

# Hôpital Sacré Coeur

## CRUDEM

Issue 13

Fall 2009

### President's Comments

Our Christian faith teaches us to focus on the needs of others over ourselves. Our mission at Hôpital Sacré Coeur is the perfect example of putting our faith into action. We welcomed a new order of sisters, Sisters of St. Joseph of Peace, to our hospital this month. They will provide the religious presence that is so essential to our mission.

Over the past 6 months our Haitian administration and staff, under the guidance of Dr Chalumeau our CEO, have demonstrated the ability to manage the hospital on a daily basis. They take pride in what has been accomplished and are determined to make the future better for the people of Northern Haiti. Dr Previl's article describes the challenges and successes of pre and post natal care. One of our priorities for the coming year is to expand our neonatology unit.

As you read this newsletter you will notice that one of the unique aspects of Hôpital Sacré Coeur is the variety of volunteer opportunities and interactions with the Haitian staff that are available.

You will read of the experience of a medical student who is exposed to quality medical care



delivered despite the lack of modern technological aides such as CT and MRI. You will also come to understand that nonmedical volunteers have as fulfilling an experience as medical volunteers when you read about parents and their children from Massachusetts and Missouri who helped paint the hospital.

As we look to the future we realize the need to improve our facility and expand. We are developing plans to add a third operating room to help us handle the volume of surgery. We are also planning to add an emergency room and new delivery room. Negotiations are taking place to acquire land next to the hospital for expansion of our inpatient beds and construction of primary care clinic space. All of this is possible because of your continued generosity!

When we look back over the almost 25 years of Hôpital Sacré Coeur's existence we see the hand of God creating a beacon of Hope for the people of Haiti. At a recent town meeting in Milot, the mayor, government officials and health ministry officials each spoke of the importance of Hôpital Sacré Coeur and how it has become a model of health care delivery for the rest of the country. You should be proud of the fact that through your contributions you are making a lasting difference for the people of Haiti!

Peter J Kelly, MD  
President

### STATISTICS

	<u>2002</u>	<u>2004</u>	<u>2006</u>	<u>2008</u>
(Patients, Patient Visits, &/or Units of Service)				
Outpatients	29,692	53,223	55,694	56,701
Inpatients	2,419	2,821	4,270	4,182
Newborn deliveries	580	832	1,526	1,268
Surgeries	846	859	1,190	1,227
Prescriptions	68,418	106,992	159,765	136,517
Lab & Radiology	34,110	73,527	76,031	78,769
Community Health	1,750	3,256	6,846	10,075

## A medical Student's Journal

As my 19 passenger Metroliner flew into Cap Haitian, Haiti for an eight-day medical mission, I looked out the window to see sparkling turquoise water embracing the mysterious, mountainous coastline, and had a feeling I was about to embark on a great adventure. After passing through customs I met up with the team of physicians that I would be working with that had arrived earlier that day. There were 11 of us in all: two surgeons, an anesthesiologist, a neonatologist, a family physician, a psychiatrist, two nurses, two social workers, and me, the lowly first-year medical student. We bounced like popcorn in the seats of the safari style jeeps as we dodged the potholes in the primitive roads, which made for bumpy, but jovial introductions. The team had good chemistry, and I sensed working with them would be enlightening and enjoyable.

Our caravan took us into the lush forest, headed for the town of Milot, the location of the Hôpital Sacré Coeur as it is called in Haitian Creole. We made ourselves at home in the hospital's dormitory style residence and then went to the dining hall for dinner, after which we discussed our plans for the upcoming week. That night, I climbed into my mosquito-netted bed, closing my eyes wondering if the noise I heard was that of the insects, or myself, buzzing with excitement.

I eagerly awoke the next morning and jumped into scrubs, grabbed my journal and headed to the hospital. Between 8 am and noon the lead surgeon and I saw 18 patients and scheduled 12 for operations. I learned to say some basic phrases in Creole such as "COUSH-AY" (lay down) and "TOOS-AY" (cough), as I examined some of the patients presenting with hydroceles and hernias. Our third case was one of the most interesting. A young woman, appearing to be in her third trimester, presented with lower abdominal pain. We reviewed her history and examined her to find that she actually was not pregnant, but instead had a 35-pound abdominal mass the size of a watermelon, that she had been



living with for two years. We decided to operate on her and as we lifted the massive growth from her abdomen, a hush fell over the operating room and everyone's eyes widened in disbelief. She recovered well over the next several days from the large incision necessary for the procedure, and was now free of the tumor, much to her relief.

That afternoon, after several minor procedures, an

emergency trauma case came in. A three-year-old boy had been struck in the belly with a rock, and we suspected he had ruptured something internally, judging by his rigid abdomen.

Without the aid of imaging like MRI and CT, we had to practice medicine as if we were back in the 1950's. The lead surgeon



decided our only option was exploratory surgery, and we had to act fast. The next thing I knew I was scrubbed in and gowned, with a pair of scissors in one hand and a retractor in the other, with absolutely no idea what I was about to do with either one. Everything was explained to me on the fly, and as a vertical incision was made down the midline of his belly, I opened the cavity with the retractor. We systematically examined his organs and found a perforation in his small intestine, just distal to the ligament of Treitz. We repaired it, sutured him back up, and as I snipped the last thread, the lead surgeon reached out his hand to shake mine. I felt an amazing sense of satisfaction come over me. I checked on the boy later in the week and saw him walking with his parents, having recovered amazingly well from the surgery that he most certainly would have died without. Our last case of that day was another emergency surgery for an elderly man with an incarcerated hernia. We opened his peritoneum and released the strangled loop of bowel, preventing further ischemia and necrosis. Without the surgeries both he and the boy would have surely become infected, and in Haiti, sepsis is a death sentence. There simply are not the life-support resources available there, like we have in the United States.

Throughout the rest of my stay, I also got to know some of the hospital staff and locals. After work one day, we attended a local soccer match that was in the courtyard of the historic palace ruins. The crowd members were colorfully dressed, high spirited, and eager to charge the field with pride when their team kicked the ball through the makeshift bamboo goal. Though I did not speak Creole well, the cheering transcended all language barriers, and it made me feel right at home.

As I climbed back aboard my 19 passenger Metroliner to depart for the U.S., I paused for a moment to look back at the week, at the bright smiles and warm hearts that had shared their lives with me during my stay. All the Haitian people were very friendly and hospitable. I received from them, so much more than I could ever possibly give of myself on the trip.

*Student Doctor Benjamin Cox attends Lake Erie College of Osteopathic Medicine in Bradenton, Florida.*

## Development of the HSC Laboratory 2000 -2008

When my phone rang in December 1999 a voice on the other end said, "This is Dr. Ted Dubuque from CRUDEM and I wonder if you could come and help us improve our laboratory in Haiti"? I was stunned because I had been retired for five years. But as I was listening to his story, in my mind I was thinking "is this God calling" He told me that the lab results were so bad they were incompatible with life! I wondered how he had found me. He said it was through Project Hope, where I had worked in Port au Prince in the 1980's.

Thus it was that in the spring of 2000 I answered the call and made my first trip to Hôpital Sacré Coeur

When I was introduced to the technicians, they asked "What are you going to do?" I said "I want to see what needs to be done, but I know for sure that I'm going to teach you to do tests properly"



On my first visit, I found so many problems, worst of which were no functional refrigerator and no distilled water source. Further assessment showed the need for more space, more equipment and better trained technicians. A grant from the Flatley Foundation provided funds for a splendid new lab but

we had nothing worthwhile to move/transfer into it. But once again providentially, everything in the lab was donated.

At the outset the most encouraging factor was finding a group of nine interested technicians who were eager to learn. Right away I began to teach theory in formal classes and techniques at benchside. Eight of these technicians are still employed, and they along with six additional technicians

regularly received continuing education and training during my visits. When I said, "I hope you will not leave HSC now that you are well trained" the answer was, "Sister, where would we go? There is no other place like this!"

The addition of several pieces of sophisticated equipment, generously donated, has led to an expanded test menu and exploding test volume - from 20,000 tests in 2000 to 78,000 tests in 2008.

The PEPFAR program for HIV treatment and prevention, along with the newly established Haitian Red Cross Blood Bank housed in the lab have also added greatly to the workload and proved the value of an excellent laboratory.

I will sorely miss going to Haiti, working with all the fine people at the hospital and interacting with all the wonderful volunteers whom I have met through the years. I also want to thank all my supporters who have given generously to support my work at HSC.

The above article was excerpted from a report submitted by Sister Marie Vittetoe CHM, a member of the Congregation of Humility of Mary in Davenport, Iowa. The entire report is at [www.crudem.org](http://www.crudem.org).

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## Mid-Wife Program at HSC

Pregnancy for a lot of woman in Haiti is a journey to death. The risk of a woman dying because of a pregnancy is estimated to be 630 per 100,000 live births. This rate, the highest in the western hemisphere, is associated with a very low economic status and, to a large extent, a lack of good prenatal care and deficient delivery facilities.

Hôpital Sacré Coeur, in its mission to help and support the poor is fighting to make a difference in the northern part of the country. Through the development of policies and an integrated plan of pregnancy care (where our Nurse Mid-Wives play the most important role) we are beginning to affect a change! Our mid-wives, on a 24 hour, 7 days a week basis, provide patient care to over 500 woman each week through the delivery of pre and postnatal care,

screening of STD's (including HIV) and counseling on nutrition and future pregnancies. Almost all the deliveries at the hospital are done by mid-wives who are often asked by the grateful mothers to be the godmothers for their babies!

Empathy, respect and competence are present at every step of their contact with their patients. Despite the many challenges, our mid-wives will always gratify their patients with a smile or a word of comfort when they are grieving the loss of a baby. The demands for our services are constantly increasing. People from all over the north, desperate to receive good pregnancy care, have made our prenatal clinics one of the most crowded in our part of Haiti.

Our mid-wives continue to battle (a battle we have not yet won because some determinants are beyond our control) to make our facility a place where a pregnancy will be what it is supposed to be: A Happy Event !

Dr. Harold Previl  
(Dr. Previl, an Ob/Gyn specialist, is the Medical Director at Hôpital Sacré Coeur)





# CRUDEM Welcomes

About a hundred Sisters of St. Joseph of Peace and Associates gathered at St. Michael Villa, Englewood Cliffs, New Jersey on Saturday, October 3<sup>rd</sup> for a day of prayer, reflection and study, and to say “goodbye” and “God go with you” to Sisters Ann Crawley, Marilee Murphy and



Maureen Boggins who left the following day to go to Milot, Haiti.

Sister Ann, a nurse and midwife by training, has most recently worked with homeless people in Nottingham, England. She ministered for several years in Africa, in both Cameroon and Liberia, and with Romanian orphans. She looks forward very much to joining with the staff at HSC and the people of Milot in giving witness to God's love and care for every person.

Sister Marilee has ministered for the past 24 years

as a hospital chaplain and pastoral worker in Alaska, first in Ketchikan and then in Anchorage. Her move to Haiti will involve a huge change in climate ~ but she does have previous experience in the Philippines. Sister Marilee paid an initial visit to Milot a few months ago and is delighted to return.

Sr. Maureen, a teacher by training, also has experience of working in Cameroon, West Africa. In recent years she has ministered in London, England where she taught English for Speakers of Other Languages (ESOL) to refugees and asylum seekers. She also helped individuals and families negotiate the intricacies of governmental and legal regulations related to their status.

This year the Sisters of St. Joseph of Peace celebrate the 125<sup>th</sup> anniversary of their foundation, and their mission to Haiti is a special project to mark this occasion.

The gathering concluded with a very moving ritual to mission the three Sisters to Milot and to mission all present to their work of service. All assembled raised their hands in blessing over the travelers.



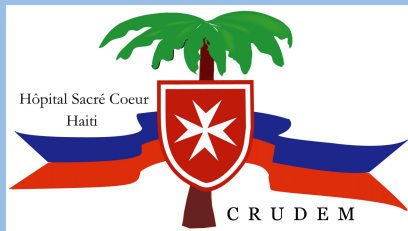
*Sisters Ann Crawley, Marilee Murphy and Maureen Boggins.*

First time readers of this newsletter are probably wondering what CRUDEM means. It is an acronym:

**C**enter for the  
**R**ural  
**D**Evelopment of  
**M**ilot

When the Brothers of the Sacred Heart came to Milot in 1968 and started building roads and bridges, constructing schools, medical clinics, a tile factory, a lumber mill and bringing electricity and clean water to the village; they called their mission CRUDEM.

In 1986 they built an 8 bed hospital with an operating room and called it Hôpital Sacré Coeur. St Louis surgeon, Dr Ted Dubuque was the first volunteer to arrive, and shortly thereafter with his childhood friend, Carlos Reese, Dr Dubuque formed the CRUDEM Foundation in St Louis to support the hospital. It is a 501(c) (3) corporation.



## CRUDEM FOUNDATION

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### *Newsletter*

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## Area News

The 3rd grade class at St. James School in Basking Ridge, N.J. held a bake sale that raised \$560 for HSC. Along with the check was a note from Katie Butler, granddaughter of Dr. Dave Butler "... my grandfather told me that people in Haiti are in need of



supplies. I thought it would be a good idea to hold a fund raiser to help..... I am always worried about my grandpa when he leaves for Haiti. But I know he is doing the right thing, and that

makes me proud to be his granddaughter." Dr. Butler, a member of the CRUDEM board, is finishing up his 7th year of speaking at all the Masses in 4 different churches each summer in the Archdiocese of Newark bringing the wonderful story of HSC to the parishioners.

The Boston, Massachusetts area hosted its 2nd Taste of Haiti event at the elegant Hampshire House. Michael Gillis reported that over 100 people were in attendance. His committee included Chris Pilalas, Tammi Halley, Marta Downing, Deb O'Hara Rusckowski, Michael Gillis, Carmel Shields and Tim Nolan.

From the state of Washington comes word of an exciting gift of \$100,000 for CRUDEM. The donor, Mr. Mark Pigott stated that he was motivated by the good works being done by Dr Dale Peterson and his urology team for the sick poor at HSC.

On October 18th in Pasadena, CA the Catholic Doctor of the Year award was given to Dr. Michael Fitzgerald by the Mission Doctors' Association. Dr Fitzgerald, who hails from Liverpool, N.Y., is a CRUDEM volunteer.



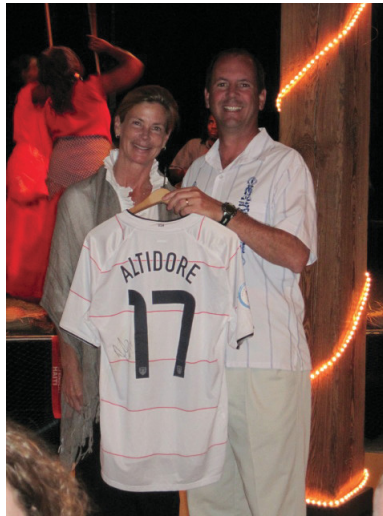
The spring meeting of the CRUDEM Board of Directors was held in Washington D.C. in June. Dr. Richard Perry, CRUDEM Board member, writes that as part of the weekend events, Dr. Andrew Umhau hosted a dinner at the prestigious Cosmos Club. The 70 guests received an uplifting update on the hospital's progress. Washington DC will hold their 2nd Taste of Haiti on October 25th



at the Haitian embassy.

On November 21st western Massachusetts area support group will hold a New Orleans jazz night at the Hampden C.C. featuring southern cuisine and carnival games.

Another successful Taste of Haiti event was held in St. Louis, Missouri, the birthplace of the CRUDEM Foundation. The event raised \$52,000 for the hospital. The winner of the Altidore soccer jersey was Laura Boldt pictured here with Co-chair Steven Reese.



## STAFF PROFILES

Jean Jerry Bernard, M.D. a surgeon, joined the hospital's full time staff in July after completing four years of residency at Universitiare Justinian dun Cap Haitien where he also interned. His social service year was spent at Bassin Bleu in the west of Haiti.

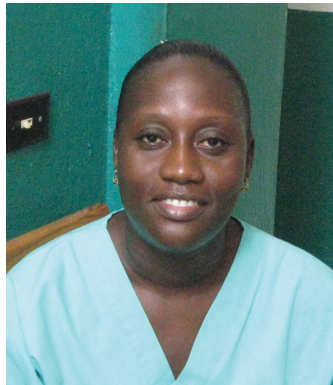
Dr. Bernard is a native of Port-au-Prince and graduated from medical school at the Universite Notre Dame there. He and his wife who is an internist at HSC have a son. They live at the hospital.



He is described as very good worker, always available and never tired - and the only time he says NO is when he says "NO problem"! Because he is fluent in English, he interacts very well with the visiting specialty teams and provides them with critical follow up care for their patients. His goals are to help improve the quality of health care and to make sure that all patients receive the attention they deserve.

Fernande Michel Toussaint grew up in Grande Riviere du Nord and received her degree in nursing from the EINDS - Cap Haitian School of Nursing. After graduation she worked at HSC as a floating nurse. In 2001 - 2002 Fernande attended Nurse Midwife School in Port-au-Prince, and on her return became the Chief Nurse Midwife, a post she currently holds.

Fernande is married and lives in Cap Haitien with her family. Her duties include coordinating the hospital pre-natal clinics, as well as the Mobile Clinics and arranging appointments for the GYN patients. She is described as compassionate and a hard worker. Her goal is "to achieve the highest level of healthy women in the community".



## Wish List

*Supplies for  
Diabetes testing  
- \$75*

*Supplies for blood  
chemistry analysis  
- \$300*

*Sterilizer*

*Bobcat- small  
versatile excavator*

*Oxygen per week  
- \$438*

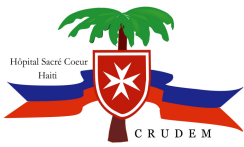
*Note: If you would like to donate any of the above, please contact either Denise Kelly or Joni Paterson at the CRUDEM Foundation offices (413) 642-0450. They can help to arrange for the purchase and delivery to CRUDEM of any item(s) you want to provide. Thank you.*

*So many ways to help...*

*The Dr. Theodore  
Dubuque Legacy  
Society*

*Angel of the Day*

*Pledge Program*



Hôpital Sacré Coeur  
**CRUDEM**

## CRUDEM Foundation

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Ludlow, MA 01056



When I asked Charles Dubuque last year “what was new in his life” little did I imagine that I would embark on my second trip to Haiti with my second son? My eldest son Tommy accompanied me last year, the purpose of which was to determine what a person with a non-medical background could possibly offer. Charles response was “just come on down, something will come to you”. The “opportunities” were endless.

June marked the last week of medical visits for the summer at Hôpital Sacré Coeur. My son Winston and I joined Bob Downing and his daughter Marta assisting Tim Trainer in the painting of the hospital and CRUDEM’s exterior buildings. The effort employed fifteen local painters from Milot who were trained by John Gilbertie and Justine Stokowski. Although there was a considerable language barrier, the international language of signing and demonstration got the job done with few misunderstandings.

For those who are preparing to visit soon, the buildings look fresh and crisp and the local painters who accomplished the bulk of the work are clearly proud of their accomplishments.



Sunday was a day of rest for the painters, so we had an opportunity to attend mass and visit the Citadel. We had a crystal clear day and enjoyed a spectacular view from high atop the fort. Evening activities included a spirited game of soccer between two local high energy teams.

For those who have thought in the past that only medical personnel can contribute to the success of Hôpital Sacré Coeur, let there be no doubt in your mind that you too can make a contribution that will be meaningful both in your mind and in the minds of the people of Haiti.

Thomas M. Boldt  
Boldt Brothers Building Maintenance  
St Louis, MO

