



**INTERNATIONAL
VOLUNTEER HQ**

MEDICAL CAMPAIGNS - What to expect:

COSTA RICA (SAN JOSE & MANUEL ANTONIO) , GUATEMALA - ANTIGUA, AND PERU - CUSCO

Purpose/Mission:

Rather than treatment, the focus of Campaigns is the detection and prevention of health issues in under-resourced communities

- Improve communities' health
- Detect diseases in their initial phase
- Provide medications, make recommendations, and refer for further treatment where applicable

Medical campaigns are customized to the skills and experience you disclose in your applications. For this reason, the more specific information you can provide in your application, the easier this process will be to ensure the Campaign meets your group's objectives and best supports the communities you will be visiting.

You'll travel to communities in private group transportation, accompanied by a local medical specialist who will be on-hand to prescribe medicines. A local team Field Manager will also accompany your group. It's common to visit 3-5 different community locations over the course of the week - these might include childcare, aged care and special needs care facilities, schools, and community centres. You'll find the members of these communities very happy and reassured to have you visit them.

Your group will rotate through stations which may include (subject to your group size, experience and any specializations):

- Registration
- Basic Hygiene
- Triage
- Height & Weight
- BMI
- General Medicine
- Obstetrics
- Optometry
- Gynecology
- Odontology
- Dermatology
- Diabetes
- Vital Signs (Blood pressure, Heart rate, Temperature, Oxygen saturation, Respiratory rate)
- Lice Screening
- Pharmacy
- Physical Therapy
- Miscellaneous, Art & Crafts etc

Please note that you should expect that all communication with the community will be in Spanish. While we can accommodate all levels of fluency, we recommend learning as much Spanish as possible before joining your campaign, with a focus on medical terminology. We'd also recommend considering adding additional translators (US\$250 -\$400 per week/translator, depending on your location).

Target communities:

- Guatemala and Cusco - typically larger numbers of patients, and more hands-on opportunities. Many people will travel to the campaign from remote areas (potentially walking up to several hours to see you) and may never have accessed healthcare services in the past. It's not uncommon for people to not be able to read or write and may not be aware of their age.
- Costa Rica - likely to be more urban placements. You'll likely see patients from migrant communities, those nervous about engaging with government healthcare or unable to access these services, those who do not have the time or resources to travel to seek medical treatment, or those who are stuck in long wait lists to be seen by a health professional.

**Clothing:**

Scrubs (any color), masks, gloves and disposable aprons.

Donations:

Donations are not required but they are very much appreciated and contribute to the sustainability of the program and goodwill within the communities.

You can bring these items or purchase them in-country after you arrive. Buying these items in-country helps the local economy and is often less expensive than in your home country.

It's important to be sure that medicine and vitamins do not expire for at least 1 year.

Your group may be working with donations provided by a previous group in order to ensure the oldest donations are used first.

We'd recommend splitting donations amongst all group member's checked luggage. If checking in a bag full of donations, please reach out so we can communicate with the local team about whether a support document may be required.

Suggested donations list:

- Toothbrushes (250)
- Toothpaste (250)
- Fluoride (10 Bottles - 250ml)
- Vitamins: Prenatal and children's chewable (10 Bottles - 100 pills)
- Multivitamins: Adult (10 Bottles - 100 pills)
- Hand sanitizer (10 Bottles - 500ml)
- Antiseptic: Rubbing Alcohol (10 Bottles - 250ml)
- Condoms (Boxes of 40)
- Bandages, Band-Aids (10 boxes)
- Latex Gloves (5 Boxes - Different Sizes)
- Masks (5 Boxes)
- Children's Aspirin and other Pain Medication (10 Bottles - 100 pills)
- Acetaminophen (10 Bottles - 100 pills)
- Ibuprofen (10 Bottles - 100 pills)
- Hydrocortisone (10 Tubes)
- Allergy pills: Benadryl or Generic (10 Bottles - 100 pills)
- Medicine for nausea and digestive issues (OTC)
- Antibiotics: Ciprofloxacin, amoxicillin, doxycycline (50 pills/capsules)
- Triple antibiotic cream (10 Tubes)
- Metformin (50 1,000 mg pills)
- Anthelmintic/antiparasitic medication: 50 pills/capsules

Help for ongoing needs:

- Toiletries: soap, shampoo
- Lice Shampoo
- Tongue depressors
- Urine test strips (Glucose + Protein + Ketone + pH)
- Oximeter
- Blood Sugar Meter
- Glucose Strips
- Thermometers
- Blood Pressure Cuff
- Stethoscope
- Otoscope with extra tips
- Arts & Craft Supplies: Popsicle sticks, glue, paper plates, glitter
- School Supplies: Notebooks, pens, pencils, colored pencils, markers, erasers
- Children's Clothing: New or used, clean, and in excellent condition