

## **REPORT of Achievements:**

As a part of the Sister City relationship in 2003 a technical mission to Eldoret was coordinated by Open Door Evangelistic World Ministry of South Minneapolis. This mission trip comprised of nurses from Fairview Hospital System and members of Open Door Church. This trip established a free medical outreach at Huruma Health Centre outside Eldoret, which was able to treat over 300 people. In 2004 a mission to Eldoret was coordinated by Fairview Health Services which was comprised of 18 people including doctors and nurses. A free medical camp at PICKS Medical Centre was very successful with over 3,000 people receiving free medical treatment in a 3 days period. 2006- A mission to Eldoret was coordinated by Open Door Church. The mission comprised of 20 nurses from Fairview Hospital Systems (Southdale) and Open Door Church members. Over 5,000 people in a 4 days period received free medical treatment. Another accomplishment was when Open Door purchased a new refrigerator for Huruma Health Centre which is managed by Eldoret Municipal Council. Open door also purchased blankets and food to be distributed at local orphanages and rescue centres. 2007- A mission to Eldoret was held in January with 25 people. This mission group traveled from Eldoret town into the most remote villages of Marakwet District reaching some remote areas of Uasin Gishu District, Nandi District and Kericho District by providing free medical treatment to over 9,000 people from these various communities over a period of 5 days. The group also donated several blankets, mattresses, food and sewing machine for a shelter and orphanages. The mission group also have donated a computer to a school in Eldoret.

These are Examples of activities that citizens from Minneapolis have engaged in changing people's lives in Eldoret and its environment. PICKS Medical Center, located in Kapseret, Kenya, opened its doors in June, 2004. Since then it has demonstrated a vital role of strong community partnerships by improving the health of disadvantaged populations. PICKS works to engage communities to take the necessary steps for health maintenance and disease prevention, thereby addressing many of the root causes of disease. This health education occurs at a grassroots level: one person, one community at a time. What is most remarkable about PICKS is the manner in which it spreads its message of preventative care—and its success in having reached so many people in such a short timeframe. By building multi-ethnic alliances with patients, citizens, community leaders and other care centers in the region, PICKS has already educated thousands of people about disease prevention, and it has helped to better equip remote villages to promote preventative healthcare. While the value of preventative care is clear—healthier individuals not only mean more productive communities, but also allow care centers to redirect their modest resources toward other key areas—disease prevention is especially vital in a region as impoverished as western Kenya. As a long-term strategy, disease prevention will reduce the burden on Kenya's healthcare system, freeing up resources for other critical needs.

First steps toward a solution: Community-based, self-sustaining care and outreach

Against this backdrop and despite its modest resources, PICKS Medical Center is helping to reduce the prevalence of preventable disease. Moreover, it operates on a proactive basis to diagnose and treat diseases in their early stages, frequently preventing hospitalization and saving countless lives. When the Kapseret clinic first opened, it offered only health screenings, immunizations, limited medications, and patient education related to women's health, family planning, and HIV/STD prevention. Within a few short years, PICKS clinics have greatly augmented their core service, which now also includes:

Affordable access to all patients who seek their care

Thorough clinical exams and treatments provided by a full-time medical staff.

The only dialysis center in western Kenya equipped with modern water purification system of reverse osmosis process.

Diagnostic services.

An on-site laboratory (offering tests for malaria, typhoid, diabetes and other lab work).

An on-site pharmacy.

Regular outreach missions into neighboring communities, offering preventative care to thousands of rural, impoverished people.

The success of PICKS Medical Center is founded on a simple guiding principal: partnership. This best practice is so basic that it's frequently overlooked in today's world. PICKS has shown that by harnessing the power of collaboration and partnership to the fullest extent possible, we can serve entire communities, changing thousands of lives at a time.

### Partners with patients

Every medical exam includes individualized education on disease prevention and healthy lifestyle choices. In this manner, staff empowers patients to 1) improve or maintain their own health and 2) share their learning's with their families and communities.

Treatments are provided at a significantly reduced cost compared to that of other health centers. Most medications are offered on-site at wholesale prices, so patients pay less and don't have to travel to a pharmacy.

### Partners with the community

PICKS has embedded itself in other key areas of the Eldoret community as well. It now offers regular on-site health screening and education at schools, churches and various workplaces in the area. School administrators, employers and church leaders actively support these services, because healthy students and workers mean increased productivity, which helps to reduce poverty.

### Partners with rural villages

In 2006, PICKS established a comprehensive health program called the Community Medical Outreach Mission. Its purpose is to serve populations that have little or no access to healthcare, promoting greater preventative measures against common ailments in the region.

In reaching out to village leaders, PICKS is able to connect with some of the region's most disadvantaged rural communities. Each month, medical professionals fan out into surrounding villages to provide care and education. In doing so, they are able to serve thousands of people who do not have the means to travel to a clinic or hospital.

Services include the following:

Blood pressure screening and blood glucose testing.

General clinical exams.

Screening and treatment for common diseases such as malaria and typhoid.

Child immunization.

Education on disease prevention and health maintenance. For example, individuals learn about the dangers of hypertension and what they can do to protect themselves; patients having (or at risk for) diabetes learn about lifestyle changes that will improve their health.

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