



Perú Flood Relief

Reporting period: July 1, 2017 – July 27, 2017

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Organization: Real Medicine Foundation Perú (www.realmedicinefoundation.org)

Project title: Perú Flood Relief

Project location: Santa Eulalia, Huinco, and Barba Blanca; Huarochirí province; Lima region; Perú



Patients and staff at RMF's free clinic in Nicolás de Piérola (Quirio Zone 4), Chosica

July 2017

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Background

Since December 2016, flooding and mudslides in Perú have caused at least 90 deaths, damaged an estimated 150,000 homes and businesses, and caused extensive damage to infrastructure and crops. Northern Perú has been most affected, as well as the capital city of Lima. In a live broadcast to the nation, Perú's president, Pedro Pablo Kuczynski, stated, "There hasn't been an incident of this strength along the coast of Perú since 1998." Many flood victims are from poorer areas, where their makeshift homes were quickly overrun with mud and water.

After flood waters receded, mud and stagnant pools of water remained, causing a rising number of dengue and Zika cases. On May 27, 2017, the well-respected Peruvian newspaper, *El Comercio*, reported that per the Ministry of Health, there have been 44,971 cases of dengue registered this year in Perú—27,000 more than during the same time period of 2016. One of Perú's northernmost coastal provinces, Piura, has been the most affected by dengue. However, the disease has made an appearance throughout the country; as of April 22, 2017, there were a total of 226 dengue cases (129 confirmed) in the Lima region. Cases of Zika have been less common, with 23 reported in Lima as of June 1, 2017. Winter will be arriving soon, and although the cold weather will help lower cases of mosquito-borne illnesses, people in poor towns and neighborhoods (typically hit hardest by the flooding and landslides) are in need of shelter and warm blankets.

RMF's Presence

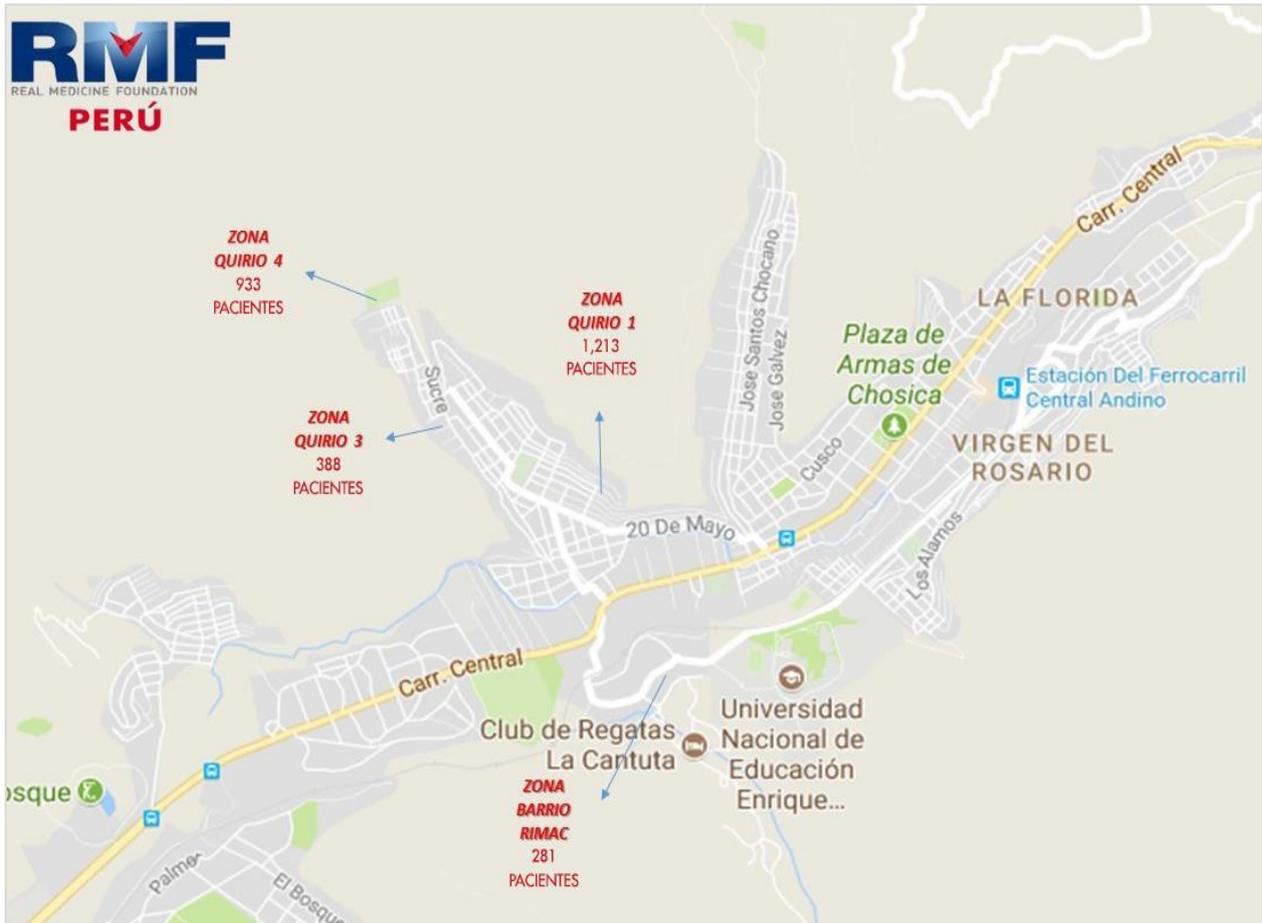
RMF has been working in Perú since 2007, when we arrived to offer long-term medical support to victims of the August 15th earthquake. 10 years later, our health clinic, Policlínico Peruano Americano, is still operating successfully in San Clemente, Pisco, providing free health care to those most in need. In addition to the medical services and outreaches provided by the clinic, in January 2017, Policlínico Peruano Americano began serving as a base of operations to collect and distribute food, clean water, clothing, and other supplies for flood victims.

In May 2017, after several planning sessions, meetings with authorities, and trips to assess areas affected by the flooding, RMF Perú decided to focus our flood relief efforts on several affected towns northeast of the capital city of Lima: Barba Blanca, Huinco, San Pedro de Casta, Santa Eulalia, and surrounding communities in need of aid.

This report covers 26 days of project implementation, from July 1, 2017 to July 27, 2017. During this time, RMF Perú's outreach team, consisting of 2 medical doctors, 2 psychologists, 1 nursing tech, 1 pharmacy tech, and 3 logistics/coordination team members accomplished the following activities:

- Set up and operated 4 temporary (free) health clinics
- Provided primary health care services
- Provided individual psychology consultations and a group workshop
- Distributed medicines, insect repellent, hygiene kits, and warm blankets
- Provided health education and preventative talks on dengue and Zika
- Visited area schools to distribute insect repellent and provide health education and preventative talks on dengue and Zika

During this time, RMF provided a total of 1,763 medical consultations and 1,052 psychological consultations for community members in 4 areas of Chosica and Santa Eulalia. These locations are shown on the map below:



4 locations of RMF's free outreach clinics July 3–27, 2017

Nicolás de Piérola (Quirio Zone 3), Chosica: July 3–5, 2017

Quirio is one of the most populous areas in the district of Chosica. Rains in the central highlands were so strong that they activated the rivers, causing them to flood the communities of Quirio, Yanacoto, Rosario, Santo Domingo and San Antonio in Chosica. All of these affected areas are between kilometer 27 and kilometer 30 of the main road, Carretera Central. Even at the end of June, cleaning crews were still at work.

Quirio is organized into four zones, and each zone has its own city council. For this mission, RMF Perú's outreach team set up our clinic in the community center of Zone 3, founded in 1967. This is one of the areas affected by the natural disasters, rain, and mudslides, which happened in the month of March.

We relied on the help of community leaders to spread the news of our clinic. They are able to make announcements through loudspeakers, which are installed on the roof of the community center.

RMF Perú's outreach team arrived on July 3, 2017 and began providing medical and psychological services the same day. The consultations were provided in a well-timed, quiet manner, and we remained in this location until July 5. The team also visited the local school of Zone 3, where RMF's nurse conducted talks on the prevention of dengue and Zika and we distributed bottles of insect repellent to the children.

Services provided during RMF's 3-day outreach in Nicolás de Piérola (Quirio Zone 3), Chosica:

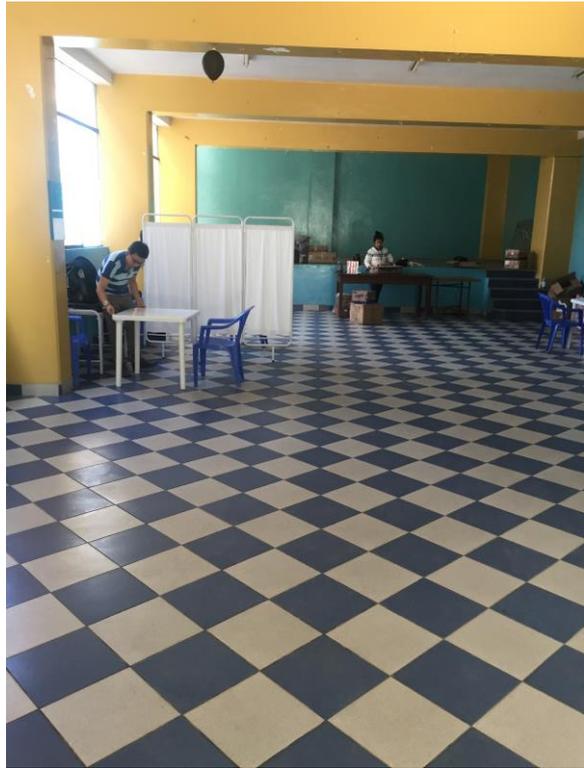
- 229 general medicine consultations
- 159 psychology consultations
- 387 bottles of insect repellent distributed to children at the state school Salazar Bondi

Project photos from Nicolás de Piérola (Quirio Zone 3), Chosica:



Arriving at the community center in Nicolás de Piérola (Quirio Zone 3)





Unloading equipment and setting up RMF's free outreach clinic



Patients waiting to receive free medical and/or psychological care



One of the doctors attending an elderly patient with a head injury





Patients are registered and go through triage before seeing the doctors.



RMF Perú's outreach team in front of our temporary clinic in Nicolás de Piérola (Quirio Zone 3)



Arriving at the local school, Salazar Bondi



Sign for dengue prevention at Chosica schools



Students at the local school, Salazar Bondi, with RMF-provided bottles of insect repellent





RMF's nurse also conducted talks on the prevention of dengue and Zika.



Barrio Rímac, Chosica: July 6–8, 2017

The district of Chosica is located in the eastern part of Perú's Lima region, in the central basin of the Rímac River. To the north, Chosica is bordered by the district of San Antonio de Chaclla and to the east by the district of Santa Eulalia (both belonging to Huarochirí province). To the south, Chosica is bordered by the districts of Chaclacayo and Ate, and to the west by the district of San Juan de Lurigancho.

For this mission, RMF Perú's outreach team set up our clinic in the community center of Barrio Rímac, which

is located a few blocks from the national university La Cantuta (Universidad Nacional de Educación Enrique Guzmán y Valle). Since 1962, this has been a neighborhood frequented by university students, and most of the houses rent rooms to students who come from the city of Lima and other provinces.

Services provided during RMF's 3-day outreach in Barrio Rímac, Chosica:

- 162 general medicine consultations
- 119 psychology consultations
- 88 bottles of insect repellent distributed

Project photos from Barrio Rímac, Chosica:



RMF outreach clinic ready to receive patients



Community members waiting for medical and/or psychological consultations at RMF's outreach clinic



A patient speaking with one of the psychologists



Psychology consultation



Medical consultation



A mother and son waiting to consult the doctor



RMF Perú Executive Director Magali M. de Pujalt teaching her new friend, Matias, how to cough without spreading germs



Houses at the edge of the Rímac River

Nicolás de Piérola (Quirio Zone 4), Chosica: July 10–17, 2017

This area of Chosica (Zone 4) has no community center, which made it difficult to find a place where our team could set up RMF's outreach clinic. Seeing the need of the inhabitants, who live on the outskirts of the Rímac River valley and whose houses (some in very precarious positions) are mainly built of wood, RMF Perú persisted in our endeavor to reach the community. We were able to speak with the parish priest of the area, requesting the facilities of the parish San Agustín A, which was usually closed and saw little use. We gained permission to use the facilities, and at this location the RMF Perú outreach team was able to provide 7 days of medical and psychological services to the community, as well as distributing blankets, 7-liter containers of drinking water, and bottles of insect repellent.

The townspeople also told us that since the days of the natural disasters, specifically March 16th until now, they have not had drinking water. Every so often, the municipality sends water tanks, but the supply is insufficient for the community, and the water is not potable. This is why we distributed 7-liter containers of drinking water to the patients in this community.

Services provided during RMF's 7-day outreach in Nicolás de Piérola (Quirio Zone 4), Chosica:

- 594 general medicine consultations
- 339 psychology consultations
- 200 blankets distributed to the elderly
- 200 containers of drinking water distributed
- 94 bottles of insect repellent distributed to patients

Project photos from Nicolás de Piérola (Quirio Zone 4), Chosica:



Houses in Nicolás de Piérola (Quirio Zone 4), Chosica



Patients arriving at RMF's outreach clinic. The need was great in this area.



Each patient is registered and undergoes a brief initial health assessment (triage) before consulting the doctor or psychologist.





Women and children waiting for medical and/or psychological consultations. Elderly and vulnerable community members were also provided with warm blankets.



Community members leaving the RMF outreach clinic with medicine and warm blankets



Community members waiting for free medical and/or psychological consultations



7-liter containers of drinking water were also distributed to patients.



Medicines distributed to patients free of charge



A patient consults with Dr. Diego.



All patients are registered to receive services, medicine, and relief supplies like drinking water, blankets, and insect repellent.



Volunteers from the community



Beneficiaries of RMF's outreach clinic with warm blankets for the coming winter months



Patients and staff at RMF's outreach clinic. The event was well received by the community.

Ricardo Palma, Santa Eulalia: July 18–27, 2017

Ricardo Palma is located in the province of Huarochirí, between kilometers 36 and 40 of the of the main road, Carretera Central. The National Institute of Civil Defense (Instituto Nacional de Defensa Civil, INDECI) reported that the mudslides and displaced stones affected 50 homes and 1 educational institution, as well as 5 kilometers of roads in this jurisdiction.

RMF Perú's team arrived at Ricardo Palma to knock on the door of the parish house, where we were greeted by Father Raúl Ángeles. Upon learning of our mission, he offered us the church's facilities. The outreach in

Ricardo Palma was very successful, and our team also visited the facilities of the San Pedro Home (Hogar San Pedro), which works under the supervision of the parish.

In the San Pedro Home, we found 50 people, both children and adults, who were abandoned by their families. Most suffer from illness or disability. The home is going through economic difficulties, as the donors stopped contributing to its maintenance a few months ago. The home is moving forward under the supervision of Father Raúl, with volunteers from the area who help in caring for the sick, conducting activities, and selling products whose proceeds buy medicine and food for those in the San Pedro Home.

Services provided during RMF's 9-day outreach in Ricardo Palma, Santa Eulalia:

- 778 general medicine consultations
- 435 psychology consultations
- 100 blankets distributed to the elderly
- 245 bottles of insect repellent distributed to patients

Project photos from Ricardo Palma, Santa Eulalia:



RMF's outreach clinic in Ricardo Palma



Ready to distribute medicines to patients



Patients consult one of RMF's medical doctors



We enjoyed seeing the crafts that one of our patients brought to show us.



Visiting residents of the San Pedro Home



RMF Perú's outreach team in Ricardo Palma

Case Studies

Yovana Rimari

Yovana Rimari, a 40-year-old mother with three children, arrived at RMF's outreach clinic seeking medical attention because she has been experiencing headaches, fatigue, and anxiety regarding her economic situation. She misses sleep, has pain in her neck and back, and also feels discomfort in the area of her upper stomach. The doctor examined her.

Diagnosis: Tension headache and gastritis

Treatment:

- Ibuprofen 400 mg, 1 tablet every 8 hours for 3 days
- Aluminum hydroxide, 1 tablespoon before meals for 5 days



Yovana Rimari with one of her children at the RMF outreach clinic

María Pérez

María Pérez, a 54-year-old woman, was brought by her children to RMF's outreach clinic for a consultation. At the age of 20, she suffered from a diabetic coma. María's son had only recently discovered what afflicted her. Her children are dedicated to her care because over time the disease has been afflicting her every day. They also mentioned that María recently received a total hysterectomy. Currently, María says she is experiencing strong throat pain, a persistent cough, and mucus.

Diagnosis: Acute tonsillitis

Treatment:

- Ambroxol 30 ml, 1 tablespoon every 12 hours for 3 days
- Erythromycin 500 mg, 2 every 12 hours for 3 days
- Chlorpheniramine 4 mg, 1 every 12 hours for 3 days
- Ibuprofen 400 mg, 1 every 12 hours according to pain



María Pérez sitting with RMF Perú Executive Director Magali M. de Pujalt

Marcelina Carranza

While in the field, RMF Perú team member Dr. Jeison was stopped by the neighbor of an elderly woman. The neighbor explained that this elderly woman lives alone and cannot travel easily and asked Dr. Jeison to visit her. This request was communicated to Dr. Diego, who went in search of the patient in the company of team members Ruth and Dr. Jeison.

They found the patient, Marcelina Carranza, approximately 88 years of age, sitting alone at the door of her humble dwelling, which looked very dilapidated. They also observed the condition of disorder and lack of cleanliness in which she lives. Marcelina did not hear well, but said that she cooks for herself, with firewood, in addition to raising some animals, like roosters and chickens. The doctors examined her and found that she showed signs of spatial and mental disorientation, as well as difficulty breathing.

Diagnosis: Pulmonary fibrosis

Treatment:

- Ambroxol of 30 ml, 1 tablespoon every 12 hours for 5 days



RMF Perú's team visiting Marcelina Carranza at her home. We examined the elderly patient and provided her with a warm blanket and medicine.

Eusebio Palomino

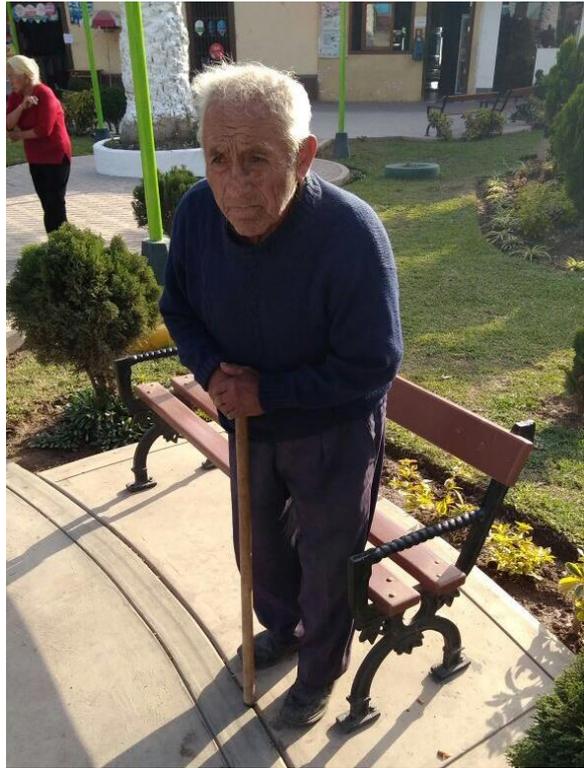
Eusebio Palomino is an 84-year-old man who lives in Santa Eulalia, where he worked all his life as a stone carver. His work can be seen in the facades of some houses in this area. Eusebio came to RMF's medical clinic for a consultation, because a neighbor told him that we were conducting a medical campaign and distributing free medicines.

In order to walk, Eusebio leans on the shaft of a broomstick, as he has difficulty mobilizing himself because of a very strong pain in his hip. In addition, he suffers from deafness caused by old age. The doctor examined him.

Diagnosis: Osteoarthritis and gastritis

Treatment

- Omeprazole, 1 tablet before breakfast and dinner for 7 days
- Complex B, 1 tablet daily for 30 days
- Diclofenac gel, apply twice daily on the sore area

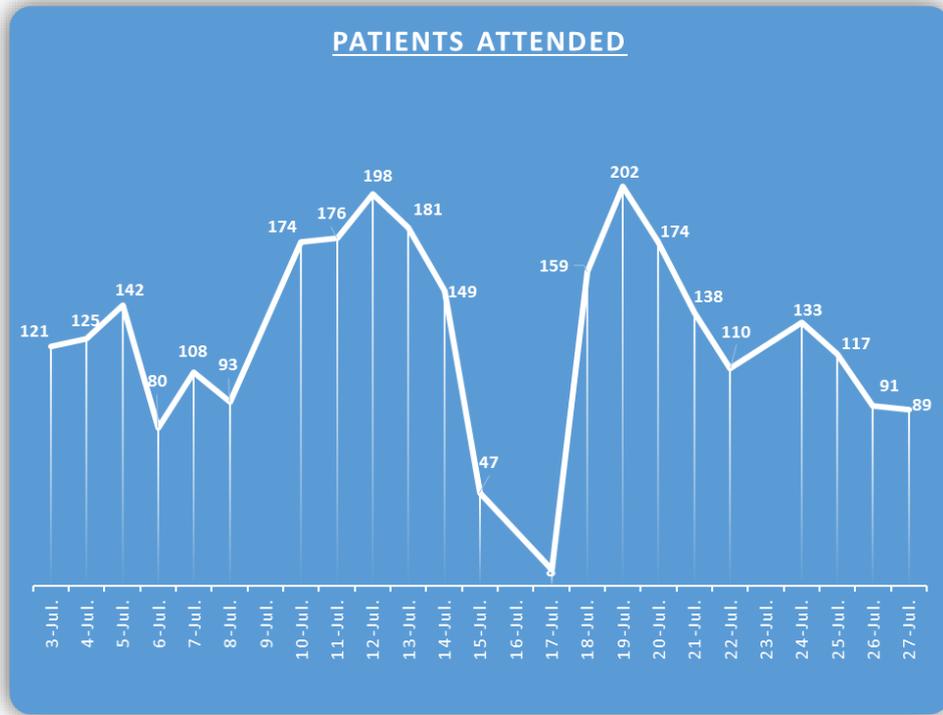


84-year-old patient, Eusebio Palomino

Numbers Served: July 3–27, 2017

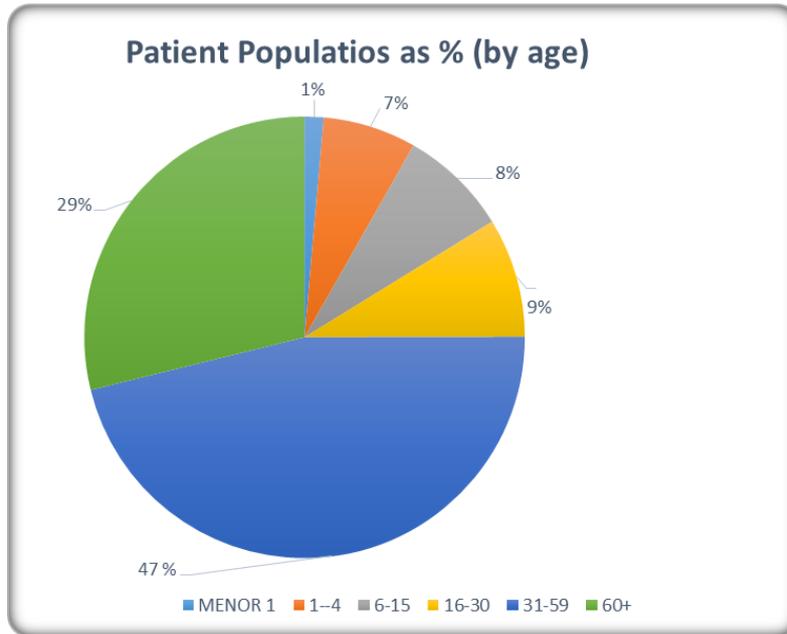
Date	Registered Patients	Triage
7/3/2017	121	121
7/4/2017	125	125
7/5/2017	142	142
7/6/2017	80	80
7/7/2017	108	108
7/8/2017	93	93
7/10/2017	174	174
7/11/2017	176	176
7/12/2017	198	198
7/13/2017	181	181
7/14/2017	149	149
7/15/2017	47	47
7/17/2017	8	8
7/18/2017	159	159
7/19/2017	202	202
7/20/2017	174	174
7/21/2017	138	138
7/22/2017	110	110
7/24/2017	133	133
7/25/2018	117	117
7/26/2017	91	91
7/27/2017	89	89

Total	2,815	2,815
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Patients by age:

Age	Number of Patients
< 1	39
1-4	193
6-15	225
16-30	246
31-59	1,301
60+	811
Total	2,815



Medical and psychological care provided to date:

	Time Period	Days	Consultations Provided
Mission 1	May 19, 2017 – June 12, 2017	24	2,427
Mission 2	June 13, 2017 – June 30, 2017	17	2,146
Mission 3	July 3, 2017 – July 27, 2018	22	2,815
Total		63	7,366

