Building healthy futures by expanding access to healthcare, while empowering students and volunteers to engage directly in global development.
Who We Are

Timmy Global Health (formerly the Timmy Foundation) was founded in 1997 by Dr. Charles Dietzen (Dr. Chuck), an Indianapolis-based pediatric physical medicine and rehabilitation specialist. After working with Mother Teresa in Calcutta in 1997, Dr. Chuck was inspired to broaden his commitment to serving children in an international setting and empower others to do the same. The organization was named for ‘Timmy,’ Dr. Chuck’s older brother who passed away during infancy. The name is a tribute to both his family and children everywhere who all deserve the right to healthy futures.

Timmy Global Health partners with like-minded international health and education organizations, complementing their work with additional human, in-kind, and financial resources to build their capacity and strengthen their outreach. Where possible, the organization seeks to empower students, volunteers, and medical professionals to engage directly in global development. Recognizing that undeserved, low-income, and resource-poor communities face a wide variety of challenges, Timmy Global Health directs its resources to two of the most important: access to health care and education.

What We Do
Beyond Medical Brigades

Timmy’s health programming seeks to utilize the symbiotic relationship between short and long-term efforts. While we recognize that short-term medical brigades (focused on family medicine and located in marginal or remote locations) are limited in their ability to provide a wider scope of healthcare access, we believe that these efforts paired with longer term commitments to partner organizations and individual communities can improve health outcomes in a systematic, sustainable, and profound fashion. With an increased focus on the responsibility and quality of our health efforts, Timmy attempts to take its weeklong medical brigades and complement them with year-round funding to partner organizations.

Pairing short-term medical brigades with long-term capacity-building, Timmy bridges each of its university, student-led chapters with one of its established international health partners – organizations that are working year-round to expand access to healthcare for underserved communities. Each student chapter is responsible for a 52-week commitment to raising funds for their partner; procuring many over-the-counter medicines for a medical brigade; and advocating on behalf of their partner organization, Timmy Global Health, the communities we serve, and global health issues in general. Utilizing this approach, Timmy is able to:

1. Provide direct medical care to underserved patients in the developing world through short-term medical brigades;
2. Channel financial, medical, in-kind, and human resources to our international partners;
3. Empower students to lead the efforts, become more dedicated humanitarians, and develop a lifelong passion for service.

Timmy staff coordinates the work of our student chapters and complements their work with additional fundraising, medicine procurement, supply warehousing, strategic partnerships, and overall programming improvements. Throughout the year, the Timmy’s staff, volunteers, and generous network of supporters are dedicated to improving the outreach of our partner organizations and expanding healthcare access to the patients we serve.

Patient Tracking System

Timmy now creates patient histories to track patients over time. Medical professionals are able to reference patient intake forms from previous clinic visits to make more informed diagnostic decisions and assess patient progress. The tracking system also allows us to follow chronic patients that need longitudinal care and a steady supply of medicines. With time and gradual improvement, Timmy is collecting useful data to evaluate its impact.
Through Tierra Nueva’s Community Health Department, every two-to-three months Timmy medical teams return to the same communities to provide basic primary care. Due to our investments in referral systems, continuous care, and community health workers, Timmy is now able to care for patients with chronic conditions, and has helped many community members offset the cost of more specialized treatments.

La Fundación Tierra Nueva
Quito, Ecuador

Timmy Global Health began its work in Ecuador in 2000 when Dr. Chuck Dietzen traveled to Quito to meet an Italian Catholic priest known for his work with the poor. At the time, Father José Carollo was at the helm of his organization, La Fundación Tierra Nueva, a small private hospital dedicated to improving the lives of the poor. With dreams of transforming his small foundation into the premier hospital in South Quito, Father Carollo had recently taken his life savings of $100,000, purchased land for a new hospital, built the cement foundation, fenced the property, and said, “Now we pray.” Since that meeting, Timmy Global Health has been on a mission to help complement and grow the outreach of Tierra Nueva, and to help complete the construction of Father Carollo’s dream, Hospital Padre Carollo “Un Canto a la Vida”.

Today, the four-story, 150-bed hospital boasts state of the art imaging and laboratory services, 26 outpatient specialties, six surgical suites, and an expanded and well-equipped emergency department. Along with the new hospital, Tierra Nueva has a secondary medical facility that served as their hospital since the 1980’s and now serves as an out-patient clinic.

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Referral System

The scope of care provided during short-term brigades is limited. To compliment the attention provided in our medical clinics, Timmy has established critical referral systems that provide patients in need of more advanced diagnostic testing, treatment, or surgery with specialized consultations at our partner institutions or local hospitals. Timmy subsidizes the costs of these consultations to further decrease patients’ barrier to healthcare access.

On our Quito brigades, medical professionals can refer patients to Timmy’s international partner Tierra Nueva. Tierra Nueva operates two medical facilities—a medical institute that offers 22 specialties and inpatient services, as well as a new hospital. The new hospital offers 26 specialties with inpatient, outpatient, and emergency capabilities. It was recently completed and opened, making it the biggest hospital in South Quito with 150 beds.

Timmy Global Health operates a referral incentive system in which each referred patient receives $1 in transportation reimbursement for arrival at the hospital for a social work interview followed by a $2 transportation reimbursement upon successful arrival at the scheduled medical consultation. The referral system currently has a follow-up average of about 70% per brigade, greater than most health systems in the U.S.

We usually refer no more than 10% of the patients we see during a brigade, and we do our best to focus those referrals on the most grave cases. Since Timmy’s resources are finite, we rely on the discretion of medical professionals to decide which referrals are most important. If the quality of life for a patient will not improve with the referral, it may be appropriate to withhold that referral for a patient with better chances of improvement. These are difficult questions to tackle in our medical clinics, and we are constantly working with our partner organization to ensure that we use our resources in the most fair, consistent, and impactful manner possible.
In order to promote greater sustainability, Timmy has organized a year-round presence in each of the countries we serve. Medical teams travel every two to three months to the same communities, allowing us to care for the chronically ill and track patients over time. The organization also employs on-the-ground coordinators to serve as liaisons to our partner organizations, community leaders, and patients.

Recognizing the irresponsibility of “one-hit wonder” brigade organizations, Timmy has adopted specific communities in our international partner countries—selected for their limited access to healthcare—with the aim of providing consistent care to those in need. With time, our hope is to improve the overall health outcomes in each of the adopted communities and provide a long-term, sustainable source of healthcare.

**Guatemala Brigades:**
- January - Tufts University
- March - Indiana University
- May - Butler University
- August - Boston College
- October - Timmy Public Trip

**Quito, Ecuador Brigades:**
- January - Davidson College
- March - Purdue University
- May - Colorado University
- July - Young Presidents Organization
- October - University of Notre Dame

**Tena, Ecuador Brigades:**
- January - DePauw University
- March - Ball State University
- May - University of Louisville School of Med.
- August - University of Sciences in Pennsylvania
- October - Microsoft Corporate Team
Before our medical teams arrive, representatives from our local partner organization work with community leaders to distribute tickets for patient consults. While we do our best to limit the amount of patients to around 90–100 per day per clinic site, numbers may vary slightly. Physicians and practitioners can expect to see between 40 and 50 patients per day. If there is time at the end of the day, we do distribute more tickets to those in need of care. In a typical week, our medical team will see approximately 800 patients.

Timmy Brigade Policies:
- All children must be accompanied by an adult while in clinic.
- Only distribute children’s medicines to a parent or guardian – never to a child directly.
- When distributing meds in pharmacy, always ask the patient to repeat the directions they have been given – this avoids any mistranslation or confusion.
- Only medicines may be distributed in the communities – no toys, candy, money, etc.
- ONLY MEDICAL PROFESSIONALS MAY USE SHARPS, including but not limited to scalpels, syringes, suturing materials, lancets, etc.
- Non-Timmy staff cannot allocate or promise support to IPOs, community leaders, or individuals.

We recommend that medical professionals bring the following items with them on a Timmy brigade:

**Doctors:**
- Stethoscope
- Oto-ophthalmoscope with specula
- Small, powerful pocket light

**Nurses:**
- Stethoscope

**Pharmacists:**
- Preferred drug reference manual
- (Pill counters, trays and cutters are provided)

Many professionals also find the book *Where There Is No Doctor: A Village Health Care Handbook* to be a helpful resource.

**PATIENT REFERRALS**

If an MD encounters a case that could potentially be serious, then a referral form can be issued to that patient. The organization will provide the patient with reimbursement for transportation and a consult at Tierra Nueva at no cost to them.

Cases that can be referred may be but are not limited to: heart murmurs, cancer, hernias, serious infections, neurological disorders, etc.
1. Histories:

**STUDENT RESPONSIBILITIES**  
2-3 volunteers; **Interpreters as needed**

Students will be responsible for answering basic questions on patient intake forms, including chief complaints. Please note that the patient may have been ill several weeks or months ago, but we only want to treat present symptoms. Please also pass out toothbrushes, toothpaste and vitamins to each patient.

**EQUIPMENT NEEDED**
- Toothbrushes, toothpaste and vitamins
- Patient intake forms, pens and clipboards

2. Triage:

**MEDICAL PROFESSIONAL RESPONSIBILITIES**

1 Medical Professional  
(Nurses are ideal for this position)

**Supervise Triage**: ensuring that vitals and patient history are being taken accurately and that intake forms are being filled out in their entirety.

**STUDENT RESPONSIBILITIES**  
3-4 volunteers; **Interpreters as needed**

Take vitals and circle any abnormal readings:
- Height – in centimeters
- Weight – in kilograms
- Blood Pressure and pulse
- Temperature – in Celsius

**EQUIPMENT NEEDED**
- BP cuffs
- Stethoscopes
- Patient intake forms, pens, clipboards

3. Patient Consultation:

**MEDICAL PROFESSIONAL RESPONSIBILITIES**  
3-4 MDs, NPs, or PAs

Physicians will be responsible for writing prescriptions for each patient on the back of each patient intake form. Please make sure you are specific about the type of medication and dosage. Please, be aware that the diagnostic testing available during the week in the clinic will be limited to: urinalysis, glucose, hemoglobin, and pregnancy tests.

**STUDENT RESPONSIBILITIES**  
1 student shadow for each MD; **Interpreters as needed**

Observe the consultation and learn from medical professionals. Assist the doctor as a runner, guide the patient to the next station, etc.

**EQUIPMENT NEEDED**
- Diagnostic equipment (MPs must provide their own)
- Referral Sheets, chronic stickers, pens and clipboards

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**PATIENT INTAKE FORMS**  
Intake forms are used to facilitate the transfer of information while in clinics and to track patient data. Intake forms that are complete and accurate are key to the effectiveness of our efforts both in the short term and in the long term.

**Remember:** Only one person per form! (So, a family of 4 would have 4 forms.)

Patient consultants must fill out their name, the diagnosis of each patient, and the medications prescribed and their dosages.
4. Pharmacy

MEDICAL PROFESSIONAL RESPONSIBILITIES

1-2 Pharmacists; (May also be MDs, NPs, or PAs)

Educate Patients Regarding Medications and Treatment Plan: Whenever medications are handed to an individual, fully explain when and how to take the medication, as well as what symptoms the medication will remedy. Note any restrictions to taking the medication and possible side effects. Many patients are illiterate so it is helpful to verbally explain specific instructions to the patient. **Medicine should be distributed by the pharmacist.**

Educate on Prevention: When a patient is receiving medications for preventable illnesses such as a urinary tract infection or dehydration, explain and give appropriate handouts on how to prevent the illness in the future.

STUDENT RESPONSIBILITIES

3-4 volunteers; Interpreters as needed

Fill Prescriptions under the supervision of the Pharmacist: While we will have adequate medicine for the majority of our needs, please remember that our formulary is limited. Most drugs are generic. Prescriptions also include all OTC medications and vitamins.

Maintain Necessary Records: Record all medications given, dosage and the number of tablets. This helps us maintain records on individuals who are suffering from chronic conditions, allows us to prescribe similar medications, and track progress during future visits.

For children’s prescriptions, please provide medication and instructions to parents, **NOT** the children.

When antibiotics are prescribed, always remind patients to take them “**HASTA QUE SE TERMINE**” — until they are done.

EQUIPMENT NEEDED

- Medications
- Paperwork
- Pens/Markers
- Plastic Bags
- Labels
- Nebulizer
- Pill Cutter/Counter (**Pharmacist must provide**) 
- Purified Water
- 30 and 60cc Syringes
- PDR/other drug reference book (**Pharmacist must provide**)
5. Fluoride/Crowd Control:

**STUDENT RESPONSIBILITIES**

**3-4 volunteers**

**Administer fluoride:** Providing children between the ages of 5-13 with fluoride every two months promotes healthier teeth. It is very important to educate children and their parents that after fluoride treatment, children cannot eat or drink for 30 minutes.

**Mark all individuals** to ensure each person only gets one dose.

**Entertain the crowd:** While parents are seeing a physician or waiting to receive medicines, it is important to entertain the children. Some fun activities may include: coloring, soccer, frisbee, public health demonstrations, etc.

**EQUIPMENT NEEDED**

- Fluoride
- Disposable Medicine Cups
- Trash can or Sink for spitting
- Stamps/markers to indicate which children have already received fluoride
- Soccer Balls
- Frisbees
- Crayons and Coloring Books
- Public health demonstration materials

**Contact Information for Past Professionals:**

If you have any questions, please contact these Professional Timmy Volunteers who have traveled with Timmy Global Health previously. They would be more than happy to answer questions you might have:

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For more information on patient morbidity and past trip data, please visit:
Trip Perspectives

Each day I was impressed with the team spirit and work ethic of the college students. They willingly accepted the long hours and challenging situations we faced with a mix of professionalism and fun loving spirit. I was very impressed with their intellect and drive to pursue a career in medicine. I came away reassured that this group of young people will one day become exceptionally competent compassionate healthcare providers. I am grateful for the opportunity to have spent time with such fine people.

- J. C. Danforth, MD

The thing that I like about [Timmy Global Health] is that it is not just medical tourism, but they have a commitment to these places and go back several times a year. Even better they have helped build a hospital in Ecuador and install a full-time physician in Guatemala to ensure continuity of care. – Tom Mote, MD

I have learned and recognized that healthcare is a multidimensional right rooted in social, economic, and political issues. My experiences in Quito, Ecuador and beyond have instilled an awareness of the need for medical attention in impoverished urban areas and rural outskirts. My ultimate goal is to enter an MD/MPH program so that I can become a pediatrician and remained involved with global health. Today I firmly believe that what makes a true physician and public health advocate is learning to be selfless and serving the most vulnerable citizens across all borders. - Janna Lam, Notre Dame University

I have been remarkably impressed every year with the way that Timmy motivates students to learn about, work for, and be empathetic towards the economically disadvantaged in the world. I have watched as Timmy has continually and successfully refined their process of teaching and promoting action in students. I have been encouraged by the number of students who are involved in Timmy during their undergraduate years and go on to do some graduate work in global health or profess a determination to return to Timmy trips as a medical professional some day. - Sharon Crary, DePauw Faculty Advisor
Still have questions? Contact us!

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