

La Romana Mission Trip

Virtual Tour



CentralMALaRomana.org

Original Document and Concept created as:
Girl Scout Gold Award Project
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2017

Our Mission:

The La Romana mission Trip is a medical mission trip that has been going on for over twenty years. For one week in early March, members from Central Massachusetts head to La Romana, Dominican Republic to help the impoverished people living in the sugarcane Bateyes of the Dominican Republic. Here, mission members provide emergency medical care, do crafts and play games with the children, install water filters, and participate in various construction activities. It is an amazing week of helping others and seeing a whole different side of the world. This packet is meant to help introduce information to mission team members, future members, and anyone who wants to know about the trip. The packet covers some basic information about the different service parts of our trip. It covers useful Spanish and Haitian Creole words, how to take vitals in the medical clinic, what to expect in Batey Bible School, how to protect yourself from infections in the Dominican, Building a Home, and a brief overview of our role with the Days for Girls project. Hopefully this packet will help give a better idea of what to expect on the La Romana Mission Trip, and give those of you who are interested in our mission an idea of what we do!

Taking Patients' Vitals:

- How To Take Blood Pressure:

- Fasten the Blood Pressure clamp to the upper arm of the patient. Make sure that the “Arterial Mark”, which is labeled on the BP Cuff, lines up with the Brachial Artery (inner elbow) of the patient.
- Place the stethoscope in your ears, and place the other end on the inner elbow of the patient, just underneath the blood pressure cuff.



- Make sure the valve on the side of the pump is completely screwed tightly. Begin to pump the rubber bulb until the gauge is between 160 and 170.
- Very slowly begin to unscrew the valve on the side of the rubber bulb. Listen carefully to the heartbeat. The number at which you begin to hear the heartbeat is called the systolic pressure. Continue to slowly unscrew the valve. At some point, you will no longer be able to hear the heartbeat. The number where you can no longer hear the heartbeat is called the diastolic pressure.
- Record the blood pressure. To do this, it is recorded as (systolic/diastolic) pressure. It is the first number recorded over the second number recorded.
- Remove the blood pressure cuff and re-tighten the valve to prepare for the next patient

EXAMPLE;

You pump the rubber bulb until the gauge reads between 160 and 170. You start to slowly release the valve, and you begin to hear a heartbeat when the gauge reads 130(Systolic Pressure). You stop hearing a heartbeat when the gauge reads 80(systolic pressure). The blood pressure you would then record would be 130/80.

Infection Prevention:

How to protect yourself and others from contracting diseases



There are many diseases that you could possibly contract while traveling in the Dominican Republic and working in a medical clinic. However, it is easy to protect yourself against these diseases.

- Wash your hands frequently with soap and water (when you are able to)

- Use hand sanitizer frequently in the Bateyes
- Avoid direct contact with anyone with open wounds, a runny nose, or blood or body fluids
- Avoid contact with mucus membranes (eyes, nose)
- Use of bug spray will help prevent against mosquito borne illnesses such as Zika, dengue fever, chikungunya, and malaria
- Gloves should be used when there is potential for exposure to blood or body fluids
- Gloves should also be used when deworming medication is being distributed.
- Avoid touching your face, particularly your mouth and eyes.
- Do not eat or drink anything from the Bateyes



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Batey Bible School Information!!

Batey Bible School is a really amazing experience! However, it can be overwhelming at times, especially if you do not know what to expect. The children are very eager to receive what you have to give them and can get very excited and start to grab at you, which is a lot if you aren't expecting it. Here are some guidelines for Batey Bible School:

- Don't bring extra toys to the Bateyes other than what we have hundreds of. There won't be enough and it causes chaos!
- Use the interpreters if you need them to calm the children down- they are able to communicate quicker and more effectively
- Use words such as cálmate(calm down) and parar (Stop) to calm the kids down
- Batey Bible workers are in charge of giving out the deworming medication. This is a syrupy liquid that is given out to children. They consume the medicine and it is supposed to kill the possible worms in their stomach that come from their drinking water. There are specified amounts for how much each child gets based on their age. Once the children are in line, you will have to ask each on their age (Cuantos anos tienes) and give them the amount of medication they are supposed to receive based on their age. Once they drink it, the cup will be placed in a bucket of bleach, and then rinsed off on a bucket of water. Then the cup will be used again for another child. Make sure to mark a sharpie on the hand of each child that comes through- they will attempt to get a second dose.
- While the crafts can change from year to year, in 2017 we made prayer flags, shaker eggs, bracelets, and Dream Catchers. These crafts worked out perfectly as they created something lasting that the kids could keep. They were also good because they kept the kids busy.
- Make sure to mark the hands of each child that gets each craft.
- Do a small demonstration of how to make each craft before you hand it out to the kids
- Tennis balls- depending on the batey, these will be given to the teacher and the teachers will distribute it. Otherwise, take great care in distributing these and make sure there is a line in place before you start taking the balls out of the bags.
- In between crafts, there are some other activities that you can do, such as informal games of baseball or soccer, playing catch, singing songs, coloring books, having conversations with the kids, etc.



Useful Spanish and Haitian Creole Words:

Batey Bible School:

English	Spanish	Haitian Creole
One behind the other	Uno detrás del otro	Youn dèyè lòt la
Enough for all	Hay suficiente para todos	Ase pou tout
One-by-One	Uno por uno	One-pa-Youn
Who's Next:	¿Quién sigue?	Ki moun ki nan Next?
Wait	Espera	rete tann
Listen/Listen to Me	Escuchen/Escuchame	Koute
Come here	Ven acá	vini non isit la
Sit Down	Siéntate	Chita
Necklace/ Bracelet:	Collar/Pulsera	kolye/braslè
Beads/Bead Packet	Bolitas/ Un paquete de bolitas	pèl
Stop	Parar	sispann
Calm Down	Cálmate	kalme ou
Let's Play	¡Vamos al Juego!	An nou jwe
Crayon/Pencil/Marker	Crayon/Un Lápiz/Un marcador	Kreyon koulè/kreyon/makè
Ball/Bat	La Pelota/bate de béisbol	boul/baton
Sing	Cantar	chante
Prayer Flag/ String	Bandera de oración/cuerda	drapo lapriyè/ fisèl

Color it	Dibujar	koulè li
Egg/Tape/Rocks	Huevo/Cinta/Rocas	ze/tep/wòch
Drawing	Dibujo	desen
What is your name	Que es su nombre	kijan ou rele
My name is	Me llamo ____	Non mwen se
How old are you	Cuantos años tienes?	ki laj ou
yarn	hilo	fil
Stick	palo	baton
Just one	Solamente uno	sèlman yon sèl
Bubbles	Burbujas	bul

Deworming:

English	Spanish	Haitian Creole
Drink It	Tómelo	bwè
I need to see your hand	necesito ver su mano	men
Deworming Medication	La Pipericina	medikaman

Medical Clinic:

English	Spanish	Haitian Creole
What is your name?	Cómo te llamas	kijan ou rele
How are You?	Cómo estás	koman ou ye
What is your Work?	¿Qué trabajo haces?	ki travay ou
I am going to take your Blood Pressure	Voy a tomar tu presión sanguínea	mwen menm pral pran tension ou
I am going to take your	Voy a tomar tu temperatura	mwen menm pral pran

temperature		tanperati
What's Wrong?	Qué tienes?	sak mal
How Old Are you	Cuantos años tienes	ki laj ou
Do you have Pain/where	tienes dolor/donde	ou gen doulè/kote
I have High Blood Pressure	Yo sufro de la presión alta	mwen gen tansyon wo
I have diabetes	Sufro de azúcar or Soy diabético	mwen gen dyabèt
Flu/Cough	La Gripe/ El Tos	grip/tous
Malnutrition	Desnutrición	malnitrisyon
Dehydration	Deshidratación	dezidratasyon
What are your Problems?	Cuales son tus problemas	ki sa yo pwoblèm ou
I am pregnant	Yo soy embarazada	mwen menm ansent
I am sick	Estoy enfermo	mwen malad
I am nauseous	Tengo las náuseas	mwen menm degoutans
I have a headache	Tengo dolor de cabeza	Mwen gen yon tèt fè mal
I am allergic to	Tengo un alérgia con	Se mwen menm ki fè alèji ak
In have a toothache	Yo tengo dolor de la muela	Mwen gen yon mal dan
Sugar	Azúcar	sik
I am good	Estoy Bien	mwen byen
I cannot see well	Yo no puede ver bien	Mwen pa ka wè byen
I have pain	Yo tengo dolor	mwen menm mwen nan doulè

Days for Girls Program

Days For Girls began in 2008 when Founder and CEO Celeste Mergens was working with a family foundation on the outskirts of Nairobi, Kenya where she began assisting an orphanage.

As she was preparing to return to Nairobi, Celeste went to bed with the devastating situation weighing heavy on her mind. In the middle of the night, she woke up with a nagging question: “What are girls doing for feminine hygiene?” Seeking an answer, she ran to the computer and sent an email to the Assistant Director of the orphanage.

He replied right away, “Nothing. They wait in their rooms.”

Celeste learned that girls were sitting on cardboard for several days each month, often going without food unless someone would bring it to them. This set in motion her first intervention - disposable pads. But Celeste and her team quickly discovered that disposing the pads was a major problem. This was neither a viable nor a sustainable solution. It was time for Plan B: a washable, long-lasting pad.

Around the world, girls and women resort to using rags, mattress stuffing, banana leaves, feathers, and even cow dung to manage their menstruation.

Days for Girls provides a safe, beautiful, washable, and long-lasting alternative, along with vital health education.

In the Dominican Republic, the girls and women in the bateys have the same concerns regarding their menstrual cycles. Girls are unable to attend school due to a lack of sanitary hygiene supplies, and women are unable to work. Our program provides handmade, feminine hygiene kits to girls and women in the bateys. The kits are delivered directly to the women and girls in the villages.

Each kit contains: 2 shields, 8 liners, a washcloth, a bar of soap, underwear, and 2 Ziploc Freezer Bags, in which the liners are washed. The items are all contained in a beautiful drawstring bag.

Days For Girls also provides information on the menstrual cycle and instruction in personal hygiene. The instruction topics include:

- Menstruation as a normal part of every woman and girl’s lives
- Education to dispel myths and misinformation about the menstrual cycle and reproductive health.
- Ways to remain healthy and to minimize the risk of infections.



The program is presented in a fun way with fun activities, and a local interpreter is present to assist with communication.

Construction

Over the years, our team in La Romana has participated in a variety of construction projects that are chosen by the local mission. We have primarily worked on building the now 5 story Good Samaritan General Hospital. It is the best hospital in the region and the only one that will treat Haitian patients. First Church began working on the ground foundation and watch the hospital develop and flourish. While our teams continue to help with hospital construction, we have turned our efforts to building homes for the Villagers of La Papita.

On the 2018 trip, we assisted with building our first new home in the batey. The old homes that we are replacing are about 8' x 12', 96 sq. ft. They are constructed of scrap wood, cardboard,



bags of trash and pieces of metal. They have no protection from the rain and are hazardous and must be abandoned in a storm; virtual death traps of flying debris. They are also fire traps. The families cook inside their homes with fire. They are also too small for a family of 5 to live in, cook in, and sleep in.

The new homes are hurricane resistant; they have 3 rooms with great ventilation and high ceilings so that cooking fires are not as much of a health risk. And there is

space for the family to have bedrooms. The new homes are made of concrete with metal roofs and are about 16'X20', that's 320 square feet! They are a real shelter. We will be raising money over this year to build another house when we return in the coming years.

Construction tasks include:

- Painting
- Concrete pouring
- General building
- Plumbing/ Electrical work (depends on skills of each year's missionaries)
- General labor

