

**DESEA**

DESEA Peru's mission is to improve the health of impoverished Andean communities through household water treatment, health services, training of community health workers, and education.



Lamay, Cusco, Peru  
[www.deseaperu.org](http://www.deseaperu.org)

## A Message From The Directors

2015 has been an exciting year for DESEA Peru with extension of our work to a new community and expansion of our education programs. DESEA is now working with more than 4300 people in ten communities. We are continuing to implement our core programs of water filter installation, community nursing, and community health worker training; and we have introduced a range of new programs designed for community residents.

Through the past year we have been able to develop increasingly strong partnerships with the Ministry of Health, Municipal governments, and community assemblies. It is these collaborations, with their growing recognition of the importance of community-based healthcare and education, which we are confident will foster long-lasting change in governmental practices and community awareness. Local governments are now asking DESEA to work closely with them to develop programs which truly respect and empower community residents.

We are looking forward to embarking on a range of new educational projects which are specifically designed to meet the learning needs of residents of remote communities, where there has been such limited access to educational and health services. In 2015, DESEA had a very enthusiastic response by residents to several pilot community education programs, which included courses in first aid, nutrition, temperature and pneumonia monitoring, dehydration and diarrhea, and reproductive health. Community residents had never experienced participatory education delivered in a manner which met their literacy abilities and educational backgrounds. In 2016, DESEA will be focusing on a number of educational projects targeted at empowerment and sustainability. These courses will give families the tools they need to direct their own future, one that is much less constrained by poverty, poor health, or inaccessible education.

DESEA's success would not be possible without the work of our exceptional staff who approach their work with such a passion for helping others. Through their commitment, DESEA is demonstrating significant improvements in project communities: with the absence of infant mortality due to preventable illness; with lessening of illness due to diarrhea and pneumonia; and with progressively improving quality of life. DESEA's qhalis (community health workers) have become the leaders in their communities, motivating others to embrace healthy practices and hope for the future of their children. In this report we share with you a sample of their successes and the impact the qhalis are having in their communities.

As a grassroots NGO, DESEA relies on the contributions of many individuals and organizations. To our active partners, financial contributors, private donors, and volunteers, we extend our heartfelt thanks – without your support none of these undertakings would be possible. DESEA Peru's operational budget for 2016 is **US\$156,244**. Please consider making a donation to help us continue this work. Thank you for your generosity!



## 2015 DESEA PERU NEWSLETTER



10 DESEA qhalis made more than 3100 visits: attending to sick family members, assisting with basic health needs; checking water filters; and providing health education.



DESEA nurses and qhalis made 218 prenatal visits, ensuring that pregnant mothers had the educational support and vitamins they needed for a safe and secure pregnancy.



320 children (ages 6-59 months) and 95 pregnant or lactating women received daily multivitamin supplements from partner Vitamin Angels.



2459 filter monitoring visits were made by qhalis and nurses, determining a greater than 95% correct filter usage.



37 community training sessions were delivered in a wide range of relevant health topics.



68 PVC biosand water filters were installed.





Good health is the foundation upon which a community can grow and thrive. In 2015 a community survey established that 98% of respondents felt their health had improved since their biosand water filter was installed. This improvement has been confirmed by the Ministry of Health which reports a significant decrease in diarrheal disease in DESEA's project areas. With household hygiene training and safe drinking water, illnesses such as diarrhea, pneumonia and severe malnutrition are lessened, and families have more time and resources to commit to their work, as well as to their own education.

Through support from Global Water, DESEA has created a program, in Spanish and English, to train personnel from government and non-government agencies to construct, install, and monitor PVC biosand filters. DESEA's first training took place in October and was very well received. DESEA regards such programs as a very effective means by which, as a small NGO, it can extend the reach of the approaches it has developed.



### 2016 Community Capacity Building Goals

- Filter installations for more than 100 isolated homes.
- Water supply system maintenance.
- First aid training for DESEA staff and community residents.
- Advanced training of women and community health workers.
- Nutrition education.
- Civil and human rights education.
- Home improvement training.
- Parenting and child stimulation courses.
- Alcohol abuse and domestic violence education and counselling.
- Emergency preparedness planning and practice.
- Economic development planning.



DESEA Peru and community volunteers, with funding from Vibrant Village Foundation, and in partnership with Green Empowerment, designed and built a community hall which will be used for community training courses and medical campaigns.

In May and November, school health fairs provided a venue for 425 students to receive hemoglobin testing and parasite treatment, as well as to receive stimulating and relevant health education. These popular events will continue in 2016 with cooperation from the Ministry of Health, Municipal governments and Ministry of Education.



In August, the Luke Hamilton Acupuncture team treated 95 patients. The Mary A. Tidlund Charitable Foundation delivered medical services to all project areas, providing health services to 200 patients, and facilitating dental services for 120 children in October.



By training leaders to carry on our work, we ensure that, when we move on to other areas, the programs will have a continuing impact. The qhalis are the life-force of the DESEA projects in their communities. With more than 100 hours of specialized training in 2015, they are using their skills to provide a critical service in their communities. Making routine health visits to prenatal and postnatal patients, infants, children and elders, and assisting with all community training programs, the qhalis are changing the health realities of their villages.

# The Impact of the DESEA Qhalis

Recently a family sought out Qhali Cecilia Mamani Huancco to evaluate their young toddler who was experiencing some respiratory distress. Cecilia recognized instantly that the young girl was in a medical crisis. Using her digital equipment and pictographic vital sign charts, Cecilia evaluated the young girl's pulse, respirations, and temperature. She also conducted a physical examination of the child and determined that she had significant symptoms indicative of severe pneumonia. Cecilia recognized that she had a medical emergency on her hands, but reaching definitive medical care was not going to be easy as it was a weekend and the nearest health clinic was closed.



Using her DESEA cellphone, Cecilia contacted the DESEA nurses, who made a number of calls on her behalf; however, neither the municipal government nor the hospital had resources to send transportation up to the community to collect this critically ill toddler. Cecilia then had DESEA nurses organize a private taxi to transport the child to the local hospital, where it was confirmed that the child had pneumonia and needed antibiotics and other medications.

Pneumonia is the leading cause of death in children under-five years of age in Peru. Thankfully, Cecilia, through her training with DESEA Peru, was able to assess this child and convince the parents that their daughter was critically ill. Prior to the training of DESEA qhalis, families were alone in evaluating such potential emergencies, often with serious or fatal consequences. Both the family and DESEA are grateful for Cecilia's dedication and for the young life she saved.



Even though many have never been to school, DESEA Peru qhalis are assessing patients' vital signs and helping to ensure that community members receive medical attention. DESEA nurses and Qhali Evarista Ppati Quispe recently identified a woman in her community who had dangerously high blood pressure. DESEA had hoped to evacuate the patient, but it was simply not possible as the patient was unable to walk the one hour to the closest road. With no other available options, DESEA dispensed vitamins and iron supplements and notified the nurse in the local health post who, unable to reach the woman herself, asked Evarista if she could monitor her blood pressure.

It was decided that Evarista would make the walk to the patient's house daily to check her blood pressure. If her pressure was not within a safer range within 48 hours, Evarista would begin arranging help in her community to evacuate the patient. Each day, Evarista would walk to a high mountain top to obtain a phone signal and call the nurse to report her findings. Using her DESEA pictograph BP assessment tool, Evarista found that the patient's blood pressure was within normal limits after two days. Needless to say, the Ministry of Health nurse was extremely impressed by Evarista's capabilities and most appreciative of her dedication to her community's health.

For Qhali Juana Puella Puma, the day started out like any other: morning chores; cooking breakfast; and getting her older children off to school, and the younger ones fed. When all this was done she set out with her newborn and toddler to move the animals to a high pasture.

As she approached the highest ridge in her grazing area, she encountered her neighbour and stopped to visit and share some potatoes. During their visit, the neighbour's infant reached for a potato, popped it in his mouth, and at once began to choke. Very quickly, this pleasant pastoral scene turned into an emergency. The infant rapidly turned blue and became unresponsive. Juana reacted instantly, using the skills she had learned through her work as a DESEA qhali. She delivered five strong back blows and, when these blows did not dislodge the potato pieces, she turned the infant over and began a series of chest compressions. The infant coughed out the potatoes, began to cry, and Juana returned the infant to the arms of her overwhelmed neighbour. A poignant example of being "in the right place at the right time", this event, clearly could have had a disastrous outcome had Juana not been with her neighbour at the exact moment that her son started to choke.





DESEA Peru's work would not be possible without the support of partner organizations and private donors. Our deepest thanks to the following organizations for their substantial support and active involvement in the community projects:



Green Empowerment



The Mary A. Tidlund Charitable Foundation

The generous donations from organizations and individuals are especially vital to project success. Our sincere thanks are extended to the following contributors:

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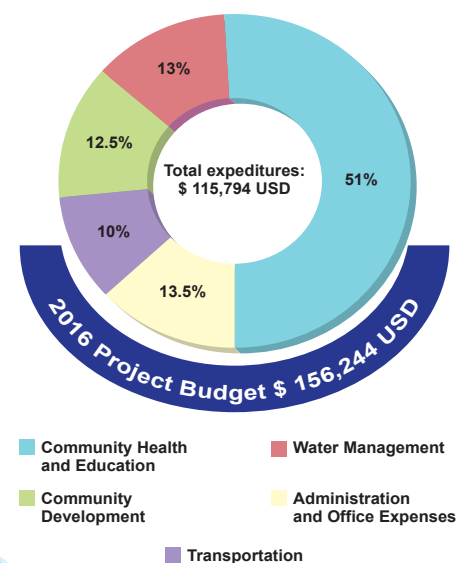
### Volunteers

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Tarn Hart  
David Randel  
Jacob Rodick  
Tanner Strachan  
Patrick Teti  
Jennifer Vehaba



DESEA greatly appreciates support through both general and targeted donations. Here are a few ways we can put your donation to work in 2016.

### DISTRIBUTION OF EXPENSES 2015



School Health Program \$300 USD



Community Education Courses \$200 USD



Biosand Filter & Monitoring \$100 USD



One Month Qhali Salary \$60 USD



Community First Aid Supplies \$30 USD



Hemoglobin Testing and treatment for 10 children \$25 USD

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