

QUIÉNES SOMOS




Suma was constituted in 2018 in Carabobo, Venezuela, by volunteers and multidisciplinary workers to generate opportunities and help Venezuelans inside and outside the country. Our mission is to work for justice, solidarity, and human rights promotion and bring medical services closer to the most vulnerable population.

Due to the continuous impact generated by the complex Venezuelan humanitarian emergency, we seek to contribute by bringing medical services to the most defenseless population, through health days that seek to care for Venezuelans from vulnerable areas, specifically women of childbearing age and children under the age of five, following up on each deserving patient as part of the program. This project has more than 50 volunteer health professionals and has allowed our organization to expand into communities.

Completed projects

- Training women leaders in COVID-19 prevention in their communities.
- Training of school brigades in sexual and reproductive health.

Our goals

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1. Establish and sustain community networks in different sectors of Colombia, Peru, and Ecuador through operational and development teams that will carry out continuous learning and project development activities.
 2. Well-established and sustained community networks: in different sectors of Colombia, Peru, and Ecuador, the operational implementation teams will have become sustained teams, which will carry out at least one continuous learning activity and the development of activities.
 3. **49 health days & mobile health clinics** in 2023 conducted by each community network.
 4. Reach **11,125 beneficiaries in 2023** by community networks, serving at least 100 of them each day, during the total course of the activity.
 5. Apply the "End of project" strategy to each development team: at the end of each implementation phase, the objective is to have a plan for the continuation of activities after the end of each activity.

Mobile health clinic care numbers

6,218 children under the age of five.

4,916 women of childbearing age.

Our projects and impact

- Mobile health clinics
- Psychoemotional first aid
- Empowering women through talks and workshops helping Venezuelan migration
- Psychoemotional support
- Talks about sexual and reproductive health issues.
- Training and guidance for political life
- Building citizenship by fighting disinformation and giving spaces for debate

In 2023 we had many...

volunteer
teams

community
talks

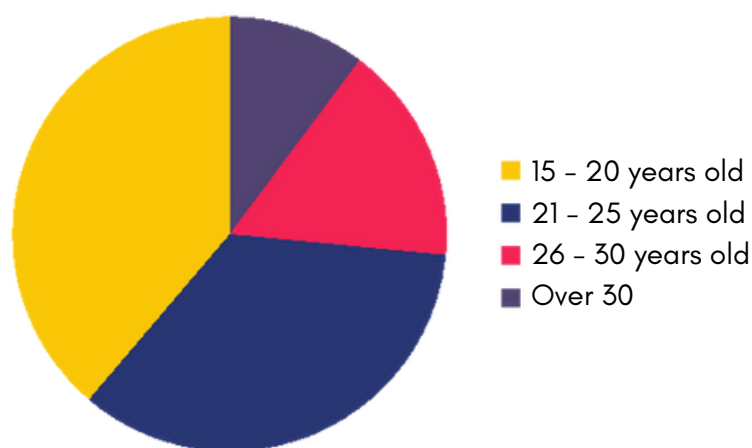
health days &
mobile health clinics

Over 50
doctors
and nurses

Over 30
community
volunteers

HPV and how it affects our patients

HPV (Human papillomavirus) is a viral and sexually transmitted disease that can cause cervical cancer. There are more than 200 types of HPV, some considered low-risk oncogenic (cancer-causing) and others high-risk.



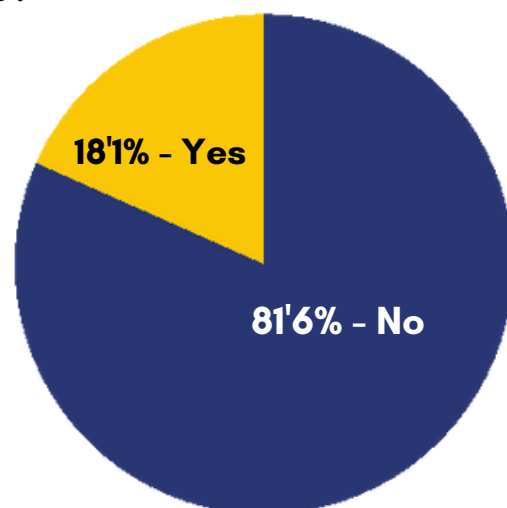
Respondents' ages

In many of our mobile clinic health days throughout 2023, we had the opportunity to survey a young population, between 15 and 35 years old, mostly women of childbearing age.

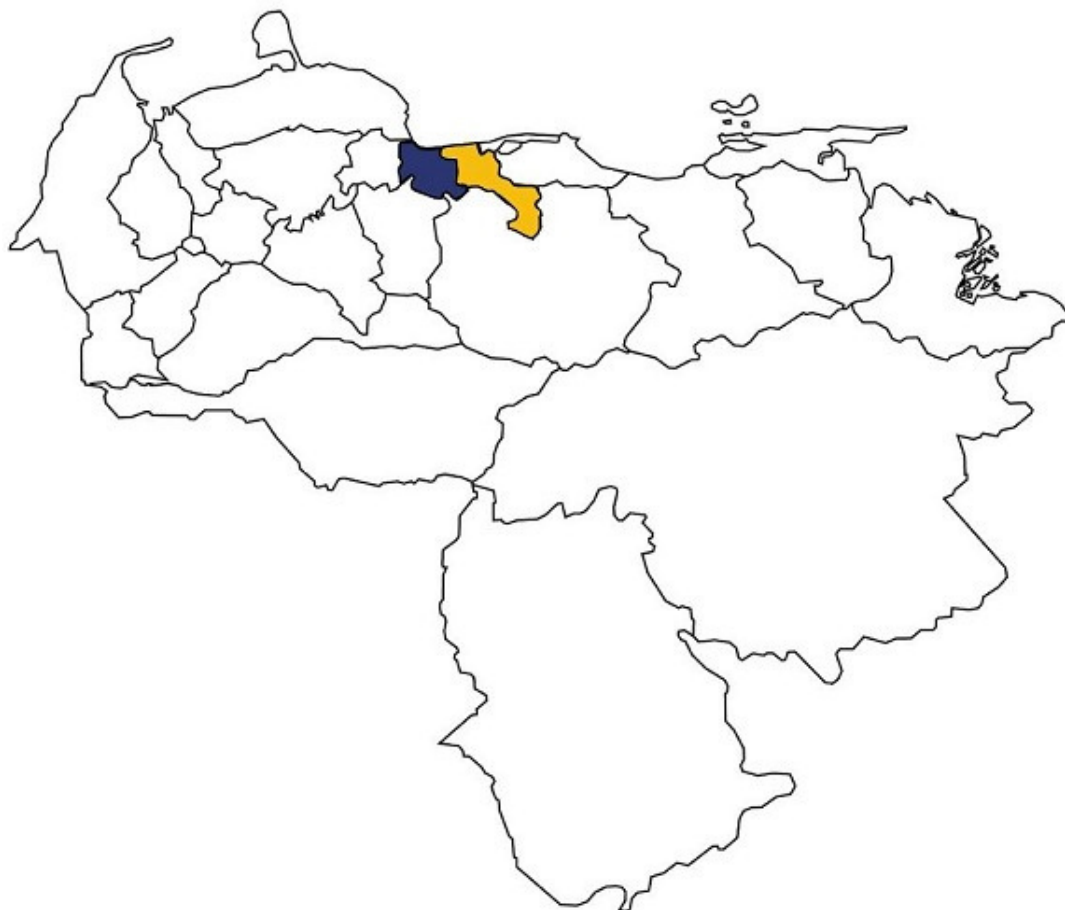
"Do you know what HPV is?"

Our surveys show a worrying result: despite being one of the most frequent sexually transmitted infections in women, the degree of ignorance about this virus and its serious consequences is still very high in our society (81.6%)

For all these reasons, it is important to visit the gynecologist; having annual reviews is the best guarantee to rule out these diseases sexual transmission and avoid risk factors, such as having unprotected sex.

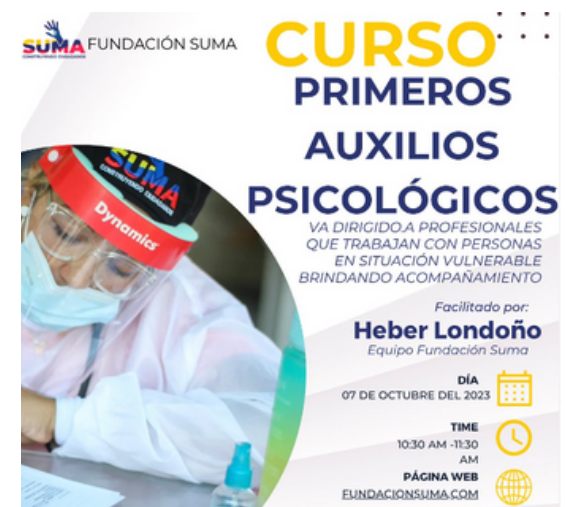


- **Over 100 days** of mobile health clinics in many locations in Carabobo and Aragua (Venezuela).
- **640 hours** of medical care.
- **11,125 patients:** women of childbearing age and children under 5 years at risk. Delivery of medical supplies: folic acid, iron, metronidazole, acetaminophen, and antihistamines. Educational talks on sexually transmitted diseases and contraceptive methods



Our commitment to society goes beyond the medical level: one of our main objectives is to build citizenship and implement values in the communities to which we have access. But we believe that our reach can and should be greater, for this reason we have conducted online courses and training in recent months to be able to spread our philosophy to a wider audience.

Among these activities we have Masterclass on the Introduction to first aid and a course of psychological first aid (the latter proposed as an introduction to the Diploma in psychological first aid that we would like to perform in the future).



In Fundación Suma we are lucky to have great professionals, such as Heber Londoño, Bachelor of Philosophy and Therapist, who is part of our management team. Thanks to him we have been able to conduct courses and training, media tour, publish articles on our website...



"Migration is not considered a cause of mental health disorders, but it can become a risk factor due to the increase in mental stress experienced by the person. However, in the area of mental health a syndrome known as the "Ulysses Syndrome" has been described, which is the migrant syndrome. This syndrome alludes to the hero of Greek mythology who, within his life process, had to face multiple battles in distant lands having to leave behind his beloved and his land."

Ulises syndrome or migrant syndrome, a fragment of an article by Heber Londoño on our website.



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