

Quisuar Health Post Report – Jed McIntyre

Volunteering in the Quisuar health post was something truly special. Better than just visiting Peru, working rurally in the mountains made us a part of the community for our time spent there and our welcome couldn't have been warmer. Our days were kept busy and entertaining running clinics as a team, which consisted of ourselves (5th year students), Juan who acted as our translator/guide and the health post nurse. As students, the exposure and opportunities on this trip was invaluable and helped develop confidence in leading consultations as well as general medicine. From initial presentation to examination and management it was all student-led, great to get a taste for



responsibility and we never felt too far out of our comfort zone. We saw a wide range of conditions from many specialities including arthritis, viral coughs, angina, UTIs and vision problems. This healthcare was a huge benefit to patients and with the community being so small, being able to see the impact felt great, from clearing up diseases to providing glasses – this was huge for quality of life as being able to see well enough to thread a needle is very important to the families.

We ran clinics from Quisuar offering our services to the locals who really appreciated our time. It always felt useful contributing our medical management as well as just information which meant a lot to patients who had worries or questions. We also took a couple visits to the neighbouring localities of Seccha and Pochgoj where we were put up in accommodation and held clinics for a slightly larger population of people. This was also where we were able to stock up on biscuits! These journeys gave us opportunities to see more patients and work as a more mobile unit of healthcare. Although our stay here had wifi it couldn't match the beauty of our surroundings in Quisuar, at ≈2900m elevation the mountain landscape was breathtaking and so isolated.

We also loved the opportunity to get involved in the community by teaching English and running activities with the local kids some afternoons as well as joining in sport festivals who were always keen for some extra numbers to play football or volleyball. Along with my memories of our exciting clinical work and the beautiful location, I'll never forget Jack's flying volley from the halfway line to raucous applause from the crowd. My hero.



Our time in Quisuar offered a unique chance to visit the beautiful country Peru, to learn and develop our knowledge and skills in a new environment. And to contribute to and belong in a community on the other side of the world. To experience their hospitality, stories and culture was a treat!

