

Frequently Asked Medical Questions



Revised February 21, 2008

1. Q: Are the clinics equipped with the necessary tools I will need as a health care practitioner? Is there a need for stethoscopes, blood pressure cuffs or suturing tools?

A: Stethoscopes & blood pressure cuffs are items in which we have an ongoing need for in the clinics. We usually have one or two available so you may have to share them with other health care practitioners. Therefore, bringing your own stethoscope and BP cuff facilitates the flow of patient care. **We always need donations of stethoscopes and blood pressure cuffs.** Suture kits are an item that we rarely use, but it could be wise to bring along a kit.

2. Q: I understand that there is a need for pregnancy tests in the clinic. Should I obtain or purchase some to bring? And what is the Pre-natal care follow up that they have?

A: **In Egypt** there is an OB/GYN that visits the clinics on a regular basis to care for the ladies. **In Mexico** there is a Family Practitioner who provides care to our patients or refers those that require more specialized care to a physician or clinic for the continuation of their care. Pregnancy tests are always greatly needed & appreciated. If you can obtain a donation of tests or marked discount on the purchase it would be a blessing. **However, before purchasing the tests please verify with our office; we can purchase these tests through Blessings International at \$1.00 per test.** This can be a item you or your team members can help us by fund raising. **Once diagnosed with pregnancy**, many of the women that we treat will make more of an effort to take care of their bodies & eat a more healthy & nutritious diet for their babies by taking pre-natal vitamins to prevent birth defects.

3. Q: Are antihistamines, nasal sprays, & inhalers types of items needed on the field?

A: Due to the large amount of dust in the desert regions in Egypt, pollution in Mexico City & the effects of burning garbage in the dumps, respiratory problems are very common among the people. Antihistamines, nasal sprays, & inhalers are very welcome and needed.

4. Q: I understand that test kits for diabetes are needed. Should I obtain accucheck machines along with the test strips?

A: We are always in need of these items—there are a lot of Diabetics in Mexico & Egypt. In the past, we have had many accucheck or glucose machines donated to our clinics; however, even more than the machines, our greater need is for the test strips. We do not have the ability to purchase the strips in Egypt or Mexico, so it presents a problem when we have the machines but no way to properly utilize them. Bringing a machine with strips would be a great asset to the field.

5. Q: Will I be able to properly sterilize the tools I will be using?

A: Yes you will. The clinics are equipped with an autoclave for sterilizing the items you will need to use. Many times we also utilize chemical sterilization such as Cidex or Gafadex.

6. Q: Should I bring my own gloves?

A: They will be provided for you at the clinic. However, one box would assist us in maintaining our supply for ongoing clinic use.

7. Q: Are you in need of any syringes or needles?

A: We do have syringes & needles on hand at the clinics. However, some of the needles are of a small gauge (25) that we keep in the dental area. Any needles or syringes that you could donate would be appreciated but are less priority than the medications.

8. Q: Do you need items like tongue blades, otoscope ear tips, or alcohol swabs?

A: Tongue blades, otoscope tips and alcohol swabs are necessary to the operation of the clinics. We are always in need of such items.

9. Q: Is there ever any lab work done out of your facilities, or is it all sent to a local hospital?

A: This is a challenging area for our clinics. We only have the facilities to accommodate simple procedures such as blood sugar testing. We then refer patients to the laboratory for blood tests, X-rays, ultrasounds, etc. This is all dependent on the patients' compliance & the cooperation of the local clinics or hospitals. In Egypt, it is common for many government hospitals to discriminate against Christians & not provide necessary care. In Mexico, it is common for the hospitals and clinics to discriminate against the poor. This is a frustrating concept; however, it is a reality. We are doing everything we can possibly do to provide a care facility with Christian principles to all those who visit our clinics.

10. Q: I am aware that you are in need of antibiotics & pain medications. Do you also need liquid forms of antibiotics or pain medications for younger patients?

A: Yes. Many of the families we see cannot afford to purchase fever reducers, antibiotics, or pain medications as needed for their children. We are in constant need of items such as liquid forms of antibiotics, Tylenol, & Ibuprofen.

11. Q: What types of ailments will I most likely be treating as a physician? Are there any certain diseases I should study upon?

A: Upper Respiratory Infections are prevalent among the children. Adults tend to experience a lot of muscular strains & pain from lifting the heavy garbage. Arthritis is very common with the elderly patients. The women seem to have problems with vaginal infections. Also many, of the patients also have parasites & amebiasis.

12. Q: Are malaria & cholera prevalent in the areas I will be serving in?

A: Malaria is not so much an issue in Cairo as it is in Southern Egypt. According to the CDC, the risk factor of malaria for Egypt is based on the summer months only, when mosquitoes are present. There is zero risk of contracting malaria during the months in which we travel to Egypt. Cholera & various forms of Hepatitis are seen more often, but not to the point of prevalence. Malaria is not an issue in Mexico City but in the southern regions of the Mexico—only in areas that are considered tropical.

13. Q: What medicines should I bring, & how should they be packaged?

A: Any medication that you have access to would be great! Specifically, we need antibiotics, analgesics, and anti-inflammatory agents. If you would like to package it yourself that would help, but if you cannot, team members are available to assist on the field with packaging in recommended dosages. We do recommend that you condense any samples that you obtain. Many sample bottles contain only a few pills and if you combine the medications make sure that they are the same medication and dosage and with the same expiration date. Condensing the bottles allows you to carry more meds. Please maintain a medication insert sheet with any newly marketed medications brought to the field. **Please do not bring Expired medication or any that will expire in less than 6 months.**

14. Q: As a doctor, will I be required to administer shots or will they be given by nurses?

A: Usually the nurses will administer any injections prescribed.

15. Q: What types of shots do you usually administer to patients?

A: We rarely utilize IM or Sub Q injections but occasionally we may administer antibiotics IM if prescribed.

16. Q: Will I need to take a copy of my medical license with me?

A: It would be advisable to carry your license with you & mail a copy to the Operation Serve Office.

17. Q: Are oral re-hydration solution packets available for the team? Is bottled water readily available, or should I take iodine?

A: Oral re-hydration solution packets are needed; however, bottled water is accessible and provided for all team members.

18. Q: What is the average number of patients a doctor will see throughout the day?

A: The number of patients you see is entirely up to you. We register 10–20 patients at a time, & judge from there. The number of patients a doctor may see is based upon each physician & the complication of the problems presented by the patients. Our staff is there for you & will help to maximize your time in the clinic. There is potential of seeing 100 people a day, but it is realistic to say that on average, doctors meet with between 20–30 patients a day.

19. Q: If I bring my bandage scissors is it acceptable to pack them in my carry-on?

A: Please pack any scissors or sharp instruments in your checked bags. It is not a problem for checked bags but may create a major problem as a carry-on.

We look forward to serving with you in field! If you have any further questions, please do not hesitate to call our office.