



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