

# The Volunteer Connection



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## Innovations in Transforming Lives through Education

HVO's motto is "Transforming Lives Through Education." However, just as lives have been transformed so, too, has HVO's delivery of education over the years. When HVO was founded in 1986, providing education and training required volunteers to board a plane and work at the project site. While that continues to be the core element of HVO's educational delivery (as there is nothing that can beat face-to-face interactions), technology and improved global communication and transportation networks have created some innovations in educational delivery. Some of these changes had been utilized over the decades, but HVO has now formally incorporated them as vital components of our model.

"... just as lives have been transformed so, too, has HVO's delivery of education over the years."

## Scholarships

In 2015, HVO acknowledged that there are opportunities for training both here in the US and around the globe that could provide intensive learning for colleagues at our project sites. Thanks to generous funding from two donors, scholarships were set up to allow local professionals to attend conferences and short-term trainings.

The Wyss Scholarship for Future Leaders in Global Health was established to benefit health care professionals at HVO project sites, across all disciplines, who are early in their careers but have already demonstrated strong capabilities and leadership qualities. Educational opportunities have ranged from four days of conference attendance to regional trainings of eight weeks. Training opportunities near the scholar's country are encouraged, so professional networks in the vicinity can be developed.

The Warfield Scholarship for Anesthesia Professionals provides funding for providers of anesthesia to access professional development opportunities, whether it is through attending conferences or observing with colleagues in the US.

These two scholarships recognize that providing specific, intensive skill training to individuals allows them to return to their workplace and help guide their colleagues on an on-going, daily basis. To date, 31 scholars have benefited from these scholarships and the application rate has increased yearly.

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## News & Events

LETTER FROM THE EXECUTIVE DIRECTOR



*“Education is not the filling of a pail,  
but the lighting of a fire.”*

- William Butler Yeats

Dear Friends,

The World Health Organization reports that the global health workforce shortage is expected to reach 18 million by 2030. That sounds overwhelming if you are one person tasked with addressing such a need. However, at HVO, we are not tackling this challenge alone; we are working in partnership with over 100 institutions and organizations, and nineteen sponsors. With over 400 volunteer assignments annually, we are building capacity in resource-scarce countries around the world to make systemic sustainable change.

Our cover article reflects on how HVO's methods of providing education and training have evolved to address changing needs and to accommodate new technologies and communication methods. We are eager to provide educational opportunities in as many viable ways as possible, to address the need and desire for more knowledge.

As the Yeats quote indicates, our goal is to ignite the fire of knowledge, so it is shared among the staff in our partner institutions and, as we are all aware, “information spreads like wildfire.” HVO is extremely fortunate to work with talented, dedicated health care providers who are eager for new skills and information. A single volunteer visit can have a far reaching impact in a ripple effect as providers share their information with colleagues, and that information spreads, resulting in improved patient care and outcomes.

Richard Fisher, MD, a member of HVO's Board of Directors and a frequent volunteer, often refers to HVO as the support system through which volunteers can share their skills, and become a vital part of something much larger – improving global health care. The work of each individual really can make a difference when we work as a team toward the goal of building a better global health care system. There is a role for everyone in this endeavor – through volunteering, contributing financially, and spreading the word.

Please join me in igniting the fire of health care knowledge!

Sincerely,

*Nancy*

Nancy A. Kelly, MHS  
Executive Director

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# Active Project Sites

## CURRENT VOLUNTEER OPPORTUNITIES



Photo courtesy of Rick Henker

### Anesthesia

Bhutan .....	4 weeks
Cambodia .....	2 - 4 weeks
Ghana .....	2 - 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 - 2 weeks
Nepal .....	1 - 4 weeks
Uganda .....	2 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
Guyana .....	2 - 4 weeks

### Internal Medicine

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 .....	3 - 4 weeks
Vietnam .....	2 - 4 weeks

### Obstetrics-Gynecology

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

### Oncology

Bhutan .....	4 weeks
Honduras .....	1 week
Nepal (gyn-onc) .....	1 - 2 weeks
Nepal (med-onc) .....	2 - 3 weeks
Uganda .....	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
Laos .....	4 weeks
Nepal .....	3 - 4 weeks
Nicaragua .....	2 - 4 weeks
St. Lucia .....	2 - 4 weeks
Uganda .....	4 weeks

### Physical Therapy

Bhutan .....	2 - 4 months
India .....	2 - 4 weeks
Malawi .....	4 - 6 weeks
Rwanda .....	2 - 4 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, &amp; Pediatrics)</i>	

#### Uganda

Pharmacy .....	3 - 4 weeks
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### Wound Management

Cambodia .....	1 - 2 weeks
Haiti .....	1 - 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](mailto:info@hvousa.org) or (202) 296-0928. Visit the website [www.hvousa.org](http://www.hvousa.org).



## News & Events

### INNOVATIONS

## Innovations

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### E-volunteer assignments

Another technology-driven mode of teaching is the communication, mentoring, and networking that continues after volunteers return home. In the past, that was done through letters (remember aerograms?). Indeed, the founding division of HVO, Orthopaedics Overseas, started with an international group of orthopaedic surgeons who kept in touch and supported each other's work through letter correspondence.

As technology evolved, that long-distance support changed to fax, e-mail, text, Skype, and telemedicine. Volunteers have consulted on cases, edited and proofed papers, assisted with grant applications, developed curricula, and provided collegial support. HVO is now officially recognizing these long-term commitments as e-volunteering assignments, which will be proposed and tracked so that clear goals and objectives can be met.

Mentoring colleagues through e-volunteering can make a significant impact, without leaving home. Some volunteers have done this with colleagues who are doing research, or are developing curricula. E-volunteers must be familiar with the site, so this opportunity is for those who have previously served at a project site, and have developed ties with the staff there.

Monika Mann, PT, MPH, had served as Project Coordinator for HVO's USAID-funded Advancement of Rwandan Rehabilitation Services Project in Rwanda. One of the Rwandan co-teachers for a pediatric rehabilitation course, Inès Musabyemariya, was interested in conducting a course evaluation two years later, to assess the training's effectiveness and impact. As Ms. Mann wrote later, "Inès had a great idea and the energy to carry it out, but needed guidance on the design and implementation. I worked closely with Inès and HVO staff members to help her streamline her plan, develop a budget, design and launch a survey, and analyze the results. It was extremely fulfilling to work...one on one in order

to help her make her idea a reality....As much as possible, I strove to keep my role educational so that Inès was driving the process."

### Publications

HVO volunteers have always been a dedicated community, committed to improving global health. Their professional interests and volunteer experiences have led them to author and edit many publications, a number of which acknowledge the impact their volunteer experience has had on their careers. With the number of such acknowledgments over HVO's thirty-two years of service, HVO's quiet, low-key presence has been recognized more broadly in the global health community. As a result, HVO is now taking more ownership of such a role.

This past summer saw the publication of an eBook, which addressed, "International Partnerships for Strengthening Health Care

#### INTERNATIONAL PARTNERSHIPS FOR STRENGTHENING HEALTH CARE WORKFORCE CAPACITY: MODELS OF COLLABORATIVE EDUCATION

EDITED BY: Jennifer Gail Audette, Jeanne Mahoney Leffers,  
Kevin S. Hardwick and William Van Cleave  
PUBLISHED IN: *Frontiers in Public Health*



Health Volunteers Overseas  
Transforming Lives Through Education

frontiers Research Topics



## News & Events

IRA ROLLOVER

Workforce Capacity: Models of Collaborative Education.” HVO partnered with the open-access online journal *Frontiers in Public Health* to sponsor this Special Research Topic. After a three-year process to bring this to fruition, the eBook consists of 33 peer-reviewed articles submitted by 163 authors representing a wide range of health specialties and areas of expertise. These authors represent 28 different countries and 96 unique organizations and institutions. Each manuscript demonstrates how sustainable partnerships and programs in education build workforce capacity.

HVO's collaboration with other organizations is not new but in this increasingly complex and connected world, coordinated efforts are more important than ever. One aspect of coordination which contributes to a better understanding of global health issues is the monitoring and evaluation system that HVO has established. It provides multiple ways to report data, which allows a clearer understanding of accomplishments as well as areas that need increased attention.

Sharing this data and the analysis of results with the larger global health community contributes to a more comprehensive global health picture and acknowledges HVO's expanding role in the community. As global health needs change, HVO must evolve to provide the training to address such issues, whether they involve support for research, direct skill training, or coaching and mentoring. HVO is building the capacity to meet the training needs of a skilled health care workforce, all while “transforming lives through education.”

### IRA Rollover Distributions - a WIN-WIN Opportunity for you and for HVO!

Last year's tax legislation introduced a degree of uncertainty for many. The changes to the deductibility of state and local taxes, as well as the significant increase of the standard deduction have left many wondering what the impact will be on their particular tax situation.

However, if you are over 70½ and required to take a distribution from your IRA, there is a bright note. **You can get a deduction for a charitable contribution without filing an itemized tax return by using a ‘qualified charitable distribution.’**

Distributions from your retirement account which are required after you reach the age of 70½ are fully taxable. But if you ask your IRA plan provider and direct them to make a ‘qualified charitable distribution’ you get to exclude this amount from your federally taxable income.

The maximum amount you can rollover every year is \$100,000 as a ‘qualified charitable distribution’ and **it does count toward your minimum required distribution.**

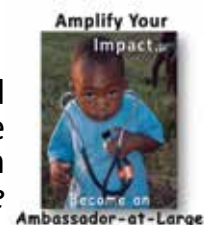
HVO is a 501(c)3 organization and is eligible to receive such a rollover. For a sample request letter, visit our website at: [www.hvousing.org/ira](http://www.hvousing.org/ira)

For more information on the process, contact your IRA plan provider or your financial advisor.

*Thank you for thinking of HVO!*

### 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!*





## News & Events

HVO MEMBERS IN THE NEWS

### HVO Mourns Loss of Volunteer Kim Wesdock, Pediatric PT

Kim Wesdock, PT, MS, PCS passed away in January after battling cancer. A pediatric physical therapist, she loved children and committed herself to volunteering in areas where children had little access to physical therapy services. Through the World Pediatric Project, Ms. Wesdock made thirteen trips to St. Vincent and St. Lucia, and enjoyed watching the children grow and develop, as some of them she had treated from birth since her first visit was in 2006.

Ms. Wesdock joined HVO in 2001 and shared her skills and vibrant nature with the people of Haiti on three volunteer assignments there.

An avid adventurer, she ran marathons and was a ski instructor for children with amputations. She loved life and had a passion to serve, qualities she shared with her patients and friends.

HVO extends its heartfelt condolences to her husband and three sons, as well as gratitude for her commitment to improving health care in the Caribbean region.

### Barbara Billek-Sawhney Teaches in Sri Lanka as Fulbright Scholar

Barbara Billek-Sawhney, PT, EdD, DPT, MS, GCS, spent six weeks at the University of Peradeniya in Sri Lanka, where she mentored faculty, taught over 300 physical therapy students, conducted workshops for practicing physical therapists, and was the keynote speaker at Peradeniya's Physiotherapy Congress.

Dr. Billek-Sawhney, a professor of physical therapy at Slippery Rock University in Pennsylvania, had previously traveled to Sri Lanka with a group of her students, as her university has an exchange partnership with the University of Peradeniya. Through the Fulbright Specialist Program, she was able to teach the



*Dr. Billek-Sawhney in Vietnam in 2015.*

university's first geriatric physical therapy class, and introduced treatment techniques in the areas of motor learning, motor control, neuroplasticity and rehabilitation.

Prior to starting her Fulbright assignment, Dr. Billek-Sawhney conducted a site assessment in Peru for HVO. She has served as an HVO volunteer in Ethiopia, Peru, St. Lucia, and Vietnam. HVO and the Fulbright Program share similar goals of sharing expertise with established institutions, developing skills and knowledge, and building cross-cultural awareness.

### 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!

## News & Events

HVO MEMBERS IN THE NEWS

### Honduras Honors Dr. Randall Culp for Years of Service

Randall Culp, MD, a hand surgeon with the Philadelphia Hand to Shoulder Center at Jefferson, has traveled to Honduras for fifteen years to provide consultations and surgery, as well as education for the medical staff, at Hospital Esquela in the capital of Tegucigalpa. Traveling with a team of physicians, therapists, fellows, residents, and students, the team consults with patients from across the country, with conditions such as traumatic injury, birth defects, and conditions that haven't been treated in years.

The service award, a first for Honduras, was presented by the Second Vice President of the National Congress. Dr. Culp, who was quite surprised by the honor, acknowledged that it was truly a team effort and that he thoroughly enjoyed working with the Hondurans.

A long-term member of HVO, Dr. Culp has led these trips in conjunction with HVO, and he has also volunteered his skills in Peru and Nicaragua. Dr. Culp was a 2013 recipient of HVO's Golden Apple Award, and we are grateful for his continued commitment to improving global health care.

### Todd Maily, MD Honored with Humanitarian Service Award



*Dr. Maily receiving Humanitarian Service Award.*

The Connecticut Orthopaedic Society bestowed its inaugural Humanitarian Service Award on Todd Maily, MD. The award recognizes "volunteer work and commitment of an orthopaedic surgeon devoted to the welfare of patients in underserved and needy populations in challenging situations." Dr. Maily's long-term commitment to the people of Haiti was recognized, as he has made many trips to provide care and treatment for orthopaedic patients. His work with HVO was also acknowledged, as he has volunteered his skills in Ghana and China. Dr. Maily also serves on the board of Orthopaedics Overseas.

Congratulations to Dr. Maily on this well-deserved honor!



*A planned gift ensures that HVO will be able to continue to make important educational strides in the improvement of health care in resource-scarce countries.*

When you write or review your will, please consider leaving HVO a charitable bequest as an investment in HVO's future. To discuss making a bequest in your will or other charitable aspects of your estate planning, please contact Nancy Kelly at [giving@hvousa.org](mailto:giving@hvousa.org).

*If you have already made a charitable bequest, please let us know. We would like the opportunity to express our gratitude and will honor all requests to remain anonymous.*

**Thank you to the following people who have made this commitment:**

Anonymous (8)  
Charles and Sandy Blitzer  
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Dr. Robert & Ann Volz



# Together

THE POWER OF PEOPLE WORKING TOGETHER

## Together

to bring skilled, safe and compassionate care to people around the world

1

### SAN JOSE, COSTA RICA

At the University of Costa Rica, HVO dermatology volunteers collaborate with faculty and staff to educate residents and build the capacity of Costa Rica's dermatology workforce. This benefits patients, not only in the capital city of San Jose, but also in the rural communities served by pop-up clinics staffed by qualified teams of Costa Rican dermatologists, residents, nurses and assistants. One clinic conducted in the fall of 2017 provided care to more than 1,450 dermatology patients! By expanding the knowledge and skills of local providers and students of dermatology, HVO volunteers are contributing to a legacy of care that leads to more patients served and more lives transformed.



Photo courtesy of Karen Stolman

2

### KAMPALA, UGANDA

HVO's pediatrics project at Mulago Hospital in Kampala has expanded care for vulnerable infants, children and adolescents. HVO volunteers have fostered strong relationships with local



Photo courtesy of Christopher Martin

providers, connecting them to others in the field of child health and bringing new expertise and resources to the site. This has led to more education opportunities for residents caring for newborns, specialized care for adolescents, and the creation of a diabetes clinic.



# Together

THE POWER OF PEOPLE WORKING TOGETHER



3

## SIEM REAP, CAMBODIA

An anesthesia team from Angkor Hospital for Children in Siem Reap, Cambodia now provides clinical anesthesia training to students and health care professionals, transferring the knowledge and skills acquired from HVO volunteers to the next generation of care providers. They have become an in-country destination for other providers around Cambodia seeking additional training, and even work with providers from Laos, decreasing regional dependence on international expertise.



Photo courtesy of Rick Henker

“The wonderful thing about HVO is that they’ve already established the long-term relationships, so individuals who volunteer join the sustained activity that goes on with their partners in another country. HVO allows individuals to have a sustained impact.”

- Leila Srour, MD, MPH, DTM&H · Pediatrics · Bhutan

## Reflections from the Field

VOLUNTEERS REPORT ON THEIR ASSIGNMENTS

### *Jesse Powell, MD · Internal Medicine · Uganda*

I have been touched by the integrity of the Ugandan physicians and students who are diligently trying to learn and practice medicine in an environment with very limited resources. I have also spent a lot of time reflecting on ways to reduce waste in my own practice.

### *Sharon Feehan, DNP, FNP-BC · Nursing Education · Cambodia*

The staff and leaders are all wonderful people who are mostly eager to learn and grow; however, there are definitely cultural differences that are hard to succinctly describe. ... the biggest thing that needs to be re-enforced is the concept of the power of nursing. It would be wonderful if they could begin to understand the leadership potential each of them has as nurses. I spoke a lot in each of my talks about the idea that being in medicine or nursing means a commitment to life-long learning and growth and the importance of using their knowledge for the good, not only of their employer and their patients, but also for their communities. It would be wonderful for them to begin to see themselves as agents for improvement in public health, as all nurses are, regardless of their areas of expertise.

### *Bethany O'Neil, MSN, RN · Nursing Education · Tanzania*

This experience has broadened the scope of my professional practice in offering me an international experience, and opening my perspective of global health and well-being. I have developed a professional network with the nurses, doctors, and administrators there at Bugando Hospital and I will be able to share this international experience with my students here at home. It gives me deeper insight in how to broaden my students' perspectives on global health.

### *Greg Czarnecki, DDS · Oral Health · Nepal*

Being allowed to enter a culture and be a participant as a healthcare provider is a great privilege that is confirmed every time I complete an assignment. What a wonderful opportunity to share information and observe how dentistry is practiced in other parts of the world.



Photo courtesy of Greg Czarnecki

## Reflections from the Field

VOLUNTEERS REPORT ON THEIR ASSIGNMENTS

### *Fred Gottlieb, MD, MPH · Internal Medicine · Guyana*

I have been working internationally since 1974 and continue this commitment to work in under-served areas. Every situation increases medical knowledge, awareness of politics and social issues around the world, and is a way to interact with people from around the world at a deeper level than general travel allows. I always learn and receive more than I can ever give.

### *James Hobby, MD · Obstetrics & Gynecology · Uganda*

Having now returned home, and to the busyness of life as a resident physician, there isn't much time to reflect on my experience in Kampala. And yet many memories from the week manage to work their way into my thoughts. As I look around at the multitude of luxuries so often taken for granted, I can't help but compare such abundance to the lack of resources that so often plague our counterparts abroad. The disparity can feel overwhelming, and there is a temptation to wonder how we could ever make a difference. But there is also something which drives us to do anything and everything possible to make even the smallest change. We act out of gratitude for the gifts we have been given, and some intrinsic notion to be selfless stewards of our time and talent. We take inspiration from those leading the way – the neonatologist single-handedly taking care of 80 newborns at a time, the obstetrician splitting time between private practice and educating the next generation of physicians, the nurses caring for too many patients with too few supplies. To be involved in this work is physically, mentally and emotionally challenging. And yet the reward is unlike any other.

### *Elyse Brinkmann, MD · Orthopaedics · Ghana*

This was my first experience in global health, and I am certain after this trip, that it will not be the last. I most enjoyed getting to interact with the senior residents, who were eager to engage in discussions about patient care. I was impressed with the skill of the senior residents and their ability to adapt to their limited resources with innovative solutions.



Photo courtesy of Brittany Behar

## Special Thanks

### DONORS

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

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American Association of Nurse Anesthetists  
American College of Obstetrics & Gynecologists  
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American Physical Therapy Association  
American Society of Clinical Oncology  
American Society of Hematology  
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