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HVO - Celebrating a Call to Serve

On April 28th, more than 100 people gathered at the George Washington University Milken Institute School of Public Health for a one day symposium to commemorate Health Volunteers Overseas' 30th anniversary. Drawn from a wide spectrum of HVO stakeholders, this meeting marked the first time that HVO had pulled together such a large and diverse group -- members, volunteers, partners and donors -- to look at the organization's history, accomplishments, lessons learned, and future opportunities. Dr. Peter Curran, HVO Board member, opened the symposium with a special welcome to the 2017 honorees of the Golden Apple Award and acknowledged previous honorees in attendance for their commitment to HVO's educational mission.

In the 30 years since HVO began its work, there have been remarkable changes in the global landscape. As Board member Dr. James Tielsch noted in the opening keynote address, there have been significant advances in global health, including an increase in life expectancy from 40 – 60 years, a 50% reduction in under-five mortality, a 50% reduction in maternal mortality, and over 90% of the world's population with access to clean water.

Despite this remarkable progress, many challenges remain, new threats to global health are emerging, and health disparities within countries persist. Indeed, the World Health Organization estimates that half the world is still without access to adequate health care. Dr. Tielsch remarked, for example, that access to sanitation remains limited and the myriad health threats related to climate change have increased. While access to retroviral medications has improved and HIV/AIDS related illnesses and deaths have decreased, there is growing concern about global antimicrobial resistance which could lead to a resurgence of communicable diseases. Increased life expectancy has also contributed to a rise in the burden of non-communicable diseases, which have not yet been adequately addressed by the global health community.

Dr. Tielsch also remarked on the role that technology has played in global health and development, particularly with regard to our ability to communicate rapidly and easily across the globe. The Internet has made information far more accessible and at a much lower price point for many.



Dr. Peter Curran delivers opening remarks

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Health Volunteers Overseas ♦ *Transforming Lives Through Education*



News & Events

LETTER FROM THE EXECUTIVE DIRECTOR



*"Don't judge each day by the harvest
you reap but by the seeds you plant."*

-Robert Louis Stevenson

Dear Friends,

In April, HVO held its first-ever symposium to celebrate and reflect on thirty years of volunteer service. It was a great opportunity to share stories, lessons learned, and memorable moments. What was most telling, however, were the stories of the "seeds" that had been planted – at program sites where colleagues' interest was sparked, in program divisions where successful ideas were cross-planted, in students (both in the US and abroad) whose career plans were altered towards global health, and in volunteers whose lives and attitudes have been shaped by their experience.

This is the impact that is not immediately visible after a single trip, but that is compounded over years of commitment and service.

At HVO, we are very excited about the commitment we see among our program site colleagues and among our membership of strong, dedicated volunteers. Great strides have been made in improving global health but there is still much work to be done. With your continued support and commitment, together, we can have an even greater impact in the next thirty years of service!

Sincerely,

Nancy

Nancy A. Kelly, MHS
Executive Director

Matching Gift programs can double your donation!

Did you know many employers have a matching gift program? Check with your company to find out if they have a matching gift program. Often, all you need to do is fill out a form (which you can usually get from the Human Resources department or workplace online portal). You just submit the form to the appropriate personnel at your workplace, and your employer and HVO will take care of the rest!

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Active Project Sites

CURRENT VOLUNTEER OPPORTUNITIES



Photo courtesy of David Carver

Anesthesia

Bhutan	4 weeks
Cambodia	2 - 4 weeks
Ghana	4 weeks
Laos	2 - 4 weeks
Malawi	2 - 4 weeks
Rwanda	2 - 4 weeks
Vietnam	2 - 4 weeks

Dermatology

Cambodia	2 - 3 weeks
Costa Rica	1 - 3 weeks
Nepal	1 - 4 weeks
Uganda	3 - 4 weeks
Vietnam	2 - 4 weeks

Hand Surgery

Honduras	1 week
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Hand Surgery/Hand Therapy

Ghana	2 - 4 weeks
Nicaragua	1 week

Hematology

Cambodia	2 - 4 weeks
Peru	2 - 4 weeks
Tanzania	1 - 4 weeks
Uganda	2 - 4 weeks

Internal Medicine

Bhutan	4 weeks
Cambodia	2 - 4 weeks
Costa Rica	2 weeks

Internal Medicine

Guyana	2 - 4 weeks
India	2 - 4 weeks
Nepal	3 - 4 weeks
Uganda	4 weeks

Nursing Education

Cambodia	2 - 4 weeks
Laos	4 weeks
Tanzania	3 - 4 weeks
Uganda	2 - 4 weeks
Vietnam	2 - 4 weeks

Obstetrics-Gynecology

Haiti	2 - 4 weeks
Uganda	1 week
Vietnam	2 - 3 weeks

Oncology

Bhutan	4 weeks
Honduras	1 - 2 weeks
Nepal (gyn-onc)	1 - 2 weeks
Nepal (med-onc)	2 - 3 weeks
Vietnam	2 weeks

Oral Health

Cambodia	2 weeks
Haiti	1 week
Laos	1 - 2 weeks
Nepal	2 weeks
Nicaragua	1 - 2 weeks
Peru	1 - 2 weeks
Tanzania	2 weeks

Orthopaedics

Bhutan	4 weeks
Bolivia	2 weeks
China	2 - 4 weeks
Costa Rica	1 week
Ghana	2 - 4 weeks
Malawi	2 - 4 weeks
Myanmar	3 - 4 weeks
Nicaragua	1 - 2 weeks
Philippines	2 - 4 weeks
St. Lucia	1 - 4 weeks
Tanzania	2 - 4 weeks
Uganda	2 - 4 weeks

Pediatrics

Bhutan	4 weeks
Cambodia	4 weeks
Indonesia	6 weeks
Laos	4 weeks
Nicaragua	2 - 4 weeks
St. Lucia	2 - 4 weeks
Uganda	4 weeks

Physical Therapy

Bhutan	4 months
India	2 - 4 weeks
Malawi	4 - 6 weeks
St. Lucia	1 - 4 weeks
Vietnam	2 - 4 weeks

Special Projects

Bhutan

Emergency Medicine	4 weeks
Mental Health	3 months
Residency Training	3 months
<i>(Anesthesia, General Medicine, General Surgery, Ophthalmology, & Pediatrics)</i>	

Uganda

Pharmacy	3 - 4 weeks
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Wound Management

Cambodia	1 - 2 weeks
Haiti	2 weeks
India	2 - 4 weeks

Please Note: New projects are added regularly and volunteer assignments are made on a rolling basis. For the most up-to-date information on volunteer sites and scheduling, contact the HVO Program Department: info@hvousa.org or (202) 296-0928. Visit the website www.hvousa.org.



News & Events

HVO MEMBERS IN THE NEWS

The Loss of Humanitarian Ronald L. Katz, MD

“Mentor, humanitarian, innovator, kind friend...” So many words describe Dr. Ron Katz, but the word that appears most often in condolence messages and the role in which he seemed to take the most pride was that of teacher. After serving his residency at Columbia Presbyterian Hospital in New York, he rose to the role of Professor. At the age of 42, he was tapped by UCLA to become the youngest major Anesthesia Department Chair in the country. He served there in that role for 19 years and was well known to and well respected by his students. He established a nurse anesthesia program and a pain management clinic, both of which are still among the country’s best. He continued to work with residents until the last year of his life, in his commitment to the future.

His interest in and commitment to safe anesthesia practices and professional ethics infused his teaching and he shared his skills and knowledge widely, both in the US and abroad. He established the SEA-Katz Fellowship through the Society for Education in Anesthesia. Dr. Katz joined HVO in 1998 and, in conjunction with Dr. Lena Dohlman, worked to establish the SEA-HVO Traveling Fellowship which has now provided volunteer opportunities for more than one hundred senior residents to serve in resource-scarce countries.

Dr. Katz leaves a lasting legacy of well-trained, dedicated anesthesiologists. He will be well-remembered for his compassion, his love of education, his smile that filled his face, and of course, the ever-present twinkle in his eye!

AAP Awards Honor Cynthia Howard, MD, MPH, FAAP & Donna Staton, MD, MPH, FAAP

Two HVO members were honored at the recent annual meeting of the American Academy of Pediatrics. Cynthia Howard, MD, MPH, FAAP was presented with the AAP Education Award and Donna Staton, MD, MPH, FAAP received the Hillman-Olness Award for Lifetime Service and Lasting Contributions to Global Child Health.

Dr. Howard is associate professor of pediatrics and director of the Division of Global Pediatrics at the University of Minnesota Medical School, as well as co-director of the Global Medical Education and Research Program. The AAP Education Award “recognizes a member whose career reflects educational contributions that have had broad and positive impact on health and well-being of infants, children, adolescents, and young adults.” Dr. Howard is a long-time member of HVO, who has committed herself to improving pediatric care through her service on the Pediatrics Steering Committee, as a project director, and through twelve volunteer assignments in Uganda.

Dr. Staton is program director of the AAP International Community Access to Child Health (CATCH) grant program, and a member of the section on Senior Members. She joined HVO in 1995 and has been a very active member of HVO’s Pediatric Steering Committee and a frequent speaker.



Photo courtesy of Donna Staton

Congratulations to both of these dedicated pediatricians who have made such a commitment to improve global child health!

News & Events

HVO MEMBERS IN THE NEWS

Barry Gainor, MD Honored by ASSH

At the recent meeting of the American Society for Surgery of the Hand, Barry J. Gainor, MD, was honored with the inaugural Paul W. Brand Award for his humanitarian service. The award is named for Dr. Paul Brand (1914-2003), a revered author, educator, and master hand surgeon who devoted his life to the care of patients with Hansen's Disease (leprosy).

Dr. Gainor is a founding member of HVO and has volunteered his services on many occasions in St. Lucia and Peru. He served on the HVO Board for ten years, six of which he was Chair and Chair Emeritus. He has also served as Chair of the Orthopaedics Overseas Board of Directors. In that capacity, he was very pleased to present Dr. Brand with OO's Humanitarian Award in 1996, so it was a unique honor to receive the inaugural ASSH award.



Dr. Brand receives award from Dr. Gainor in 1996



Dr. Gainor receives Paul W. Brand award in 2017

Suzanne Brown, CRNA, Honored by Friends Without A Border

This past April, Suzanne Brown was honored with the Best Friend of Friends Award, which honors an individual who has demonstrated years of dedication and commitment in



Photo courtesy of Suzanne Brown

support of Friends Without A Border. FWAB is the organization that founded the Angkor Hospital for Children in Cambodia, and the Lao Friends Hospital for Children in Laos. Ms. Brown, through HVO, spent many years involved in the anesthesiology training in Cambodia. The staff there was so well trained that they are now training the staff at the new hospital in Laos.

A long-time member of HVO, and a recipient of the Golden Apple Award, Ms. Brown has shared her knowledge and skills in nurse anesthesia training in Cambodia, Laos, Belize, and Bhutan.

Richard A. Henker, PhD, RN, CRNA, FAAN Honored

Dr. Richard A. Henker was honored in April with the Sheth Distinguished Faculty Award for International Achievement. The award was presented by the University of Pittsburgh's University Center for International Studies. Dr. Henker is a professor of Nurse Anesthesia at the university's School of Nursing. A member of HVO since 2004, he was instrumental in developing the HVO nurse anesthetist training projects in Cambodia, Laos, and Bhutan. He served for nine years on the HVO Steering Committee for Nurse Anesthesia, served as Project Director for Bhutan, and has been a member of HVO's Board of Directors. In 2009, he was honored with HVO's Golden Apple Award.

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HVO MEMBERS IN THE NEWS

AANA Honors Garalynn Tomas, MEd, CRNA

Garalynn Tomas, MEd, CRNA was honored with the 2017 Advocate of the Year Award at the American Association of Nurse Anesthetist congress in September. The award is “presented to an AANA Foundation Advocate for outstanding commitment to the nurse anesthesia profession through individual support to the AANA Foundation and also encouragement of others to do the same.” Ms. Tomas has served as a State Advocate for Ohio for five years, and serves on the Foundation’s RISE Above Steering Committee. She is an independent contractor in critical access hospitals and a large community health system, and is also a legal nurse consultant.

Ms. Tomas has served as an HVO volunteer in Ethiopia.

Together, we can build HVO’s future, ensuring that millions more people around the world can access skilled, safe and compassionate health care when they need it most.

HVO’s Grow 30 More Fund was created in honor of HVO’s 30th anniversary. We invite you to support our Grow 30 More Fund to honor the past and future work of our volunteers, leaders and overseas partners, and to enable HVO to continue and expand our work in the decades to come.



HVO Members Inducted to American Academy of Nursing

The American Academy of Nursing has just designated several nurses as Fellows of the Academy (FAAN), based on their leadership and accomplishments. Michele Upvall, PhD, RN, CNE and Elizabeth Downes, DNP, MPH, MSN, RN-C, FNP, were inducted this year and Lisa Kennedy-Sheldon, PhD, APRN, AOCNP, was inducted last year. All three have served on the HVO Nursing Education Steering Committee, where HVO has benefited from their leadership skills.

Book Release

HVO member Ronnie Leavitt, PT, PhD, MPH, had a new book published earlier this year, which is applicable to the volunteer experience. *Cultural Competence: A Lifelong Journey to Cultural Proficiency* provides some good background on navigating cultural differences, particularly in rehabilitation. If you are planning a volunteer assignment, or if you want some perspective on what it is like to work cross-culturally, this will be a good resource. The book is available on Amazon, where you can also dedicate a portion of the proceeds to HVO through Amazon Smile.

BECOME AN AMBASSADOR-AT-LARGE

A recurring gift will amplify your impact, saving HVO both time and money. More of your tax-deductible dues and donations can be directed to what you really care about – projects that transform lives through education. *Please see the recurring gift section on the membership application or donor envelope to join!*



Reflections from the Field

VOLUNTEERS REPORT ON THEIR ASSIGNMENTS

Linda Wolff, PT, Project Director for Physical Therapy/ Bhutan

Two HVO therapists this year worked with the physio staff in the ICU and have taught the staff how to provide early mobilization of patients in the ICU. This is making a huge difference. I just saw a picture of a patient in the ICU on a ventilator, with an NG feeding tube, and standing on a tilt table! The staff are feeling empowered that they have the knowledge and skills to monitor vitals and provide mobilization for these critically ill patients, which speeds in their recovery.

Greg Czarnecki, DDS · Oral Health · Tanzania

I was waiting to talk to the site coordinator after clinic hours when a student I mentored during my last visit, who had since graduated, arrived by chance and we began to talk. He told me that because of my recommendation he has now changed his technique in root canal therapy, and is very pleased with the results. One wonders some time just what effects you are having and if these will even last.

Experiences like this are very comforting and motivating. I found out later from the coordinator that the student I mentioned was very appreciative that I took the time, after hours while we were waiting, to explain the new technology I brought this year. It is understandable that I can't wait to get back!

Dr. Grace Mulyowa, On-site coordinator · Dermatology · Uganda

The junior lecturers are now capable of handling more students confidently and produce the required examination results in time. The impact is noted among the staff members who perform better after learning new skills.

Erica Pisciotto, OTR/L · Physical Therapy · Bhutan

There were so many moments and patients that just made it all a reality for me. One day, my co-workers and I were sitting down discussing protocols and treatment for the patients. I asked if what I was doing was helpful and they both said yes! Other volunteers have come in with fancy doctors and equipment and then left and they did not know what to do with it. They said I had come in, observed, and then provided practical information that they can use for years to come. It was really heartfelt and true for them. We worked well together as a team and really had opportunities to have one-on-one treatment with the patients and I could provide education for the therapist to treat the injuries more effectively.

Michael Snedden, MD · Orthopaedics · Costa Rica

I felt I was able to improve techniques they were already using or were familiar with by my teaching and observation in the OR.

Anali Vera, RN, NNP · Nursing Education · Uganda

[Volunteering] opened my eyes to new places. It has allowed me to use my critical thinking and teach my area of expertise. It has given me a new perspective about neonatal nursing clinically and professionally.



Photo courtesy of James Snead



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HVO 30TH ANNIVERSARY SYMPOSIUM

Celebrating a call to serve

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The combination of advanced technology and improved communication has now enabled the development of new health care outreach capacity including telemedicine, electronic medical records, and rapid disease surveillance. Functioning health care systems are essential, however, for the world to fully realize the benefits of these recent advances. Health system strengthening, including the development of the global health workforce, is essential and has always been at the core of HVO's mission.

Speakers

There were a total of 7 sessions and 25 speakers. A goal outlined by the planning committee was a desire to include speakers from a variety of HVO partner institutions. Representatives from institutions in Bhutan, Cambodia, Haiti, Peru, Uganda, and Vietnam were invited. Complexities related to travel arrangements and visa approvals reduced the number of representatives able to attend. Nonetheless, those who attended represented a cross section of professionals who brought many years of experience and partnership with HVO.

Other speakers represented a cross section of the larger HVO community: volunteers with overseas and leadership experience (including



steering committee members and chairs, project directors, and board members), as well as staff from sponsoring associations, current and former staff, and speakers from the donor and international NGO community.

Themes

The program was organized into three thematic areas – celebration, collaboration and growth. In other words, time to reflect on accomplishments to date; time to focus on cross-cutting issues such as the ethical implications that must be considered when designing a volunteer-based project; and finally, a time to focus on future directions for the organization.



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HVO 30TH ANNIVERSARY SYMPOSIUM

Celebration

HVO's beginnings were modest but the enthusiasm within the US medical and health care professional community was strong. The HVO mission has always focused on education and the transfer of skills and knowledge, thereby assuring a long-term and enduring impact. Thus short-term volunteers could know that they were contributing to a longer term sustainable change at a site. This emphasis on supporting and strengthening the local infrastructure has always been one of HVO's strongest marketing points.

Over the years there have been ample opportunities to learn how to make projects stronger, how to better prepare and vet the prospective volunteer, and how to better meet the needs of HVO's partner institutions. There were two sessions that focused on these lessons learned. Highlights included:

- The importance of a strong (and candid) feedback loop including the site, the volunteer and the project director;
- Confirmation of the importance of properly vetting and briefing the prospective volunteer and an acknowledgment that HVO might not be the right organization for everyone interested in volunteering;
- The critical role of clear and mutual communication in all aspects of project design, monitoring and evaluation;
- The central role of annual work plans to guide the recruitment and educational focus of volunteers;
- The acknowledgment that the impact of volunteers often extends beyond the traditional limits of the classroom – they serve as role models and change agents. A speaker noted the powerful impact of an experienced clinician indicating that he did not know the answer to a question being posed.
- The need for creativity in the delivery and evaluation of education in a cross cultural setting.

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Julia Plotnick, RN, MPH, FAAN, RADM, USPHS(ret) & Judith Hembree, PT, PhD of the 2017 HVO Golden Apple honorees attended the Symposium, receiving recognition for their contributions

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HVO 30TH ANNIVERSARY SYMPOSIUM

Celebrating a call to serve

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Collaboration

Central to HVO's model is the emphasis on partnerships and collaboration with a wide variety of organizations, associations, and institutions. These sessions focused on two cross-cutting topics – medical ethics and partnerships in research and capacity building.

The ethical considerations that must be addressed both on the individual volunteer level and on the organizational level are significant and challenging. Ethical considerations often are at the heart of decisions regarding the design or viability of a project. Individual volunteers on occasion find that they are faced with situations which require careful consideration of the ethical implications of taking/not taking action. Highlights from the two ethics sessions included:

- An overview of deadly sins of humanitarian medicine including failure to cooperate, lack of planning, going where one is not needed or wanted, failure to match technology to local needs and abilities, and leaving behind a mess.
- An overview of ethical best practices: develop local partnerships, work to eliminate barriers to care, be accountable, and inspire others.

A frequent request from partner institutions these days is for an introduction to basic research methods – from design of the research topic, data collection and analysis, statistical methodologies, all the way through to publication. Meeting this request challenges HVO to look at new ways of delivering content to sites as well as defining new volunteer models. Highlights from this session included:

- Acknowledgment that Ministries of Health and institutions are frequently not supportive of publishing data that might reflect poorly on them;
- An exploration of the possible roles for students;
- A discussion about creating a mentoring role for experienced volunteers with research experience.

Growth

This symposium provided an excellent opportunity to look at future possibilities – new opportunities with our partner institutions as well as new programmatic directions. We were fortunate to have input from colleagues at some of HVO's project sites who offered their perspectives on what challenges lie ahead. Another session addressed trends in global health and where HVO's experience and skills can be applied. Highlights from these sessions included:

- The need for honest and open communication with partners to encourage feedback and expand project monitoring and evaluation;
- Specific global health trends that include: a shift in the global framework around rehabilitation so that it is viewed as a continuum in life, an increased awareness of the need for hospital administration and management skills, and an expansion in capacity building (through both knowledge management and capacity development, which changes performance);



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HVO 30TH ANNIVERSARY SYMPOSIUM

- The importance of engaging younger generations of health workers, both in the US and abroad, to expand the global health community and develop future leaders.

As HVO moves into the next 30 years of transforming lives through education, keynote speakers Scott Jackson and Dr. Jody Olsen offered their thoughts. A critical question in development is, “Are people recognized equally?” The UN has moved beyond the Millennium Development Goals to those of the Sustainable Development Goals, which are far reaching and can only be achieved if all aspects of society are involved and incorporate these elements in their planning. Mr. Jackson noted that, although the international sector has been a small segment in philanthropy, it is the fastest growing segment in giving. Corporations now view volunteer opportunities as a significant means to effect change and maintain a positive corporate image. For the first time in history people are coming together to address global issues on such a broad scale.

Dr. Olsen emphasized that HVO is a vital part of that story of global change. Nearly 6,000 volunteers have completed 10,846 assignments, which amounts to a value of donated time in excess of \$94 million. That experience is a two-way partnership as volunteers and colleagues abroad learn from the knowledge shared.



Volunteers return home different – strengthened in their professional commitment, more flexible, and with an increased awareness of global issues. Volunteers may return unsure of how much they contributed, but she stressed that you can never know the impact your presence may have made on any one person. The strength of an organization such as HVO lies in the layering of experience and the sharing of stories. She urged everyone to share their experience, engage others (particularly students) in the conversation, and maintain ties with colleagues at the project site. Success is built over time, with one volunteer's experience layering on another's.

The symposium was well-received and participants departed with a renewed commitment to improve global health care through HVO's work of transforming lives through education.



Thank you to all who attended and supported the HVO 30th Anniversary Symposium!

Special Thanks

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...to the following individuals and companies who have so generously donated teaching materials, equipment, supplies and other support:

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