

A quarter ...

... in figures.

In January, a new milestone was reached in the hospital: the 10,000th consultation! This prompted us to share more statistics and interesting facts about the hospital with you regularly.

In this newsletter, we will start with the figures from the opening until December 2023...

- At the opening, alongside Carolien and Jacob, there were 3 staff members on payroll, now there are 10;

- as mentioned, 10,000 consultations with a total of 4,269 patients;

- 116 nights of hospitalization, along with 50 overnight stays for accompanying family members;

- more than 13,000 medication dispensations;

- over 14,000 laboratory examinations.

And all of this is trackable thanks to our electronic patient dossier.

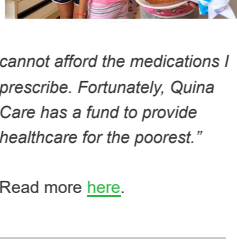
Doctor Miel Bartels works voluntarily in the hospital for six months

A question he won't forget: "Doctor, do you like coconuts?"

Miel Bartels, a doctor from the Netherlands, volunteered at the hospital from June to November 2023. After travelling through South America for several months, he arrived at the hospital, where his tremendous enthusiasm contributed significantly to the team and made him a delightful colleague for other staff members. He would like to share more about his experiences..

"Doctor, do you like coconuts?"

A woman in her late forties sits across from me. She is a single mother, running one of the many breakfast and lunch spots in the village. Every day she wakes up at 4:00 am to prepare breakfast for her customers, often finishing late in the afternoon. I see her every few weeks; she suffers from chronic joint inflammations. Her children for diarrhoea and anaemia. Unfortunately, she



cannot afford the medications I prescribe. Fortunately, Quina Care has a fund to provide healthcare for the poorest."

Read more [here](#).

A hospital in the Amazon region of Ecuador

What is it like now, and what are the differences compared to the Netherlands?

There are many differences between Ecuador and the Netherlands, especially in healthcare and safety. The hospital is located in an area designated as a red zone by the Dutch Ministry of Foreign Affairs due to potential unrest, often related to drug-unrest, given its proximity to the border with Colombia. In recent

months, Ecuador has been in the Dutch news due to the assassination of a presidential candidate and more recently, significant issues in Ecuadorian prisons that have spilled beyond their borders. In this newsletter, Carolien and Jacob share their experiences in the hospital, highlighting the differences from the Netherlands and how they

perceive the unrest in Ecuador.

"Waking up in the Amazon is already a pleasure. After a night filled with the sounds of crickets, frogs, toads, and night birds, it's the turn of the birds that make their presence known during daylight at sunrise."

Curious for more? Read [here](#).



Board member Yvonne van der Ende visits Hospital San Miguel

Such a visit reaffirms the purpose!

In July 2023, Yvonne van der Ende, the treasurer of Quina Care, made a personal visit to the hospital at her own expense. Just like Cootje Bouwman-Zaaijer, the chairperson of Quina Care, experienced during her recent visit, it was a unique and valuable experience.

Witnessing firsthand the state of the hospital 1.5 years after its opening is truly impressive. Yvonne will share her own insights about the visit.

"This summer, I visited the hospital again. It had been over a year since my last visit, and

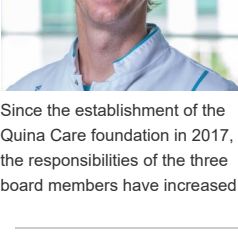
there were noticeable changes. The nursing departments had just opened, so I had the opportunity to explore them. I also had the chance to meet the new nurses."

Read more about Yvonne's story [here](#).



New board member

Unfortunately, the certainty of the quality of care here in the Netherlands is not so self-evident in many places in the world.



Since the establishment of the Quina Care foundation in 2017, the responsibilities of the three board members have increased

significantly. Tasks include creating a policy plan, fundraising for sponsors and donors, managing financial and sponsorship records, writing project proposals, maintaining the website, keeping in touch with volunteers, writing newsletters, and more. The three board members are delighted with the expansion of the board, as a valuable new member, Merlijn Hutteman, has joined. He is pleased to introduce

himself to you.

"My name is Merlijn Hutteman, and I reside and work in Nijmegen. I am affiliated as a gastrointestinal and oncological surgeon at Radboudumc, where my focus lies primarily on treating patients with esophagus and thyroid cancer."

By clicking [here](#) you can learn more about Merlijn.

Volunteer meeting

So many volunteers with so many different contributions.

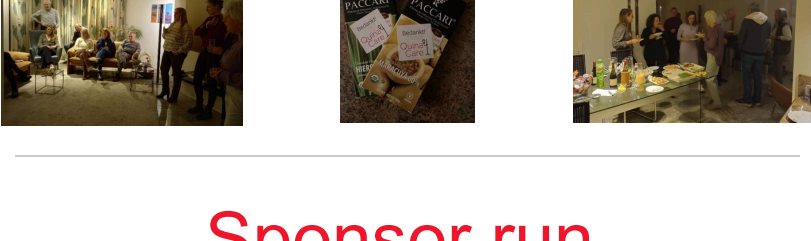
On January 12, 2024, the first Quina Care Volunteer Meeting took place. Everyone contributing in any way to Quina Care was invited. The invitations revealed a staggering 43 volunteers! Of these, 24 attended the meeting held at Cootje Bouwman's home, where everyone enjoyed various delicious snacks and drinks. It was remarkable to hear from each person what they have done or are doing for Quina Care and how they became involved. Some have worked in

the hospital, while others contribute remotely from the Netherlands. Some discovered Quina Care through the media, others through Carolien and Jacob, or one of the board members, and yet others through fellow volunteers. The contributions varied widely, including doctors (in training) who worked in the hospital, support for the hospital's laboratory both in Ecuador and from the Netherlands, building the Electronic Patient Record, medical specialists in the

Netherlands who provide medical advice to Carolien and Jacob, and someone assisting with administrative tasks in Ecuador.

Carolien and Jacob had recorded a video before the event, which was shown to personally thank all attendees for their contributions.

With so many enthusiastic people gathered, it was undoubtedly a beautiful and successful evening, one that is worth repeating!



Sponsor run Linschotenloop 2023

Our goal is a nurse.



From February to July 2024, Esther Lethers, a basic physician in the Netherlands, will volunteer at the hospital. Her partner, Ivar Stokvis, will also join and explore possibilities to improve the hospital's water system and make it more sustainable. He will also delve into the potential of solar energy.

In addition to the work they will perform, they wanted to contribute financially. Hence,

they organised a sponsor run during the Linschotenloop on December 23, 2023. The aim was to fund the salary of a nurse for half a year, amounting to €6,000.

On December 23, Esther and Ivar completed a half marathon. Friends and family also participated. Yvonne van der Ende, treasurer of Quina Care, and her partner Dariusz Blaszyk, the creator of the electronic

patient dossier, thought this was such a good idea that they decided to join the 21.5 km run. The route was beautiful, and everyone had a fantastic day. Even after the run, additional donations came in, resulting in a total amount of € 10.054 raised – not just for 6 months but for over 9 months of a nurse's salary!

A huge thank you to all participants for this remarkable achievement!

Employee Marilu introduces herself

I do the work in the hospital with a big smile.



This time it is Marilu's turn to introduce herself. She works as a cleaning assistant in the hospital.

"Hello, I am Marilu Isabel Calderon Hidalgo. I am 28 years old, married to Robinson Paz, and I have two children, Valentina, who is 11 years old, and Miller, who is 8 years old. This is the story of how my life changed thanks to the opportunity given to me by the Quina Care foundation. I live in Ecuador, in the Sucumbios province, Putumayo canton,

and Puerto el Carmen parish. Situated on the border with Colombia, where the Quina Care hospital is located today, run by two very professional and kind individuals, Dr. Jacob and Dr. Carolien.

I am the fourth daughter among 7 siblings in a modest and hardworking family. My parents tried to provide us with education, but our economic situation was never good. Over the years, I learned to cope with it and completed my studies. When I was 16, I met my husband, and with his support, I was able to obtain a scientific diploma and this gave me the opportunity to work in society. This was possible due to a project for individuals with limited resources and time called Accelerated Baccalaureate. During that period, a foundation

called Quina Care crossed my path, and I never thought I would become a part of it. I had seen job openings on the Quina Care website at various times, but I couldn't apply because I didn't meet the requirements."



Click [here](#) to read the rest of Marilu's story.

Donate

Quina Care needs the support of donors. Only with your help we can realize the health care

the people of Putumayo so desperately need. To donate, press the button on the left.

