

Hello Health Care Missionaries to Haiti:

After my second medical mission trip to Haiti, I just wanted to share information on health needs and supplies/medications that are useful to take. I am not an expert by any means but have 30 years experience as a RN and 13 years experience as a Nurse Practitioner and just good old common sense.

First make sure that your immunizations are current: Tetanus, Hepatitis A series, Hepatitis B series, Typhoid, and start Malaria prophylaxis 1 week prior to your trip and continue for 4 weeks after you return. Take a copy of your medical or nursing license with you. Spray yourself with DEET bug spray daily and carry hand sanitizer and some bottled water to drink as there is no running water in the clinic at Delmas 89.

Months prior to your trip contact MAP International and other drug reps to donate medications. MAP has a great medical mission pack plus RX that you can get for free plus the UPS shipping fee. See attached.

The people I saw had virtually no medication allergies and there was no known antibiotic resistance.

Common health problems encountered included: tinea capitis, tinea corporis, UTI, infection vaginalis, anemia, malnutrition, worms, hypertension, back and neck pain, TB, malaria, dental decay and abscesses, wound infections, diarrhea, headaches, asthma, frequent URIs, diabetes, and arthritis.

Ms Nolie is the RN who staffs the clinic and she is wonderful. She can speak a little English. She checks people in and notes weight and age and BP on a card. I took recipe cards for her as the clinic is bare bones; Pastor Fenold is a wonderful interpreter if you can get him from the Baptist church. I have used him 2 years in a row now. Please give a money gift to Miss Nolie and it is recommended that the interpreter receives at least \$35 per day.

Take your digital camera. I always ask for permission to take pictures of the patients and have never been refused. Plus they love to see themselves in the picture as well.

The Haitian doctor comes to the DelMas 89 on Tuesdays and Thursdays but patients must pay for her services and for medications. Immunizations are provided by the Ministry of Health and Ms Nolie administers them but not usually when we are there. The refrigerator for the clinic is nonfunctional so she has to take a tap tap (taxi) to the Ministry of Health and bring back the immunizations on ice for that day. Children typically receive a BCG, 3 DTAPs, 3 OPVs, and a measles shot. There are no ambulances and hospitals are fee for service. The Ministry of Health is sponsoring hospital deliveries so now 75% of women deliver in the hospital and 25% at home.

Please take your own stethoscope, a box of non sterile gloves, otoscope, ophthalmoscope, hand sanitizer, envelopes and snack size baggies to put meds in, toothbrushes, dressing supplies, band-aids, ear cures, pens, paper, powdered infant formula, ace wraps, and health kits (bar soap, toothbrush, toothpaste, wrapped in a washcloth and tied with a ribbon or yarn that can be reused), your prescription pad.

Medications that I found useful include:

Amoxil 500mg, 250mg chew tabs

Prenatal vitamins, children's chew vitamins with fluoride, liquid infant vitamins.

Cipro/Levaquin

Mebednazole, Vermox

Bacitracin/Neosporin

Lamisil/Monistat, Terazol
Zantac/Prevacid/Prilosec/Maalox
Imodium
Oral contraceptives. You can write for the PilPlan 1 package with 11 refills and Pastor Fenold will direct them where to get it for free.
Ibuprofen/Motrin
Tylenol
Excedrin
Mylicon gtts
Doxyclyne/Tetracycline
Griseofulvin
Nifedipine/Diovan/Benicar/anti-HTN
Diuretics
Desitin/
Glucophaage
Antibiotic eye gtts
Advair/Pulmicort/Albuterol MDI/Xopenex
Triaminic products
Steroid nasal sprays
INH
Lotion

I found it easiest to put my gear in a back pack with my water and a granola bar for lunch. I packed two 70 # suitcases with meds and paid the extra \$50 per bag to ship on AA. I also put a certificate in each bag indicating that these meds were donated to the people of Haiti and not for resale. MAP actually provides a signed and sealed certificate.

Please check all expiration dates on medications to avoid confiscation of outdated meds.

Patient population varies from newborn to 80 years of age. There are not a lot of elderly people due to conditions in Haiti. They are very appreciative of your services. It is also helpful to have help with crowd control. There are never enough hours in the day so you will just have to set a cut off time to end the clinic.

Please use your interpreter to explain to Ms. Nolie any medications that are left so they know how and what to use them for. The Pharmacy has very few medications in it. I prefer to put my meds on the table and distribute them myself so I know what I have left to work with. The clinic is very primitive with one exam table, a window and door for light, a curtain for privacy, a desk for Nolie and a small desk for you and some folding chairs. It is usually very hot so dress appropriately and wear comfortable shoes as you stand the entire day.

I sincerely hope this helps you plan your next medical mission trip to Haiti. It is a great experience and I am so appreciative of what the Lord has blessed us with in the United States of America. If you have questions, email me at KathyCNP@neb.rr.com.

May the Lord bless your mission.

Kathy Carter APRN MSN FNPC
Messiah Lutheran Church
Lincoln, NE.