

**TRAINING FOR THE  
MEDICAL UNIT  
WAILING WOMEN  
WORLDWIDE**

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# OUTLINE

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- ⦿ Instructor aims and objectives
- ⦿ Learning Outcomes
- ⦿ Introduction
- ⦿ Importance of health and the Medical Team
- ⦿ Roles during the conference
- ⦿ Organizing a medical outreach
- ⦿ Summary

# INSTRUCTOR AIMS AND OBJECTIVES

- To teach listeners their role as members of the medical team
- To educate listeners on CPR
- To educate listeners on organising a health outreach

# LEARNING OUTCOMES

- ◉ Listeners should be well informed about their role during the conference
- ◉ Should be well informed about possible health management scenarios that may occur during the conference.
- ◉ Should be able to work together to organise a medical outreach.

# INTRODUCTION

- Health: ‘a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity’.
- We cater to the health needs of the delegates of the conference.
  - Physical
  - Mental
  - Social
- Being able to make physical and spiritual diagnoses.

# IMPORTANCE OF THE MEDICAL TEAM

- ◉ 3<sup>rd</sup> John 1:2 *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*
- ◉ Luke, 'the beloved physician'. (Colossians 4:14).
- ◉ A joyful heart does good like medicine. (Prov. 17:22)
- ◉ My people perish for lack of knowledge. (hosea 4:6)
- ◉ Caring for the whole man, spirit, soul and body. (1 Thes. 5: 23).

# OUR ROLES IN THE CONFERENCE

- ◉ INFORMATIVE/PREVENTIVE/COUNSELLING
- ◉ CURATIVE
- ◉ REFERRAL
- ◉ REHABILITATIVE
- ◉ MEDICAL OUTREACH

# INFORMATIVE/PREVENTIVE/COUNSELLING

- Discuss with participants on health seeking/health promoting behaviour
  - Regular hand washing
  - Vaccination (HBV, Hepatitis, tetanus)
  - Regular health checks (Sugar checks, BP, etc.)
  - Pap smear (Cervical cancer screening)
  - Breast examination etc.

- Discussion takes place on various levels
  - One-on-one (random)
  - At the point of consultation
  - A speaking slot during the conference

- Set up information notices at strategic points around the conference which educate people on:
  - location of the medical department
  - appropriate health promotion behaviour

# CURATIVE

- We diagnose and prescribe medications for ill patients
- Essential and emergency medications must be available and properly labelled
- Essential equipment
  - Stethoscope
  - Sphygmomanometer
  - Glucometer
  - First Aid box
  - Others as need be

- Medical unit should be manned by at least 2 members at every point in time, for the duration of the conference.
- Draw up a timetable/roster so groups of volunteers work for a 2-4hour shift after which they are relieved from their post by the next group.

# COMMON ILLNESSES

- Malaria
- Diarrhoea
- URTI, LRTI
- Hypertension
- Diabetes
- Joint pain...

# EMERGENCIES

- ⦿ Severe diarrhoea
- ⦿ Bleeding
- ⦿ Severe Asthma
- ⦿ Seizures
- ⦿ Loss of Consciousness
- ⦿ ...

# PROMPT REFERRAL

- ⦿ Emergencies after stabilization
- ⦿ Cases not responding to treatment
- ⦿ Physical injuries beyond the scope of simple first aid

# CPR

## **1. Survey the scene.**

- ⦿ Make sure it's safe for you to reach the person in need of help.

## **2. Check the person for responsiveness.**

- ⦿ Tap their shoulder and ask loudly, "Are you OK?"

### **3. If the person isn't responsive, seek immediate help.**

- ⦿ Call services if the person isn't responsive.
- ⦿ If you're alone and believe the person is a victim of drowning, begin CPR first for 2 minutes before calling emergency services.

#### **4. Place the person on a firm, flat surface.**

- To prepare to give chest compressions, place them safely on a flat surface and kneel beside them.

## **5. Check the heart with an automated external defibrillator (AED).**

- ⦿ If an AED is readily available, use it to check the person's heart rhythm.
- ⦿ The machine may also instruct you to deliver one electric shock to their heart before beginning chest compressions.
- ⦿ If an AED isn't immediately available, start chest compressions immediately.

## **6) Locate hand position.**

- ⦿ If the person is an adult, place the heel of one of your hands in the center of their chest, between the nipples.
- ⦿ Put your other hand on top of the first. Interlock your fingers and raise them up so only the heel of your hand remains on their chest.

## 7. BEGIN COMPRESSIONS.

- ⦿ Use your upper body to push straight down on their chest at least 2 inches.
- ⦿ Perform these at a rate of 100 to 120 compressions per minute. Allow their chest to recoil between compressions.

# VENTILATION

- If the patient is not breathing, 2 ventilations are given via the provider's mouth or a bag-valve-mask (BVM).
- If available, a barrier device (pocket mask or face shield) should be used.
- Ensure a tight seal between the mask and the patient's face
- Squeeze the bag with one hand for approximately 1 second, forcing at least 500 mL of air into the patient's lungs

# MOUTH-TO-MOUTH TECHNIQUE

- ⦿ Pinch the patient's nostrils closed to assist with an airtight seal
- ⦿ Put the mouth completely over the patient's mouth
- ⦿ After 30 chest compression, give 2 breaths (the 30:2 cycle of CPR)
- ⦿ Give each breath for approximately 1 second with enough force to make the patient's chest rise
- ⦿ Continue alternating 30 compressions with two rescue breaths until the person begins to breathe or until medical help arrives.

# Step-by-Step CPR Guide

1. Shake and shout



2. Call 911



3. Check for breathing



4. Place your hands at the center of their chest



5. Push hard and fast—about twice per second



6. If you've had training, repeat cycles of 30 chest pushes and 2 rescue breaths



# OUR IDEAL ATTITUDE

- ⦿ Dress neatly and smartly all the time
- ⦿ Show courtesy to clients
- ⦿ Always seek further clarification from other health personnel/doctor if need be.
- ⦿ Be prompt in referring cases for further care outside the conference.

# ORGANISING MEDICAL OUTREACHES

- ⦿ Can be quite hectic
- ⦿ Must be properly arranged to be effective and not chaotic
- ⦿ Equipment such as gloves, sphygmomanometers, stethoscopes, thermometers should be available in sufficient quantities so that the work goes on efficiently.

- ⦿ Ensure that enough hands are on deck to ensure smooth and swift operations.
- ⦿ Christian medical associations such as CMDA can be invited to assist.

- ⦿ Members of the team should ideally meet at least once before the day of the outreach, and then on the morning of the outreach.
- ⦿ Roles of each member must be properly spelt out.

# NECESSARY DEPARTMENTS

## ○ Crowd control:

- Directs people on where to sit and flow of movement.
- Ensures that people are not crowding in particular areas or walking around aimlessly

## ○ Registration

- takes down details of clients (name, gender, age, etc.) and issues them a prescription sheets
- apportions consecutive numbers to them in order in which they will be seen

## ◎ Stand for vital signs

- Vital signs such as temperature, pulse and blood pressure are measured
- Glucose checks can also be done
- Significant number of volunteers needed here to prevent delays

## ○ Counselling

- Here, the gospel is shared with clients and invitation to surrender to Christ is extended to all
- Counselling on walking the way of the Lord is also offered for those already born again.
- Those with special prayer needs can be referred to the Prayer/Deliverance Team for further prayers.

## ○ Prayer Team

- On hand to assist with special cases needing further prayers

## ○ Medical Personnel

- Help with diagnosis and prescription of medications
- Also offers medical counselling
- Referral are done if need be

## ○ Pharmacy

- Another very important department that should have sufficient workforce
- Dispenses drugs that have been prescribed
- Any confusion about prescription must be discussed with the medical personnel
- Ensure right drugs are prescribed to the right patient

# OTHERS

- ⦿ Pick a specific time to end the outreach
- ⦿ Volunteers to meet after the outreach for refreshment and evaluation
- ⦿ All items (equipment, remaining medications) used for the outreach must be retrieved and kept properly to avoid losses

# IN SUMMARY

- ⦿ The medical unit has a great role to play during the conference
- ⦿ Always be at your duty post and up-to-date in management of the patient
- ⦿ Do not be embarrassed to ask for help when required...team work makes the dream work.
- ⦿ Finally, 'Except the Lord keeps a city,...' so we must continue to be prayerful and trust in the Lord.

◎ THANK YOU!