

Current Medical Projects for Teams to Participate In

Hypertension project - for many years, teams have raised concerns about the hypertensive patients in the bateyes regarding continuation of medicines after the teams leave. After discussing with both Dominican and American practitioners, we have decided to use Norvasc (amlodipine) for hypertensive patients due to the low risk of birth defects in pregnant women, adequate access to this medication in the Dominican Republic for continuity of medication after teams leave, price, once-daily dosing and adequate treatment of hypertensive conditions.

Norvasc comes in 2.5mg, 5mg and 10mg doses. The protocol would be to start patients on 5mg daily dosing with an evaluation after 1 month of continual treatment (meaning the patients are taking their medicine every day as prescribed) to determine whether raising or lowering the dose is necessary. We are asking that teams bring Norvasc 5mg with them as their anti-hypertensive medication. We understand that other medications may be preferred by American practitioners and multiple meds may be the ideal choice but please understand that we are trying to establish a protocol that continues even after the Americans leave.

Each patient will receive a card with their name, medication name and dosing so that they can take this to the public hospital or any other clinic to receive further treatment or medication. We understand that many times the patients don't know the name of their medication or how much they are taking and we hope that this will help. We will be trying to compile a list of which public hospital clinics are available in the bateyes and where they are located so that we know where to tell a patient to go to for follow-up. We would love to follow each of these patients at the Good Sam but the reality is that funding is not available at this time to provide free medicine and consultations to all hypertensive patients that we see in the batey medical clinics. Until such a time, we are attempting to provide practical solutions that are appropriate for the financial conditions of the population that we serve.

We will also have an educational component with each clinic involving high blood pressure. Currently, Nicole Gottier will be traveling with the medical teams from mid-January through the summer and will be helping to manage this program and keep records. I ask that each of the teams supports her in this endeavor.

Birth Control project - for some time, the health promoters in the bateyes have been trying to manage the women in their bateyes who are taking birth control medications. They maintain lists of the women using birth control, which medication they are taking, getting refills for these women as well as finding women who are appropriate for tubal ligations and preparing them for surgery.

We are requesting that all teams maintain a daily list of which women are given birth control pills in the medical clinics and turn that list over to the health promoter at the end

of the clinic day. We are also asking that teams use one of two medications: Microval (progesterone only for breast feeding women - 0.03 Levonorgestrel) and Microgynon (progesterone and estrogen combination for all others - 0.15 Levonorgestrel and 0.03 Ethinylestradiol). These two medications are readily available in the Dominican Republic and the health promoters are comfortable with follow-up for these medications.

The teams do not need to pay for these medications as they are provided under a government program as long as we keep lists of who is taking them. Depo Provera shots are also available through this program although not provided in the medical clinics. The promoter should be notified of a person requesting Depo Provera as she can obtain this medication.

We are asking each team to have a station at the medical clinic that is solely devoted to providing birth control pills and education so please come prepared for that station. Nurses are WONDERFUL resources for this station although others can be trained to do this job. There will be educational information provided in a specific bin with these medications as well as the forms that the promoters need from you at the end of the clinic day.

Medication and Supply Needs

List of medications and supplies that we ask all teams to provide as well as the cost of specific medications if purchased in the DR:

Oral Antibiotics: Amoxicillin 500mg (\$12.43/100 capsules), 250mg and 250mg suspension (\$2.14/bottle), Cephalexin (for adults and children), Omnicef, Ciprofloxacin, Azithromycin and Bactrim DS.

Anti-hypertensives/cardiac: Norvasc 5mg (\$7.15/100 tablets), 81mg Aspirin

Pain medications: Ibuprofen and Acetaminophen (for infants, children and adults)

Topical: Vaseline (for sulfur cream preparation), hydrocortisone, antibacterial cream/ointment, burn cream, yeast infection treatment, soap (mild and antibacterial...can be purchased in La Romana)

Gastrointestinal: Pepcid or Prevacid or Prilosec, Tums, pepto bismol and stool softeners

Eyes/Ears/Nose: erythromycin eye ointment, saline drops for eyes and also nasal congestion, antibiotic/steroid eye medication (optional)

Vitamins: infant drops, children's, adults and pre-natal

Respiratory: Benadryl (children's and adult), loratidine (Claritin or Alavert) or Zyrtec or Allegra, cough suppressant or combination cold medicine

Diabetes: metformin (500mg) (if possible), blood sugar test/strips

Other: condoms, disposable gloves, antibiotic hand gel, duct tape, hand wipes, gauze, medical tape, medicine cups, Sharpie markers, labels for medications, sandwich baggies, scale to weigh patients, pens, blood pressure cuffs, stethoscopes, rubbing alcohol, hydrogen peroxide, urine test strips, pregnancy tests, sunscreen, bug spray, band-aids, 50 copies of the hospital referral form (provided in email attachment)

List of medications/supplies that you SHOULD NOT bring unless approved before trip:

Anti-psychotics

Anti-cholesterol

Hormone replacement

Anti-hypertensives not listed above

ANY OUT OF DATE MEDICATION

Gummy Bear or Gum Ball vitamins for children

Recommendations for Teams (A long list!)

Please notify Kristy and Moises about the specialists that will be joining your team as soon as possible. This way, we can arrange teaching or meetings with our staff to promote good relationships and further education of our staff and yours.

Prior to the first medical clinic, all people who will be taking blood pressures should be trained and ready to begin when we arrive at the batey. Training of how to take blood pressures should not happen at the batey clinic due to noise and pressure to begin the clinic.

Before leaving the dormitory each morning, someone from the team should check all of the needed bins that have been loaded to verify that ALL medications and supplies have been loaded onto the bus that need to be at the clinic. This includes the de-worming medicine and the dental supply bin as well as a scale. Please place someone from your group in charge of this.

If you run out of a medication or supply, you need to notify Kristy or Junior at least one day before you need the medication or supply. This includes de-worming medicine. Late notification of needs may prevent you from having the medicine that you want in the clinic. For medications that you will be purchasing in the Dominican Republic, the hospital needs notification 2 weeks in advance.

Scrubs, pants or skirts will be worn by all team members at the medical clinic to promote professionalism. No shorts are allowed. T-shirts rather than tank tops are encouraged. If you will be outside with the de-worming medication or children's activities, you should wear a hat and use sunscreen.

If you are outside of the clinic and find a patient that needs to be consulted, please approach Kristy or Junior to follow the proper procedures for a consultation.

Referrals can be made from the batey medical clinic for further testing or follow-up. The team that refers a patient is expected to financially help a patient that they are ADMITTING to the Good Samaritan Hospital but it is their discretion whether they decide to financially help patients with general referrals for testing or follow-up. A general referral form should be completed and given to the patient. These referral forms should be brought with the team. This form is provided on the website, <http://laromanadreamin.tripod.com> so that copies can be made before arriving to the Dominican Republic.

Individual financial help that team members want to provide for a patient should be discussed with Kristy, Junior or Moises. There are certain processes that need to be followed to determine if this is an appropriate option or not. Please trust the decisions that the hospital makes about the appropriateness of financial help. If you have a member of your team that is very interested in helping the poor financially, the hospital ALWAYS needs financial support for indigent patients who come to the hospital needing care and a donation can be made to this program.

Translators or staff that want/need medication should have a regular consult with a card so that a record of what medications were given is kept. Medications that someone wants for their family or friends must be ok'd by Kristy or the leader of the medical clinic when Kristy is not there to prevent misuse or running out of needed medications for the bateyes.

A Dominican physician will be present in each medical clinic. This is a required protocol for the hospital and is considered a required expense for the team. Please utilize this physician when there are questions about tropical medicine or local procedures. No team will be allowed to run a medical clinic without proper medical supervision. Student

medical/nursing teams that wish to participate in consultations must have at least one medical/nursing instructor who is responsible for the actions of the team members and responsible for educating them on medication use and diagnosis. Kristy, when on-site, is also available for consultation but will be out of the country for most of 2009 and early 2010.

Consultation cards will be provided by the hospital although some teams do also provide printed cards and these are much appreciated! The cards should follow the SOAP format and all cards should include a diagnosis even if the diagnosis is: "Healthy female." This will help the pharmacy to confirm the use of specific medications and know what substitutions may be possible if needed. Prescriptions should be written in the following way: Name of medication, mg, dose, frequency, the number of days that the medication will be given and the amount of medication given. Ex: Ibuprofen (200mg), 1-2 pills, TID x 10 days as needed, #30.

Translators will be provided for all persons (non-Spanish speaking) consulting patients as well as 2 people for the pharmacy, one at the entrance of the clinic and 2 at the intake table. Please be prepared for this cost. Volunteers are also present in the clinic. For verification who is a translator and who is a volunteer, please talk to Junior who is the head of the translators.

Please utilize the translators for information regarding culture, protocol and clarification of what patients are saying. There are many phrases that the direct translation of does not make any sense in English so a translator may not give you a direct translation but rather an "interpretation" of what was said. Any concerns regarding the proficiency or accuracy of your translator should be discussed with Junior. Please understand that some translators have been working longer than others and may be more proficient so it is not wrong to express your concerns and may actually benefit the translator so that they know where they need to work on their English. If you have a translator that has done a good job, please let him/her know as well as Junior. This is definitely encouraging for them!