

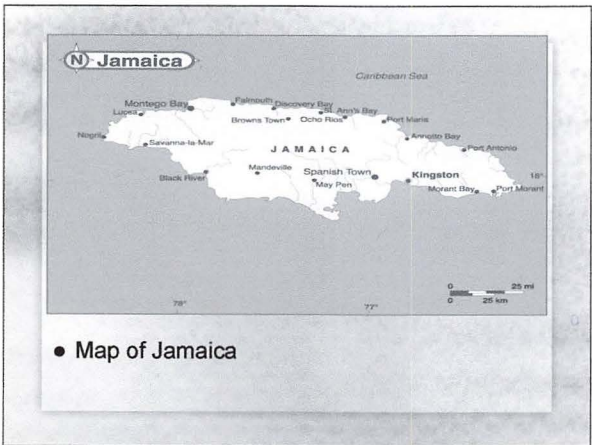
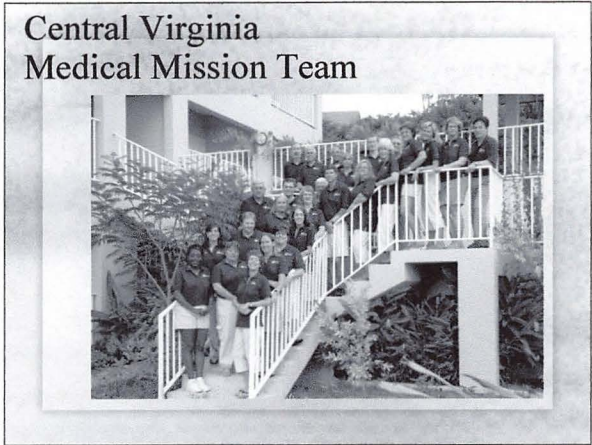
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“No Worries, Mon”


A power point presentation to the SpheX Club of Lynchburg
February 14, 2008

By Ellen Nygaard
Biographical information on the page following

Ellen Gebhardt Nygaard grew up in Milwaukee, Wisconsin as the oldest of seven children. She attended the University of Wisconsin, Columbia Hospital School of Nursing and received her BSN from the University of Maryland. She met her husband Tom when they were living and working in Baltimore at Johns Hopkins Hospital. Their careers took them to Charlottesville and finally to Lynchburg in 1986. They have two daughters, Anna and Gretchen, and one son, Erik. While residing in Lynchburg, Ellen has been an active participant with the Lynchburg City School Board, Holy Cross Catholic Church, Lynchburg Public Library, Miriam's House and as a Trustee of Lynchburg College. She worked for three years as a clinical coordinator at Education and Research Foundation. Last year she did a chaplaincy internship at Centra/UVa and received an accreditation in Parish Nursing. Presently she is involved in the city's racial dialogue project.



Jamaica: Facts at a Glance



- Population: 2,731,832
- 0-14 yrs 27%, 15-64 yrs, 65%, >65 yrs 7%
- -4 migrants/1000 population
- English, patois English
- 87% literacy, > 15 yrs ever attended school
- Black 90%, East Indian 1.3%, White .2%, Chinese .2%, mixed 7.3%
- Protestant 61%, RC 4%, other spiritual and/or indigenous practices

Rich Jamaican History



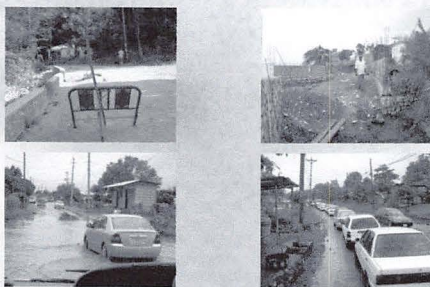
- Found by Christopher Columbus 1494
- Indigenous Arawak Indians, Xaymaca, "land of wood and water"
- Ethnic melting pot of African, Middle Eastern, East Indian and Chinese ancestry
- Remained a secondary Spanish holding until 1655 when seized by the British navy
- Pirate haven
- Colonization was slow, but eventually sugar cane production reigned for 250 years
- Slavery institutionalized to support plantations
- Escaped slaves set up colonies in the mountains, Jamaican culture was forged by this group
- 1900's prosperity evolved when bananas, coffee and citrus were added to the agricultural industry
- 1962 Jamaica became independent, but remained a member of the Commonwealth.

Economic Facts



- GDP, \$11.13 billion (2004),
- Agriculture 6.1%, sugar cane, bananas, coffee, citrus, yams
- Industry 32.7%, tourism, bauxite/alumina, textiles
- Services 61.3%
- Unemployment 15%
- Public Debt 146.1% of GDP
- Population below poverty line 19.7%
- Inflation rate 12.4%
- Industrial production growth rate - 2%

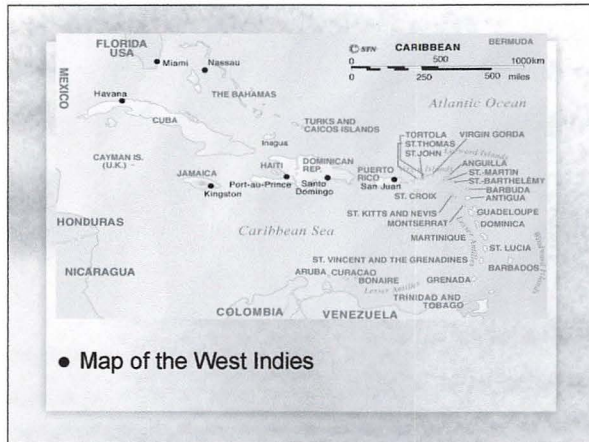
Mother Nature's Domain



Drug Traffic in Jamaica



- Illicit Drugs
- Jamaica is a major transshipment point for cocaine from South America to North America and Europe
- Columbian narcotics traffickers favor Jamaica for illicit financial transactions
- Illicit cultivation of cannabis
- Substantial corruption and money laundering activity exists



UN Millennium Development Goals

- The eight Millennium Development Goals (MDGs) -which range from halving extreme poverty to halting the spread of HIV/AIDS and providing universal primary education, all by the target date of 2015 -form a blueprint agreed to by all the world's countries and all the world's leading development institutions. They have galvanized unprecedented efforts to meet the needs of the world's poorest.
- Achieve universal primary education
- Promote gender equality and empower women
- Reduce infant mortality
- Improve maternal health
- Combat HIV/AIDS, malaria and other diseases

UN Millennium Development Goals (continued)

- Eradicate extreme poverty and hunger
- Ensure environmental sustainability
- Develop a global partnership for development

The Millennium Development Goals:A Latin American and Caribbean Perspective

- The right to health and the Millennium Development Goals
- A major challenge is to secure recognition for the right to health as a priority on public agendas and in government efforts.

At the 45th annual meeting of the directing council of the Pan American Health Organization in Washington DC, September 2004, the health ministers of the Americas passed resolution CD 45.R3 concerning the health related MDGs and targets, in which they urged:

Resolution CD 45.R3 (paraphrased)

- National planning should consider and incorporate MDGs
- Strengthen political commitment to MDGs
- Increase awareness and ownership of health priorities at all levels of government
- Foster partnerships to strengthen commitments and shared responsibilities
- Intensify action on national health development and social protection in health
- Integrate national efforts with results oriented policy
- Engage and increase cooperation with other partners to advance health agendas
- Support strong civil society involvement at all levels, especially with a view to include adolescents, women, persons with disabilities, disadvantaged ethnic and racial groups, and indigenous populations
- Improve measurement and routine monitoring of progress through high quality, disaggregated health data
- Initiate, facilitate and support research to strengthen evidence base for evaluation and generating new knowledge related to societal health

Health System and Services Profile of Jamaica (2nd edition December 2001)

- This document was prepared by the Organization and Management of Health Systems and Services Program
- Division of Health Systems and Services
- Pan American Health Organization

National Strategic Plan for the Promotion of Healthy Lifestyles Jamaica 2004-2008

- **Achievements in Health**
- Life expectancy and infant mortality have improved
- Leading causes of death have changed from communicable or infectious disease to chronic disease conditions
- The incidence rate for tuberculosis is among the lowest in the world
- The average immunization coverage for the population is over 80%

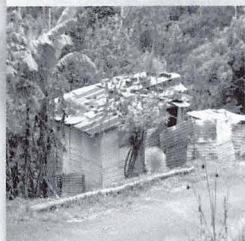
National Strategic Plan for the Promotion of Healthy Lifestyles Jamaica 2004-2008

- **New Challenges**
- Maintain gains of the past by preventing re-emergence of eradicated health problems
- Attacking new and more complex medical challenges with limited resources
- The major health challenge is the new dominance of non communicable diseases which are largely rooted in lifestyle

Barriers to health care delivery

- Management of equipment and technology is inadequate
- Lack of adequate financial resources for health services, estimated 30% resource gap
- Level of detail, reliability and timeliness of health information
- Fragmentation of care, information, and communication between private and public providers
- Health care professional shortages

Barriers to health care delivery (continued)



- Those who live in poverty:
 - 54% women
 - 39% children
 - 7% elderly
 - 72% rural

Beware of those bearing gifts!



- Princess Margaret Hospital had only one EKG machine
- The hospital administrator welcomed the cardiac monitors enthusiastically
- CVMMT trained staff and assisted in set up

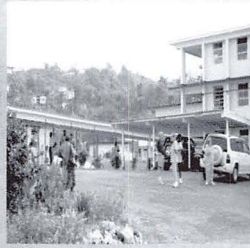
Technological Challenges



- Infrastructure substandard
- Lack of clinical engineering professionals
- No budget for maintenance
- Personnel not familiar with equipment

Health Care Reform

- Health Sector reform plans in place
- Ministry of Health provides policy making and regulatory role
- Regional Health Authorities are responsible for management and delivery of local services
- Ministry of Education will play role in training human resources for health
- Two health insurance models exist
 - Government provides care at little cost
 - Private covers 10% of the population, little data available from this sector



Education of Medical Professionals

- Health professions are in chronic shortage. Contractual arrangements with Cuba, Nigeria and Ghana supplement need
- The Ministry of Education is responsible for professional training
- Objectives are accreditation, efficiency and compliance with global standards



National Strategic Plan for the Promotion of Healthy Lifestyles Jamaica 2004-2008

Chronic Disease

Cardiovascular diseases, diabetes, obesity and cancer account for 50% of deaths annually

Reproductive Health

Breast cancer and cervical cancer are the two leading causes of death of women due to malignancy

Early onset of sexual activity, frequent change in partners, multiple partners and abuse of substances increase the risks of HIV, teen pregnancy and cervical cancer

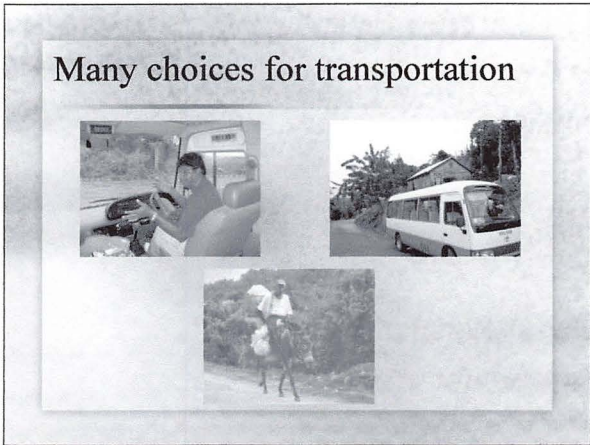
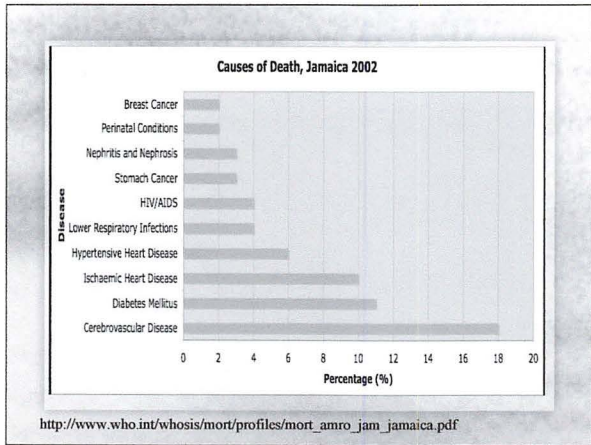
Injuries and Violence

Injuries and death due to motor vehicle accidents and violence has reached epidemic proportions. It is main usage of hospital care. Perpetrators of crime and violence are mostly carried out by young men under 26 years.

How does CVMMT Help?

- Work in cooperation and collaboration with the local Methodist church organizers, hospital personnel, and the officials from Ministry of Health, to deliver primary care to Jamaicans in need





Dental Clinics

- Two dentists and one dental hygienist operated the clinic
- 166 tooth extractions were performed on adults
- 98 children's teeth were cleaned
- Toothbrushes and toothpaste were distributed

Eye Clinics

- One optometrist and two ophthalmology technicians screened 308 people and distributed 342 pairs of glasses. Reading and sun glasses were also provided to those in need.
- The optometrist was able to secure upgraded, computerized screening equipment which made the process efficient.

Health Fair Site

- Bath Elementary School
- 246 people saw doctors and had blood counts/blood sugars done
- Pharmacy dispensed meds
- Vision and Dental Teams saw people
- Jamaican Cancer Society offered pap smears
- CVMMT conducted health education classes on self breast exam
- Peace Corps volunteers helped promote non violence with children through planned activities



Medical Clinics

- Clinics were held four days in churches, schools and health departments
- The medical teams examined and prescribed medications for 942 adults and children



Medical Needs



Princess Margaret Hospital

- The student nurses enjoyed a day in the hospital



Local Collaboration



- CVMMT tries to engage as many local resources and providers at the health fair.
- It is important to know what a local must do to follow up if a problem is discovered

Pharmacy

- CVMMT distributes a 30 day supply basic medicines to patients
- Antihypertensives, oral hypoglycemics, vitamins, iron supplements, and meds for skin conditions and allergies



Giving

How Each of Us Can Change the World

By Bill Clinton

- Recounts extraordinary efforts being made by companies, organizations, and individuals to solve the problems of the world and to save lives.



Mountains Beyond Mountains

The quest of Dr. Paul Farmer,
A man who would cure the world
By Tracy Kidder



Where is the Developing World?

- What do uninsured in America do when they need health care?
- 47,000,000 people or >15% in America are uninsured
- Remote Area Medical (RAM) increasingly send their volunteers to areas in the United States
- According to the DOHHS nearly half of the adults living in rural America have a chronic health condition
- NYT November 7, 2007
 - Photography by Larry Towell

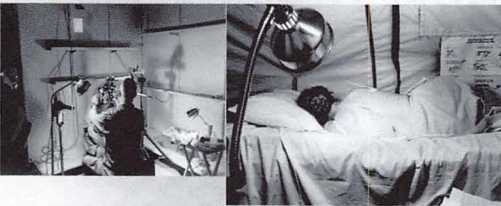


Patients without Borders



- July 20, 2007
- Wise County Fairgrounds in Virginia
- 5:30 am 800 patients were waiting in line
- 2500 received care

Patients without Borders



- The majority of people come seeking dental or eye care. They are motivated by pain, their teeth are rotten or they can't get a job cause they can't see.
- This woman traveled 75 miles to see a dermatologist.

It is all about relationships....



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Sara Corbett “Patients Without Borders” NY Times Magazine November 18, 2007.
Photographer Larry Towell

UN Millennium Development Goals <[http:// www.un.org/millenniumgoals](http://www.un.org/millenniumgoals)>

World Health Organization www.who.int/countries/jam/en