

TRAVEL GRANT AWARDS

## Teaching Mission in Lima, Peru

*Elizabeth A. Guardiani, MD, Resident Humanitarian Travel Grant Awardee Georgetown University Hospital, Washington, DC*

Last November, I traveled to Lima, Peru, with **Nazaneen N. Grant, MD**, **Craig H. Zalvan, MD**, and **Joseph F. Goodman, MD**, for an educationally focused humanitarian mission. In conjunction with Julio Perez-Lu, MD, we helped arrange a large course on laryngology and voice therapy. The course consisted of lectures by several Peruvian physicians and voice therapists, Drs. Grant and Zalvan, and Silvia Rebelo Pinho, MD, from Brazil, as well as a workshop on flexible laryngoscopy, organized by Dr. Goodman and me.

We were surprised to learn that most of the 20 Peruvian otolaryngologists who attended this workshop had performed fewer than five flexible laryngoscopies in their careers and generally felt uncomfortable with this skill. As the Peruvian economy grows, flexible laryngoscopy is becoming more available, yet many physicians are not comfortable with its use.




Performing microlaryngoscopy at Sabogal Hospital.

Each participant practiced on an anatomically correct mannequin as well as on each other. Dr. Goodman and I instructed the attendees on systemic examination of the upper airway and techniques to identify pathology. After the attendees had a good understanding of normal anatomy and function, Dr. Zalvan directed a “Jeopardy” game of pathological laryngeal lesions to help participants recognize lesions in their own practice.

In addition to the voice course, we spent time in the clinics and operating room at Hospital Alberto Sabogal Sologuren and Hospital Nacional Guillermo Almenara Irigoyen. At Sabogal Hospital, we jointly discussed with the residents and attendings the complex laryngeal pathologies and options for management for patients they brought in. We were again surprised that they actually had quite good technology, but lacked the confidence or experience to use it. We helped them perform an awake laryngeal biopsy, using flexible

laryngoscopy, a technique they claim will become part of their routine practice.

We spent two full days in the operating room doing cases the local ENTs had pre-selected as difficult laryngology cases such as subglottic cysts, laryngeal papillomatosis, and laryngeal stenosis. Again, we introduced them to new techniques such as sub-epithelial saline injection in the vocal fold to preserve the superficial lamina propria and apnea ventilation for posterior glottic lesions.

I came away with a deep respect for the Peruvian otolaryngologists and their thirst for knowledge and new skills. Resources we take for granted, such as access to multiple scientific journals and new textbooks, are prohibitively expensive for many. I encourage anyone considering a similar trip to include education of local otolaryngologists as a key goal of their mission so that they may provide advanced care for their patients after the mission is complete. To learn more, contact [lizguardiani@gmail.com](mailto:lizguardiani@gmail.com). 

TRAVEL GRANT AWARDS

## Faith in Practice Mission to Antigua, Guatemala

*Esther Cheung-Phillips, MD Humanitarian Travel Grant Awardee University of Texas, Houston*

In April 2010, thanks to a resident travel grant from the Humanitarian Efforts Committee, I joined a mission to Las Obras Sociales del Hermano Pedro Hospital and Orphanage in Antigua, Guatemala, sponsored by Faith

in Practice and supervised by **Becky McGraw-Wall, MD**.

This was an extremely rewarding and eye-opening trip. The patients and hospital personnel were so grateful and willing to help. It was an honor and a humbling experience to work among them. The country was stunning with its rich cultural background. I enjoyed our daily walks to and from the hospital along the cobblestone roads in this ancient city.

The trip is perfect for anyone who is limited to shorter engagements. Faith in Practice is organized and efficient in sending teams and supplies to Guatemala. As a result, you can jump right in as a member of the team. The patient population is quite diverse and because the hospital and clinic have a steady supply of volunteers as well as its own Guatemalan physicians year-round, there is patient follow-up with some of the same teams. Knowing some Spanish was a definite plus. I am definitely considering a return visit.

We saw a wide variety of cases ranging from facial plastics and reconstruction