



Media Kit



Dr. Elvira Beracochea

Editor and Co-author of “Improving Aid Effectiveness in Global Health” (Springer 2015)

**Founder & CEO
Realizing Global Health Inc.**

About Dr. Elvira Beracochea

Founder, President and CEO of Realizing Global Health (formerly MIDEGO), Dr. Beracochea leads RGH's work and inspires her colleagues to achieve more in global health by designing innovative solutions to global health care delivery problems. Also a gifted author and coach, she is guided by the vision that every person has the right to equitable services that protect, promote and restore health. Dr. Beracochea believes that rights-based approaches (RBAs) to public health are the solution to achieving more in global health. Known to her peers as a mentor, Dr. Beracochea has more than three decades of experience as a physician, international health care consultant, hospital manager, health policy advisor, lecturer, researcher, and mentor.

Dr. Beracochea represents Realizing Global Health at domestic and international forums as an advocate for innovative and more effective responses to global health challenges. She has served on the board of Christian Connections for International Health (CCIH). She has also served as Section Secretary and member of the International Human Rights Committee and was honored with the 2009 Distinguished Section Service Award for her outstanding contributions to the International Health Section of the American Public Health Association. In November 2014, she was presented with the 2014 Mid-Career Award of the International Health Section from the American Public Health Association where she has also been Chair of the Community-based Primary Health Care Working Group for five years. Elvira is a world leader in the training and coaching in the field of CBPHC and quality healthcare delivery. She is co-chair of the International Health and Nutrition work group of the Society for International Development (SIDW) in Washington where she leads the discussion of important issues affecting the practice of global health and nutrition, and Membership co-chair in the Small Business Association of International Companies (SBAIC) where she spearheads the importance of innovation and effective technical assistance by new companies.

Her work is expansive and has led her to more than 60 countries. Before establishing Realizing Global Health (originally as MIDEGO) in 2005, Dr. Beracochea was a Principal Associate in the Center for Pharmaceutical Management and Center for Health Services at Management Sciences for Health (MSH). Her early career included serving as a hospital manager at the University Hospital in Uruguay and lecturing in epidemiology in the Department of Preventive and Social Health of the University of Uruguay. She also taught community medicine, epidemiology and biostatistics at the Medical Faculty of the University of Papua New Guinea, and she also served as a Health Policy Advisor in Papua New Guinea's Department of Health. She has taught epidemiology at George Mason University in Fairfax, VA for 5 years and currently teaches an online course on comparative health systems at the New York Medical College. She received her MD from the Medical Faculty of the University of the Republic of Uruguay in 1984 and her MPH from the School of Public Health and Community Medicine at Hadassah Hebrew University in Israel in 1987.

About Realizing Global Health

Realizing Global Health (RGH) is a global health consulting firm, partnering with governments, donor agencies and foundations, non-governmental and civil society organizations and health professionals in the private, public and academic health sectors, to improve how healthcare is delivered, in order to improve the quality and quantity of health care services worldwide. It began as MIDEGO in 2005. Led by Dr. Elvira Beracochea, RGH achieves its mission through strategic consulting that improves the effectiveness of health system strengthening projects and initiatives, while also providing online training and coaching for health and development professionals worldwide.

RGH is fully dedicated and committed to finishing the job and realizing the United Nations Millennium Development Goals (MDGs). RGH believes in the post-2015 agenda and the new Sustainable Development Goals (SDGs) and that safe public health systems and quality health care delivery can be realized now, across the globe. When given the opportunity, every country will succeed in establishing, delivering and maintaining an effective self-reliant health system that achieves any unfinished work of the MDGs and is a platform to achieve and exceed the SDGs. As such, we can not only prevent and eliminate preventable deaths worldwide, but progressively ensure universal access to the highest attainable quality standard of health.

By effectively improving the standards, as well as the cooperation, collaboration and communication of all stakeholders, RGH delivers the solution to healthcare delivery problems through simple, proven, affordable procedures that meet quality standards, standards that all developed countries meet every day. RGH consults, educates and empowers countries, organizations and health professionals worldwide, through solutions that address systems, standards, and support to develop and maintain efficient, effective and sustainable healthcare, with lower costs than most development projects today. Through its Strategic Solutions, the RGH Practice Model™ and RGH Online Training Center, nations and communities are empowered to realize quality healthcare, which is every person's birthright. It is that simple.

How We Work

At Realizing Global Health (RGH) we work differently. We provide rapid effective scalable sustainable solutions that make the best of existing best practices and available resources.

We work to help our clients achieve results that deliver quality healthcare consistently, meet local health needs and are sustainable over the long-term.

Our RGH100 system is a carefully designed 100-day improvement project that allows solutions to be effectively transferred to the client and integrated into their own health programs and the country's health system so they can deliver quality healthcare. This solution system gives our clients ownership of the improvement process and the solution, and best of all, they become independent of assistance. This is our vision of success at RGH.

Country Governments and their Health Agencies

The RGH solutions empower country government agencies, such as Departments and Ministries of Health to:

- Develop an effective coordination program of all donor partners and development assistance for maximum return on donor and government investment.
- Develop a 10 year-plan to achieve and even succeed the health SDG targets and other international health goals and legislations.

- Improve the quality of healthcare delivered in public and private facilities.
- Plan effectively to achieve sustainable results every quarter and every year through a selection of effective solutions, standard operating procedures and tools.
- Empower staff to become self-reliant, confident and effective healthcare providers and efficient managers of all existing resources.

Foundations and Donors

The RGH solutions allow donors and private foundations to implement more effective programs and initiatives with the highest ROI. Our solutions strategically help donors and foundations:

- Identify the strengths of each component of the health system by using effective measurement tools, plan projects that build on the strengths of the host country's health system, and demonstrate progressively consistent and sustainable health outcomes.
- Enhance accountability by defining the results the health system will achieve as a result of the donor's support, and from the effective coordination with all stakeholders in the country.
- Improve health facility governance and oversight by implementing effective and well-defined steps and tools to assess, implement and monitor health facility performance.
- Improve health care delivery at all health facilities by implementing and monitoring quality standards and efficient processes that deliver pre-defined, predictable and consistently progressive deliverables every quarter.
- Improve results of health programs by strengthening health education and promotion programs, disease prevention programs and disease control programs through effective planning, coordination and implementation tools and sustainable procedures.

NGOs and CSOs

The RGH solutions help NGOs and other CSOs effectively address the challenges that prevent them from achieving their goals.

The RGH Health Care Delivery System™ is a popular solution that empowers NGOs and CSOs to:

- Plan how to improve their health projects and clinic or hospital performance every day with well-defined steps to assess, implement and improve performance.
- Identify opportunities to improve the health services and programs every day with measurement tools, building on what works and rewarding consistent results.
- Deliver quality health services every day by implementing and monitoring quality standards.
- Get support for their health programs or organization by demonstrating measurable results.
- Innovate and deliver an outstanding performance every day by maximizing available resources, time and teamwork.
- Demonstrate they can make and are making a bigger impact every quarter.
- Grow their influence in the health sector by sharing success stories, effective standard operating procedures and best practices.

Global Health and Development Professionals

The RGH Training Center provides Global health experts training and coaching that improves their personal effectiveness and performance so that they can advance more rapidly in their careers and make a bigger impact.

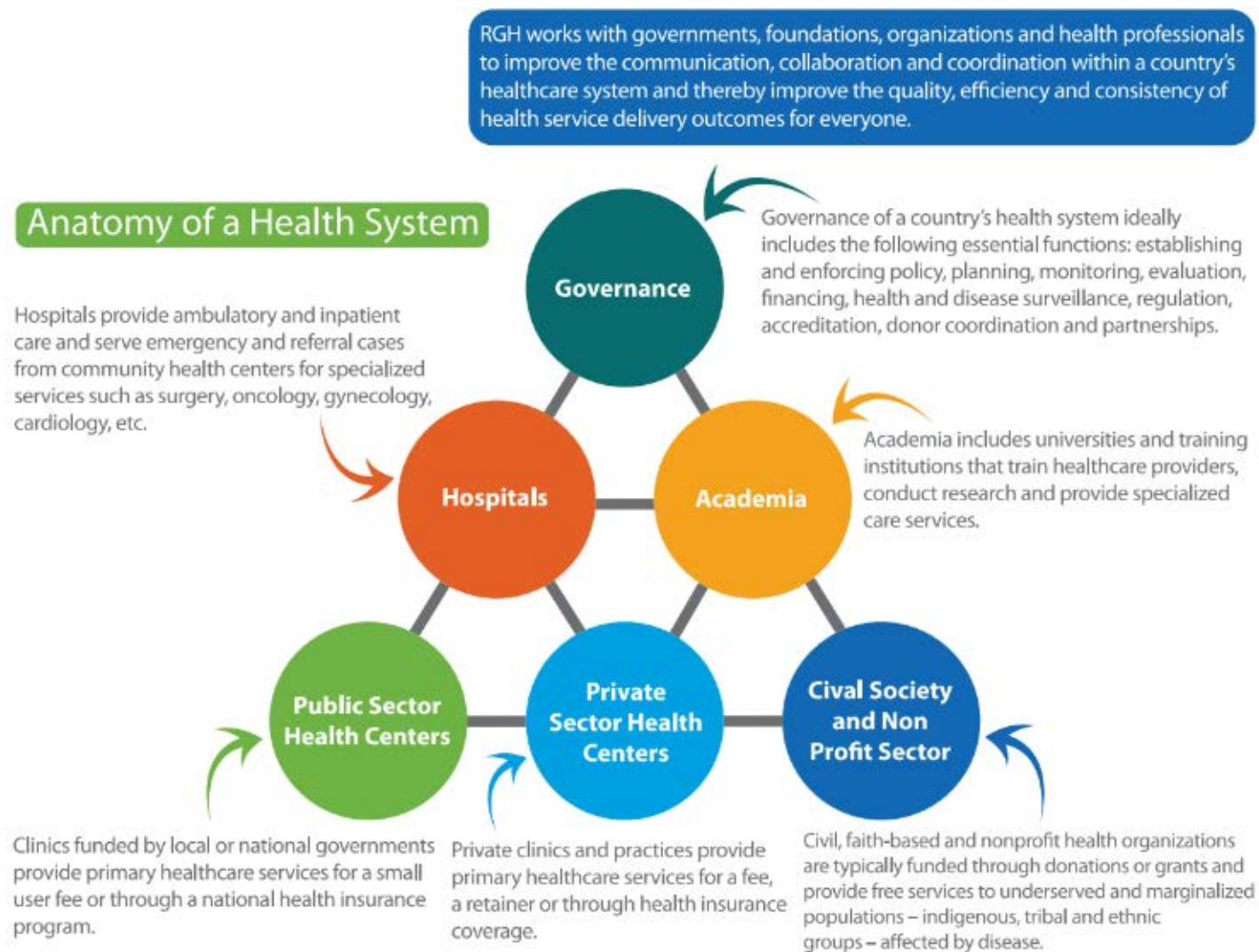
Please [visit the RGH Training Center](#) to view the many training and coaching programs we offer.

For example, most popular among our training and coaching programs is the RGH GH Book Writing System™ that empowers health professionals to write their own book to establish themselves as experts in their field. This program addresses the following topics:

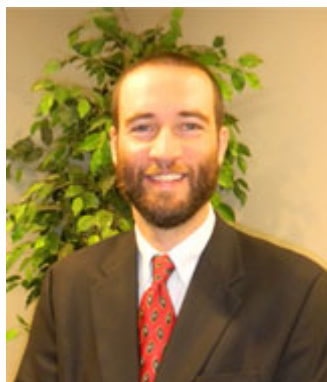
- Define the main message of your book by getting clear on what you want to teach.

- Create a bigger impact with your story by telling the stories that add value to your message.
- Create an outline that inspires you to write your first draft in a weekend.
- Write with the reader in mind by knowing your big why and what do you want your reader to do after reading the book.
- Get organized and get it written with 15 minute daily "Writing Appointments™".
- Edit and market your book and message
- Get heard by getting your book out there so your story can start making a difference.

Here is the infographic that shows where RGH solutions achieve impact



The RGH Directors



Aaron Pied
Director of Operations

As operations manager, Aaron is responsible for managing the finance, communications, and human resource activities for RGH while providing support to select projects. For more than 12 years, Aaron has worked in Africa, Asia, and the United States. After completing service as an English Teacher and health educator with the Peace Corps in Burkina Faso, Aaron returned to the U.S. and worked as a teacher before deciding to return to international development. He

began by working to support international health research at the Center for Global Development. Aaron later relocated to Thailand where he was a consultant for local health and education organizations, a caseworker for refugees wishing to resettle to the United States, and an education coordinator for an NGO providing skills and opportunity to Thai and Burmese youth interested in vocational work.



Dr. Ruth Hope, Director of the Center for Reproductive Health, HIV/AIDS and Gender Equality

Dr. Hope is a physician with postgraduate clinical qualifications in pediatrics, obstetrics and gynecology, and family planning. She has a Master of Science degree in Mother and Child Health from the University of London, Institute of Child Health, and a Master of Arts degree in Education from the UK Open University. She speaks Nepali and has worked in Eastern Europe, Central Asia,

Latin America, the Caribbean, Africa and Asia. As the Director of RGH's Center for Reproductive Health, HIV/AIDS and Gender Equality,



Elise Yousoufian, Director of Communications

Elise is RGH's communications expert and has been serving as communications officer on the Grant Management Solutions project (GMS) since 2010. RGH is one of five partners on GMS, which helps recipients of grants from the Global Fund to Fight AIDS, Tuberculosis and Malaria. Elise brings over thirty years of communications experience to RGH.

A seasoned project manager, she worked on many winning proposals and contracts.

Before joining RGH, Elise consulted with leading international development firms in Washington D.C. on proposal development; wrote and produced proposals and contracts for the sale of large commercial aircraft during complex negotiations; and wrote feature articles for *The New York Times* on a range of social and health topics. She holds a Master of Art in International Training and Education from American University, and speaks French, Spanish, Western Armenian and German, in addition to English.



Gina Stracuzzi, Director of Consulting Solutions, Partnerships & Communications

As director of the Center for Consulting Solutions, Gina helps advance global public health by fostering organizational growth and new opportunities to develop innovative public health services in emerging economies. A passionate advocate for many social issues, she is driven to help clients apply their vision for global public health through communication strategies and tools that help them turn their vision

into reality. Gina brings more than 20 years of experience in communications, business development, marketing and public relations in the U.S., Europe and developing economies. Prior to joining RGH in 2007, Gina was a strategic communications consultant, working with clients ranging from international telecom and internet companies to non-profit organizations and advocacy groups. She holds a Bachelor's in Communication from American University, a Master's degree in Culture and Communication from New York University and a Graduate Certificate in Global Health from George Mason University.



RGH REALIZING GLOBAL HEALTH

Books

About “Improving Aid Effectiveness in Global Health”

Improving Aid Effectiveness in Global Health



- ▶ The only book to address the technical and practical aspects of delivering effective global health results
- ▶ Serves as a training guide to all global health practitioners
- ▶ Outlines more effective ways of working together, demonstrating tangible results towards common global health goals

This direct, accessible guide uses a human rights perspective to define effectiveness in aid delivery and offer a robust framework for creating sustainable health programs and projects and assessing their progress. Geared toward hands-on professionals in such critical areas as food aid, maternal health, and disease control, it lays out challenges and solutions related to funding, planning, and complexity as individual projects feed into and impact larger health and development systems. Contributors clarify optimum roles of government, academia, NGOs, community organizations, and the private sector in aid delivery to inspire readers' broader and deeper uses of teamwork, communication, and imagination. Throughout, the guiding principles of justice, equity, and respect that underlie foundational documents such as the Millennium Declaration inform this visionary work.

Included in the coverage:

- Assessing the effectiveness of health projects.
- Scaling-up of high-impact interventions.
- Aid effectiveness and private sector health organizations.
- When charity destroys dignity and sustainability.
- Effective conversations in global health projects.
- Lessons from the field on sustainability and effectiveness.

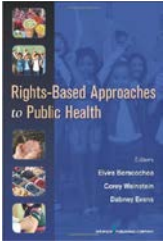
For professionals in global health and development, *Improving Aid Effectiveness in Global Health* is a trusted and encouraging mentor. This volume gives its readers the necessary logistical and attitudinal tools to bring about lasting change, and shows how to use them meaningfully in both the short term and the long run.

For more information, or to purchase the book, visit:

<https://publications.realizingglobalhealth.com/aid-effectiveness-in-global-health>

About “Rights Based Approaches to Public Health”

Rights Based Approaches to Public Health



Rights-Based Approaches to Public Health presents a variety of public health professionals who utilize rights-based approaches in their work, the challenges they face, and the lessons they have learned.

This expansive volume includes rights-based approaches with a variety of populations and across international settings. It explores environmental issues such as the right to clean air, water, and food. It examines the rights of the vulnerable, including women and children. It also includes work in difficult locations, such as prisons, high-conflict areas, and New Orleans post-Katrina. The useful tools and diverse case studies in this text provide the best models available for those interested in implementing or furthering a rights-based agenda.

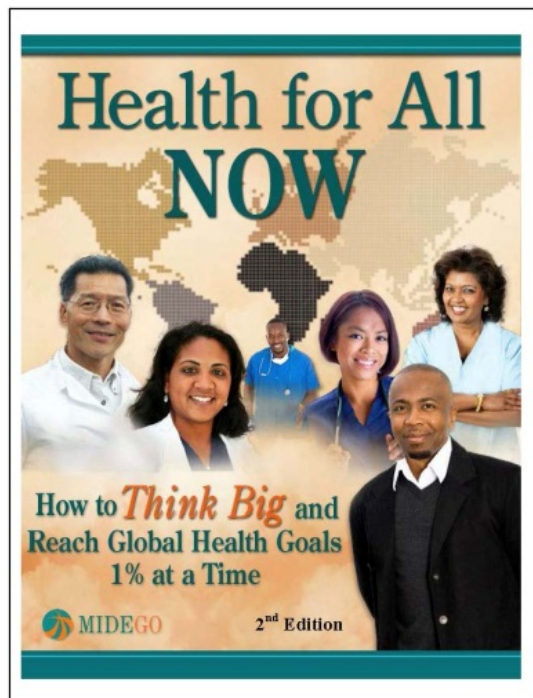
Key Features:

- Contains an overview of the key international documents regarding the right to health
- Provides an exploration of the efficacy of rights-based approaches to health
- Covers professional and ethical issues in rights-based approaches
- Presents systemic and policy implications, including a rights-based approach to health care reform
- Includes global case studies from a wide variety of noted organizations and practitioners

For more information, or to purchase the book, visit:

<http://www.springerpub.com/rights-based-approaches-to-public-health.html>

About “Health for All NOW”



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This book tells in a simple and effective way what it takes to implement change and improve the delivery of healthcare and the performance of public health programs. This concise book explains the three main principles of delivering quality healthcare and empowering health workers to apply them and in this way start improving the way they work and how they meet the health needs of individual patients and communities. This book successfully marries the importance of universal access to quality healthcare and effective public health programs.

TITLE	<i>Health for All NOW</i> , 2 nd Edition
AUTHOR	Dr. Elvira Beracochea
PRICE	\$25.00
GENRE	Global Health; Professional Development
AUDIENCE	Health Professionals and trainers/supervisors of health professionals
PUBLICATION DATE	April 29, 2013
PAGE COUNT	110
BOOK EXCERPT	Click to read the first chapter of <i>Health for All NOW</i>
PUBLISHER	RGH
WHERE TO PURCHASE	Available in print and ebook versions through our online bookstore

What People are Saying

"You have prepared excellent tools including 30 major challenges to make change within 30 days"

Sdilip Chandra Poudel



Elizabeth Ngoye, M & E Officer

"Thank you Doctor for the update. I can watch and listen to your video class and they are helpful. Thanks for keep us informed"

Paul Mamba

"Thank you for the good lessons you are giving out, they really help. Actually I am working on some of them to convert my career into a public health professional"

William Tandwa

"I really feel blessed that I got connected to you and the entire [RGH] team. Thank you, your literature and "video class" have greatly fostered my career and the dream in me"

Wisdom Banda

"Everything I learned from [RGH] has been extremely helpful and I am actually proud of my achievements so far in my organisation where I am employed"

Asare Cletus

In her own words:
"My desire, as a public health professional, to reach everyone and provide everyone with my program services was overambitious. I looked for immediate results. Then I learned that I need to look at the big picture and reach little by little every day."

"It was really a pleasure working with you and I will cherish these days in the days to come. I enjoyed doing this program. I thank you for all the suggestions & comments you have given. I value it. It has given me the confidence and determination to go ahead with my plans and I would like to continue with my work with regard to the Health of Women and Children"

Sashikala Chandrasekar, India

"Along with university education and other training courses the [RGH] course helps me in everyday habitual and unexpected problem decisions. Topics received from MIDEGO are valuable as an informative data and they serve as an impact for generating the new ideas"

Nata Metreveli, Georgia

"I recommend this course for others, whoever is willing to be more proficient on their professional career. This is a quick-approach to build capacity on wider area of public health. I also thank and congratulate the team of [RGH] for their successful effort in helping public health professionals to build their capacity".

Deepak Pudrel, Nepal

"Very specific thing that has changed is how to set priorities and set targets when there are many things to do or measure in terms of projects/programs outcomes"

Daniel Olen

"Overall, this program is very effective and helpful for public health workers. If we can just set aside about 2 hours a day, we can really change our way of thinking and working styles for the benefit of our community"

Nyo Minn ko

"This course is interesting and very practical for everyone regardless of the job you are doing (M&E is for everyone)"

Stella Muriki

Client Success Stories

Introducing Quality Assurance at Garki Hospital

One doctor learns that perseverance and consistency makes a difference in realizing global health.

Situation: Dr. Amara Oguine Albert works at Garki Hospital, a government owned 100-bed facility, which employs nearly 200 people in Abuja, Nigeria, and sees approximately 150 outpatients each day. According to the World Health Organization, Nigeria's density of healthcare professionals is still too low to effectively deliver essential health services, making it a challenge for healthcare professionals like Dr. Albert to meet the needs of their patients.



Dr. Albert reviewing a process checklist with front desk staff at Garki Hospital.

Solutions: In January 2011, Dr. Albert participated in RGH's online 7-Day MPH program, designed to provide practical skills to healthcare staff on the frontlines in developing countries. After working with her personal RGH coach, she set the goal to improve quality of care in Garki Hospital in the specific areas of infection control and clinical services. Dr. Albert's new program would focus on improving the quality, efficiency, and consistency of health services, based on principles from her 7-Day MPH program. She saw the need to shift Quality Assurance at Garki Hospital by looking at care from the point of view of the patient. Dr. Albert sought approval from hospital management to start her Quality Assurance program. Gaining this permission was not easy but with motivation from her RGH coach, coupled with her own perseverance, she was finally granted permission. She moved on to the next challenge – convincing all staff members to participate!

Success: Dr. Albert involved both clinical and administrative hospital staff in the Quality Assurance training – drawing from the training she received in the 7-Day program and using a scorecard she developed to monitor progress. The first phase was implemented for four weeks and was a proven success. By the fourth week Garki Hospital saw the following benefits from Dr. Albert's training: 150 staff members were using the scorecard to track progress compared to 50 in the first week and there were no hospital-acquired infections.

- Patient wait times were reduced from one hour in the first week to less than 30 minutes in the fourth week.
- Patient complaints were reduced from eight in the first week to two in the fourth week.
- Staff members who were using correct aseptic techniques improved from 105 in the first week to 150 in the fourth week.

Voluntary HIV Testing Goes Up and Mortality Levels Go Down in Tanzania

Tanzanian Pastor Tackles HIV Stigma with Education



Mr. Mumba holds training on HIV awareness and stigma reduction.

Situation: Within the Christian community of Tanzania, HIV/AIDS has traditionally been considered to be a punishment for sinners. Few Christian leaders in Tanzania have accepted HIV/AIDS as a medical disease, causing segregation and a challenge for pastors like Paul Lucas Mumba, who are interested in the welfare of their community.

Solutions: Paul completed RGH's online 7-Day MPH program and made it his mission to teach HIV awareness. He realized that lack of education about HIV was the main contributing factor in the rapid spread of the disease in his community. He decided to focus his efforts on education and recruited volunteers in his community to help inform others about the Importance of testing. Paul has worked to address the stigma by holding seminars with other pastors, youth leaders and youth at large. Paul has more than 745 trained pastors and leaders in different positions and 3942 youth (boys and girls) representing 226 Churches in Tanzania. Each pastor trained by Paul teaches HIV awareness to his church members and neighbors. Paul and his volunteers travel to other districts in Tanzania to teach HIV awareness.

Success: Paul's trained volunteers visited many regions, and as a result in the regions visited, such as Dar es Salaam, Mbeya and Arusha and Kigoma, there was a marked increase in the percentage of people reporting to VCT centers for counseling and testing. Even better – the HIV mortality rate came down. Due to his success, Paul applied for and received a grant for \$9000 from the Mustard Seed Foundation to establish a pilot Dispensary at Bunju "A". He continues to teach HIV awareness, reaching thousands of people in his community each year.

Ensuring Quality Healthcare to the Children of Nepal

Health Worker in Kapilvastu District Organizes Better Care for Children Under Five



A community health volunteer counsels the mother of a sick child with diarrhea to give zinc tablets for ten days. Medicine is provided at no cost.

Situation: In Nepal children younger than 15 years old make up more than 40% of the population. Entrenched poverty and the fact that much of the population live in remote rural areas, have made the mortality rate high for children five years of age and younger.

Solutions: Vishnu Khanal, after completing RGH's online 7-Day MPH program, decided he wanted to develop a project to serve the children of his district of Kapilvastu in Nepal. His goal was to help health care workers improve their work performance and offer quality care, efficiently and consistently in order to decrease under-five morbidity and mortality.

Vishnu realized he needed lobbying to reach the target population as planned. He prepared presentations for the District of Health Office and local body council from which he got his financial support for the project. Based on his training, he saw the need for Electronic Data Registry and Stock Track Systems, so Vishnu developed an Excel linked file to calculate the amount of medication required. The system also facilitates the district authority's process to

calculate the Emergency Stock Level (lowest level) and Authorized Stock Level (highest level). By entering data of respective month/year, one can calculate the amount required for the following month and year.

Success: Based on Vishnu's original model, Electronic Data Registry and Stock Track Systems have now been implemented in more than 10 districts of Nepal. This means that more children get the medicine they need when they need it. This project has also led to health workers receiving much-needed technical support. Female community health workers have been added to ease access to houses in the community. The result is more children under five in the district of Kapilvastu are receiving life-saving healthcare.

Measurable Results in Eradicating Poverty in Tanzania

Monitoring and Evaluation Officer Gains Practical Tools to Make a Difference

Situation: Tanzania continues to be one of the world's poorest countries in terms of per capita income. Elizabeth Ngoye, a Tanzanian monitoring and evaluation officer for non-government organizations, wanted to make a difference by working to eradicate poverty and improve living standards – especially among the most vulnerable groups.

Solutions: Elizabeth participated in RGH's 7-Day MPH program, which gave her practical tools to improve her work and her team's performance. For example, she learned to prepare a daily checklist that helped her work in an efficient and a consistent manner. She also saw that in order to maintain the success of her program, she needed to get support for her project. So she began sharing her positive results with her supervisor, colleagues, authorities and others.

Success: In the Bagamoyo District of Tanzania, Elizabeth's team recruited and trained 10 volunteers went on to support the 130 children and 35 women enrolled in the program. The program established several support groups and two women clubs, which received training on how to develop their own income generating activities. In addition, Mbegani Fisheries in Bagamoyo began providing fishing trips to orphans and vulnerable children and funds were collected to support education for the children and rehabilitate houses that were in poor condition.

On a personal level, Elizabeth's performance qualified her to receive a three-week on-the-job training on Data Quality Assurance. This has significantly improved her capacity in Monitoring and Evaluation so she can make sure the right data is obtained from implementing partners.

About this series

RGH's online programs provide participants with dynamic capacity building solutions that empower real country-led development. This series highlights the success of participants as they strive to bring better health and well-being to their communities and countries.

Learn more at www.realizingglobalhealth.com

Interview Q&A

Dr. Beracochea's extensive knowledge about global health, her medical background and international experience make her a stellar interviewee and speaker.

Q: How long you have been doing what you do and what is your philosophy on global health and development?

A: I have been an MD for over 30 years and have been working in public health for more than 25 years. My philosophy on global health and development changed 10 years ago when I started my own global health consulting company. Then my goal was to do all I could to help achieve the Millennium Development Goals (MDGs). These goals had very clear targets for 2015 and I knew there was enough global health and medical knowledge and technology to achieve the goals. The world needed a more effective and rapid way to deliver that knowledge and technology to developing countries.

I focused my work on creating rapid and effective training and coaching programs that help health professionals in developing countries implement improvements and at the same time achieve more in their careers. I have always believed that health professionals in developing countries hold the key to achieve the global health goals. So I made it my job to help them do it faster, better and more effectively!



The defining moment for me was when after two years of working with very good colleagues in Angola, the project ended and I had to stop working with them without an effective handover and sustainability strategy. I had gone through that before when other projects I worked in ended. And as before, I just could not stop working and supporting my colleagues. In the past, I had stayed in touch and on my own time, I kept helping and supporting them until they found a new job. This time in Angola, it was just impossible to leave. I knew the project had ended but I also knew I just could not leave my colleagues without a strategy to continue working and progressing on their own. We had worked so hard to restore health services in one province after many years of civil war. They were a great team, great professionals, great people and still there was the rest of the country that needed improved services. I had to find a way to keep helping them, so I helped them start their own NGO but that was not enough to reach every health worker and facility and save lives. I wanted Angola to achieve the MDGs.

That experience inspired me to found my consulting and training company with the firm conviction that I would make a living by training and coaching health professionals who want to save more lives and develop their country. I realized that throughout the years, I had developed a cost-effective training and coaching approach and simple, effective solutions to help health professionals advance in their careers, improve the effectiveness of their organizations' facilities in 100 days and that is how the RGH100 was born. Through the RGH100 and other programs and solutions, we work in partnership to strengthen the country's health system.

I began to understand that my mission was to go beyond the MDGs and expand our programs and train others to do what I do, so I could support more health professionals to save lives and develop their country. In short, I realized that if we worked together using our programs and tools, we would not only achieve, but exceed the Millennium Development Goals (MDGs) and change the practice of global health. For that reason, we changed our name from MIDEGO to Realizing Global Health (RGH) in 2014 to represent the evolved spirit of the MDGs and in response to the continuing belief that we already have the tools and knowledge to provide quality health care everywhere.

Yes, now we have all the knowledge and technology to achieve SDG3, that is, that health goal of the Sustainable Development Goals (SDGs). Now more than ever, it is necessary to achieve SDG3 because of rapid population growth partly due to the success of the MDGs, there is more people to serve. We must develop capacity and implement rapid and effective solutions that sustainably strengthen each country's basic health systems, starting at the community and government levels. We know how to achieve the SDGs and make global health history in 2030 but to do that we must work differently in global health. The methods used to achieve the MDGs will not be enough. We need more effective aid and systemic solutions to achieve SDG3.

At RGH, we work through systemic consulting solutions, and training and coaching programs to reach the four main actors in global health: country governments and their departments or ministries of health; donors and private foundations; NGOs and CSOs; and public, private and academic health professionals



Q: How did you get to be a public health expert?

A: I knew all my life I wanted to help people and becoming a doctor was the best way to do it. I loved science and I always loved to figure out how things work in the human body, particularly the brain. In any case, when I realized I had to follow my mission, I also realized that we, global public health professionals, go through stages throughout our careers. Careers are not static. We change, and our careers change. I have applied that knowledge in our training programs. We personalize our training and coaching to the career stage of each client. For example, my first dream was to be a neurologist. Midway in my neurology training, I realized that what I wanted was to prevent the brain hemorrhage cases and other diseases I was diagnosing. At that time, there was no post-graduate training in preventive medicine in my native Uruguay. Serendipitously, that week my mom read in the paper an announcement about scholarships to study public health in Israel. I got the scholarship and a few weeks later I was on my way to Jerusalem. During my master's training, I fell in love with epidemiology, community medicine and public health management, and since then I have been honing those skills. I learned that we all have strengths and need to build on them. Mine are the ability to simplify complex problems, see connections and solutions in apparently disconnected issues and see the potential in every situation. For that reason, I believe I am especially wired for global health.

At first, as a doctor, I became good at helping people one on one, and then as a public health professional, I realized that to help more people prevent and treat disease I needed systems to make sure things work even when I was not there. Therefore, I created a number of systems to help me do my work better. Also, I realized I needed systems because to have lasting results, we must work effectively with others, we cannot work alone. Systems allow us to work with other professionals and stakeholders in the communities we serve to improve health. Next, I realized I needed to teach others what I was learning in my career and help the next generation of health professionals to learn from my successes and failures. For many years, I was training and teaching others what I know. However, there is a limit to how many people I can teach. So finally, in the stage I am in now, I am creating new programs all the time to allow others to do what I do. I am also writing books that show how I have uncovered my mission, developed public health systems and helped other professionals achieve amazing results. Why? Because my mission is to help other health professionals succeed in their careers at every stage so we can take public health to a new performance level and finally achieve health for all. I am certain that it will happen in my lifetime.

In short, I have applied the career experience of over 30 years to our programs. That is what makes RGH's programs and solutions. We understand health professionals' career stages and needs and what they need to do to make the health system work better and deliver better quality healthcare.

Q: Who are your clients?

A: My clients are government health departments and ministries, US agencies and other donors and foundations, NGOs and CSOs, and health professionals working in the public, private or academic health sector. I have also worked with pastors and sisters who are helping improve the health of orphans and other vulnerable groups in their congregations. I love working with community grassroots organizations

because I believe health is everyone's job and we all have a role in improving health. From religious and political leaders, to schoolteachers, to administrative staff, to parents and children, I believe that one person can change the world; and my experience confirms this belief.

What matters most is that RGH helps them all to rapidly achieve better health outcomes, and help them sustain and continue improving how they work and their results they achieve.

Q: How are you different from other public health professionals?

A: I was born and raised in a developing country. I studied medicine in a developing country and started my career there. I have been through all the career stages my clients are going through, and I know how to succeed. For more than 30 years, I have worked as a public health doctor, researcher, project manager, and consultant in more than 50 developing countries; and I know first-hand that it's not just about lack of resources, or lack of education and training. I know effective global health is about making the best with all we already know and the resources we have now. How can we be expected to receive more resources if we cannot account for the results achieved with the resources we already have?

To me, effective global health is about empowering health workers everywhere to take action every day to implement best practice knowledge and ensure they have and use the right tools to overcome big barriers and everyday challenges. I have witnessed the gaping holes in the systems and know that having the right mindset, the right support to take action, is the only way to make sure health workers overcome them.

Let me tell you, I have experienced the waste, the duplication of programs and efforts and lost opportunities in developing countries. I have been there and I am there with my clients when they tackle what seem like overwhelming problems. I know intimately what it takes to improve health services and the challenges my clients face every day. Global Health is wonderful work, but it's hard work that can leave you feeling frustrated and trapped if you do not have the right tools and support. That is why I started my consulting company – to help other developing countries, global health donors, organizations and professionals benefit from my knowledge and experience - and that of my team. I don't want them to go through the same of mistakes of the past and not achieve global health goals. In short, at RGH we make it simple to improve health services and public health programs by making the best of existing resources. It is simple, not easy, but really simple when you have the right tools, and your health workers are empowered, and have they have the right support and the right working environment.

For more info and to book Dr. Beracochea to for an interview, email Aaron Pied at aaron@realizingglobalhealth.com



Speaking Topics

Dr. Elvira Beracochea is available to speak for tele-classes, webinars and other virtual learning events and is also enthusiastic about speaking live to audiences around the world, pending availability. Sample speaking topics include:

-  Give me 100 days and I will give you a healthier community
-  Aid Effectiveness in Global Health: Putting the principles of the Paris Declaration to work for sustainable health outcomes
-  Are you getting quality health care?
-  Right to Health: Why it Matters to You
-  How Global Health Works & How Our Donations Can Make a Lasting Impact and Save Lives
-  How to Improve the Quality of Healthcare for All in America and the World
-  How-To topics: How to do . . . Effective Capacity Building in Global Health; Effective Monitoring and Evaluation; Effective Project Management; Global Health Coaching; Effective Hospital Management; Health Systems Strengthening; Health System Governance; Effective Global Fund Grant Management

For more info and to book Dr. Beracochea to for an interview, email Aaron Pied at aaron@realizingglobalhealth.com

Selected Past Speaking Engagements

-  The American Public Health Association (APHA): Annual presentations in various global health topics since 2003 to present.
 - Effective Tools for Effective Community-Based Primary Health Care
 - Think global-Act Local; How Can One International Health Professional Make a Bigger Impact?
 - The Right to Development and the MDGs
 - The MDGs and the American Public Health Association
 - Taking Public Health Action to Stop Non-communicable Diseases
 - Five keys to sustain effective global health programs
 - International urban health issues
 - Community Based Primary Health Care workshop, speaker and moderator: 2010 to 2015
-  Society for International Development (SID/W):
 - “Country Leadership in Global Health, Rights-based Approaches in International Health and Nutrition” March 2013
 - Annual Conference: International Health Panel on “Sustainable Development Goals in Health” May 2014
 - “How to Achieve Sustainable Development Goal #4: Ensuring Healthy Lives” July 2014
 - What African Leaders Need to know about achieving the Millennium Development Goals” July 2014.
 - “Ebola One Year Later: What Have We Learned for the Way Forward?” May 2015
-  Christian Connections for International Health (CCIH):

- **“The Role of Faith-Based Organizations in Meeting the Millennium Development Goals” June 2010**
- **“Benchmarking: Innovative M&E Tools for Measuring if we are on track with our Christian Mission in International Health” June 2011**
- **“Replacing Harmful Cultural Practices and Attitudes with Healthy Behaviors” June 2014**

 United States Agency for International Development (USAID):

- **“Ten years as a WOSB (Woman Owned Small Business): Three Lessons You Cannot Miss” Nov 2014**

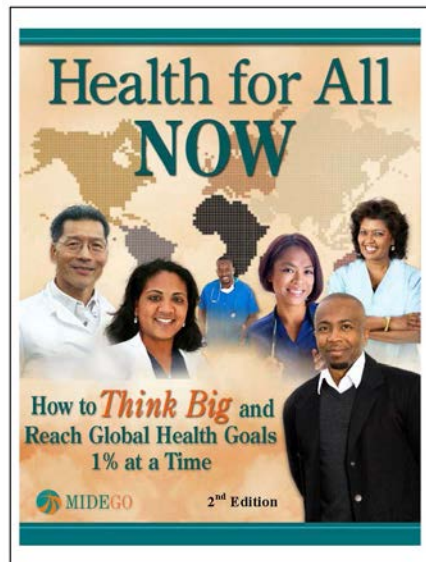
 RGH Events:

- **“Breaking with Business as Usual to Achieve the MDGs (2009)**
- **Fostering Country Leadership for More Effective Global Health Aid (2012)**



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Contact

Thank you for your interest in **Realizing Global Health** and **Dr. Elvira Beracochea**

Please use the links below to connect with RGH and learn more.



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Website	http://www.realizingglobalhealth.com/
 Facebook	https://www.facebook.com/RealizingGlobalHealth/
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