

Mission Trip to the Philippines

Marilyn Dizon, BSN, RN, CPAN

Last January 25, 2018, I travelled to Calapan, Mindoro Philippines with the World Outreach Foundation of KC for another medical mission. Our team consists of various disciplines which includes surgeons, anesthesiologist, CRNA's, SRNA's nurses and social worker. Most of us were from Missouri and Kansas, others came from Philadelphia. Local nurses, local dentist and doctors, The Rotary Club were also there to help us.

We left Kansas City early Thursday morning and arrived Manila, Philippines late Friday night (Philippine time is +14 hours Central Time). By the time we finished with immigration, finding and gathering all our luggage, and customs, it was already early Saturday morning when we finally reached our hotel for a well-deserved rest, just enough for a short nap and a hot shower.

We have to be awake and ready before 6 am for the next phase of our trip. It was a 3 hours bus ride to the pier in Batangas (a city in south Luzon). We will ride the "RORO (means Roll on, Roll off) a local name for a ferry. It is a large commercial liner built to transport vehicles, large trucks and large number of people. It took us another 2 hours to reach Calapan, Mindoro, our final destination.

We went right away to the hospital to unpack our supplies and prepare all of the things needed for the medical mission. Our doctors checked on the long list of possible cases they will handle in the next few days. Almost all of the patients were already been screened by the local doctors and they have all the necessary laboratory and x-ray results and / or whatever needed to be cleared for surgery.


I was assigned to do the pre and post-operative care (Phase I, Phase II and extended care). We were so lucky that the hospital had provided our mission patients their big conference room. The hospital converted it into a makeshift room for our pre-operative, Phase II, extended care and as well as for those patient who needed to stay for 1 or 2 days after surgery. Phase I was in a separate location near the operating room. My duties were not limited to just doing the pre and post –operative care of the patients. I did what was needed right at the moment and situation. I was an interpreter, doctors and nurses assistant, a pharmacy technician, material supply person, a patient educator, a discharge nurse as well as the "go-to "person. During medical mission, you must be flexible and be able to make adjustment. You go where help is needed based on your skills and capabilities.

During this medical mission, the role I really enjoyed the most was becoming a patient educator. I realized how my personal and profession growth and experiences had helped me be a better or better yet a great nurse. It was very fulfilling. Since I was born in the Philippines and able to speak the language fluently, there was no language barrier. Our patients weren't hesitant to ask questions regarding their care. They were so glad that I can speak the language without them struggling to communicate in English. (Majority of the people in the Philippines can speak English, but mostly in the rural areas and far away provinces still struggle to communicate in English).

After one week, our medical mission was over. We left the place Friday afternoon February 2 after our doctors made their final rounds and checked up on the patients. We left Oriental Mindoro with a big smile on our faces, knowing in our hearts that we had made a big positive influence on people's lives. We had accomplished what our goals where but felt that we could have done more. We were also saddened by the fact that we already completed our 3 year commitment to the resident of Naujan and Calapan Mindoro.

I started going to medical mission since 2002. I always say that joining the medical mission is very contagious. You wanted to do it again and again. There's that feeling of being needed. I have been to Cambodia, Mali, Africa, Nepal and mostly the Philippines.

Every time I do a medical mission especially in my country Philippines, I always feel the completeness and fulfillment of my career as a nurse. I am really proud to be one, one **PERIANESTHESIA** nurse.

Summary of Medical Mission 2018:		
Clinic Medical Consultation	1431	
Dental extractions	227	
Blood sugar tests	170	
Medication dispensed	4198	
Children feeding program	78	
Children dental program	238	
Reading glasses given	432	
Toothbrush /Toothpaste	412	
School Supplies	\$500.00	
Old children's book	100 pcs	
Minor surgery	48 cases	
Major surgery	29 cases	
		Surgical / Hospital Team



ORIENTAL MEDICAL MISSIONS	
MODIFIED ALDRETE SCORING	
SCORING SYSTEM (0-100)	
ACTIVITY	SCORE
1. Walks without assistance	2
2. Walks with assistance	1
3. Needs assistance to walk	0
RESPIRATION	SCORE
1. Normal respiration	2
2. Needs assistance to breathe	1
3. Needs assistance to breathe	0
CIRCULATION	SCORE
1. Normal circulation	2
2. Needs assistance to circulate	1
3. Needs assistance to circulate	0
PULSE RATE	SCORE
1. Normal pulse rate	2
2. Needs assistance to pulse rate	1
3. Needs assistance to pulse rate	0
CONSCIOUSNESS	SCORE
1. Normal consciousness	2
2. Needs assistance to consciousness	1
3. Needs assistance to consciousness	0
TO SATURATION	SCORE
1. Normal saturation	2
2. Needs assistance to saturation	1
3. Needs assistance to saturation	0



Calapan Medical Mission 2018 Team (World Outreach Foundation)

Submitted by Marilyn Dizon BSN, RN, CPAN

(Humanitarian Mission Project)