

NSU-OCO SVOSH 2023

Roatán, Honduras
July 26 – August 2, 2023

Our Team



Gafas para sol

*We brought over
300 pairs of
sunglasses for
kids and over 500
adult pairs.
Everyone loved
getting
sunglasses!
We loved
providing
protection!*



Pre-Trip Preparations!

We sort, clean, and document prescriptions from donated glasses all year long in preparation for the trip. We fabricate glasses out of donated lenses and frames as well as bring donated sunglasses and readers. All of the glasses have to be sorted, numbered and inventoried on our program on our laptop (this year a backup catalog as our computer program caught a bug right before we left!) so we can find the right prescription when we are with a patient on the island.



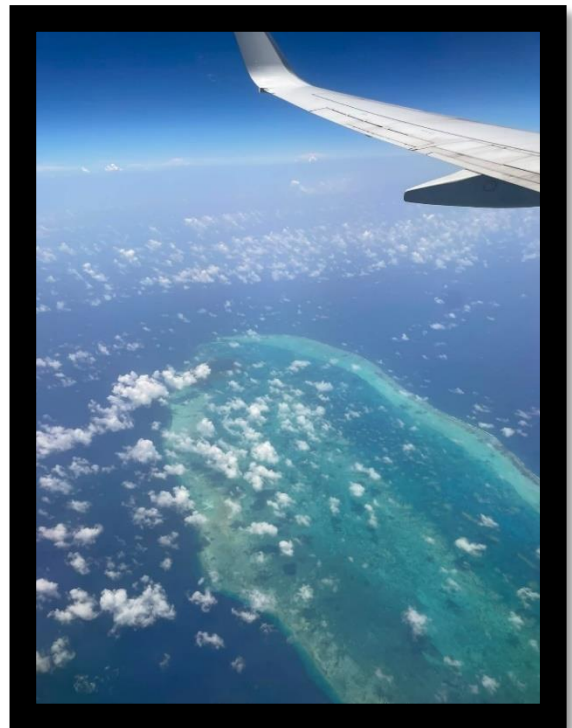
Dispensary at Coxen Hole



Dispensary at Flowers Bay



We brought 16 fifty-pound totes filled with supplies.
(pictured is last year's team...no picture this year!)



Flying to RTB!

Highlight Reel

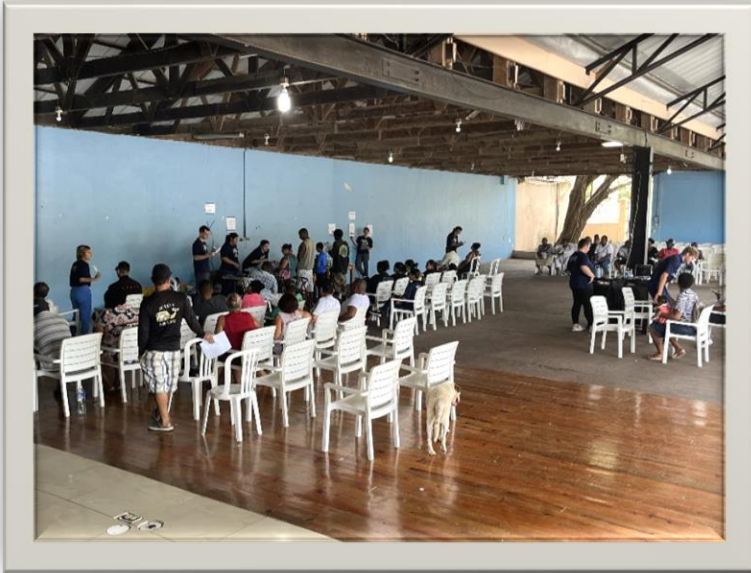
Last year, I left a piece of my heart in Honduras, and returning felt like reuniting with the piece I left behind. We were able to meet so many amazing people, learn about their lives and their culture, and help take care of them in the best way that we can. The people of Roatan managed to capture my heart once again and continue to drive the “why” behind my love for my chosen profession.

I had to dust off my high school Spanish. I was very thankful for the translators taking the time to be there to help us!

This trip was one that I will never forget.

This trip made me fall even more in love with optometry.

This experience was one of the most humbling and life-changing trips I've ever been on. This was my first medical mission trip and I already cannot wait to return next year.



In four clinic days, we provided care to almost 500 patients. We dispensed over 190 pairs of glasses and almost 250 pairs of reading glasses.



One first of my return trip was a patient who was monocular. He had a prosthetic eye, and the seeing eye had numerous lashes that were rubbing onto the front surface of his eye. I was able to pull those lashes for him, and it was my fist time doing so on a patient.



This trip was so special to me because it reminded me of the true reason that I wanted to become an Optometrist, which is to help others in every way that I can. Not only did I improve my clinical skills on this trip, but I also improved my communication skills by learning more Spanish which I hope to be able to utilize in my future practice!



My favorite experience of the trip was with a teenage girl I had at trial frame refraction. She was very quiet and said she had never been able to see more than 15 cm in front of her face because she had never had an eye exam or been given glasses before. When I found her true prescription, which was -7.00D, she was finally able to see and her whole world opened up. She immediately lit up and her personality instantly changed. It was a beautiful experience that immediately changed that girl's life.



It was amazing getting to share the gifts God gave us in the form of an optometric education with people who really benefited and rarely have access to.

I am so thankful for the experience of performing exams in the open-air pavilion and curtained pews of the churches we set up in. We learned that with flexibility we can do an eye exam anywhere!

I had the privilege of spending most of my time at the optical dispensary, giving out glasses to patients. Those that needed a glasses prescription or pair of reading glasses would smile, nod and give a thumbs up when they put on a pair of lenses that suddenly allowed them to see again.



Hearing stories and interacting with the Honduran people is a memory I will forever cherish. They have such great pride in their culture. The pure joy and appreciation for eye care shown by our patients makes it all worth it.

This was such an eye-opening experience and I feel like I have learned so much about the impact vision can have on someone's life. This was actually my first time out of the country so I am extremely grateful for the opportunity.

Patients would wait for hours to get through every station and still show up to the last station with a smile on their face while continuously thanking you for helping them.



Highlight Reel

A 43YOM patient presented to the clinic with a new floater. He wasn't seeing very well out of that eye and later we found out he had diabetes but he wasn't taking medications. We found he had proliferative diabetic retinopathy and were able to educate him on the importance of diabetic management. Through our partnership with Clinical Esperanza, one of the island clinics, our team was able to get him the necessary referral to an ophthalmologist and then to a retinal specialist on the mainland. Other patients like this had glaucoma and left with a year supply of eye drops to control their eye pressure. This is an example of why your donations make a difference!

We gave Clinical Esperanza over 50 referrals for cataract surgery. We also referred patients with pterygium, glaucoma, diabetic retinopathy, and neurological issues. We also referred one little boy who the mom said he had a parasite. We dispensed ALL of our allergy drops (and we could have used more!) and artificial tears.



We love Roatán and Gumbalimba Park!



Beautiful Roatán! The sunsets never get old!





**Thank you for partnering with SVOSH at NSU-OCO!
We cannot do what we do without you!**