A Letter From the President

Dear DOCARE Family and Friends,

I have a small confession to make....without you, I would not be who I am today. First and foremost, thank you for your ongoing support throughout the years! DOCARE received federal recognition in the 1960s and has since conducted a variety of projects focused on providing care to under-served people in low and middle income countries. Over the last 50 years, the inclusion of medical students and residents on medical trips offered a unique educational component not available with similar organizations. I took advantage of this opportunity during my fourth year of medical school and it changed my life. I am incredibly grateful to all of our volunteers, trip directors, board members, host communities and partners.

The support you have given our organization has allowed us to dream even bigger than before. We are committed to educational efforts and are excited to expand education, not only to students and residents, but also to our partners internationally.

We plan to strengthen our impact in the communities we serve through outreach trips by advancing continuity of care for needed individuals. Our year-round clinics in San Andres, Guatemala; Chacraseca, Nicaragua; Tecpan, Guatemala and in Ngoswani, Kenya, serve as hubs for this initiative.

Our board members are dedicated to building on what our predecessors have developed. I am humbled by the opportunity to participate in this leadership role and for our organization whose impact reaches countless individuals. Thank you again for allowing me to serve as your president.

With deepest gratitude,

Amy Adams, DO, FAOCD
President
DOCARE International
The World Is Our Clinic

DOCARE International is a medical outreach organization dedicated to education and to providing health care to under-resourced communities around the world.
What We DO

DOCARE International is the American Osteopathic community’s first international medical outreach organization.

Since we were established in 1964, our mission has been to provide medical care to isolated and under-served populations around the world. Starting with little more than a can-DO spirit, we have cared for communities across four continents, bringing health services to people who might otherwise not have access to medical care. Our all-volunteer outreach emphasizes the osteopathic philosophy and we engage osteopathic physicians and medical students in all of our activities.

We cross borders to educate, empower and facilitate the opportunity for healing to the under-resourced.

“DOCARE has impacted our clinic’s patient care and services in a very amazing and deep way. DOCARE’s partnership has allowed us to propel different achievements to build on to ASSADE’s capacity. The effect is directly reflected on the served communities. Comprehensively, this impact consists of several aspects, including: management, operation and services. Through the cooperation’s agreement, it was possible to hire full-time staff to open a second room of care within ASSADE’s clinic. DOCARE’s trips close their mission circle by having permanent clinics providing continuity care to the served community year round. This allows the community to reclaim their rights to deserved health care.”

Dr. Fernanda Argueta, Physician
ASSADE Clinic
San Andres-Iztapa, Guatemala
In the last year, **396 volunteers** participated in **10 global health outreach trips** across **three continents**, providing health care services to **8,915 patients**, and donating **7,715 work hours** at an **in-kind value of $742,768**.

We take training and expertise around the globe to the communities who need it most.
Our Partnerships

Since we began providing care in remote corners of the world 54 years ago, we have partnered with local organizations to deliver health services and resources to under-served communities. These partnerships are critical to our success.

As the world becomes smaller (thanks to technology), the opportunities to connect become greater and we will continue to look for opportunities to engage in meaningful collaborations.

Current Partnerships

- Acidicio Ong Obras
- Arizona Osteopathic Charities (AOC)
- American Osteopathic Association
- Asociación para la Salud y el Desarrollo (ASSADE)
- Casa de Sion
- Fundación Educa Pueblo Viejo
- Funding the Under-Resourced through Education, Growth and Medical Outreach (FUEGO)
- HERD Educational and Medical Research Foundation
- New Frontiers Health Force
- Nicaragua Ministry of Health (MINSA)
- Just Hope International
- La Secretaria de Obras Sociales de la Esposa del Presidente (SOSEP)

If you want to go fast, go alone. If you want to go far, go together.

African Proverb
Clinics & Rotations

DOCARE is proud to support and partner with continuity of care clinics in Guatemala, Nicaragua, Kenya, and soon, India. These clinics serve as hubs for our short-term outreach activities as well as rotation sites for students and residents.

Each of our clinics offers the opportunity for students and residents to participate in a 2–4 week supervised rotation. In the past year, 13 medical students and two residents took advantage of this opportunity, experiencing first-hand the challenges and rewards of providing health care in under-resourced settings.

Where We Serve

San Andrés Iztapa, Guatemala
Established in partnership with la Asociación para la Salud y el Desarrollo (ASSADE), this is our first DOCARE brick-and-mortar clinic, built in 2011. The clinic sees an average of 560 patients each month. As our oldest continuity clinic, San Andrés serves several of DOCARE’s short-term global health outreach trips. Here, trip volunteers are able to refer patients for follow-up care to the San Andrés clinic, ensuring that patients have access to the necessary follow-up in order to heal properly; in fact, 120 referrals were made this way in the past year.

Tecpán, Guatemala
Working with our local partner, Fundación Educa Pueblo Viejo, in 2016, DOCARE helped construct this rural Guatemalan clinic. Staffed by two local physicians who provide primary health care, a full-time nutritionist, pharmacy and dental services, 3,593 patients have been served this past year. This clinic serves as a hub for DOCARE’s short-term outreach trips in the area, providing a continuity of care that didn’t exist before.

“My DOCARE experience allowed me to see what provider-patient interaction is like on a microscopic level, and how much more than just medical knowledge goes into taking care of patients, especially in under-served areas with vulnerable patients.”

Miky Trivedi
Biomedical Sciences Student
Guatemala 2018

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DOCARE International
**Chacraseca, Nicaragua**

Nicaragua is the second poorest country in the Western Hemisphere. DOCARE opened the clinic in 2013, in partnership with MINSA (Nicaragua Ministry of Health) and JustHope, Inc., which DOCARE had previously collaborated for several years to bring medical services to this community. The clinic serves a population of almost 8,000 people in 1,500 households in Chacraseca.

**Ngoswani, Kenya**

New Frontiers Health Force, located in Narok, Kenya, provides health care services to the surrounding communities nomadic Masaai pastoralists. This clinic, founded and still operated by an American DO 20 years ago, holds weekly immunization clinics and twice weekly antenatal clinics. In the past year, the clinic staff treated 7,556 patients, added an X-ray machine to their clinic and hosted the first of what we hope will be many DOCARE rotations.

“The Maasai were the most welcoming individuals I have ever met. It took only a short time after I arrived at the clinic for the staff to treat me like family. From giving vaccines to lines of crying infants, to going into the countryside to perform physical exams, there was always something new and exciting to experience and learn. Even with their difficult lives, the people would always have a smile on their face, and express appreciation. My time at the DOCARE Kenya Clinic is an experience that I will always cherish. A patient even gave me a traditional bracelet which I still wear to this day.”

*Adam Klein, OMS IV, KCUMB*

*Rotation Participant*
Continuing South

Belize and Peru were also short-term outreach destinations for DOCARE last year. In Belize, the volunteers visited three clinic locations, providing services to 556 patients, where the main illnesses treated included parasites, hypertension and UTI. The Peru group provided services to communities along the Amazon River, visiting an indigenous tribe as they made their way down the largest river in South America aboard a medical boat.

Partnerships on the Horizon

Beginning in 2019, we anticipate a deepening cooperation with the HERD Educational and Medical Research Foundation in Nagpur, India. Through this partnership we hope to offer rotation and teaching opportunities to our members at HERD’s network of clinics. The ability to help local providers improve their skills and knowledge is something we’re passionate about since it has a direct impact on the health status of the communities served.
Financial Summary

Income

- Membership Dues: $54,866
- Donations: $22,097
- Rotation Fees: $4,240
- Total Income: $81,203

Expenses

- Clinic Support: $67,672
- Operating Expenses: $46,006
- Total Expenses: $113,678

In-Kind Donations Value of Volunteer Labor: $742,768
2018 Highlights

Student Travel Grants

Thanks to the generous support of the Arizona Osteopathic Charities, DOCARE was able to provide two students with travel grants to participate on short-term mission trips. The award recipients, Kelsey Jo Keeling (OMS III, ATSU-SOMA) and Esther Quintero (OMS IV, ATSU-SOMA), joined DOCARE trips to Peru and Guatemala, respectively. Read about their experiences at docareintl.org.

Welcome, Dr. William Mayo!

It was our honor and pleasure to host American Osteopathic Association President, William Mayo, DO, on one of our trips to San Andrés-Iztapa, Guatemala. Dr. Mayo and his wife, Cherri, joined our team in providing ophthalmological services to the community.
New Dental Clinic

Expanding ASSADE’s services to include a dental clinic was a goal for several years and one we thought would take much longer to achieve. However, hard work and team effort brought this dream to fruition and the clinic is now able to provide a much needed oral health service to the surrounding community. It has everyone smiling.

“I was able to see and experience a diverse range of topics and concepts that are usually only discussed in the classroom, such as managing a pharmacy to working with a truly collaborative, multidisciplinary health care team for an under-served population.”

Dan Chen
Pharmacy Student
Guatemala, 2018
Where We Are Going

Thanks to you, our generous donors, as well as our dedicated board and our health care partners, DOCARE International continues to advance patient advocacy and international outreach each and every year. In fact, DOCARE has remained a mission-based, volunteer-led organization that consistently strives to meet the needs of the communities we serve for nearly 55 years.

Let me restate that. DOCARE consistently strives to meet the GROWING number of communities that we ardently work to serve. In order to meet that need, the Board of Directors is re-doubling our efforts and our outreach through new collaborations and partnerships. Moreover, we plan to fully utilize our most abundant resource—knowledge—to shift the paradigm.

It has been proven time and time again, that to make a difference, you need to “empower and teach.” In other words, we plan to teach people in the communities we serve how to fish rather than to just give fish.

Through the development of curricula specific to stakeholder needs, we will educate, inform and empower individuals within these communities; thereby advancing health and social initiatives that will dramatically impact, and improve, the overall health status of their communities.

To do this, we will engage physicians and health care providers in all specialties to collaborate in developing site-specific curricula and to administer hands-on-training in India, Africa, and Central America, to name a few.

We are excited about DOCARE’s bold outreach strategy and invite you to partner with us along the way! We know what needs to be done and we are ready to take action! However, we also know this project will require additional funds. In order to ensure success, we ask that you take a moment—today—to show your support by making a heart-felt, completely tax-deductible, contribution that will have an immediate impact on its success.

Thank you for your engagement, encouragement, and financial support—we couldn’t do this without you. Cheers to the next 50 years!

Dr. Alan Schalscha
Executive Director
DOCare International
2018–2019 Board Members

Amy Adams, DO, FAOCD
President

Allison L. Abraham, DO
Vice President

Thomas Shima, DO, FACOFP
Treasurer

Bryan Kuhn, PharmD, CSPI
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Elicia Nademin, PhD, ABPP

Jessica Hobbs, DO

Uday Jodhpurkar, MS, MBA

John J. Dougherty, DO,
FACOFP, FAOASM, FAODME

Seated, left to right: Shane Sergent, DO, RDMS; Kelli Glaser, DO, FACOFP; Amy Adams, DO, FAOCD; Carisa Champion, JD, DO; Catherine Pinkston, DO, MS

Standing: Uday Jodhpurkar, MS, MBA; James Young, DO, FAOCD; Allison L. Abraham, DO; Bryan Kuhn, PharmD, CSPI; Thomas Shima, DO, FACOFP; Alan Schalscha, DO, MS, CPE; Elicia Nademin, PhD, ABPP

Not pictured: Hayley Goldner, OMS III; Jessica Hobbs, DO; John J. Dougherty, DO, FACOFP, FAOASM, FAODME
Help DOCARE International continue to make the world “our clinic.”

To donate, or to renew your membership, please visit docareintl.org/contribute