

# GABON: BONGOLO HOSPITAL PROJECT GUIDE 2007

Dear Alliance Women,

Once again, “thank you” for partnering with us in this ministry. We thank the Lord for the 1200+ people who received Christ last year. Pray that there will be good follow up in their local church. Pray, too, that an additional chaplain will be assigned to work with Pastor Pascal.

## MAILING AND PACKING INSTRUCTIONS

As many of you know, the U.S. Postal system is no longer sending boat mail packages to various countries in Africa, including Gabon and Guinea. After much thought and prayer, we are proposing the following:

1. The Portsmouth Alliance Church (5809 Portsmouth Blvd., Portsmouth, Virginia 23701) has agreed to receive **rolled bandages and empty pill bottles** in April, May and June. We ask that you only send 2 boxes of pill bottles, per church, per year.
2. Small items that are light weight could be sent airmail.
3. The Gabon field has agreed to accept packages that will go in the yearly (usually in July) container to Gabon.

**We are presently looking for a church (or churches) in the Portsmouth, Virginia, area willing to receive these packages in the spring and haul them to the port in late June. As soon as this gets worked out, we will post mailing instructions on the Alliance Women’s Web site.**

**IF YOU WANT TO START PREPARING THE PACKAGES, here are some instructions:**

1. Make a detailed list of all items, the quantities, and lowest possible values; also the size (HxWxL) of each box.
2. Your package should be in a large, sturdy cardboard box or a clear Rubbermaid-like storage container (which can be used for storage purposes at the hospital).
3. Line the box with a large plastic garbage bag and slip a card in the box with your name and address.

4. Please put liquids in a zip-lock bag— do not send food items.
5. Limit the number of different items in each box to four or less to facilitate sorting the items. If there are like items, please put them in a plastic bag together. For example: put all the toothbrushes in the same bag.
6. If your package only contains items for the dental clinic or the maternity, write on the address: *Attention: Dental Clinic* OR *Attention: Maternity*.
7. If you have other medical items that are not on the list and which you think would be useful, contact Coleen at 218-245-2706, or email at [coliemark@northlc.com](mailto:coliemark@northlc.com) address: 41366 Scenic Hwy., Bovey, MN. 55709.
8. If you find the above too confusing J and would rather send money, please mail your check to the C&MA Headquarters, made payable to The Christian and Missionary Alliance, designating it for “Bongolo Hospital Medical Supply/Shipping.” (C&MA address: PO Box 35000, Colorado Springs, CO 80935)

## **OVER THE COUNTER MEDICATIONS**

(Make sure the medications will not expire in 12 months)

1. Tylenol Liquid for children
2. Multivitamins with the essential minerals like Centrum and Centrum Kids
3. Cold medications: decongestants, non-drowsy antihistamines (like Clariten P), cough lozenges and cough syrup
4. Eye drops such as Murine, Artificial Tears, and Anti-allergy drops
5. Anti-itch ointments
6. Metamucil, Citrucel, etc.
7. Lamasil ointment (anti-fungal)
8. Selsun Blue Shampoo

9. Pepcid, Prevacid, Prilosec, Zantac
10. Mineral Oil
11. Antacids with Calcium (\*\* really needed)
12. Sample medications that won't expire in 12 months (Write Coleen to see if they would be useful).

## MEDICAL SUPPLIES

1. Small, clean empty pill bottles with lids on them. If you can't remove the label, please cover them with a white label. Send only 2 boxes/per church/per year.
2. Rolled sheet bandages made from used sheets. Widths should be 3", 4", or 5". The diameter should be 2-3". Secure end with a stitch or a rubber band.
3. Plastic medication cups with measures (order from a pharmacy)
4. Skin tapes (no foam tape, please)
5. Good quality 1" masking tape (used to secure sterilization wraps)
6. Supplies for enemas, Fleets enemas
7. Sterile (sizes 6 ½ to 8 ½) and non-sterile exam gloves (small to large)
8. Colostomy supplies - 20 or more with the snap on bags.
9. Pill cutters, pill tray counters
10. BP machines, Stethoscopes
11. Gauze compresses: sterile or non-sterile. They are OK if the date is expired as they can be re-sterilized.
12. Colored new or good used hand towels
13. Ace bandages, splints and slings

14. Kerlix-type bandages and dressings
15. Playtex-type gloves, sizes medium and large
16. Men's heavy work gloves sizes medium to extra large
17. Rectangular hospital basins
18. Cotton balls
19. Children's hospital gowns: various sizes
20. Adult disposable diapers and chux pads

## **DENTAL SUPPLIES**

1. Toothbrushes
2. Toothpaste
3. Dental floss

## **SURGICAL SUPPLIES**

(\*\* See instructions for making these items)

1. Cloth operating room gowns
2. Blue operating room towels
3. Laporotomy sponges
4. Protective eye wear
5. Sterilization wraps \*\*
6. Double thickness operating room table covers \*\*
7. Mayo Stand covers \*\*

8. Operating room caps (patterns available through Simplicity or McCalls)

9. Vaseline Gauze, Adaptic, Telfa (NO biological dressings, please)

## **MATERNITY**

1. Clothes For Premature Babies: The Bongolo Hospital Maternity is a center for difficult deliveries and premature babies. There is, therefore, a need for preemie clothes. A three pound baby has the following measurements:

Head circumference = 11.8 inches, Chest circumference = 10.2 inches, Length = 16.5 inches, Foot length = 2.75 inches

Soft light-weight flannel outfits are preferred for the preemies. Wal-Mart now has premature clothes.

2. Preemie caps: out of soft stockinet or other warm material. If they are knitted use soft baby yarn.

3. Baby booties

4. Flannel receiving blankets

5. Cotton preemie diapers

6. Preemie and 0-3 month pacifiers

## **UNIFORMS**

1. Short-sleeved smocks or lab coats for men and women, sizes medium to 2XL

2. Scrub-type uniforms out of cotton or cotton/polyester, sizes medium to 2XL. The women wear scrub dresses. The women's average height is 5'2" to 5'8" and they wear their dresses mid-calf. Plain colors are preferred, but prints acceptable. The OR team wears light blue or light green scrubs. Patterns for these can be found in patterns like McCalls or Simplicity.

3. Students' nurse uniform tops: should be made out of blue and white gingham checked

material, either in a scrub-like pattern or a simple short-sleeved lab coat pattern. Scrub dresses are OK for the women. Please note that only about half of our nursing students and staff are women.

4. IF YOU ARE UNABLE TO SEW: you can send white or blue checked gingham cotton or cotton/polyester material and thread.

Thank you for partnering with us,

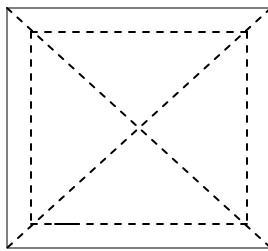
Coleen Lofgren, Donation's Coordinator

# INSTRUCTIONS FOR ITEMS FOR THE BONGOLO HOSPITAL

## 1. STERILIZATION WRAPS:

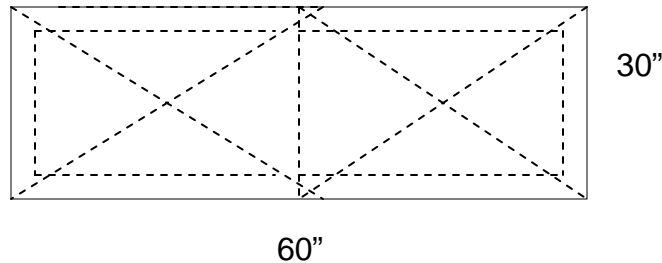
There is a constant need for sterilization wraps at the hospital. We use these to wrap instruments and gloves for sterilization, and they tend to wear out fast due to the high heat used in this process. They can be made out of cotton or cotton/polyester from any color or print. Material from old tablecloths and sheets may be used. Many times you can get used sheets that are stained from motels and hospitals; these are fine as long as they are in good shape. If there is a choice in colors, white, blue or green are preferred.

They are to be double thickness, with the seams turned inside the two layers and sewn around the edges. An "X" should be sewn corner to corner. Sizes needed are: 12x12"; 24"x24"; 36"x36", 48"x48", 48"x60". See diagram below.



## 2. DOUBLE-THICKNESS OR TABLE COVERS:

These are made like the sterilization wraps, but the final dimensions should be 30" x 60". Sew a line down the middle of the cover so you have two 30" x 30" squares, then sew an "X" from corner to corner on each square. See diagram below.



## 3. MAYO STAND COVERS:

These should also be out of cotton or cotton/polyester. They are like a long pillow case, except that the closed end needs to be double thickness. Finished size: 20" wide and 57" long, with 28" of the closed end a double thickness. One way to do it is to cut your cloth 41" wide by 85.5" long. Fold over the length until it is 57" long, iron it and sew the folded area down (so it stays in place). Finish the open end. Then fold the cloth in half lengthwise and sew the side and end. See diagram below.

