



## Honduras Hot and Humbling

*During the spring break, students from Louise Herrington School of Nursing went to Honduras to the La Esperanza (which translates to “The Hope”) church and school. Among the participants was Lori Spies, RN, FNP who is the interim coordinator of the Family Nurse Practitioner Program. She had this to share about the trip.*

Each mission trip presents a different set of challenges and the Honduras trip was not an exception. When we arrived it was HOT. Not the tolerable hot of Central America: ‘I’m glowing with the warmth of the day’; but the Honduran heat wave ‘showers required every hour to keep body temperature below brain damage level’ Hot.

Could we meet the expectations of the church in Honduras? Could we meet our own goals?

At each and every challenge Baylor nursing students rose to the occasion. We were asked to speak on a variety of topics; hand washing, dental care, nutrition. Small groups went from classroom to classroom. Assemblies were held for larger groups and the creative talents of Baylor University students became apparent. Skits of ear cleaning and healthy eating dramatically conveyed important messages. Pictures of healthy food drawn on a white board as the children shouted out their favorite fruits and vegetables. A tooth brushing contest had 90 students cheering for 3 of their peers as they competitively cleaned their teeth.

The graduate students prepared a talk about Menopause at the request of the church’s woman’s group. The school principal asked that we teach an assembly about sexually transmitted infection for older children and youth. Important and challenging topics that demanded sensitivity in presentation and our students carried it off with great grace. They shared information and the assembled church members paid close attention and asked many questions. Clearly all ages thirsted for facts and our students were the able to provide.

Each child had a health check up. Maria got a seat closer to the blackboard because we found her vision to be poor and her parents would not be able to afford glasses for several weeks. Joseph learned that he would have more energy for soccer if he ate less candy. Sara had the wax cleaned from her ears and immediately claimed better hearing.

In group discussions and one on one talks Baylor students helped the people of *La Esperanza* church and school. Each child was listened to and healthy behavior both physical and spiritual was encouraged. It was a time of sharing our love of Jesus Christ and being a witness and being witnessed to. With each challenge Baylor University students came through and I was humbled by their display of God’s love.

