

# Medical Management Plan 2017 – 2018

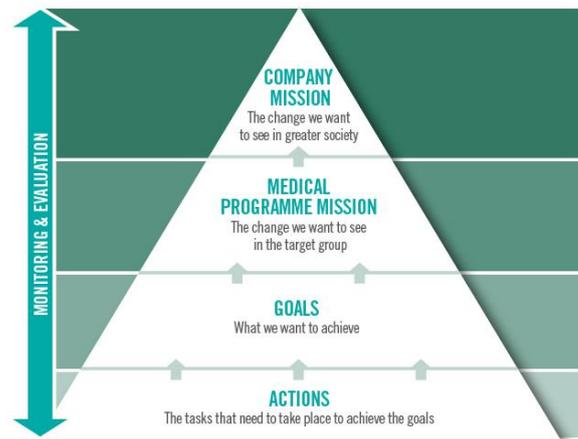
San Pedro, Belize



## About the Medical Management Plans

This document explains the bigger picture of our projects in Belize and how the combined daily tasks of all of our volunteers help us to achieve long term goals. By following Task Lists, our volunteers work towards our Goals, through which we contribute to our Medical Programme Mission which combined with our other projects, helps us to reach our Company Mission.

Here we will lay out the priorities, resources, monitoring tools and evaluation systems used to make our ambition a reality.



## Our Resources

### Human Resources

- Volunteers are of course our primary resource to achieve our goals. We welcome over 2,300 Medical volunteers per year globally.
- The staff at our placements support and facilitate our actions
- Over 600 Projects Abroad staff members provide the structure we need for worthwhile projects.

### Physical Resources

- With over 50 Projects Abroad offices worldwide, there is always somewhere for volunteers to work together and share experiences
- We provide all necessary materials for medical outreaches

### Online Resources

- Our Volunteer Resources Database shares thousands of ideas among our community
- Online reports are used to track our projects all over the world
- Personalised MyProjectsAbroad webpages prepare each volunteer for their Medical project.

### Financial Resources

- Funds for all of Projects Abroad's work come solely from volunteer placement fees. These are distributed via monthly budgets, to ensure fair allocation of funds for each destination.
- Occasionally the Projects Abroad community may send donations directly for a specific placement or project.

### Intangible Resources

- The good reputation of volunteers in local communities is what makes our work possible. This reputation has been earned over years of dedicated volunteer contribution.
- This is supported by the combined knowledge of our extensive staff network.

# Our Medical Management Plan Goals in Belize for 2017-2018

The following goals have been selected from a list of seven by our local staff and partners. Each placement and volunteer may be working on one or more of these goals, in line with our Medical Ethics Policy and taking into account the volunteer's qualifications and level of experience. We arrange workshops, outreaches and assist with independent research projects as a means of working towards each of these goals.



## Improve Access to Basic Healthcare for Disadvantaged Groups

The older segment of the population of Belize needs more access to healthcare services, but these are often more costly for them due to prevalent issues of hypertension and diabetes. A lack of income and limited mobility often mean that the elderly population does not receive the specialist support it needs as the local health services are not geared toward this. Through our outreach programme of running mobile clinics and home visits within the different communities of San Pedro, we aim to provide basic healthcare to some of these vulnerable groups.



## Promote Awareness of Non-Communicable Diseases

With changes in lifestyle and diets, Non-Communicable Diseases (NCDs) have become the primary cause of death around the world, with over 35 million deaths each year. In Belize, cardiovascular diseases, cancers, diabetes and chronic respiratory diseases are responsible for around 40% of deaths annually. Through mobile clinics and home visits, we aim to educate about these diseases as well as promote healthier lifestyle choices to limit their growth. Volunteers utilise behavioural science techniques to ensure retention of the information by the local population.



## Reduce the Number of Cases of HIV/AIDS

Belize has the highest incidence of HIV/AIDS in Central America, with Advanced HIV as one of the leading causes of death among young adults aged 20-39. Lifestyle choices and behaviour, such as inconsistent condom use among multiple partners, are at the root of this epidemic and can be explained by a lack of prevention education. Through educational outreaches in schools and by running mobile clinics, we take on this preventative approach and share essential information on how to develop healthier behavioural patterns from an early age.



## Improve Hygiene Standards

Standards of cleanliness and sanitation within different institutions (hospitals, schools, homes) are often quite poor. In fact, Acute Respiratory Infections account for almost 21% of hospitalisations among children in Belize. Continued health education on hand hygiene and cough etiquette is important to decrease the incidence of ARIs among children. We educate, raise awareness and run activities to promote proper hygiene with the aim of improving the overall health of the population. Volunteers also engage in direct interventions such as community and beach clean-ups, to improve hygiene.

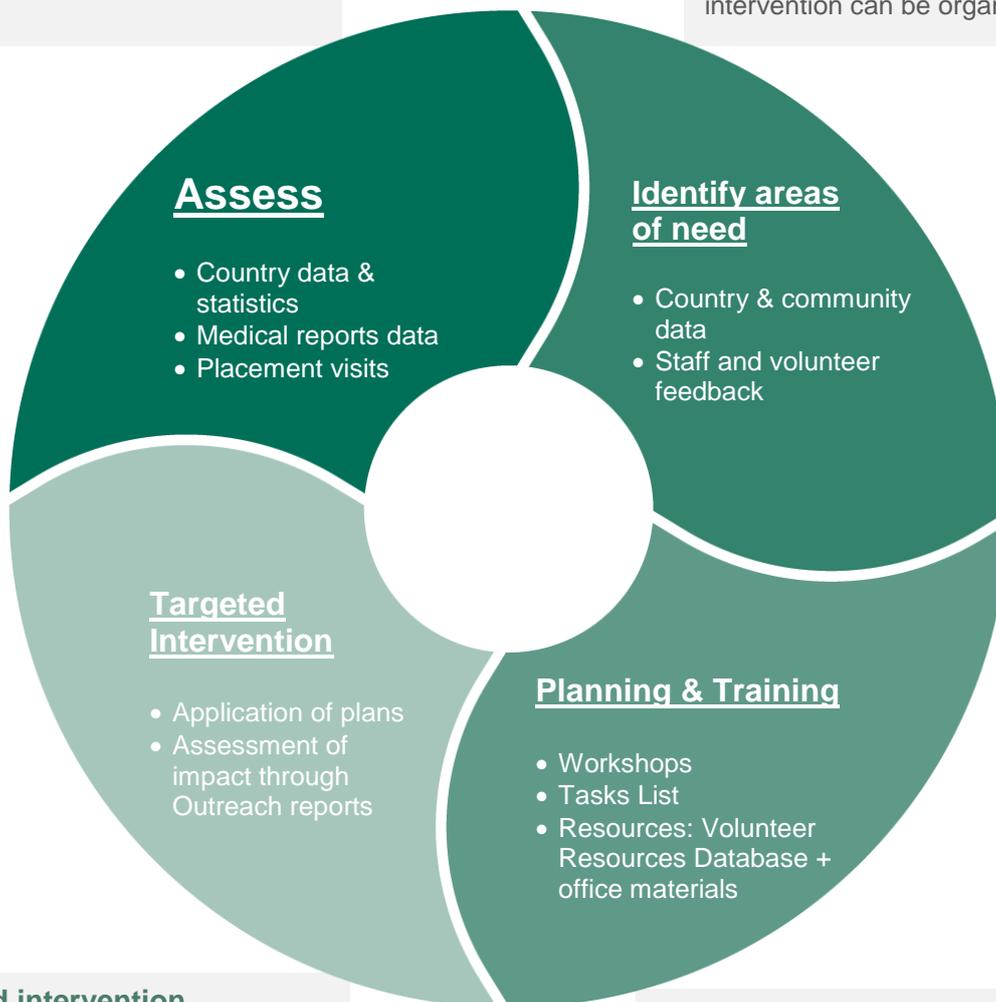
# How we achieve our goals

## Assessment

Through specially designed reports and structural research, we pinpoint locally relevant issues. This information will help us determine the methods and areas for intervention within local communities.

## Identify areas of need

Through research and data gathering, we can identify the areas that most need human or material resources. This helps volunteers to know which healthcare topics need further education as well as which ailments are most affecting local communities, so that targeted intervention can be organised.



## Targeted intervention

Through our steady stream of volunteers year round, we are continuously targeting the areas of need determined by our data. Although a 4-week volunteer might not see a tangible difference in the time they are there, we are able to show that over longer time frames each and every volunteer contributes to long-term, sustainable impact.

## Planning and Training

Based on the areas of need we create Task Lists, workshops and community outreaches to direct our impact to where it is most needed. Resources are designed by volunteers and these are shared on the Volunteer Resources Database.