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

**Child Physicals**
- Audiometer
- Scale
- Tape measure
  - Growth charts

**Lab tests to consider for clinical outreach**
*(Need CLIA waiver, Quality Assurance Procedure, and OSHA compliance)*
- Glucose: glucometer/resheathable lancets/strips/alcohol wipes (do control before leaving)
- Rapid HIV test or venipuncture for HIV/RPR
- Urinalysis dipstick
- Urine pregnancy test
- Hemoglobin machine
  - Rapid strep tests
Vaccines and biologicals to consider for clinical outreach

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

Medications to consider for medical outreach:

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