

Physical Therapy Mission Trip
Hands On Peru & Carroll University PT Program
14 August – 22 August, 2019



This report includes:

Page 2: Executive Summary

Page 3: Summary of persons attended and their musculoskeletal problems

Pages 4 & 5: Financial Report

Pages 6- 10: Photos

EXECUTIVE SUMMARY:

HOP Hands on Peru is a 501(3) nonprofit with a mission to increase preventive and public health services to low income populations in the region of La Libertad, Peru, using the talent, passion, and drive of University volunteers. Carroll University, located in Waukesha, Wisconsin, sent their first brigade of 10 students and 2 faculty supervisors to Peru in order to provide much needed physical therapy care for Peruvian populations suffering from musculoskeletal issues.

Participants:

- 2 faculty supervisors: Dr. Julie Amundson & Dr. Ashley Knuth
- 10 PT students in 3rd year: Sara Messner, Laura Sickley, Georgina Genovese, Mary Ladd, Carly Oboikovitz, Sarah Bradley, Anica Rebollar, Kelsey Conway, Ashley Vogel, Daniella Bosben
- HOP Staff: Katie Baric, MPH, Renzo Aguilar, Dr. Jesus Benitez MD, Dr. Jose Neira, DPT, Diana de la Cruz, RN, David Ramirez, Kayce Scinta, RDH
- 8 community medical interpreters from Peru

Main PT-Related Activities:

- 3 PT campaigns in CESAPU – Centro de Salud Publica, which reached a total of 63 people.
- 1 campaign in the Highland town of Otuzco, which reached a total of 97 people.
- 1 rotation in Peruvian PT clinics & hospitals in 1 of 4 settings
- 3 therapy sessions with children with cerebral palsy (average: 8-10 children)
- 1 introduction class to physical therapy in Peru, 1 introduction class to Public Health in Peru

Main Cultural Activities:

- Cooking Class
- Tour of Ancient Ruins

Conclusion & Opportunities for Improvements:

The PT campaigns were very successful, helping over 150 Peruvians in need, leaving 12 students impacted and trained in global health in a PT setting.

Main highlights: Cooking class, PT clinical rotations, cerebral palsy therapy sessions, medical interpreters, successful host family lodging

Recommendations for future brigades: Improve transportation methods, limit number of patients in highland campaigns, improve physical therapy education for patients and follow-up care

Physical Therapy Campaigns: CESAPU.

Dates: 15/08/, 16/08, 20/08/2019

Attended 63 people in total, 25 masculine 38 feminine (10 feminine and 1 masculine received 2 therapies.)

Listed below are the most frequent problems:

DOLENCIA	MASCULINO	%	FEMENINO	%	TOTAL	%
CERVICAL	5	4.85	15	14.56	20	19.42
DORSOLUMBAR	14	13.59	18	17.48	32	31.07
CADERA	6	5.83	10	9.71	16	15.53
MUÑECA	0	0.00	3	2.91	3	2.91
CIATICA	3	2.91	1	0.97	4	3.88
TUNER CARPIANO	0	0.00	1	0.97	1	0.97
RODILLA	8	7.77	3	2.91	11	10.68
TOBILLO	1	0.97	1	0.97	2	1.94
HOMBRO	8	7.77	6	5.83	14	13.59
TOTAL	45		58		103	100

Physical Therapy Campaign in Otuzco:

Date: 17/08/2019

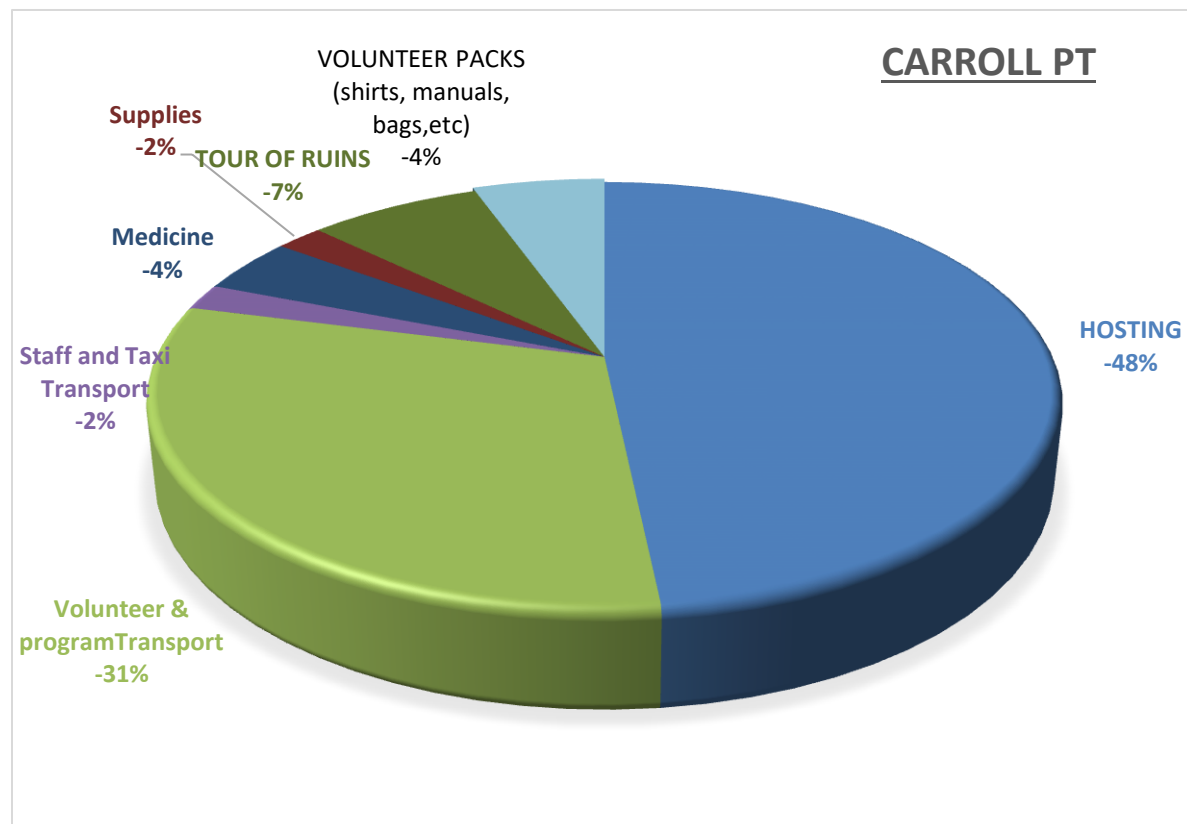
Assisted 97 people (41 masculine & 56 feminine) with donations of canes and shoes and tape

Listed below are the most frequent problems:

DOLENCIA	MASCULINO	%	FEMENINO	%	TOTAL	%
CERVICAL	10	6.94	20	13.89	30	20.83
DORSOLUMBAR	10	6.94	21	14.58	31	21.53
CADERA	9	6.25	12	8.33	21	14.58
MUÑECA	3	2.08	1	0.69	4	2.78
CIATICA	1	0.69	0	0.00	1	0.69
CODO	2	1.39	4	2.78	6	4.17
RODILLA	13	9.03	16	11.11	29	20.14
TOBILLO	4	2.78	4	2.78	8	5.56
HOMBRO	5	3.47	9	6.25	14	9.72
TOTAL	57		87		144	100

FINANCIAL REPORT:

CARROLL PT	
Program Fee per Volunteer	\$550.00
N° volunteers	12
TOTAL	\$6,600.00
Cost per Volunteer	\$218.45
TOTAL	\$2,621.44
Donation per Volunteer via Caring Crowd	\$250.00
	\$3,000.00
% SPENT ON VOLUNTEER REMAINING PROGRAM FEE	40%
	60%



Detailed Expense Report:

EXPENSES		CARROLL PT	
HOSTING		S/3,489.09	\$1,067.00 41%
TRANSPORTATION			
	<i>Volunteer & Program Transport</i>	S/2,215.00	\$677.37 26%
	<i>Staff and Taxi Transport</i>	S/141.50	\$43.27 2%
CAMPAIGN EXPENSES			
	<i>Classes , Dr. Services & Coordinators</i>		
	<i>Medicine & Vitamins for Highland campaign</i>	S/303.10	\$92.69 5%
	<i>Supplies</i>	S/144.60	\$44.22 2%
ACTIVITIES			12%
	<i>TOURS</i>	S/530.00	\$162.08
	<i>COOKING CLASS</i>	S/611.00	\$187.00
VOLUNTEER PACKS (shirts, manuals, bags, etc)		S/397.00	\$121.41 5%
EXTRA EXPENSES			
	<i>Dinners and Snacks</i>		
BANK FEES			
	<i>Bank transfer (USA \$40, Peru \$22)</i>	S/202.74	\$62.00 2%
	<i>Stripe fee (caring crowd platform)</i>	S/537.59	\$164.40 6%
		\$	
TOTAL EXPENSES		S/5,868.96	\$2,621.44 40%
TOTAL PROGRAM FEES		S/21,582.00	\$6,600.00 60%
REMAINING PROGRAM FEE		S/15,713.04	\$3,978.56
DONATION THROUGH CARING CROWD PLATFORM		S/9,810.00	\$3,000.00
TOTAL REMAINING DONATION TO HANDS ON PERU		S/25,523.04	\$6,978.56

Campaign – Cerebral Palsy



Campaign CESAPU



Campaign - OTUZCO







¡Muchas Gracias!