



## **Wishlist for Cameroon 2007 Shipment**

This summer, FOA will deliver a large shipment of donated surplus medical supplies to the following three clinics in Cameroon, in addition to putting on a health fair. Each of the clinics have sent us a wishlist of items, (below).

Many of the items on these lists are basic household goods that any of you may find around the house (ie, vitamins, toothpaste/brushes, back braces, blender, refrigerator...), so please take a look! (note: computers are extremely helpful to these clinics if anyone is upgrading)

If you wish to contribute, please email [mail@friendxofafrica.org](mailto:mail@friendxofafrica.org) with a list of items you wish to donate. We will ship the supplies out on **June 24, 2007**. Our storage facility is in West Oakland at 11th and Pine St, and we will gladly set up a time to receive the items there, or at a more convenient location. We have volunteers across the bay area who are willing to pick up items and deliver them.

Please visit our website at [www.friendxofafrica.org](http://www.friendxofafrica.org) for more information

### **List of Needs from Etoug'Ebe Baptist Dispensary**

#### **A. Dental Department**

1. Dental mirrors and handles
2. Diamond burs (rounds, inverted cones, fissure)
3. High-speed handpiece cartridges
4. High-speed handpieces
5. Angled Slow-speed handpieces
6. Disposable suction tubes
7. Root canal files (assorted)
8. Light curing polymerizer (lamp)
9. Aspirating syringes
10. Sensitive toothpastes
11. Angled toothbrushes (adults and children)
12. Dental needles (long, medium and short)
13. Angled tweezers
14. Elevators
15. Disposable masks
16. Packaging systems (sterilization packets)
17. Angled scissors
18. Laboratory coats
19. Dental units (portable)

#### **B. Eye Department**

1. Lensmeter
2. Slit lamp
3. Refraction set

4. Automatic refractor
5. Shaping Machine
6. Frames
7. Tonemeter
8. Ophthalmoscope
9. Forceps (Epilation)

**C. General Consultation**

1. Clinical weighing scales
2. Textbooks on Midwifery, Medical diagnosis
3. Charts on Pregnancy
4. Pregnancy Calculators

**D. Physiotherapy Department**

1. Therapeutic Ultrasound
2. Shortwave Diathermy
3. Microwave diathermy
4. Interferential and stimulation
5. Infrared lamp
6. Upper and lower extremity exercise system
7. Stationary cycling bicycle
8. Back braces
9. Lumber support
10. Ankle splint
11. Knee splint and support
12. Trampoline
13. Cervical collar

**E. Treatment Department**

1. Surgical scissors
2. Sutures
3. Protective wears
4. Spatulas
5. Suturing needles
6. Kidney basins
7. Compresses
8. Lifting forceps

**F. Laboratory Department**

1. Incubator for Culture
2. Autoclave
3. Microscope
4. ELIZA machine
5. Hot plate (for drying of slides)
6. Micro-haematocrit centrifuge and reader
7. Protective Eye glasses
8. CD4 machine
9. Computer (desk top)

**G. Pharmacy Department**

1. Blender
2. Refrigerator

3. Triple beam balance (2.5kg)
4. Hypertensive Drugs
5. Diabetic Drugs

## **Bethesda Hospital.**

### **laboratory**

hematology counter machine  
electrophoresis machine  
pipette  
bunsen burner  
magnetic agitator  
cotton hydrophobe  
gloves  
distilled water  
erlenmeyer  
microscope

### **other equipments**

weighing scale (baby)  
foetoscope  
measuring tape (gravidometre)  
blood pressure apparatus  
stethoscope  
mini doppler  
delivery table  
scissors of various sizes  
box of instruments  
photocopy machine  
lab top  
printer/fax

### **dentist**

any equipment that can be used

### **drugs**

mainly those of the tropical pathology (diseases)

### **x-ray instruments**

any instrument that can be useful

### **theater (bloc operatoire)**

any instrument that can be useful

## **Hope House Needs**

1. A blood refrigerator,
2. A blood donation bed,

3. A spectrophotometer with printer and all the accessories
4. An electrophoresis apparatus,
5. A Coulter,
6. electric Cautery Machine,
7. An Xray Machine,
8. A dental Bed and all the accessories,
9. Physiotherapy apparatus,
10. A Blood analysis apparatus. (full blood count)
11. Blood pressure apparatus,
12. Ophthalmic equipment to set up a department.
13. three tricycle for handicap person
14. 3. Babies Incubator for premature babies.
15. 40. bedside lockers.
16. Bed side screens.
17. Nurses Uniform. Blues and deep green and floury type with pants like the American Nurses type. 100 different sizes, specifically medium, large extra large.
18. Front cover sandals white for Nurses
19. Medical supplies, cotton, gauze, surgical gloves sterile.
20. clean gloves.

### **List from Dr. McMoli (Ophtamologist)**

#### **General**

- pain killers, eg Tylenol;
- vitamins for kids and adults
- anti-inflammatory drugs for persons with arthritis;
- muscle balms
- anti-histaminic drugs (syrups for children) for hay fever/ allergic rhinitis,
- anti-spasmodics.
- 10-12 ventolin inhalers (salbutamol) or equivalent for asthmatics

**FOR EYES:** Spectacles: For reading: +1.00DS, +2.00DS; +2.500DS; +3.00DS(Fewer). The majority should be +1.500DS and +2.00DS.

**MYOPIC LENSES:** About 10to 20 -1.00DS; SAME QUANTITY FOR -1.50DS; 10to 20prs. -2.00DS; About 10 prs -3.00DS; 6-10 of -4.00DS, -5.00DS and -6.00DS REASON, HIGH MYOPIA RELATIVELY UNCOMMON.

Needless bring Cylindrical lenses due to individual variations and local opticians can fit these. Eye Instruments you bring should include a schiottz or hand- held applanation tonometer, a lacrimal probe and punctum dilator, and EYE LOCAL Anesthetic drops, as well as about 2 bottles of mydriatics.

Others: About 10 automatic Blood pressure machines, arm type, pl.; finger or wrist ones not so reliable or durable.

Specific for Eyes.: It may be worthy to note that a lot is on-going to combat preventable blindness

from child-hood infections, malnutrition and poor hygiene by NGOS , Some Missions and the Govt. IF U can contribute towards early diagnosis and management of GLAUCOMA, it would be most helpful. Now that I am retired from Govt. service and relatively free, WITH your mission HELPING ME WITH SOME BASIC EQUIPMENT IN Douala, I would be usefully occupied while awaiting my retirement benefits.

**THE NEEDS:**

- One Haag STREIT Slit- lamp, with an applanation tonometer
- One STATIC PERIMETER of the Fried-mann` s TYPE or the modern AP-125 AUTOMATIC VISUAL FIELD PLOTTER (TOPOCON or Equivalent) +
- CANON BJC Color printer.

The Visual Field analyser would also be helpful in the diagnosis and follow-up of cerebral tumours. Such equipment is presently scarce in Cameroon and one sees a fair number of irreversible blindness from glaucoma.

Thank you in advance.

All for now, best wishes from Dr. Theodosia McMoli, Buea, CAMEROON

### **Vineyard Vocational Nursing Center**

#### **LIST OF EQUIPMENT AND MATERIAL NEEDED FOR EACH DEPARTMENT**

##### **I – MEDICAL LABORATORY DEPARTMENT**

1. Micro master Binocular microscope with a built-in graduated mechanical stage with 4 – objectives {x4), (x10), (x40) (x 100)}.
2. Microscope slides and cover slips
3. Test tubes
4. EDTA Containers
5. Heperinised containers
6. Beakers
7. Bunsen burner
8. Autoclave
9. Flasks
10. Measuring cylinders
11. Centrifuge (micro and macro)
12. Pipettes/pipette Fillers
13. Wire loops
14. Ready prepared swab sticks
15. Refrigerators with thermometer
16. Glucometer (ACCU-CHECK ADVANTAGE b/d glucose meter)
17. Droppers
18. Micropipettes
19. Photo Colorimeter
20. Pressure cooker
21. Water baths
22. Electric Incinerators
23. Haemocytometers (Naubauer and Thoma)
24. WBC and RBC pipettes (Naubauer and Thoma)
25. Urinometer
26. Combi – 10 Chemical Reagent strip

27. Capillary tubes
28. Blood Lancet.
29. Disposable latex gloves
30. Biohazard containers
31. Wash bottles
32. Computer
33. ESR stand (Wstergreen)

#### **KITS, REAGENTS, STAINS AND TEST STRIPS**

1. Widal kits
2. Syphilis test strips
3. Pregnancy test strips
4. HIV I and II test strips
5. Lugol's iodine
6. Sulfranin stain
7. Gentian Violet stain
8. Acid Alcohol
9. Geinsa stain
10. Wright's stain
11. Field stain "A" and "B"
12. Leishman stain
13. Carbol Fushin
14. Concentrated sodium Hydroxide
15. concentrated Hydrochloric Acid
16. Potassium Hydroxide
17. EDTA Reagent
18. Sodium citrate
19. Heparin sodium
20. Benedict solution
21. Buffer solution
22. Buffer solution Distilled Water
23. Methylene blue
24. Eosin
25. Normal Saline 0.9%
26. Sodium Metabisalphite
27. Prepared slides for
  - a) Malaria Parasites
  - b) Leismania
  - c) Giardia lamblia
  - d) Endamoeba histolytica and Endamoeba Coli
  - e) Trichomonas vaginalis
  - f) Candida albicans
  - g) Trypanosomes
  - h) Microfilaria warms
  - i) Bacteria (rods, cocci, spiral vibrio
  - j) Stained blood smears
  - k) Warm ova (e.g. ascaris, taenia, hookworm, whipworm, trichuris etc)
  - l) Epithelial cell Etc

#### **II – MEDICAL/SURGICAL DEPARTMENT**

1. Mackintoshes
2. Hot-water bottles

3. Bed-Cradles
4. Bed-blocks
5. Fracture boards
6. Sandbags (Air-ring or rubber ring)
7. Wheel chairs
8. Trolleys
9. Walkers
10. Back rests
11. Blankets
12. Mattresses
13. Draw sheets
14. Beds
15. Stretchers
16. Bed pans
17. Urinals
18. Scissors
19. Kidney dishes
20. Gallipots
21. Pulse meter
22. Clinical thermometers
23. Electronic blood pressure kits and stethoscope
24. Forceps
25. Scalpels and Blades
26. Towel Lamps
27. Probes and Directors
28. Retractors
29. Dilators
30. Virginal Speculums
31. Rectal Speculums
32. Nasal speculums
33. Atoscopes
34. Resuscitation mask/bags (resuscitation sets)
35. Spatulas
36. Poultice boards
37. Bath/face towels
38. Nasogastric tubes
39. sterile cotton wool packs
40. Gauze, bandages
41. Lotion thermometers
42. Cama Syringes
43. Suction bulbs
44. Mouth Gag
45. Trays
46. Sterile gloves
47. Sputum mugs
48. Aural syringe
49. Aural speculum
50. Was hook
51. Auriscope
52. Vacuum extractor: cups, pump, jar and valve.

### III – DEPARTMENT OF PHARMACY

#### DRUGS AND VITAMINS

1. Amoxicillin 250 mg, 500 mg, tabs, capsules, vials
2. Ampicillin 250 mg, 500 mg, tabs, capsules vials
3. Aspirin (ASA) 75 mg, 300 mg tabs
4. Aspegic Sachets
5. Algotropyl inj
6. Paracetamol 500 mg, 250 mg
7. Ibuprofen 200 mg, 400 mg tabs
8. Phehylbutazone
9. Analgin 2 g ampoules
10. Diclofenac sodium 75 mg tabs and ampoules
11. Profenid 100 mg tabs and ampoules
12. Indomethacin 10 mg, caps
13. Piroxicam 100 mg caps, amps
14. Librium (Chlordiapoxide HCl) 10 mg caps
15. Cafergot (Ergot/caffeine
16. Allopurinol (Zyloprim)
17. Probenecid (Penemid)
18. Diazepam (valium) 5 mg, 10 mg tabs, amps
19. Cimetidine 200 mg, 400 mg tabs, amps
20. Phenytoin (dilantin)
21. Amphetamine
22. Phenobarbital
23. Adrenaline (Epinephrine
24. Ephedrine HCl and SO<sub>4</sub>
25. Propranolol HCl
26. Physostigmine
27. Dopamine HCl (intropin)
28. Benzyl penicillin 1 mega vials
29. B penicillin vials
30. crystalline penicillin vials
31. Benzathine penicillin vials
32. Cloxacillin cap/tabs
33. Procaine penicillin vials
34. Penicillin VK vials
35. Erythromycin 250 mg, 500 mg
36. Ciprofloxacin tabs 500 mg
37. Gentamicin 80 mg, 180 mg amps
38. Doxycycline 100 mg, 200 mg tabs/caps
39. Tetracycline 250 mg tabs
40. Cotrimoxazole (Bactrim) 480 mg tabs
41. Streptomycin
42. Bethadine
43. Gentian Violet paint
44. Norbaction 400 mg tabs
45. Methylene Blue
46. Norfloxacin
47. Metronidazole 200 mg, 250 mg tabs inj
48. Rifampicin
49. Isoniazid (INH)

50. Elhanbutol HCl
51. Nystalin 100.000 iu tabs
52. Griseofulvin 500 mg tabs
53. Clotrimazole creams
54. Miconazole
55. Benzoic acid compound
56. Sulphur ointment
57. Penicillin Ointment
58. Dexamethasone cream
59. Dexamethosone 0.5 mg tabs, amps
60. Buscopan (Hyoscine Butyl bromide)
61. Chlorpheniramine
62. Promethasine 25 mg tabs, amps
63. Calamine lotion
64. Dexchlorpheniramine
65. Diphenhydramine (Benadryl)
66. Prednisolone
67. Hydrocortisone
68. Betamethasone (Celestone)
69. Nitroferantoin
70. Nalidixic Acid
71. Cinoxacin
72. Phenayopyridne (pyridium)
73. Propantheline Bromide
74. Sodium Bicarbonate
75. Magnesium salts
76. Magnesium carbonate
77. Aluminium Hydroxide
78. Colloidal Bismuth
79. Ranitidine
80. Metoclopramide amps
81. Chlorpromazine (larqactil)
82. Bisacodyl (Dulcolax)
83. Loperamide 2mg capsules
84. bismuth salts
85. codeine phosphate
86. Naloxone HCl
87. Activated charcoal
88. 5% NaH Co3
89. Distilled water
90. Mebendazole (vermox) 100 mg tabs
91. Pyrantel
92. Diethylcarbamazine
93. Amodiaquine Hcl
94. Fansidar
95. Quinine sulphate 300 mg, 600 mg tabs and amps
96. Plasmotrim
97. Benzyl benzoate (Ascabiol)
98. Gamma Benzene Cl6 (Iorexane)
99. Methylated Alcohol (spirit)
100. Hydrogen peroxide
101. Potassium permanganate

102. Compound iodine
103. povidone – Iodine 1.4 % (savlon)
104. Powder spray
105. Formaldehyde solution (Formalin)
106. Lignocaine (lidothesin), zylocaine
107. Normal saline 0.9 %
108. Hartmann's solution
109. Glucose 5%
110. Glucose 10%
111. Dextran 40 %
112. Dextran 70 %
113. Vitamin B-Complex tabs, ampoules
114. Retinol (Vit A)
115. Thiamine (Vit Bi)
116. Riboflavin (Vit B2)
117. Niacin (Vit B3)
118. Pyridoxine (vit B6)
119. Cyanocobalamin (Vit B12)
120. Ascorbic Acid (Vit C)
121. Calciferol (Vit D)
122. Menaphthone (Vit K)
123. Multivitamin
124. Tocopherol (Vit E)
125. Menaphthone (Vit K)
126. Folic Acid
127. Ferrous Sulphate
128. Iron Dextran
129. Tot-hema
130. Ranferon
131. Furosemide (lasix)
132. Hydrochlorothiazide
133. Disposable syringes 2ml, 5ml, 10ml