



International Medical Relief

INVENTORY FOR SUPPLIES/EQUIPMENT FOR ONE DENTIST TO TREAT PATIENTS IN A ONE DAY CLINIC SEEING 25 PATIENTS:

1 Headlamp, loops, flashlight (whatever you need to illuminate the oral cavity)

1 Box of gloves (your choice)

Masks

30-40 Carpules of Anesthesia (your preference; also take 25 carpules of non-epi type for use on pregnant/nursing women)

30 Needles (your preference)

30 Plastic cups (for patients to spit into)

30 Bibs

3 Bib clips (because you will be seeing probably 3 patients at a time)

Surgical Instruments (If you have favorite instruments, like 77R elevators, bring extra ones of those. The kit you have rented is just basic elevators and forceps. Pack anything of your own that you might like to use.)

Suture kit with absorbable sutures, hemostats, scissors (I suture very seldom but it does come in handy if you need them. I would say about 6-8 packages of sutures would do it.)

3 Sleeves of gauze (to pack following extractions)

Pre-packaged Motrin (I pack 8 tabs of Advil in advance in a small zip lock and give one to each patient as they go through post op instructions; children's tylenol for the kids)

Preprinted Post Op Instructions in the language that your patients speak and the interpreter will use this sheet to instruct the patient. (I laminate two copies so that they last the whole 6 clinics.)



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INVENTORY FOR THE DENTAL CLINIC BASED ON 25 PATIENTS PER DAY FOR 6 CLINICS:

- 1 headlamp, loupes, flashlight
- 300 gloves (your size and choice)
- 250 Carpules of anesthesia (your choice)
- 30 Carpules of anesthesia without epi (for pregnant/nursing women)
- 200 Needles (your choice)
- 200 Bibs
- 200 Disinfectant wipes (to clean the instrument area for each new patient)
- 6 disposable plastic table cloths (to cover sterilization area and place clean instruments on)
- 2-3 dish towels to dry instruments
- 1 small bottle dish soap (for sterilization)
- 3 large plastic bowls or containers (to use in sterilization)
- 6 applications of Sterilant (your choice)
- 1 small scrub brush to clean debris off in sterilization (can be a toothbrush)
- 6 sleeves of gauze
- 200 pre-made packets of Motrin (8-10 tablets each)
- 200 toothbrushes (to dispense as each patient is escorted out)
- 2-3 copies of Post OP Instructions-laminated- in the language needed- for the interpreters to use to speak to the patients
- 200 Plastic cups (for patients to spit in)
- Medium size trash bags for all debris generated in that day's clinic. This will be assigned to someone for proper disposal at the end of each day. Check with the Team Leader as to who this person will be.
- Sharps containers for each day (an empty water bottle is a good sharps container and there will be plenty of these around)
- All surgical instruments that you will need to perform your procedures. You can rent a surgical kit from IMR or from Dental World Outreach.



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Here are some tips for you in clinic from Dr. Carolyn Johnson, IMR Medical Board Member

*Choose an area with good lighting.

*Set up a table and cover it with a plastic tablecloth that will be discarded at the end of the day.

*Set up your sterilization-I use one large plastic bowl with soap and water for scrubbing debris off instruments; the second large plastic bowl has your sterilant (bleach and water for a 10 minute soak is really all you need. I use a concentrated Birex because it packs easily and is in small envelopes);the third bowl is clear, clean water for rinsing. Dry the instruments with a towel and place back on table ready for use.

*Set up 2 or 3 chairs in the area of sterilization. These are for the patients to sit in. Go down the row of 2 or 3 patients and numb them all up at one time. Go back to the beginning of the row and do your procedure. Have an interpreter follow along behind you. They will translate for you as you work. If you need to ask the patient if they are numb, the interpreter will help you get answers. Then they will give post op instructions, Motrin packet, a toothbrush; the interpreter will then escort the patient out and bring in another patient to that chair.

*While you are doing a procedure, an assistant in dental will pick up dirty instruments from the previous patient and start them in the sterilization process so they will be ready to reuse in 20 minutes.

***Let your Team Leader know that you will need a GOOD interpreter, an assistant to do sterilization, and an assistant to pick up dirty instruments and set up for each new patient as they are seated.

Don't be shy about asking for help. This can get very overwhelming very fast. Many people will want dental help.

** ASK FOR 20 PATIENTS ONLY AT THE START OF THE CLINIC. If you have finished them in good time, ask your team leader for 5 more. If that goes well, ask for 5 more.

**Don't sweat a lost root tip. Do the procedures that you can and remember you are helping these people who otherwise may not get any treatment at all.

**Pharmacy is available for antibiotics if needed for the patient.