welcoming Mrs. Kathy Zambrano, wife of the founder of the Polyclinic, Dr. Anibal Zambrano, and their son Alejandro (Alejo). Aside from their graceful visit, Kathy



provided a donation to bring needy children from the community for dental care, free-of-charge, in a collaborative effort with the Polyclinic's Dentist, Dr. Silvia Amaro. Meanwhile Alejo, a commercial pilot in the US, became involved with many physical plant repair projects as it is customary when he visits the Polyclinic. Thank you, Kathy and Alejo. The medical mission started with an orientation at the Polyclinic on Sunday evening, January 21, where Dr. Manuel Valdivieso, the mission director and President of the Polyclinic Directory, and the Medical Director, Dr. Sore de Dios Casani, described the overall objectives of the medical mission, the different specialties, and services that will be available during the mission as well as the logistics of the mission. Following a tour, Dr. Casani and Administrator Veronica Leiva provided refreshments as everyone mingled and became familiar with the

clinic and with each other.



The mission was the combined effort of 35 participants including 22 physicians, 7 students, 1 dentist, 1 administrator and 4 volunteers. Included were six faculty (Drs. Blanca Alzamora, Santiago Cabrera, Jesus Carrion, Maria Revilla, Ciro Vergara and Manuel Valdivieso); five senior specialty residents (Drs. Renzo Espinoza, Nicole Kradolfer, Anel Panez, Jesus Santivañez and Lido Soto); four Peruvian senior medical students (Ana Gutierrez, Luz Quispe, Ximena Valdivieso and Wendy Yanac); three US senior medical students (Maria Ibarra,

Matthew Pun and Nathaly Vela) and, two General Medicine specialists from Lima (Drs. Julieta Araoz and Elizabeth Ramos). Representing the medical and administrative staff of the Polyclinic were Drs. Sore Casani,



Silvia Amaro, Fernando Aguirre, Sergio Buleje, Ronald Malca, Nelson Calderon, Pedro Hernández, Hector Orta, Maria Tello, Alfonso Vasquez, and Eng. Veronica Leiva). Additionally, there were four volunteers (Mrs. Kathy Zambrano, Mr. Alejandro Zambrano, Ms. Horly Cabello and Mr. Sergio Cornetero).

The following specialties were represented: General Medicine, Internal Medicine, Cardiology, Dermatology, Gastroenterology,

Hematology/Oncology, Gynecology, Neurology, Pediatrics, Pediatric Surgery, Ophthalmology, Urology, Traumatology, and Dentistry. Special appreciation is expressed to Dr. Blanca Alzamora, a distinguished Ophthalmology faculty of the Cayetano Heredia Peruvian University who came with her senior resident, Dr. Lino



Lido, and spent long hours, without brakes, seeing patients for a couple of days including completing their work one evening at 10 PM. In addition, she brought donations of medicines and glasses for the patients. Thank you, Drs. Alzamora and Lido Soto!

Mission support services included laboratory, EKG, cardiac stress test, ophthalmologic evaluation, upper and lower gastrointestinal endoscopy,

colposcopy, ultrasonography and dental care.



The medical mission had three components to include:

1. Daily, free of charge Health Fairs
2. Daily, subsidized specialty consultations and procedures
3. Free of charge medical care at the medical posts of Sunampe and San Jose - El Carmen.

At the Health Fairs, medical students and physicians from the mission evaluated patients for anemia, chronic bleeding, hyperglycemia, high blood pressure, and visual acuity problems. Glasses donated by the PAMS Polyclinic and by Dr. Alzamora were provided as needed. We sent teams of general and specialty care physicians along with medical students to the medical posts of Sunampe Health Center, San Jose- El Carmen Health Center.

During the medical mission we cared for 771 patients who received 849 consultations and 243 procedures for a total of 1092 consults and procedures. There were 483 females and 288 males. By age, there were 106 children

(0 to 10 years), 88 adolescents (11 to 18 years), 457 adults (19 to 65 years) and 120 elderly (66 years or more). By site, patients were served with consultations and procedures as follows:

Polyclinic	813 (74%)
Health Fair	168 (15%)
Extramural	111 (10%)
TOTAL	1092 (100%)

Among the 111 patients seen at extramural sites, 66 (59%) were seen at the Medical Post San Jose/El Carmen, 45 (41%) at the Sunampe Medical Post.

By the site of procedence, in descending order, patients came from Chincha

Alta (424), Pueblo Nuevo (117), Sunampe (109), El Carmen (50), Grocio Prado (32), Chincha Baja (10), Alto



Laran (6), Pisco (6), Tambo de Mora (6), Asia (3), Chavin (3), Huancavelica (2), Lima (2) and San Juan de Yanac (1).

It should be noted that 361 patients (33%) had their care completely free of charge. The remaining 731 patients (67%) had the cost of their care reduced by up to 50% while being subsidized by the medical mission.

The most requested specialties were, in descending order, general medicine and internal medicine, ophthalmology, ultrasonography, gynecology, neurology, pediatrics, dermatology, gastroenterology, urology, dentistry, oncology, traumatology, endocrinology, cardiology and general surgery.



With the support of Mrs. Kathy Zambrano and Dentist Silvia Amaro Trinidad, dental care was provided to 14 needy children of Sunampe, between the ages of 6 and 13. It consisted of dental dressings, dental prophylaxis (dental cleaning) and application of dental sealants. It is also worth mentioning that prior to the care, an oral health talk was held at the Sunampe Health Center by Technical nurse Belén Flores where toothbrushes and toothpaste were given to the children in attendance.



OBSERVATIONS MADE AT THE HEALTH FAIR COMPONENT:

This was an important component of the medical mission, and it was run by the medical students under the supervision of a mission's physician and the support of the Polyclinic's administrative staff. Of the 168 patients seen by this team, there

were 121 females (72%) and 47 males (28). By age, there were 8 children (5%), 27 adolescents (16%), 106 adults (63%) and 27 elderly (16%). In descending order, patients came from Chincha Alta (57%), Pueblo Nuevo (23%), Grocio Prado (9%), Sunampe (6%), Chincha Baja (2%), El Carmen 2%), Pisco (1%) y Asia (1%).

PATIENTS ACCORDING TO BODY MASS INDEX

Overweight	62 (37%)
Obesity I	24 (14%)
Obesity II	3 (2%)
Obesity III	3 (2%)
Normal	65 (39%)
Underweight	6 (24%)
TOTAL	168 (100%)

HEALTH FAIR:

Obesity

Diabetes

Anemia

Hypertension

Visual disturbances



PATIENTS WITH FASTING BLOOD SUGAR

Normal	21 (13%)
Prediabetes	105 (63%)
Diabetes	26 (15%)
Not done	16 (10%)
TOTAL	168 (100%)

PATIENTS ACCORDING TO HEMOGLOBIN

Woman, normal	80 (48%)
Woman, anemia	39 (28%)
Male, normal	38 (23%)
Male, anemia	10(6%)
TOTAL	168 (100%)



PATIENTS ACCORDING TO BLOOD PRESSURE

Normal	118 (10%)
Pre-hypertension	27 (16%)
Hypertension, grade I	15 (9%)
Hypertension, grade II	8 (5%)
TOTAL	168 (100%)

PATIENTS ACCORDING TO VISUAL DISTURBANCES

Alteration of visual acuity	116 (69%)
Normal	52 (31%)
TOTAL	168 (100%)



A rapid analysis of the population served at the Health Fair showed several potentially serious issues. Most were adult women and elderly men and women. There was a prevalence of being overweight (37%) or obese (21%) which together came to a risky BMI of 58%. The incidence of pre-diabetes and diabetes was 78%; that of anemia 29% being worse in women (23% vs 6% respectively); pre-hypertension and hypertension was 30% and, 69% of the entire population had alterations of visual acuity. Patients were donated corrective glasses according to suitability and availability.

OTHER OBSERVATIONS DURING THE MEDICAL MISSION:



At the Health Fairs and at the specialty consultations, we identified several patients with abnormalities that required specialty care. Several patients with severe anemia (6 and 7 gm) and history of chronic vaginal bleeding were referred to Hematology and to Gynecology. One of them has unknown chronic renal failure. Several patients with perceived gastric and colorectal complaints were referred to Medical Oncology and to Gastroenterology for evaluation and endoscopies. Ophthalmologist Dr. Blanca Alzamora and her resident Dr. Lido Soto provided extensive eye care to many patients staying one evening till 10 PM and the following day till 6 PM. Thank you, Drs. Alzamora, and Soto, for your dedication and commitment to the care of patients. We were very impressed by the dedication and camaraderie of medical students, senior specialty residents and specialists at several steps of the mission, whether at the health fairs, consults and procedures and at the medical posts.

Several social events were organized for the mission volunteers. On Tuesday evening all volunteers were



invited to a welcome dinner

hosted by the Polyclinic at the Princess Restaurant in the Chinchá Plaza de



Armas. This was a spectacular dining experience of 10 delicious dishes of Peruvian Chinese fusion cuisine. On Friday, our Medical Director, Dr. Sore de Dios Casani and our Administrator, Eng. Veronica Leiva, organized an excellent farewell luncheon which included delicious dishes from the region as well as dancing accompanied by the singing,



guitar and cajon of "Esencia Criolla". Its lead singer presented the premiere of a song he had written for

Dr. Anibal Zambrano, that was emotionally received by all of us and especially by Mrs. Kathy Zambrano. Luncheon was topped off with picarones prepared on site!



Thank you to both Dr. Sore de Dios Casani and Administrator Veronica Leiva for their excellent support in the organization and execution of this mission. Thank you to the leadership, faculty, medical residents, and students of the San Fernando Medical School for their support and excellent participation at this medical mission. Thank you to the visiting medical students' group from the University of Michigan for spending a month with us in Chinchá. We extend our appreciation to all other physicians and volunteers who participated in this medical mission. A special thanks to Mrs. Kathy Zambrano and her son Alejo for their kind participation and support provided to the mission. Thank you also to the San Fernando Chapter of PAMS for providing resources to make

this medical mission possible including free Health Fair services at the Polyclinic, free care at the Medical Posts of Sunampe and El Carmen, and subsidized consults and procedures to many patients at the Polyclinic.



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We invite members and friends of PAMS to join us in future medical missions to the PAMS Polyclinic in Chinchá. At the present time, we are planning to hold our next medical mission on April 22-26, 2024.

The impact that medical missions have on the life of the Polyclinic and the patients it serves is exceptional.

Respectfully,

Manuel Valdivieso, M.D.
President, Directory,
PAMS Polyclinic,
Chinchá, Peru