

NSU-OCO SVOSH 2024

Roatán, Honduras

August 7-14, 2024

Our Team



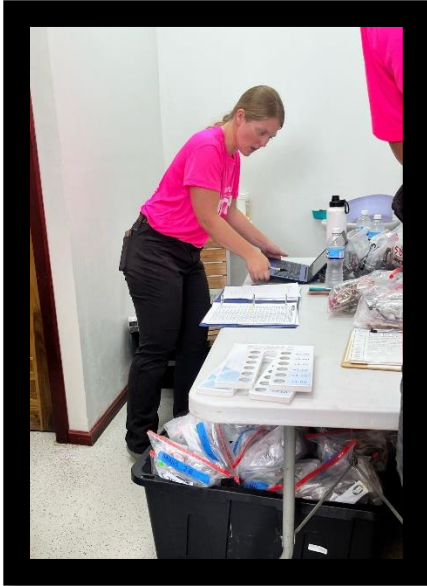
Gafas para sol

*We brought over
100 pairs of
sunglasses for
kids (we ran out!)
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 (and the backup catalog!) so we can find the right prescription when we are with a patient on the island.



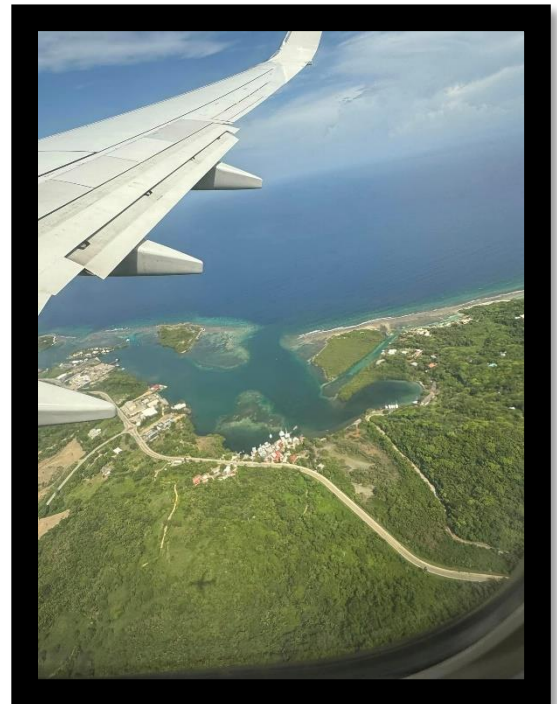
Dispensary at Flowers Bay



Dispensary at Coxen Hole

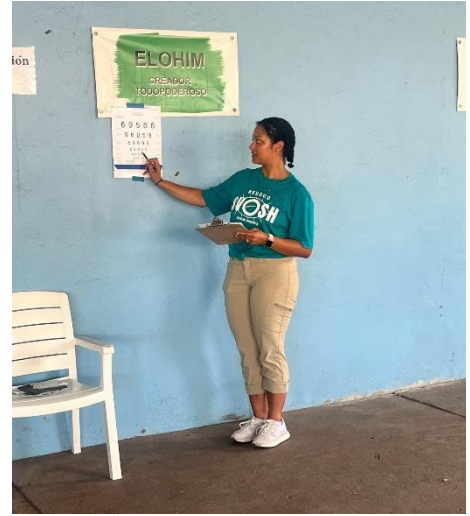


We brought 16 fifty-pound totes filled with supplies.
(pictured is the team from 2022...no picture this year!)



Flying to RTB!

Clinic Stations: Distance and Near Visual Acuities



Chair Skills “The Gatekeeper”



Pupils



External Health



Confrontation Fields



iCare (Pressure)

Retinoscopy (Estimate the Rx)



Direct Ophthalmoscopy (for those not dilated)



Trial Frame Refractions (refining the prescription)



Anterior and Posterior Segment Ocular Health Check



Highlight Reel

Dispensary: Happy Patients!



Her sunglasses were donated by the Van Buren Lions Club in Arkansas.



As cliché as it may sound, this has truly been a lifelong dream of mine. My mom worked as an optician for many years, and she was able to travel to Guatemala on a mission trip to provide free eye care. I grew up hearing all about how life-changing such an experience can be for those who need it most. I can now attest to my mom's claims of how special such a trip can be.

What I didn't expect was how close this experience brought me with so many of my classmates and the relationships I was able to build with our doctors who came.

This trip was very impactful for me, and I feel a renewed sense of gratitude for the privileged life I get to lead.

This trip was a powerful reminder of why I chose the profession of optometry in the first place. It is a profession that I truly love, and one thing I love most about it is that it provides me with an opportunity to change someone's life for the better.

The trip was my first time out of the country and was also my first mission trip. I am beyond grateful for the experience as it is one that I will never forget. The experience also allowed me to improve my previously nonexistent Spanish speaking skills. I went from struggling to communicate with Spanish speaking patients to being able to communicate with them about their eye care needs reliably by the end of the trip.

I am so thankful for the experience of performing exams in a different setting than our typical exam rooms, demonstrating that with flexibility we can do an eye exam anywhere! Skills, comfort, and confidence grew through the week. I can confidently say, I can now perform an exam of the back of the eyes in nearly any lighting condition. One patient I was able to help was suffering from eyelashes curling backward and rubbing against his eye with every blink. After removing those lashes, he was so excited and so much more comfortable too!



In four clinic days, we provided care to almost 600 patients. We dispensed over 200 pairs of glasses and 200 pairs of reading glasses.



We saw many patients of varying ages and I was so moved by their trust in us.

I was able to put my rusty Spanish to use and I learned and experienced so much that I would not have if not for you. This was my first opportunity to participate in a foreign mission trip. Lord willing, it won't be the last!

It was probably the longest I've gone without air conditioning in my life but I would do it over again without complaint.

One of the highlights of the trip was the joy of fitting people with glasses, allowing them to see clearly for the first time in years. The warmth and kindness of the people on the island left a lasting impression on me.

My favorite memory was seeing the smiles on patients' faces after putting on glasses for the first time. This was a mission trip that I will never forget. I had the opportunity to make a difference in the lives of those who need it most while doing what I love.

There was one day when we arrived at our clinic location and the people there had already set up all our chairs in the exact formation we had used the previous day. It wasn't something they needed to do, and it wasn't something we asked them to do, but they went out of their way to save us some time, allowing us to start seeing patients sooner. That simple act of kindness melted my heart.



Highlight Reel

Twenty-three patients who had glaucoma went home 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 48 referrals for cataract surgery. We also referred patients with pterygium, glaucoma, diabetic retinopathy, and neurological issues. We dispensed ALL of our allergy drops (and we could have used more!) and artificial tears.

Team leaders do a great job taking care of the team, managing clinical and logistical questions, documenting glasses dispensed, and tallying referrals so no patients fall through the cracks. Somedays it's easier to do after jumping in the water to cool off and sitting at the hotel restaurant with a yummy drink.





Street Tacos!



**We love Roatán (the food, the people!)
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!**