

Lamay, Cusco, Peru

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

### MESSAGE FROM THE DIRECTORS

One often hears the comment that “the world needs more heroes”; this seems particularly true after such a difficult year across the globe. At DESEA Peru our job is to empower the heroic work of others. The local women serving as community health workers (‘qhalis’ in Quechua) are our heroes for the inspiring work they do in their communities, spending countless hours helping their neighbours to achieve better health. DESEA Peru has been working with many of the same qhalis for more than five years, watching them transform from shy, unassuming women who believed they had little value, having not had a chance for education, into strong leaders of their communities.

DESEA recognizes that it is the women in communities who work hardest for the health of their families and their neighbours; and that it is that good health which is the foundation for a sustainable community. This year’s newsletter celebrates the successes of the DESEA Peru qhalis, and the contributions of DESEA’s staff, partners, volunteers, and donors who enable their work – they’re all our heroes.

DESEA is now serving more than 4500 people in 11 communities and will be expanding in 2017 to an additional three communities of 700 people altogether. Through the delivery of clean water, health services, vitamin distribution, and education, DESEA is helping to build sustainable, economically viable communities. At the same time, with government agencies and NGOs throughout the region, we are advocating for community-based healthcare, health promotion, and household-scale water treatment – approaches which are both cost effective for government and which foster self-reliance for communities.

We hope you enjoy reading about our past year’s activities. We are very grateful for your support which is so crucial to our program success. As a small, grassroots organization we are dependent on the participation and support of both individuals and organizations. DESEA Peru’s operational budget for 2017 is **US \$160,410**. Please consider making a donation to help us continue our work. Thank you for your generosity!

*To donate, please visit [www.deseaperu.org/donate](http://www.deseaperu.org/donate)*

### “SHE NEEDED A HERO, SO THAT’S WHAT SHE BECAME.”

#### QHALI EVARISTA SAVES A LIFE

In April, the qhalis received advanced first aid training from the Fire Rescue International Training Association (FRITA). Shortly after receiving this training, Qhali Evarista Ppati Quispe (shown here in training), used her newly-honed first aid skills to deliver treatment during a very serious emergency in her isolated community.

Men in the community were putting metal roofing on a new home when a strong wind picked up a metal sheet, launching it through the air, and deeply cutting the leg of one of the workers. Evarista was notified and came immediately with her first aid kit. Quickly taking control of the situation, Evarista was able to stop the bleeding using pressure dressings and initiate treatment for shock as her patient had lost a great deal of blood. She designated a community member to climb the nearest mountain to obtain a phone signal to call for an ambulance.

Following successful transfer and treatment in the hospital, the attending doctor called Evarista to congratulate her on her effective response to this emergency, a rare vote of confidence for a local woman. Evarista’s quick response and her confidence in handling this very serious situation has made her a hero in the eyes of her community and of DESEA.

#### QHALI CECILIA ASSISTS WITH AN EMERGENCY DELIVERY

Recently, Qhali Cecilia Mamani put her first aid training into practice when she assisted with an emergency childbirth in her community. Cecilia was in a distant grazing area, overnighting in a small hut used while guarding animal herds, when she was abruptly awoken by someone asking for assistance. A woman had unexpectedly gone into labour and had no way to make the trip to the hospital. She phoned the nearest health post while hiking back to her community, but, unfortunately there was no answer. Thankfully, Cecilia had just reviewed emergency delivery procedures with doctors with a Rotary Coquitlam medical campaign, and she was confident and prepared to help.



Using sterile equipment provided by DESEA, and being aware of the potential complications, Cecilia helped to deliver a healthy baby girl. Immediately following the delivery she had the new mom nurse the baby, and was delighted that the mother and baby were strong and healthy, with no complications. Cecilia used a small scale to weigh the newborn and was thrilled to see the baby weighed 3 kilograms. She remained with the new mom for a number of hours to ensure there were no unforeseen problems. Needless to say, we are very proud of our hero Cecilia, and the family was certainly pleased that she was there to help.



**“EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.”**  
*Nelson Mandela.*

Providing health education permanently improves lives. With this in mind, in 2016 DESEA undertook an expanded program of health and water system training in each project community, bringing education to residents in a format that is easily understood and relevant to their specific needs. DESEA took the lead in this training, working closely with local municipalities, schools, and the Ministry of Health to deliver the following programs

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**QHALI TRAINING AND ACTIVITIES**

- Intensive first aid
- Psychological counselling methods
- Domestic violence training
- Water filter monitoring training
- 1750 household visits to assess water filters
- 190 visits to prenatal women
- 425 visits to post-partum mothers and their newborns
- Illness assessment (e.g., for cold and influenza) and treatment for 107 patients
- First aid treatment for 189 patients

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**BASIC FIRST AID - 225 participants**



*Three-part program focused on choking, shock, and fractures and burns*

**DOMESTIC VIOLENCE - 161 participants**



*Focused on child protection*

**NUTRITION - 230 participants**



*Focused on anemia prevention*

**EMERGENCY COMMUNITY PLANNING  
80 participants**



**HEALTHY PARENTING  
391 participants**



**EARLY CHILDHOOD STIMULATION  
105 participants**



**WATER SYSTEM MAINTENANCE TRAINING  
63 participants**



Feedback from the communities has been very positive, and in 2017 DESEA will continue to provide participatory education programs in a wide range of topics including: basic first aid training; nutritional meal planning; sexual health; civil and human rights; domestic violence; alcohol reduction; water supply system maintenance; and emergency preparedness.

**FUNDING NEEDS:**

- School Health Program - \$300 USD
- Community Health Education Courses - \$200 USD
- Hemoglobin Testing and Parasite Treatment for 10 Children - \$25 USD

**BASIC FIRST AID - 711 participants**



*3-part program focused on choking, shock and management of fractures and burns*

**SCHOOL HEALTH FAIRS - 880 participants**



*Focused on dental health, handwashing, nutrition and anemia testing*

**DAYS FOR GIRLS - 61 participants**



*A program to prepare menstrual kits for adolescent girls*

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**“HE WHO HAS HEALTH HAS HOPE.”** *Thomas Carlyle*

Through DESEA's medical and dental campaigns, community members are experiencing highly-qualified healthcare in their home communities. Without these community-based programs many people would never have the opportunity to have their health needs met. Treatment at the community level is helping to provide early diagnosis of serious illnesses, as well as to offer preventative, physiotherapy treatments. In 2016, DESEA Peru expanded health services to include basic mental health support, and in 2017 these critical interventions will continue.

**MEDICAL CAMPAIGN** - In April professionals from Rotary Club of Coquitlam, British Columbia, Canada (with help from five neighbouring Rotary clubs) offered eight days of integrated medical attention in the project areas. Altogether 235 patients were attended by two physicians, a physiotherapist, and two mental health counsellors. Numerous serious cases were treated in the communities, helping to prevent further complications and expenses for patients. In 2017 several of these team members will return to offer treatments in project communities, with a planned focus on women and children's health, care of the elderly, and physiotherapy.



**ACUPUNCTURE CAMPAIGN** - In August and November Acupuncturist Luke Hamilton and Chinese Massage Therapist Maribel Gill provided treatments for 333 patients for a range of ailments including chronic muscle strain, abdominal pain, and headache. Many of the patients have been seen each year by the acupuncturist and have reported that their previous problems resolved following treatment. In 2017, Luke and Maribel will continue to offer their volunteer services.

**DENTAL CAMPAIGN** - Dental campaigns were offered in four communities with 192 children receiving much-needed dental care, including cavity repairs and extractions. In 2017 we hope to increase the number of dental days as this a critical need that is not being met by other agencies.



**VITAMIN CAMPAIGN** - Donors from NGO Vitamins Angels visited the project communities in March to assess the impact of their program. Vitamins are making a significant difference in the birth weight and height of newborn children. Of the 22 babies born in 2015-2016 in Microcuenca (where DESEA's full water and health program is in place), none weighed less than 2.5 kg or had a height of less than 47 cm – two key measures of malnutrition; whereas, in a neighbouring community, 5 of 26 newborns were lower than these thresholds. Starting life in good health allows for a child's full social and economic development as an adult. Support for this vital program will continue in 2017, providing selected vitamins to all pregnant or lactating women and all children between the ages of 6-59 months.



**FUNDING NEEDS:**

- Iron Supplements for 10 children - \$75.00 USD
- Dental care for 5 children - \$50.00 USD
- Community First Aid Supplies - \$30 USD
- Installation/monitoring of a biosand filter - \$100 USD
- Qhali salary for one month - \$60 USD



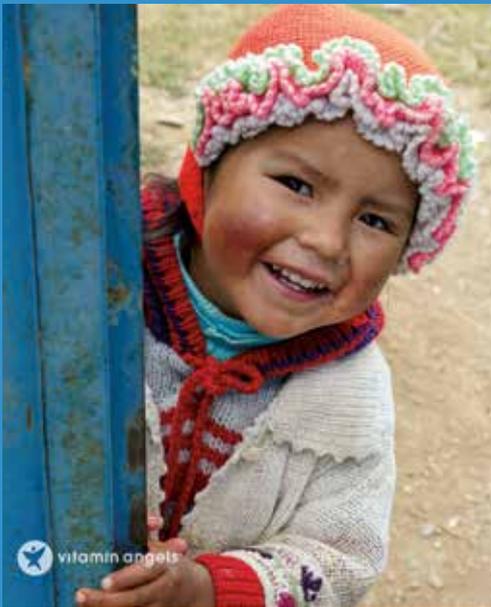
**PURE WATER IS THE WORLD'S FIRST AND FOREMOST MEDICINE. Proverb**



Provision of household water filters is DESEA's first priority in each project community. Once a biosand water filter is installed, the qhalis have an entry to community households, to monitor the filters and to provide filter training. In this way the qhalis gain the trust and respect of their fellow community members which allows them to discuss other healthcare topics, such as prenatal care, nutrition, and hygiene and sanitation.

A total of 100 PVC biosand filters were installed in 2016 bringing the total number of permanent household water filters installed by DESEA to over 500. PVC filter monitoring and evaluation carried out in all projects found that:

- 98% of respondents felt their family health had improved since their filter was installed;
- 90% felt that their family had “much less” or “less” diarrhea; and
- 97% of installed filters are being used effectively.



## SPREADING THE WORD

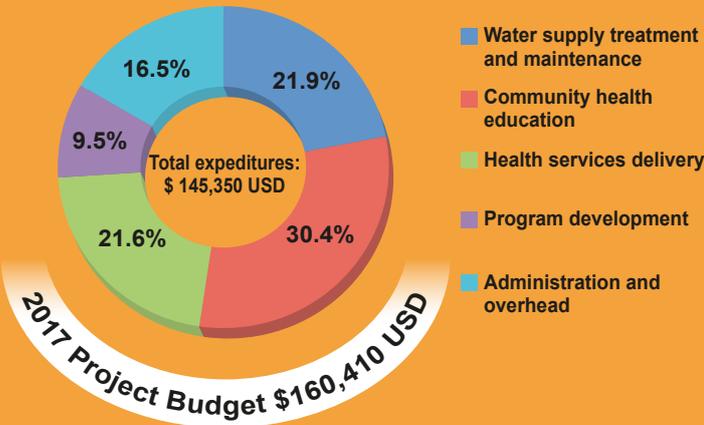
In June 2016, DESEA's Filter Program Manager presented our PVC water filter project and design in a webinar facilitated by CAWST (Centre for Affordable Water and Sanitation Technology) with the participation of 23 Latin American countries.

In August, DESEA's community health worker manuals were used by the Training and Education for Andean Community Health (TEACH) organization to teach community health workers in Ecuador about first aid, management of chronic conditions, and assessment and treatment of sick children.

In August, President Sandra McGirr presented highlights from the qhalis work and nutritional advancements in the DESEA Peru project to the Sprouts Farmers Market Annual Meeting, in Phoenix, Arizona, a gathering of 900 Sprouts employees and vendors.

In September, DESEA Peru hosted a three-day training session delivered by CAWST for government and NGOs interested in implementing biosand water filter projects. Following this workshop, DESEA has received requests to fabricate filters and provide training for other NGOs, an undertaking which may help DESEA to develop sustainable funding for its water filter program.

### DISTRIBUTION OF EXPENSES 2016



### COMMUNITY ACTIVITIES FOR 2017

- Program extension to three new communities
- Community needs surveys in new project areas
- Filter installations in more than 100 isolated homes and schools
- Water supply system maintenance training
- First aid training for DESEA staff, qhalis, and community residents
- Advanced training of women as 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's work would not be possible without the support of partner organizations and private donors. We are indebted to the following contributors for their substantial support and active involvement in the community projects:



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