

Appendix II:

First Aid Kit

Upgraded First Aid Kit

Outreach Kit

Medical Outreach Kit

FIRST AID KITS

You may want to link health education about common problems to the delivery of a first aid kit containing the commonly used over the counter (OTC) medications listed in Table I. As this activity is not connected to an individual patient's diagnosis and treatment, most programs are comfortable with this being done by outreach workers. You should talk with your supervisor and medical director about distributing first aid kits and/or OTC medications to make sure they are aware of what you are distributing and to get their approval if you are a non clinical staff person.

How can you obtain medications for first aid kits? Health departments can receive public health pricing when ordering medications, and community health centers also receive special rates. Pharmaceutical representatives will often supply free Tylenol, Advil, and cough syrups in sample-sized packages. Many churches, especially their women's groups, and other voluntary agencies will assemble first aid kits for you to distribute.

If there are children in the camp, you need to take extra precautions. Ensure medications are in child-resistant containers, and instruct farmworkers to keep the first aid kit out of the reach of children. You may want to return with a cabinet child-proofing device if they do not have one. You may want to add extra medications for children as listed below.

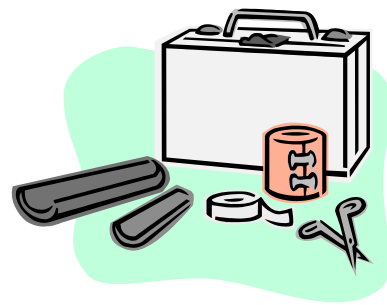
☒ Suggested Items to Include In a Basic First Aid Kit

Medications

- π Acetaminophen 325 mg (Tylenol) #28 tablets
 - 2 tablets up to 4 times daily as needed for pain or fever

- π Antacid tablets (Tums, Rolaids) #1 roll OR liquid (Maalox, Mylanta) 4 ounces
 - 2 tablets after each meal and at bedtime as needed for heartburn or upper abdominal pain
 - 1 Tablespoon after each meal and at bedtime as needed for heartburn or upper abdominal pain

- π Condoms with instruction sheet. Check expiration date. Do not store in hot car for long periods of time.



- π Dimenhydrinate 25 mg (Dramamine) #28 if tobacco is grown in your area. Do not drive or use machinery after taking this medicine
 - 1 tablet 4 times daily for green tobacco sickness.

- π Diphenhydramine 25 mg (Benadryl) #28. Do not drive or use machinery after taking this medicine
 - 1 tablet 4 times daily for itching or hives
 - 1 tablet 4 times daily for itchy, runny nose and eyes
 - 1 tablet at bedtime for trouble sleeping

Topical agents:

- π Hydrocortisone 1% cream
 - Apply to itchy rashes 4 times daily (insect bites, allergic reactions to plants or chemicals)

- π Antibiotic cream (Polysporin, Bacitracin) (generally avoid Neosporin due to frequent allergy)
 - Apply to cuts, burns, or infected skin 4 times daily

- π Antifungal cream (miconazole, clotrimazole, Lamisil, or tolnaftate)
 - Apply to athlete's foot, ringworm, or jock itch twice daily

Wound care:

- π Antiseptic towelettes to use in cleansing wounds where soap and water are not available
- π Band-Aids
- π Gauze squares
- π Roll gauze or tape

☒ **Suggested Items to Include In an Upgraded First Aid Kit**

- π Castile or other soap packets

- π Cough drops or cough syrup (Robitussin DM) #1 roll or 4 ounces
 - 1 tablet every two hours as needed for cough
 - 1 Tablespoon every four hours as needed for cough

- π Ibuprofen 200 mg (Advil, Motrin I-B, Nuprin) #28 tablets
 - 2 tablets every 4 hours as needed for pain

- π Disposable gloves in ziplock bag

- π Multiple vitamins containing 0.4 mg folic acid, preferably without iron #100 tablets
 - 1 tablet every day

- π Oral rehydration recipe or packets

- π Thermometer (preferably not glass)

Topical agents:

- π Calamine lotion #4 ounces
 - Apply to itchy, wet rashes 3 times daily as needed for itching

- π Analgesic balm (Aspercreme)
 - Apply to sore muscles 2 times daily as needed for pain

☒ **Consider Adding The Following Items To The Kit If Children Are Present:**

- π Normal saline nose drops for nasal congestion

- π Oral rehydration solution (liquid, packets, or recipe) for diarrhea

- π Pediatric acetaminophen (Tylenol) and dosing chart (container does not give dosage for children under 2 years of age!) for fever

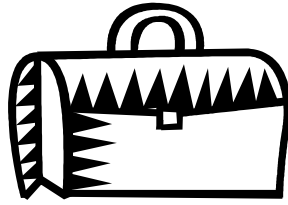
- π Activated charcoal with poison control telephone number for unintentional ingestion of medications or poisons (only use if poison requires elimination by vomiting).

OUTREACH KIT

It is recommended that outreach workers carry the items listed below.

- π Health Assessment and Encounter Forms
- π Medications listed under First Aid Kit
- π Thermometer
- π BP cuffs (at least medium and large adult cuffs), stethoscope, BP cards
- π Alcohol-based hand cleaner
- π Non-sterile gloves
- π Nitrile gloves for chemical resistance
- π Water (at least 20 ounces for hydration or wound care in the fields)
- π Quick Fix food for hypoglycemia
- π Dressing supplies: Band-Aids, gauze, tape, Bacitracin ointment
- π Ace bandage - 4 inch size
- π Cell phone and list of commonly called phone numbers
- π Flashlight
- π Trash bags
- π Eye chart and tape measure or piece of rope cut to 20 feet (optional)
- π Protocol manual, First Aid book
- π Patient education handouts
- π Health education materials
- π Clinic flyers, referral source flyers
- π Charts
- π Lock box for charts or computer





MEDICAL OUTREACH KIT

If you bring a provider with you on outreach, review this list with them and see what equipment they would like to bring.

☒ **Basic**

- π Medications listed under First Aid Kit
- π “Quick Fix” food for hypoglycemic reactions
- π Thermometer
- π BP cuffs (several sizes), stethoscope, BP cards
- π Alcohol-based hand cleaner
- π Non-sterile gloves
- π Water (at least 20 ounces for hydration or wound care in the fields)
- π Dressing supplies: Band-Aids, gauze, tape, Bacitracin ointment, steristrips, Telfa pads for burns, bandage scissors
- π Oto-ophthalmoscope
- π Tongue blades
- π Sharps containers if sharps used
- π Trash bags
- π Telephone and list of commonly called phone numbers
- π Prescription pads
- π Referral forms, lab and X-ray order slips
- π Charts
- π Lock box for charts/computer

☒ **Advanced**

- π Throat culture swabs
- π Fluorescein strips, Wood’s light, sterile Q-tips
- π Sterile swabs and #27 needle for ocular foreign body – need eye anesthetic to use
- π Peak flow meter
- π Scale
- π Ace bandages (2”, 3”, 4”)

- π Finger and wrist splints
- π Air-Cast
- π Suture removal kit
- π Laceration tray
- π Iodoform gauze or packing after I&D
- π #11 scalpel for I&D
- π #15 scalpel for trimming of callouses and corns
- π Heavy scissors and clamp for toenail removal, lidocaine, syringe/needle, antibiotic cream
- π Nail clippers and alcohol to sanitize
- π Emesis basin
- π Anoscope
- π Ear lavage tools for cerumen impaction or insect in ear
- π Eye chart and tape measure or piece of rope cut to 20 feet
- π EKG machine
- π Skin biopsy punches

☒ **Child Physicals**

- π Audiometer
- π Scale
- π Tape measure
- π Growth charts

☒ **Lab tests to consider for clinical outreach**

(Need CLIA waiver, Quality Assurance Procedure, and OSHA compliance)

- π Glucose: glucometer/resheathable lancets/strips/alcohol wipes (do control before leaving)
- π Rapid HIV test or venipuncture for HIV/RPR
- π Urinalysis dipstick
- π Urine pregnancy test
- π Hemoglobin machine
- π Rapid strep tests

☒ Vaccines and biologicals to consider for clinical outreach

- π PPD
- π Td
- π MMR
- π Hepatitis B
- π TwinRix
- π Approved system for keeping vaccines cold
- π VIS statements, vaccine records, consent forms
- π Sharps containers, syringes, needles, alcohol, Band-Aids
- π Adrenaline kit in case of allergic reaction
- π Vaccine Protocol – local manual or reference book

☒ Medications to consider for medical outreach:

- π Adrenaline kit if you will be giving immunizations or any injectables, or if you are in remote areas.
- π Lidocaine with syringes and needles
- π Local anesthetic for eyes if ocular foreign bodies common (many require refrigeration)
- π Steroid for local joint injection (betamethasone acetate or triamcinolone hexacetonide)
- π If anticipate STD treatments, bring Rocephin, Vantin, or cipro plus azithromycin or doxycycline
- π 1 container each of antibiotic eye drops and ear drops
- π A few tablets of antibiotic effective for cellulitis for patient seen after pharmacy closes.
- π Albuterol inhalers, 1 or 2
- π First Aid Kit Medications