Mount Sinai School of Medicine traveled to San Pedro Sula, Honduras as part of a surgical service trip sponsored by Medical Students Making Impacts (MSMI) [http://msmi-info.blogspot.com/]. MSMI is a student-run organization that focuses on concentrated immersive global health experiences in medically underserved countries.

MSMI's mission is to educate and expose current and future medical professionals to systemic determinants of health, healthcare in developing countries, and connect medical professionals across levels of training and national borders.

Bordering both the Atlantic and Pacific Oceans, Honduras is a Central American country of 7.6 million people. Honduras is also the second poorest country in Central America, with a GDP per capita of $4,100. The central government and the department (district) governments run hospitals and clinics open to all Hondurans, but access is limited and coverage is poor in the rural areas. Some health care indicators: life expectancy at birth is 69.4 years and infant mortality is 24.6 deaths per 1,000 live births. San Pedro Sula is located in the department of Cortes, is the second-largest city, and is the financial capital of Honduras.

MSMI procured donations and coordinated transport of all medical supplies for use in Honduras, including surgical supplies, anesthesia supplies, antibiotics, and anesthesia medications.

Students and physicians from The Mount Sinai Medical Center were organized into teams of general surgery, gynecologic surgery, and anesthesiology; Honduran surgeons were integrated into one general surgery team. Teams were led and supervised by attending physicians; residents were also on the gynecology and anesthesiology teams.

All procedures were performed at Dr. Leonardo Martinez Hospital. This facility is fully equipped and staffed for visiting operating teams and consists of three Operating Rooms, a Post-Anesthesia Recovery Room, and a fifteen-bed Inpatient Ward.
Students experienced all components of patient care and assisted in procedures as part of the educational mission of the service trip, in accordance with standard of care protocols and Mount Sinai Medical Center policy. Students rotated through all teams and were fully integrated into patient care and management, assisting and observing aspects of General Surgery, Gynecological Surgery, and Anesthesiology.

Particularly valuable was the opportunity to assist and observe Honduran clinical teams, an international health care experience that is not available through traditional medical education in the United States.