

# **Barb Whitaker's upcoming Medical Mission trip to Peru**

**Dear Congregation:**

I will be embarking on my first Medical Mission this April to Peru and I am really excited to be able to have the opportunity to serve! Below is a little information about what our mission plans are. We have partnered with Kindness In A Box ( [kidnessinabox.com](http://kidnessinabox.com)) and hope to make several trips a year after our initial set up. I am asking for donations to take to with me. We are seeking Over-the-Counter (OTC) medications and monies to purchase prescription medications there. Below, I have a list of OTC meds that we need. I will place a box to collect the medication by the front door. Money donations can be given to myself or Janice, If you would like a tax receipt for money donations just let me know.

Collection will start now and go through the beginning of April.

With deep appreciation for all you do in Christ's name,

**Barb**

## **KINDNESS MEDICAL CLINIC PROJECT DESCRIPTION:**

The goal of the Kindness Medical Project is to provide medical care and services to the impoverished Quechua people in the District of Maras, Peru in the villages of Kacllaraccay and Mullacas (total population: 800) through a cooperative partnership with the Maras District Hospital, the Goldfarb School of Nursing @ BJC – St. Louis, Missouri, and Kindness In A Box. The Kindness In A Box Medical Center located in the village of Kacllaraccay will be used as a medical center for the villages. The Quechua families in both villages must currently walk miles to receive medical care. Through the Kindness Medical Project, medical care will be provided in both villages and in the future to other villages throughout Maras. Also, the medical staff visiting from the USA will work with the medical staff at the Maras Hospital located in Maras (pop: 6,000).

Medical care, services, trainings and classes will be provided to the Quechua families in the villages of Kacllaraccay at the Kindness In A Box Kindness Medical Clinic and in the village of Mullacas at the Kindness In A Box Kindness Center. Doctors and medical staff from the Maras Hospital will come to both villages monthly to provide medical care and first aid. Registered nurses and nurse practitioners along with other medical professionals from the Goldfarb School of Nursing @BJC and registered nurses from BJC in St. Louis will come to Maras in April 2018 to provide medical expertise and training to the medical staff at the Maras Hospital and in both villages will set-up the Kindness Medical Clinic and pharmacy, provide medical care, first aid training, basic medical screenings, baseline health testing, CPR, classes in female hygiene and oral care. Individuals in each village will be trained as providers of basic first aid, CPR and female hygiene.

### **MEDICAL OUTREACH NEEDS**

#### **TABLETS (Brand name or generics)**

*Antacids: Pepcid / Prilosec / Zantac*

*Tums / Pepto / Immodium / Colace*

### **MEDICATIONS**

#### **TOPICALS**

*Hydrocortisone creams 0.5%*

*Hydrocortisone creams 1%*

## **PAIN**

Tylenol (Acetaminophen) 325 mg  
Tylenol (Acetaminophen) 500 mg

Tylenol (Acetaminophen) 80 mg

Tylenol (Acetaminophen) liquid 160mg/5ml  
*Tylenol infant drops 80 mg/0.8 ml*

Ibuprofen 200 mg

Ibuprofen 100 mg/5ml children liquid 4 oz

Ibuprofen infant drops

Aspirin 325 mg

Pain Reliever PM

Acetaminophen/ H/A Relief

Naproxen Sodium-220 mg

Aspirin 81mg

## **EYE CARE**

*Saline eye drops (Artificial tears)*

Eye wash

*Visine*

## **LIQUIDS**

Guaifenesin Syrup 100 mg/5ml, 16 oz

*Diphenhydramine syrup*

Ear drops/Ear wax remover

Flu/Cough meds/Robitussin DM (Expectorants)

Cough drops

Childrens Cough & Cold

Childrens Allergy

Cold Formula (fever, H/A, Sore throat)

*Children's Cough and Cold medications (need more!)*

## **Misc.**

*Ziplocks (snack size for pills-900 per day)*

Ziplocks (gallon size for ORS solns, lice and scabies solns)

Tolnaftate 1% cream (antifungal cream)  
Nystatin/Triamcinolone Cream  
(antifungal/corticosteroid)

Triple Antibiotic Ointment packets  
Lice Shampoo 16 oz, 32 treatments  
/bottle

Scabies solution 32 oz, 16 treatments  
/bottle (Itch B Gone)

*Lice Treatment kits with combs*

Vitamin A & D unit dose

Head & Shoulders Shampoo (8oz bottles)

*Diaper rash ointments*

*Benadryl cream*

Calamine lotion

Hydrogen Peroxide

Rubbing Alcohol

## **COUGH AND COLD**

Loratidine 20 mg (like Claritin)

Pseudoephedrine Hcl 30 mg

## **SPRAYS**

Nasal Saline decongestant spray 15 ml  
(Afrin)

## **VITAMINS**

Ferrous Sulfate 325 mg (Iron)

Folic Acid 800 mcg tabs

Multivitamins: adult

Multivitamins: child

*Multivitamins: infant liquid*

Prenatal Vitamins

## **Wound supplies:**

Hydrogen Peroxide

Band-aids

Butterfly wound closures