

BOMBO

MEDICAL MISSION

2020



PENINSULA
COMMUNITY CHURCH

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THE TRIP

Every year, Peninsula Community Church (PCC) partners with Bombo Pentecostal Church (BPC) for a weeklong medical clinic held in Bombo, Uganda. For one week, BPC is transformed to a medical facility with a variety of medical specialties, lab services and surgeries offered free of charge to all those seeking care. PCC brings a team of doctors, nurses, and other willing volunteers with a variety of skills to partner with BPC in running the clinic.

The medical clinic strives to provide ethical care, health education, and dignified care for all patients. While providing medical care, those attending the clinic are shared and shown the love of Christ. People line up along the street for hours before the clinic starts, hoping to see a doctor. All are welcome to the clinic, a poignant characteristic and reputation of the clinic.

This year, we hope to continue our effective public health education for the community on hypertension, maternal health, and diabetes. If you have a specialty in this area, please make sure to note this on your application. We are also implementing a structure of doctor mentorship as requested by our partners in Uganda, where American and Ugandan doctors are paired together in cohorts to promote learning and excellence.

Ultimately, as followers of Christ it is our desire to live out God's call to love others (Matthew 22:26-30) through medical care, demonstrating the highest standard of health services, ethics, and compassion to all we encounter.

Please see clinic description (page 13) for further details on service in different areas of the clinic.

HOW TO APPLY

Thank you for your interest in Peninsula Community Churches Medical Mission to Bombo, Uganda! The following pages have trip logistical details. If you desire to apply to participate in this amazing service opportunity, please visit:

The application can be found [here](#), or by visiting www.easysite.com/uganda or emailing jim@pccpv.org for the link.

Please fill out the entirety of the application. PCC will notify you within a week of submission.

**PENINSULA COMMUNITY CHURCH
BOMBO MEDICAL MISSION TRIP 2020**

Trip Dates: *MEDICAL MISSION:* August 30 – September 4, 2020 (not including travel/safari)
 With travel: August 26 – September 6, 2020
 With safari: August 26 – September 9, 2020
 A small group will depart August 24 to physically set up the clinic prior to its opening.

Expense Estimates (per person):

LAND	\$700*
AIRFARE	\$1,100 - \$1,500 (economy estimate) **
SAFARI	\$800 (estimate)

Expenses **not** included in LAND, but required:

Passport***	\$125
Visa	\$50
Immunizations	\$100 to \$400
Malaria Medications	\$150 to \$250
Nights in Kampala	\$125/ea (one night is included, additional possibly required if departing USA earlier or returning later)

*Included in LAND is all in-country lodging (only one night in Kampala), meals, transportation, water, travel emergency evacuation & medical insurance, and team expenses during the clinic. Land details will be organized by the Clinic Administrator. Peninsula Community Church is not able to cover any personal expenses for any team member. All personal travel costs must be borne by the team member.

**Airfare must be paid in full before reservations are made if you are having PCC book it. Therefore, a \$2,000 deposit for the trip is due by March 1, 2020. The airline expense is non-refundable. The land balance is due by June 1, 2020 and is not refundable after July 1. Any donations provided for the ministry are non-refundable.

***By June, each team member is asked to complete the online application for a Uganda visa. The process is handled online these days. You will need to upload a passport picture and proof of a Yellow Fever vaccine. When the application has been processed, print the form provided and bring it with you to Uganda. Passports must be valid for six months following the end of the trip (through April 2021). The official Uganda visa website is: <https://visas.immigration.go.ug/>

BOMBO MEDICAL MISSION PERSONNEL EXPECTATIONS

Bombo Pentecostal Church once again is hosting the Mission in partnership with Peninsula Community Church based in California, along with several of our local hospitals, Medical Institutions, and volunteer Specialists.

Expectations:

May God bless and use you as you participate in this noble cause. Please take note of our expectations below and endeavor to abide by them. Remember, you are a representative of the church, so all you do will be viewed as the church. Let us be true representatives of the God we serve.

1. The Purpose

Each participant needs to understand and comply with the purpose of the Bombo Medical Mission. It is here to reach out to God's people with His love and compassion. It is an opportunity to share the Gospel, not only through Medical Services, but also through Evangelism. An entire Evangelism Department will be sharing the salvation Gospel throughout the Mission. Please therefore treat everyone with the highest level of courtesy and hospitality. Smile. Work in a manner that creates an ambience of God's love.

2. Voluntary ministry to God

All participants in this Mission are volunteers. Nobody at this Mission is entitled to any payments for services offered. Similarly, nobody is expected to make demands. While we will do everything in our power to make your stay with us pleasant, we do not guarantee that all your requirements will be met. Missions of this kind are a sacrifice on everybody's part, so let us all honor one another with a humble servant-like spirit that is accommodative of inconveniences that may come our way, regardless of whichever title you hold. The congregation of Bombo Pentecostal Church as well as everybody involved in the running of this mission, made all kinds of contributions in cash, and in kind to make this mission happen. Therefore, respect EVERYBODY - the patients, fellow medical students, and all participants regardless of what role they play.

4. Registration

Every participant is expected to register and receive a tag, without which one will not be allowed to participate. No one who is not registered in time will be allowed to join the Mission once it is in progress. Medical Personnel who report after Dr. Dapo has carried out orientation and given some vital instructions are not allowed to treat any patient before signing to the expectations agreed to for the running of the mission.

5. Punctuality

Patients line up from as early as before 6:00 am waiting for treatment. We are therefore expected to be at our workstations by 8:00 am at the latest, and work until 5:00 pm. Please be conscious of time during tea breaks and lunch breaks so that patients are not left unattended for too long. Do not all leave your workstation at the same time, as this stops the flow of patients and wastes time. Kindly take turns to leave for lunch or tea breaks.

6. Duration

We expect everyone to work for the entire duration of the mission, i.e. Sunday afternoon to Friday evening. If you or the group to which you belong are not able to do so, please notify us before going ahead to register.

7. Integrity

All items, right from medication down to a toilet paper, belong to the Mission. Please do not take anything off the premises without permission, and do not claim anything given to you as your own. Anyone found misappropriating the hard-earned property of the mission will immediately be dismissed from participation.

8. Security

You may be subjected to security checks as you report to and leave the premises. Please do not be offended by this. It is a standard procedure for everybody, and the guards are simply doing their jobs.

9. Code of conduct

Kindly respect the church premises. We are expected to behave like Christians. As such, rude language, smoking, drinking and other similar activities are not befitting for the mission. Similarly, please avoid flirting around in boy-girl relationships while at camp. This is very inappropriate and destructive to our purpose.

10. Litter

Please do not litter. Restrain from throwing water bottles, banana peels, polythene bags, straw covers, and any other form of trash carelessly. Please look for a trashcan or bin and dump litter there.

11. Guidance

You will have a host under whom your team will work. Feel free to ask your host for guidance over any issues that you need clarification on. If your host is not sure, he or she will approach the information desk at the Administration room. A lady named Jennifer will meet you there. You may also call her on 039 2002046. This number will be active throughout the mission days.

12. Only for Medical Personnel: Medical Ethics

- i. I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.
- ii. I will apply, for the benefit of the sick, all measures which are required, avoiding those twin traps of overtreatment and therapeutic nihilism.
- iii. I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or the chemist's drug.
- iv. I will not be ashamed to say, "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery.
- v. I will respect the privacy of my patients, for their problems are not disclosed to me that the world may know. Most especially must I tread with care in matters of life and death. If it is given me to save a life, all thanks. But it may also be within my power to take a life; this awesome responsibility must be faced with great humbleness and awareness of my own frailty. Above all, I must not play at God.
- vi. I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.
- vii. I will prevent disease whenever I can, for prevention is preferable to cure.
- viii. I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm.

- ix. If I do not violate this oath, may I enjoy life and art, respected while I live and remembered with affection thereafter. May I always act so as to preserve the finest traditions of my calling and may I long experience the joy of healing those who seek my help.

God bless you. I trust we will have a pleasant and thrilling time together as we watch God transform lives through us.

In His service,

Alex & Millie Ojera

Overall Supervisors

Pastors of Bombo Pentecostal Church

UGANDA PACKING LIST

Recommended individual packing list for a one-week trip

- The hotel does provide laundry service, but laundry return time is dependent on rain
- Most people wear scrubs all week at the clinic.
- Whatever you bring, YOU carry!

Carry-on or backpack:

- Airline tickets (we usually have eTickets)
- Passport & immunization record (proof of Yellow Fever vaccine)
- Cash (for food and emergencies in transit)
- Driver's license (optional and not necessary)
- ATM Card or Credit Card (DO NOT use in Africa – except in emergencies or at major hotels. Make sure to authorize cards for travel use with credit card provider before leaving the country, will not be able to once out of the US.)
- Change of clothes (at least underwear and socks)
- Prescription glasses and sun glasses
- Personal medications, malaria meds, vitamins, motion sickness meds
- Energy bars, snacks
- Travel Bible
- Journal with pen
- Personal toiletries (be aware of airline restrictions for liquids)
- Hand sanitizer & wipes
- Small packet of tissue or small roll of toilet paper (TP is not always provided at the clinic)
- Small First Aid Kit (Band-Aids, Neosporin, 4X4 gauze pads, small roll tape)
- Small flashlight with extra batteries
- Camera (check with team leader on appropriate picture taking policies)
- Hat

Suitcase: 50-pound limit -- Only one suit case or duffle bag per person. We are limited on room in the vehicles. ***You will be given a second bag to check in with clinic supplies. Please plan on picking it up at PCC before your day of departure.***

- Men: 2 pair of long work pants (most team members wear scrubs)
- Men: casual shirts, golf shirts or t-shirts (again, most wear scrubs daily)
- Women: knee length or below skirts
 - Women can wear loose pants, no belly showing type pants and no shorts; no leggings
- Women: modest blouses or t-shirts – always cover your shoulders
- Men & Women: no shorts in Bombo
- Short sleeve t-shirts (no stomachs showing, please be modest)
- Underwear for each day of trip or 5 days' maximum (you can always hand wash and hang dry)
- Light weight jacket, sweater or sweatshirt
- 1 pair of comfortable shoes/boots CLOSED TOE ONLY, no matter your role
- 1 extra pair of shoes (optional)
- 1 pair of sandals or flip flops for the shower
- For Safari only: swim suit (modest, women should bring a swimsuit cover-up) and shorts (both men & women, women please longer, loose shorts)

For Sunday church service:

- Men: 1 pair of Dockers style pants and 1 polo or dress shirt
- Women: 1 long skirt and blouse or long dress (pants are OK)

Other items:

- Toiletries
- Sunscreen
- Hand sanitizer & handy wipes (bring a generous supply)
- Small packet of tissue or small roll of toilet paper (clinic does not provide toilet paper during the day)
- Insect/mosquito repellent
- Travel mirror
- Zip Lock bags
- Trash bags for dirty/wet clothes
- Pillow
- Jewelry and valuables: Take only what you are willing to lose
- Please leave your electronic gadgets (iPhones, computers, iPods, iPads) out of sight as much as possible – ***we do not want to flaunt our technology***

PASSPORT AND VISA REQUIREMENTS

All members of the team should complete the online registration.

Uganda Visa:

- Visas are **required** before travel and entry into Uganda
- Passports must be valid for 6-months after return date (through April 2021)
- Have at least 1 blank page left in your passport
- Complete the Visa application process online at the Uganda website (<https://visas.immigration.go.ug/>)
 - You will need to upload one passport size photograph
 - You will need to upload a copy of your bio-data page of your passport
 - You will need to upload your Vaccination Certificate (Yellow Fever)
- When you have completed the process (and submitted payment) you will receive a confirmation. Print that confirmation and BRING IT WITH YOU to give to the clerk at Passport Control upon arrival at the Entebbe airport.

Safety in carrying your passport:

- Make two copies of your passport- bring one with you and give one to the team Administrator
- If someone requests your passport, ***do not offer it immediately***. They must have a valid reason to request it.
 - Do not surrender your passport ***except*** to an Immigration Official
 - If you feel you must show it, show the photocopy
 - Do not let anyone take it out of your sight

IMMUNIZATIONS

Information from the Center for Disease Control www.cdc.gov/travel

Preparing for your trip to Uganda:

Before visiting Uganda, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination: (Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

- To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.
- Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.
- CDC recommends that you see a health-care provider who specializes in Travel Medicine. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.
- Inform health care provider of all countries of travel.

Be sure your routine vaccinations are up-to-date:

- **Routine vaccines**, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life (see www.cdc.gov/vaccines/index.html).
- Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

Vaccine-Preventable Diseases:

- **Tetanus/Diphtheria (Td)**- Combination vaccine is recommended for all persons, even those who reside in the United States.
- **Yellow Fever**- CDC yellow fever vaccination recommendation for travelers to Uganda: For all travelers >9 months of age. Uganda requires travelers to present proof of yellow fever vaccination on Yellow Card in passport. Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk.
- **Typhoid**- Suggested for travelers to most other foreign countries, as it travels in food and water. Ask health care provider for recommendation.
- **Hepatitis-A**- Routinely given to children beginning at age 1 year. Generally recommended for most foreign travel, including Europe.
- **Hepatitis-B**- Given as a routine to infants, children, and adolescents. It is particularly recommended for adolescents and adults with prolonged travel or residence in developing countries.
- **Meningococcus**- Advised for travel to developing countries where risk is high for meningococcal infection, e.g., parts of sub-Saharan Africa (“meningitis belt”).

Malaria:

- Malaria risk area in Uganda: **All**

- **Drugs to Prevent Malaria (antimalarial drugs)**
 - You will need to take one of the following antimalarial drugs: atovaquone/proguanil, doxycycline, or mefloquine (primaquine in special circumstances and only after G6PD testing).
- **Note: Chloroquine (Qualaquin is common brand) is NOT an effective antimalarial drug in Uganda and should not be taken to prevent malaria in this region.**

A Special Note about Antimalarial Drugs:

You should purchase your antimalarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use.

Halofantrine (marketed as Halfan) is widely used overseas to treat malaria. CDC recommends that you do **NOT** use halofantrine because of serious heart-related side effects, including deaths. You should avoid using antimalarial drugs that are not recommended **unless** you have been diagnosed with life-threatening malaria and no other options are immediately available.

For detailed information about these antimalarial drugs, see www.cdc.gov/malaria/travelers/drugs.html.

Immunization Resources:

- Check with your health insurance/personal doctor to see what they will cover.
- Center for Disease Control (CDC) www.cdc.gov/travel

MONEY & CREDIT CARDS

U.S. Money:

- \$100 dollar bills bring a higher rate of exchange and are usually the only bills accepted for exchanging to shillings
- The Team Administrator will exchange money upon his/her arrival, you may exchange with the Administrator any time during the trip
- Exchange Rate: US Dollars to Uganda Shillings
 - 1 USD to Uganda Shillings current exchange rate is= 1:3,650 (Updated August 2019)
- Money you bring, must be:
 - Newer bills – clean and crisp – no tears or damage
 - **Series 2006 or newer**

Use of Credit Cards in Africa:

- ***It is not advised use a credit card in any local shop***, as there is a significant amount of credit card fraud in Africa
- Credit cards can be used at banks and major hotels, but check with your bank to see if ATM cards are honored in Uganda banks and which banks in Kampala

Safety in Carrying Money:

- Never flash or show large amounts of money
- Use a money belt to carry large sums of money and your passports
- Have a small amount of money in a separate pocket
- Do not keep your wallet in your back pocket
- Keep your purses and backpacks closed, latched or zipped up all the time
- ***Never go anywhere alone and watch out for each other always***

CLINIC DAILY FUNCTIONS

Clinic Daily Function Description:

The Clinic is run at Bombo Pentecostal Church (BPC), where they transform their large education building classrooms into exam rooms. Various specialties, such as ophthalmology, dental, pediatrics, and the lab have designated areas. Upon arrival in the morning, Attending's will ensure their room (containing as many as four exam areas) is ready for the staff doctors; Head Nurse will lead setting up triage; Pharmacy Staff will pack pills and organize the room for the day; and Storeroom Staff will be prepared to check out all necessary materials to medical personnel.

Once the clinic opens, patients will come in a steady flow all day. The BPC volunteers will alert all American volunteers of tea time and lunch time. Please take tea and lunch in a timely manner. People will begin waiting in line at 0400 and it is the goal of the Medical Mission to provide quality care to those seeking it. All lunches are provided by BPC. The food is safe and delicious and bottled water is provided at the clinic and the entire course of the trip.

The line of patients will be cut off around 1530 so those inside the clinic can finish being seen before we must leave. The clinic will be cleaned up with all supplies in exam rooms returned to the Storage Container and any other necessary tasks. We will leave with enough time to return to our housing before sundown.

Triage Function Description:

Upon arriving at the clinic, patients will receive a blue patient card they carry throughout the clinic. This card is first filled out at triage, where nurses write down age, BP, temperature, and chief complaint(s). The triaging nurses will then mark what location at the clinic the patient should attend. For example, an older woman complaining of chronic stomach pain and blurry vision could be referred to, "Ophthalmology" and "Internal Medicine."

Families are triaged together and stay together for the clinic, but each member receives their own patient card. Children need to be accompanied by an adult through the clinic. Available at triage are stickers for children, as sometimes a "muzungu" (white person) can be frightening. Certain high risk or critical patients will be fast tracked to the appropriate exam area.

An emergency crash kit and emergency isolation kit are stored in the Main Office next to triage.

Translators will be present at triage. Many people complain of having the "flu," which is often used to describe numerous symptoms. These could range from menstrual cramps, to dehydration, or symptoms of hypertension which is almost normative in adults. White spots on the head of children are worms, another common occurrence. All patients will receive deworming medication with their prescriptions.

Nurses at triage are responsible for making calls on whether certain patients should be in an isolation room, for example if they say they are TB positive, or if patients need to be rushed to specific doctors. The Chare Nurse will be available to consult if necessary.

If you are: a nurse or other medical professional ready to be the first person to care for patients

Pharmacy Function Description:

The pharmacy is the last stop a patient will make before leaving the clinic. The blue patient card is given to the Pharmacist who then verifies the prescriptions are abiding with the stated drug list and are not questionable. The patient cards are photographed for our records then filled by volunteers. All physicians are given a drug list of the drugs and doses they can prescribe. Physicians should adhere to

this as it is in accordance with Ugandan Ministry of Health regulations, clinic regulations, and decision of best practice as established by the Medical Director.

The pharmacy is organized by type of medication in bookcases along the walls with long tables in the center of the room for bagging. Before the clinic begins, many drugs will be prepackaged into correct dosages. Then, when the clinic begins, to fill a prescription the medication needs to only be retrieved from its shelf. Prepackaged doses will need to be made throughout the entire week by pharmacy staff. A family will have their prescriptions are filled together.

Once a batch of prescriptions is filled, they are redistributed to the patients waiting outside the pharmacy. Only pharmacy volunteers (from PCC and BPC team) are allowed in the pharmacy.

If you are: a pharmacist, pharmacy tech, interested in data collection in management, or good at organization in a fast-paced environment

Storage Container Function Description:

The Storage Container is where all medical supplies are stored and checked out at the beginning of each day and upon necessity. This includes: clipboards and stethoscopes for doctors; surgery center supplies, such as gowns and drapes; gauze pads; hand sanitizer; and vaccines. No one besides Storage Container Staff is permitted beyond the desk at the front of the Container, as there are expensive and high risk medications and supplies. Only the Vaccination Nurse and Medical Director should be checking out vaccines

Every morning, someone from the surgery center will need a list of supplies from the Container, and it is imperative they are prioritized so the surgery center can begin work. The purpose of the inventory system is to ensure expensive equipment is returned and we are aware of the amount of supplies we use so we are adequately prepared the following year. Some of these items cannot be purchased once in Uganda.

Each doctor receives their doctor bag at the beginning of each day gloves, hand sanitizer, a pen, and this bag is returned at the end of each day. Doctors are not given any of these materials. Storage Container volunteers will help with all previous described activities.

If you are: detail oriented, organized, able to lift and move boxes, or experienced with inventory systems

Exam Room Description:

Each exam room will have an attending physician responsible for leadership and function of the exam room. There are sometimes four or five separate exam area in one room, cordoned off with makeshift tarp walls, and with one doctor in each. Cohorts, the group of doctors under the room's attending, will have meetings each morning to review any issues from the previous day as well as receive education as the Attending sees appropriate.

There is a waiting room in each exam room, which will be filled by BPC volunteers who escort patients. BPC volunteers will also be in each exam room to bring patients into the individual exam areas and manage traffic flow. Doctors are only responsible for seeing patients. Translators will also be provided.

Many of the patients at the clinic may for the first time be receiving accessible, respectful, and excellent care. The waiting areas can appear dark, but in the exam rooms where doctors treat each patient with dignity light shines. As Doctors providing indiscriminate care, ensure you look the patient in the eye even with the translator, and operate under the belief they are doing the best they can for their health with what they have.