

Q: Are the clinics equipped with the necessary tools I will need as a health care professional? If I bring my own scissors can I carry them on the airplane?

A: We recommend that you bring any equipment that you feel you will need to feel comfortable, such as your own stethoscope. We usually have one stethoscope available and several BP cuffs. Bringing your own may help facilitate the flow of patient care. Suture kits are an item that we rarely use, but it may be prudent to bring one. Any sharp instrument you plan on bringing needs to be packed in your luggage. You will not be able to carry scissors in your carry on luggage.

Q: Is there a huge need for pregnancy tests? What is the Pre-natal care follow up?

A: Pregnancy tests are always needed and appreciated. Before purchasing them, check with our office. We can get through Blessings International for about \$1 per test. Once diagnosed, many of the women that we treat will make more of an effort to take care of them. We provide education and pre-natal vitamins to prevent birth defects.

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

A: Respiratory problems are very common due to the large amount of dust, pollution, and the effects of burning garbage in the dumps. We always need these items.

Q: Should I bring glucometers and test strips?

A: There are a lot of undiagnosed diabetics in Mexico. We have had many glucometers donated however; we cannot always obtain test strips for the different machines. You can contact our offices to see which machines we have and bring test strips for them. If you decide to donate a machine, bringing the test strips for it would be a huge asset.

Q: Will I be able to sterilize the tools that I will be using?

A: Yes, the clinic is equipped with an autoclave for sterilizing. We also use Cidex and Gafadex.

Q: Should I bring my own gloves, do you need any syringes, needles, otoscope ear tips, alcohol swabs, or tongue blades?

A: These items are provided in the clinic, however because of their ongoing use and need of these items if you could bring anything to add to the supplies it would be great. If you use x-small or non-latex gloves, you should bring them. Some of the needles are of a small gauge, such as 25 and 30 short.

Q: Is there any lab work done at the clinic, or is it all sent to a local hospital?

A: This is a challenging area for the clinics. We only have the ability to accommodate simple procedures such as blood sugar testing, pregnancy tests, ultrasounds, and urine dip sticks. We refer patients to the laboratory for blood tests, X-rays, etc. This is all dependant on the patients' compliance and the cooperation of the local clinics or hospitals. It is common for hospitals to discriminate against the poor.

Q: What about liquid forms of antibiotics and pain medications for younger patients?

A: we are in constant need of liquid forms of antibiotics and pain medications. You will be able to order and dispense through our mobile medical clinic and pharmacy any antibiotics needed for dental infections.

Q: What are some of the most common ailments that I will encounter?

A: Upper respiratory infections are prevalent among kids. Adults tend to experience a lot of muscular strains and pain. Arthritis is common among the elderly; women seem to have problems with vaginal infections. Many of the patients also have parasites and amebiasis. Diabetes and Hypertension are also rampant.

Q: Is Malaria prevalent in the area?

A: Malaria is not an issue in Mexico City but is in the southern regions of Mexico (areas considered to be tropical).

Q: What medication should I bring and how should it be packaged?

A: If you wish to bring medications we usually have a great need for antibiotics, analgesics, and anti-inflammatory agents. We recommend that you condense any samples that you have in order to carry more. Everything will be sorted into recommended doses on the field. Please maintain a medication insert sheet with any newly marked medications brought to the field. **Do not bring expired medications, controlled substances, or anything that expires in less than 6 months.**

Q: Will I be giving shots?

A: Usually a nurse will administer any injections prescribed. We rarely utilize IM or Sub Q injections but occasionally we may administer antibiotics IM if needed.

Q: Will I need a copy of my Medical License with me?

A: We do suggest that you carry a copy of your license with you and e-mail a copy to the OSI headquarters.

Q: What is the average number of patients I will see in a day?

A: The number of patients you will see is based upon each medical professional and the complication of the problems present. We register 10-20 patients at a time. On average 20-30 patients are seen per day.

Q: Are Oral re-hydration solution packets available, what about bottled water?

A: Oral re-hydration packets are needed however, bottled water is always accessible.

****We are able to purchase from a Pharmaceutical company in country for most of the items and medications needed. This saves your team from purchasing in the USA at a higher cost and avoids the challenge of transporting these items. On average the \$900 worth of medicines needed for a week will purchase \$9,000 worth of medications. Few items are purchased in the states from resources such as Blessings International.**

****OSI is a 501(c)(3) federally tax exempt nonprofit that can provide a letter of receipt for any companies or corporations that would like to donate tools or instruments to be used on the field. We are 100% public funded and always need donations of medications and medical equipment for the clinics.**