



2018
REPORT

7th Free Aitong Medical Camp

29th - 31st October

Venue: Aitong Health Centre

www.landandlife.foundation

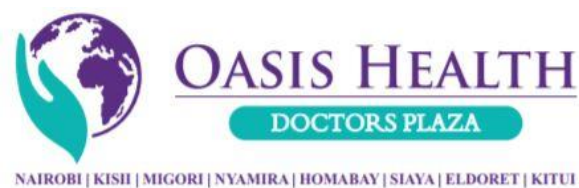
Acknowledgement

We would like to acknowledge the support of our partners without whom our free medical camps would not be possible

Ashe Oleng! (Thank you!)



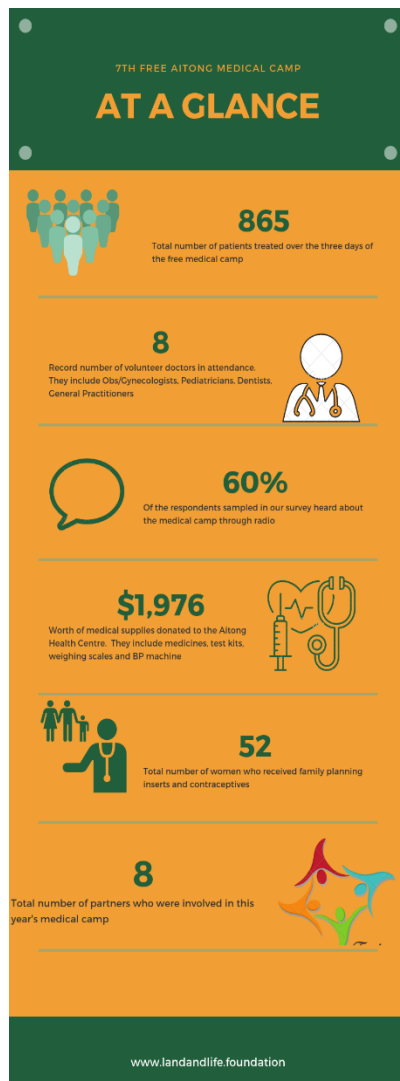
Safarilink



Seven years and counting!

Hundreds of Aitong residents and its environs flocked the Aitong Health Centre – our host and trusted partner to attend our 7th free medical camp held from 29th to 31st October. This camp was organised by ourselves alongside our valued friends and partners. Long queues were witnessed leading into the facility as the medical team worked tirelessly to attend to patients who had traveled far and wide to seek treatment for various ailments. Patients were given free counselling on family planning, how to protect themselves from common ailments and lifestyle

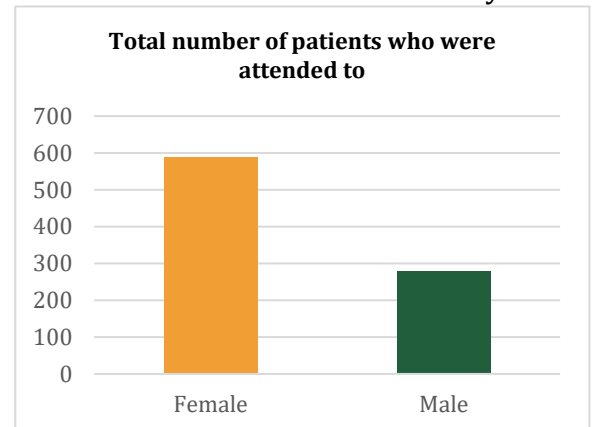
illnesses, voluntary counselling and testing for HIV and diabetes, and screening for prostate cancer. Those who had wounds, skin, chest and ear infections, stomach ulcers, arthritis, cold and coughs also received free consultations and treatment. We donated over \$1,900 worth of medical supplies that included antibiotics, analgesics, antifungal, antihistamines, hormonal contraceptives, and antacids, multivitamins such as iron supplements, dewormers, as well as random blood sugar testing kit, safety boxes, syringes, examination gloves, blood pressure machines, weighing scales and many others.



Outreach

A total of 865 patients were treated for free this year by a group of eight volunteer doctors who included 2 Obs/gynecologists, 2 dentists, 3 General Practitioners and 1 Pediatrician. Of these 588 were female and 277 were male. Of these, 128 were dental patients. The most common ailments that were noted this year

included gastritis, otitis media with effusion, arthritis, allergic conjunctivitis, domestic violence, and diabetes, ENT infections especially in pediatrics, stomach ulcers and cataracts. Over 50 women requested for family



planning methods.

Delighted

Many patients who spoke to Land & Life Foundation heard about this camp from their vernacular radio station. They were delighted and thanked the sponsors for organizing it adding that majority of them were suffering at home due high cost of medicines and medical services as they did not have money to go to private hospitals.

Joint wildlife conservation initiative

Often times we are asked, why is it free? How do you pay for it? Who is your target population? The answers to this very important and valid questions are: Our medical camps are free because we strongly believe that healthcare is a basic human right.

Additionally, it is our moral obligation and that of our partners in the industry to ensure that communities living alongside wildlife continue to receive tangible benefits from wildlife tourism. By providing them with free consultations and treatment we are inching closer to our goal of ensuring that the local community has the opportunity to flourish, thanks to quality health care provision. This complements our other program areas and takes us one step closer to creating a sustainable future, where communities and wildlife thrive together across conservation areas. Our target population is men, women, children and youth living within the Aitong town and its environs. The funds used to run these camps are obtained directly from tourism. We fundraise from guests staying in our camps and lodges, our tourism partners also fund these camps. This year alone we received \$2,700 from Kicheche Community Trust, Saruni Mara and Mara North Conservancy. Our goal next year is to surpass our fundraising goal of \$6,000 so that we may treat even more people.

Touching lives one patient at a time



Dr. Noelle (r) with Mama Nashipae during the medical camp

More often than not we encounter doctor-patient stories that melt our hearts. This year we were treated to one such story – that of Dr. Noelle Orata and her patient who will call Nashipae.

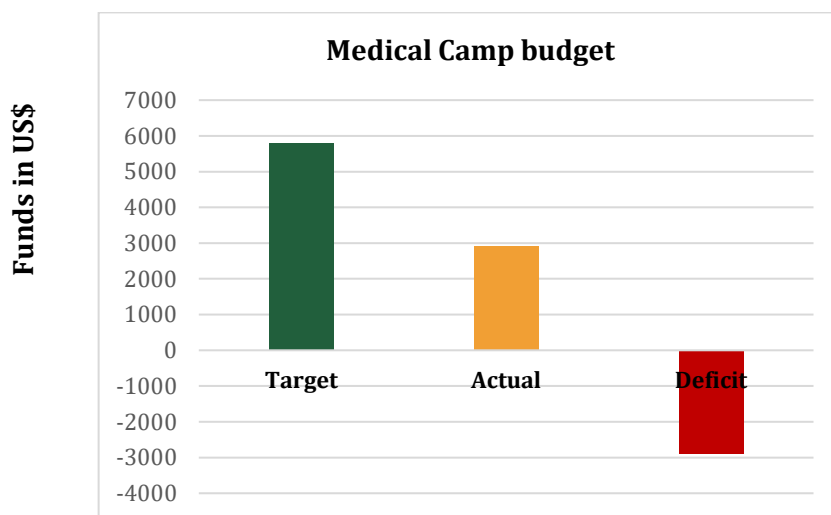
On the first day of the medical camp Nashipae brought her child who was quite sick. Like any mother, she was nervous and anxious about what the diagnosis would be. Like many women in this community, language is often a barrier. Luckily for Nashipae, a translator was at hand. She explained her concern and upon examination, Dr. Noelle

determined that her child was suffering from a condition that is preventable and treatable and prescribed the required medication. She advised Nashipae to monitor her child and give the medication in the recommended dose. She further instructed that that if she does not improve within 24 hours she should bring her back for review.

On 31st October – the last day of our medical camp, Nashipae did return but not to bring her child for review but rather to thank Dr. Noelle for treating her child. In the Maasai culture the ultimate show of gratitude is often done by giving gifts. Nashipae gifted Dr. Noelle with a beautiful blue beaded necklace and a matching bracelet that she made herself. When asked why she did so, through her translator she replied “the doctor was very patient with my child, she took time to ask questions and she did it with utmost patience and humanity”. Dr. Noelle was quite emotional and could hardly give a comment “I am so touched right now” she said dubbing the corners of her eyes. “I will remember this for a very long time to come” she concluded. After a long embrace between the doctor and her patient, no words were spoken because none were needed. They said their final goodbyes and Dr. Noelle stood up and left to attend to her next patient waiting for her in the queue.

Budget

One of our biggest challenges when running our free medical camps is fundraising to meet the camp's expenses which include costs for transportation, accommodation, pharmaceuticals, publicity, just to mention a few. This year was no different. Our fundraising target was \$5,5,793. We succeeded in fundraising \$2,900 presenting a deficit of \$2,893.



Target vs actual budget

From the budget \$1,976 was spent on medical supplies and test kits, \$1,929 on community mobilization and radio campaigns, the rest on paper work for the medical camp license, stipends for clinic staff, translators, airport taxes and rebated flights, as well as stationery. Together with our friends and supporters we made our contributions as follows:

1. Land & Life Foundation

- Provided all the administrative support that includes processing all the paper work required for the camp licensing, marketing and publicity, data collection, triage, doctors' consultations and logistics. Land & Life also gave monetary donation of \$2,099

2. Kicheche Camps and Kicheche Community Trust

- provided a monetary donation of \$1,700, brought in 2 dentists, free accommodation for 4 doctors, road transportation and meals.

3. Safarilink Aviation

- provided 7 free flights and 3 on rebate for the medical and L&L staff

4. Elewana Elephant Pepper Camp

- provided free road transport, accommodation for 4 doctors and the L&L team, meals and refreshments to the medical and non-medical team.

5. Saruni Mara

- provided free logistics, free marketing and publicity, food, and a monetary donation of \$500

6. Mara North Conservancy

- gave a monetary donation of \$500, provided free marketing and publicity

7. Oasis Healthcare

- provided 6 volunteer medical doctors

8. Aitong Medical Centre

- hosted the medical camp at no charge.

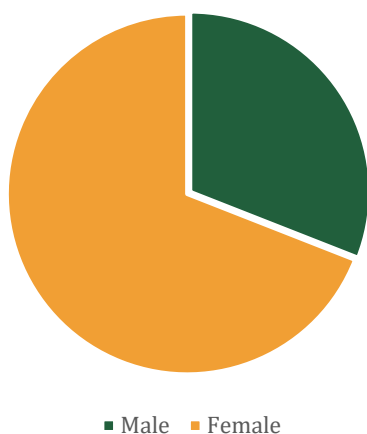
Statistics from the camp

Each year we conduct surveys which we believe provide a reliable method to get real feedback from our community. Their feedback helps us to make informed decisions in subsequent camps. As the camp was ongoing, three data collectors were tasked to collect data through interviews and questionnaires. Out of the 865 patients in attendance we sampled 42 across the demography residing in this area thus enhancing representativeness. Of the 865.



William – Manager from Saruni Mara interviewing one of the patients

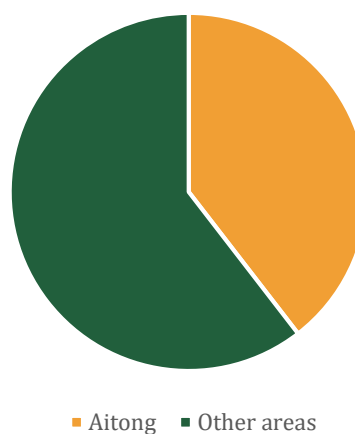
Gender of the respondents who were sampled for this year's survey

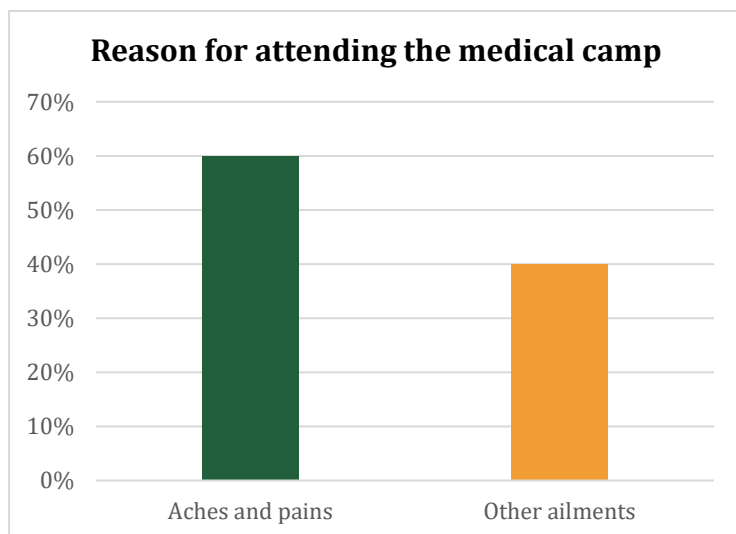


Of these 43 respondents who were sampled, 29 were female and 13 were male aged between 17 and 80 years which was a clear indication that more women than men attended this year's camp. This was similar to last year which indeed shows the demography of this community as well as the demand for medical services that address health issues for women and girls – specifically issues that touch on their reproductive health.

We sought to find out where the respondents had come from during our survey. From their responses 17 came from Aitong town, the rest came from Endoinyo Erinka, Ngerende, Mara Rianda, Rekero and their environs located many kilometres away. This is a clear indication that word reached many living in far flung areas and that there is high demand for free medical services in this community and the community are willing to travel far and wide to get it.

Where the respondents are from?

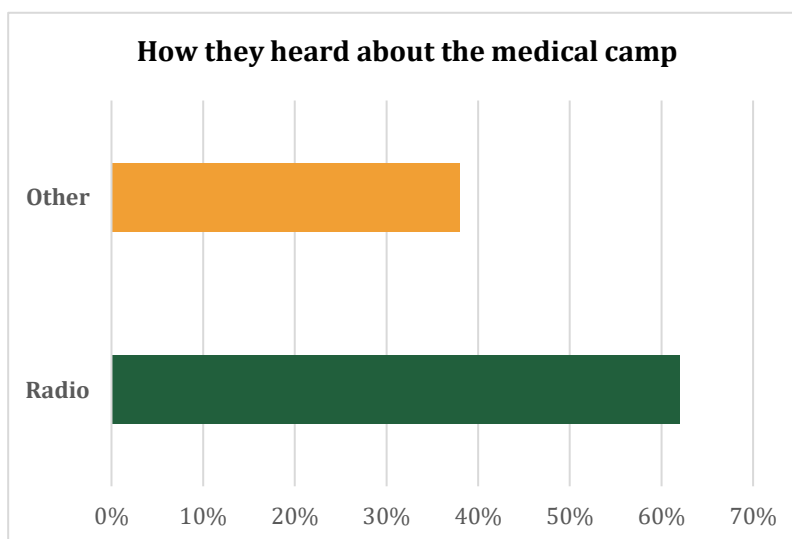




Asked what their reasons for attending the free medical camp were – 60% of the respondents said aches and pains that included tooth ache, chest, leg, stomach and back pains. The remaining 40% cited ailments and conditions such as stomach ulcers, pregnancies, tonsillitis and allergies. These supports the doctors' report upon their examinations that stated that the majority of the respondents suffered from joint pains linked to poor diets, age, nature of their lifestyle that entails walking long distances in

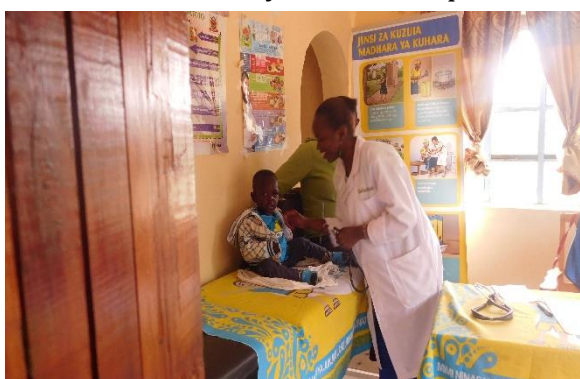
search for pasture for their herds, as well as carrying heavy loads. Other ailments cited by the doctors include gastritis, otitis media with effusion, arthritis, allergic conjunctivitis, domestic violence, and diabetes, ENT infections especially in pediatrics, and cataracts.

We sought to find out how the respondents found out about the medical camp and 62% of them heard about it through radio Mayian – the most listened to radio station in the area. The remaining 38% heard about it in church, on FaceBook, on a poster we had erected at the entrance of the Aitong Health Centre as well as neighbours. This gives a clear indication of the power of radio in mobilizing and reaching the masses.

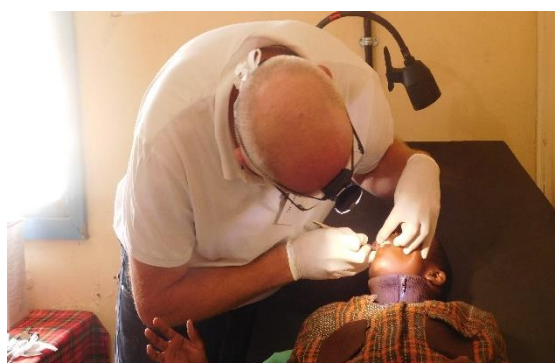


Funds allowing, it is our hope to in the future include health programs on radio moderated by medical experts to the run up of our medical camps to sensitize the

community on pertinent issues that touch on their health.

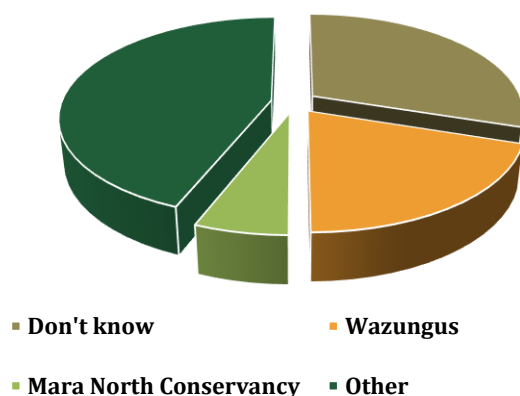


Dr. Salome attends to her young patient



Say aaaaahh.... Dr. Geert attending to a patient

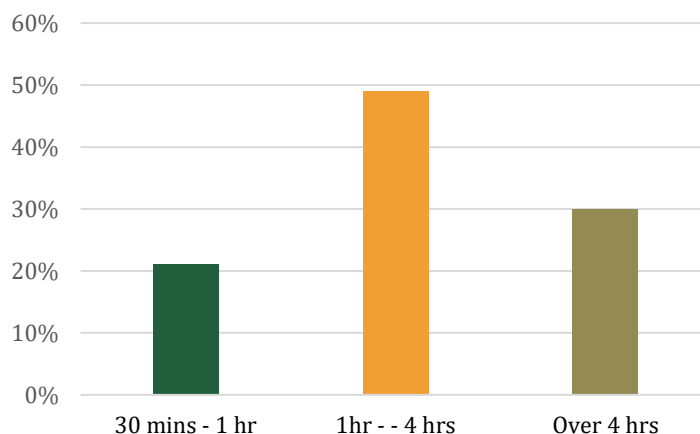
Who sponsored this free medical camp?



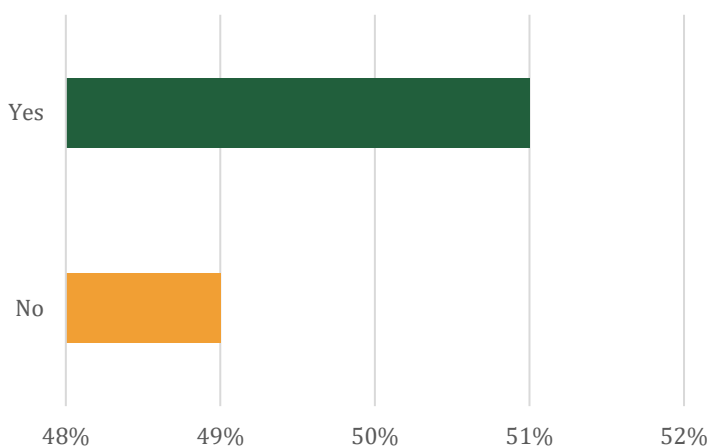
We wanted to find out from the respondents who they thought sponsored this year's medical camp 30% did not know. 44% gave mixed responses by saying camps, 'sponsors', tourism, Kicheche, Land & Life, Saruni and Safarilink. Nonetheless 20% were categorical that *wazungus* (white people) sponsored the camp while the remaining 6% said Mara North Conservancy. This gives a clear indication that a lot of grass root mobilization still needs to be done to help the community understand the linkages between wildlife tourism and its benefits to the community

We strive to improve our service delivery by making sure that we reduce the amount of time the patients wait on the queues. We asked them how long they waited to see the doctors and 21% said between 30 minutes to an hour, 49% said between 1hr and 4hrs and 30% said over 4 hours. This year we endeavoured to keep this promise by bringing in a bigger team of medical experts who were efficient and effective in their work.

How long they waited in the queue

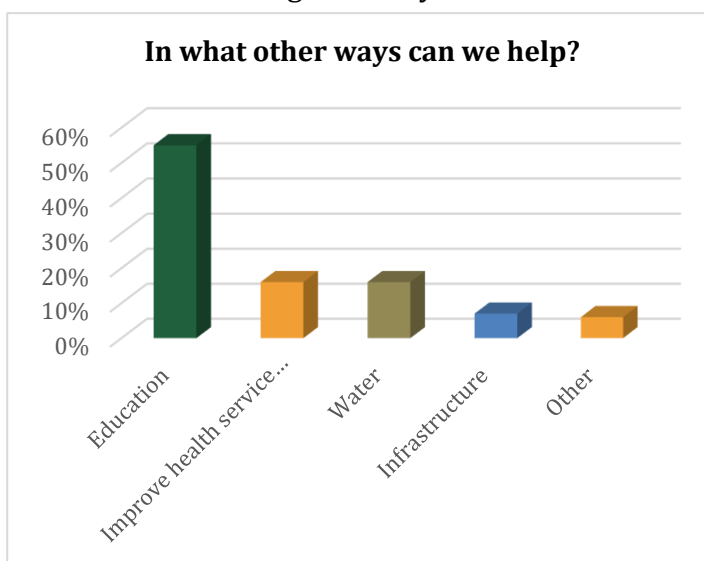


Whether they attended last year's free medical camp



We wanted to find out whether the respondents we spoke to attended last year's camp and 51% said yes while 49% said no. Giving us an indication that we had a huge number of repeat attendees. This also gives us a sense of obligation to continue giving back to this community to ensure that they also show the same commitment in conserving wildlife and taking good care of their environment.

We asked the respondents – other than the free medical camps, what other ways that we could help their community and 55% said in education. Worth noting that they mentioned women empowerment through training on courses in business, building schools as well as supporting girl-child education. 16% asked that we improve on health services for instance by reducing their queuing time, building more hospitals – for maternity and children service, providing information education initiatives that touch on health to mention a few. A further 16% asked that we support water projects as water is a major issue of concern, 7% requested that we invest in infrastructure – building fences to wade off wildlife from invading their bomas. The remaining 6% suggested that we also look at the very important issue of cattle management in the conservancy



A SWOT analysis of the Camp

On the final day of the camp all the partners gathered at the Mara Discovery Centre for a final debrief and assessment of the camp. Present were representatives from Land & Life Foundation, Kicheche Community Trust, doctors from Oasis Health, Aitong Health Centre staff, Elewana Elephant Pepper Camp, Saruni Camp and Community Health Workers from the area. Amongst other things we discussed:



Dr. Viviane giving her views during the SWOT analysis

1. STRENGTHS

- The Aitong Health staff were happy with the conservations that the partners have had with them before, during and after the medical camp. The information flow was seamless, the general organisation was excellent and punctuality was observed especially in attending to patients which was a great improvement from last year.
- More uptake and demand for family planning from the women which is a clear indication that they are willing and ready to take charge of their own reproductive health.
- The clinic staff and doctors were also very happy with the wide array of medicines that we provided this year which meant that more ailments would be arrested, prevented and treated. They were also happy that the medical supplies were delivered on time
- All in attendance commended the staff who were in charge of crowd controlled as they ensured that the queues were well organised facilitating in quick and efficient service delivery.
- The translators who worked tirelessly with the doctors were well versed and organised ensuring that the doctor-patient communication went on without any hitches.

- The community was very pleased that this year all who attended the medical camp were seen – no one was sent home before being seeing/ consulted or treated by a doctor
- There was a general feeling of team spirit amongst the clinic staff, doctors and ground staff derived from Land & Life, Kicheche and Saruni.
- We were extremely grateful to the friendliness and warm welcome that the entire team received from the clinic staff.
- More women involved this year – ranging from the female doctors, ground staff as well as patients.
- We had a dynamic, energetic and enthusiastic team of young doctors who were always ready and willing to help
- The Aitong facility staff were co-operative and helpful

2. WEAKNESSES

- As much as we provided a variety of medicines this year, some essential drugs were still missing from the stock. We hope to remedy this next year by extending partnerships to large pharmaceuticals.
- Underutilization of lab resources was also cited as a weakness especially for cases that required referrals.
- Lab and pharmacy technicians were not enough. This however is a staffing problem that can only be addressed by the facility itself.
- A couple of years ago, visiting dentists Dr. Pol and Dr. Geert had donated some dental equipment to the facility. However, we were informed that a dental clinic had taken place 3 weeks prior to our medical camp and that the dental team mistakenly took the equipment and kits away. This greatly inconvenienced the dentists as they had to improvise some of the tools.
- Unfortunately due to miscommunication we were not able to conduct cervical cancer screening this year. The brand of iodine that had been purchased was not suitable for this screening.
- Land & Life made a complaint to Oasis Health and the clinic staff for submitting the list of medication late. They however pledged to improve next year.
- Language barrier between the doctors and patients was to some extent a weakness in the sense that it proved difficult for the translators to explain certain difficult medical terms to the patients.
- This year some tests were missing that could have been easily be done at the facility
- It was to some extent, took too much time getting supplies from the pharmacy within and without the facility causing delays.
- The Aitong facility lacks an Ob/gyn imaging machine which would have made the work of the Obs/gynaes much easier
- Land and Life also cited breakdown of communication with partners specifically the Aitong Health Center staff and the Oasis Health doctors. It had been brought to the attention of the L&L staff that two similar medical camps had been done 3 weeks and a month prior leading to duplication of efforts and to some extent waste of resources that would have otherwise been channelled to other projects that would similarly benefit the entire community. The partners promised to do better in subsequent camps.

3. OPPORTUNITIES

- The lead doctor from Oasis Health challenged us to seek partnership with the County Executive Committee (CEC) for health –county of Narok and involve them in all the planning and execution of subsequent medical camps. She cited that once on board they will be able to avail their resources that include use of their ambulances to handle emergency cases, bring in more medical staff and provide medical supplies.
- Hudson – the Community Officer at Kicheche Community Trust offered to act as a go-between the partners and the Aitong Health Centre. His level of involvement would include communicating the facility's priority needs, upcoming and ongoing activities, to mention a few.
- In future all donations given to the Aitong facility will be clearly marked and labelled to ensure that they are not stolen, or lost. This will ensure that that it remains well stocked and ready whenever we hold our free camps.
- It was also suggested that it is imperative to have an additional day for medical camp so that we provide services for three full days – especially for those who travel far and wide arriving at the facility as early as 6 am on day one.
- It was also proposed that for future camps we should consider holding health education sessions as patients are queuing
- A proposal was made that specialists in ENT should be sourced for next year as many cases were recorded this year.
- The team also suggested that we could give gifts to the community – for example diapers, toys, etc that can be sourced from donors.
- It was also suggested that nutritional screening should be conducted in subsequent camps
- The doctors also suggested offering tents and sitting areas for patients waiting in the queues. They also proposed that we provide drinking water in these tents to make their wait much more comfortable
- It was suggested that referrals need to be followed up by the facility to help us measure our impact in these free camps. They also proposed that we
 - Budget for patients who need referrals to be drawn up
 - Have formal agreements with the referrals facilities
 - Work with county health departments
 - Work with Community Health Workers in the community

4. THREATS

- Some services were not offered e.g. cervical cancer screening. This may impact negatively to the community as some had travelled from far flung areas specifically for this.
- Triage staff need to be empowered for example on how to use certain tools and equipment e.g. blood pressure machines to ensure that these screens are properly done
- In subsequent camps we will need to keep an inventory of all supplies purchased to ensure that we replenish the facility's stock in the event that we end up using their suppliers.
- Good stewardship is needed by the Aitong staff to ensure that medical supplies and equipment are well taken care of otherwise donors and partners alike will be wary about making their donations if the facility does not maintain transparency and accountability.
- The men in the community need to be proactively involved in family planning matters; if not no progress can be made.

Conclusions and Recommendations

Considering that two other medical camps – one for general medicine and the other a dental clinic were conducted just a month and 3 weeks prior consecutively, the turn out for the 2018 medical camp was phenomenal. A record 865 patients was no mean feat. This gives us an indication that there is still demand for health related camps and that the community is continuing to reap benefits from them.

For the 2019 medical camp, we recommend:

- A wider array of medical practitioners and specialists to be brought in
- Increase the days of the medical camp by one more day
- Seek more partners to come on board – those from the tourism and travel industry e.g. our tourist partners/ camps and lodges in the Mara North Conservancy as well as pharmaceuticals
- Widen the scope of services offered
- Provide information education as well as counselling services to the community
- Involve the menfolk in matters that touch on the womenfolk's reproductive health
- Consider conducting an eye clinic
- Streamline the referral policy to Oasis Health facility to ensure that patients who need this service do not fall off the grid.

Moving forward

The Land & Life Foundation will be organising a meeting with representatives from our partner organisations to chart the way forward. The team had a lengthy discussion on the ground with the Director of Christian Missionary Foundation (of which Aitong Health Centre is one of the facilities)– Mr. John Sankok to see how we can create even bigger impacts in this community. Look out in our subsequent newsletters for the deliberations and outcome of this very important meeting and how you too can get involved.

Appendix 1 Medical Camp License

Issue Date : 27-Jul-2018

Serial No. 00291



THE MEDICAL PRACTITIONERS AND DENTISTS ACT (Cap. 253) LICENSE TO CONDUCT A MEDICAL CAMP

This is to certify that **CHRISTIAN MISSIONARY FOUNDATION**
(Applicant's Name)

of P.O.Box **110 20500 NAROK**
Postal Address

is hereby granted authority to conduct a Medical/Dental Camp. Under the provisions of the Medical Practitioners and Dentists Act Cap.253

in **NAROK** **NAROK WEST**
County Sub-county

camp location **AITONG TOWN, MAASAI MARA**
Camp Location

sponsoring entity **LAND OF LIFE FOUNDATION**
Sponsoring Entity

Dated at Nairobi this 27th day of July 2018.

Note: This medical camp is only authorised to run from **29th October 2018 to 31st October 2018.**

SEAL

Prof. George A.O. Magoha
MBBS, FMCS, FWACS, FCS
Chairman

Medical Practitioners and Dentist Board

Conditions of License:

1. This License is issued on Condition That Minimum Requirements Set by the Board for Conducting a Medical/Dental Camp Are Adhered To at All Times and That **The Medical/Dental Camp is Not For Profit**

/JK

Appendix 2: Schedule

7th Aitong Medical Camp - Tentative Schedule 2018

Day 1: Monday 29th October

Time	Activity	Facilitators	Venue	To do
By 9.00 a.m.	Team checks in at Safarilink	Safarilink	Wilson Airport	-
10.00 – 11.00	Flight from Nairobi – Wilson - Mara North	Safarilink	Wilson airport	-
12.00–1.00 p.m	1. Facility tour and tour of services. 2. Briefing by Clinical Officer and Community Facilitator in-charge	Koikai- Clinical Officer at Aitong	Aitong Health Centre (AHC)	Meet the staff, allocate rooms, translators and general organization
1.00 -4.30 p.m.	Lunch	Elephan Pepper Camp (EPC)	AHC	
	Main activities: 1. Gynecological Case Screening and Treatment 2. Paediatrics 3. General Clinic 4. Dental Clinic	All the doctors assisted by the clinic staff	AHC	L&L, Kicheche and Saruni staff to run errands for the medical team as need arise
5.15 p.m.	Debrief, sharing of ideas and prep for tomorrow.	Doctors, reps from L&L, Kicheche and Saruni	AHC	-
5.15 – 6.00 p.m.	Wind up and depart for the camps	Doctors, reps from L&L, Kicheche and Saruni	EPC/ Kicheche camps	-
7.00 p.m.	BONFIRE and freshen up	EPC/ Kicheche	EPC/ Kicheche	-
8.00-9.00 p.m.	Dinner Retire for bed	EPC/ Kicheche	EPC/ Kicheche	-

Day 2: Tuesday 30th October

Time	Activity	Facilitators	Venue	To do
7.00 – 7.45 a.m.	Break fast	EPC/ Kicheche	EPC/ Kicheche	
8.00 a.m.	Depart for AHC	L&L and EPC team		
9.00 – 4.30p.m	Main activities: 1. Gynaecological Case Screening and Treatment 2. Paediatrics 3. General Clinic 4. Dental Clinic	All the doctors assisted by the clinic staff	AHC	L&L, Kicheche and Saruni staff to run errands for the medical team as need arise. Organise lunch for the clinic staff
5.30 p.m.	Debrief, sharing of ideas and prep for tomorrow	Everyone	AHC	

5.15 – 6.00 p.m.	Wind up and depart for the camps	All doctors and reps from L&L, Kicheche	EPC/ Kicheche camps	
7.00 p.m.	BONFIRE and freshen up		EPC/ Kicheche	
8.00-9.00 p.m.	Dinner Retire for bed	EPC/ Kicheche	EPC/ Kicheche	

Day 3: Wednesday 31st October

Time	Activity	Facilitators	Venue	To do
7.00 – 7.45 a.m.	Break fast	EPC	EPC/ Kicheche	
8.00 a.m.	Depart for AHC	L&L and EPC team		
9.00 – 4.00p.m	Main activities: <ol style="list-style-type: none"> 1. Gynaecological Case Screening and Treatment 2. Paediatrics 3. General Clinic 4. Dental Clinic 	All the doctors assisted by the clinic staff	Aitong Health Centre	# Run errands for the medical team as need arise # Lunch for 11 pax provided by EPC?? # Clinicians lunch arranged onsite by L&L???
4.00- 5.15 p.m.	SWOT analysis	Everyone	Mara Discovery Centre	
5.15 – 6.00 p.m.	Wind up and depart for the camps	All doctors and reps from L&L, Kicheche	EPC/ Kicheche camps	
7.00 p.m. -7.30p.m	BONFIRE and freshen up L&L chat to the EPC staff		EPC/ Kicheche	
8.00 p.m- 9.00p.m.	Dinner Retire for bed	EPC/ Kicheche	EPC/ Kicheche	

Day 4: Thursday 1st November

Time	Activity	Facilitators	Venue	To do
6.00 – 9.00 a.m	Game drive	EPC/ Kicheche	EPC/ Kicheche	
9.00 – 9.45 a.m	Breakfast	EPC/ Kicheche	EPC/ Kicheche	
10.30- 1.00 pm	Camp staff check-up	Doctors	EPC/ Kicheche/ Saruni	Liaise with the camps
1.15 p.m.	Hot lunch at the camps	EPC/ Kicheche/ Saruni	EPC/ Kicheche/ Saruni	liaise with the camps
2.15 p.m.	Depart for the airstrip	EPC/ Kicheche/ Saruni	EPC/ Kicheche/ Saruni	liaise with the camps
5.00 p.m.	Arrive at Nairobi - Wilson	Safarilink		

Appendix 3: List of doctors in attendance

1. Dr. Noelle Orata – Medical Director (Oasis Health)
2. Dr. Salome Adem – Paediatrics
3. Dr. Deo Maero – General Practitioner
4. Dr. Vivvyane Wamara – General Practitioner
5. Dr. Maureen Okango – Obs/ Gynae
6. Dr. Stephen Lutukayi – Obs/ Gynae
7. Dr. Pol Van Daele – Dentist
8. Dr. Geert Versyck - Dentist

Appendix 4: List of medical supplies

List of meds and supplies	Quantity Needed	Pack Size	Price	Total in Kes.	Total in US\$
ANALGESICS/NSAIDS					
Paracetamol 500mg tabs	1	1000s	620.00	KES 620.00	\$6.20
Paracetamol suppository 125mg	5	10s	175.00	KES 875.00	\$8.75
Paracetamol syrup 125mg/5ml	100	100ml bottle	40.00	KES 4,000.00	\$40.00
ibuprofen tab 200mg	5	100s	130.00	KES 650.00	\$6.50
ibuprofen susp. 100mg/5ml	50	100ml bottle	45.00	KES 2,250.00	\$22.50
meloxicam tab 7.5 mg	3	100s	370.00	KES 1,110.00	\$11.10
diclofenac tab 50mg	10	100s	80.00	KES 800.00	\$8.00
diclofenac inj 75mg	80	ampule	10.00	KES 800.00	\$8.00
ibuprofen tabs 400mg 100's	3	100s	200.00	KES 600.00	\$6.00
ANTI-ALLERGY MEDICATIONS					
cetirizine tab 10mg	2	100s	90.00	KES 180.00	\$1.80
cetirizine syrup 5mg/5ml	50	60ml	35.00	KES 1,750.00	\$17.50
prednisolone tab 5mg	8	100s	100.00	KES 800.00	\$8.00
chlorphenylamine maleat syrup 100's	50	60ml	24.00	KES 1,200.00	\$12.00
chlorphenylamine maleat tab 1000's	1	1000s	120.00	KES 120.00	\$1.20
ANTIBIOTICS					
Amoxil 500mg caps(generic) 100's	5	100s	285.00	KES 1,425.00	\$14.25
Amoxil 125mg/ml 100ml(generic)	50	100ml bottle	45.00	KES 2,250.00	\$22.50
Amoxil forte 250mg/5 100ml(generic)	30	100ml bottle	86.00	KES 2,580.00	\$25.80
Amoxil caps 250mg 100's(generic)	3	100s	210.00	KES 630.00	\$6.30
Flucloxacillin caps 250mg	3	100s	500.00	KES 1,500.00	\$15.00
Flucloxacillin syrup	30	100ml bottle	110.00	KES 3,300.00	\$33.00
Ampoclox caps/syrup(generic)	30	100ml bottle	70.00	KES 2,100.00	\$21.00
Cotrimoxazole syrup 100ml	50	100ml bottle	42.00	KES 2,100.00	\$21.00
Erythromycin 500mg tabs	5	100s	570.00	KES 2,850.00	\$28.50
Erythromycin syrup 100ml	30	100ml bottle	65.00	KES 1,950.00	\$19.50
azithromycin tab 500mg 3's	30	3s	50.00	KES 1,500.00	\$15.00
azithromycin syrup 200mg/5ml 15ml	25	15ml	65.00	KES 1,625.00	\$16.25
Nitrofurantoin tabs 100mg 100's	1	100s	210.00	KES 210.00	\$2.10
Norfloxacin tabs 400mg 100's	3	100s	300.00	KES 900.00	\$9.00
levofloxacin tab 500mg 10's	10	10s	110.00	KES 1,100.00	\$11.00
Cefixime tab 400mg 5's	5	10s	330.00	KES 1,650.00	\$16.50
Ciprofloxacin tabs 500mg	100	10s	30.00	KES 3,000.00	\$30.00

ciprolen D eye drops	5	each	275.00	KES 1,375.00	\$13.75
Hydrocortisone eye drops	50	each	70.00	KES 3,500.00	\$35.00
gentamycin eye drops	50	each	20.00	KES 1,000.00	\$10.00
Metronidazole 400mg tabs	5	100s	175.00	KES 875.00	\$8.75
Metronidazole syrup 200mg/ml	50	100ml bottle	45.00	KES 2,250.00	\$22.50
tinidazole tabs 4s 500mg	85	4s	12.00	KES 1,020.00	\$10.20
albendazole 400mg tab	200	1s	15.00	KES 3,000.00	\$30.00
doxycycline tab 100mg	2	100s	200.00	KES 400.00	\$4.00
albendazole 400mg susp.	100	10ml	20.00	KES 2,000.00	\$20.00
Amoxclav tab 625mg 10's	30	10s	140.00	KES 4,200.00	\$42.00
Ceftriaxone injection 1g	50	1g vial	38.00	KES 1,900.00	\$19.00
Ranitidine inj	1	10s	240.00	KES 240.00	\$2.40
Trimex cough syrup 100ml (adult/paed)	10	100ml bottle	130.00	KES 1,300.00	\$13.00
cough supressant 100ml	10	100ml bottle	70.00	KES 700.00	\$7.00
Dinac gel	50	20g	30.00	KES 1,500.00	\$15.00
Sterile gloves	100	pair	28.00	KES 2,800.00	\$28.00
Discardit syringes 5ml	2	100s	400.00	KES 800.00	\$8.00
Discardit syringes 10ml	2	100s	630.00	KES 1,260.00	\$12.60
Microlance needles 23G	1	100s	150.00	KES 150.00	\$1.50
Microlance needles 21G	1	100s	150.00	KES 150.00	\$1.50
Safety boxes 5litres*	5	each	220.00	KES 1,100.00	\$11.00
Disposable gloves	10	100s	400.00	KES 4,000.00	\$40.00
Disposable speculums large - 25	50	each	45.00	KES 2,250.00	\$22.50
Disposable speculums medium - 25	50	each	45.00	KES 2,250.00	\$22.50
Absolute formalin	5	500ml	130.00	KES 650.00	\$6.50
Cotton wool - 5	5	400g	210.00	KES 1,050.00	\$10.50
Gauze - 3 rolls	5	750g	700.00	KES 3,500.00	\$35.00
Applicator sticks	2	100s	150.00	KES 300.00	\$3.00
Hand sanitizers	5	500ml	360.00	KES 1,800.00	\$18.00
Ultrasound gel	1	5 litres	1,500.00	KES 1,500.00	\$15.00
Dispensing envelopes 100's	2	1000s	350.00	KES 700.00	\$7.00
ANTI-FUNGAL MEDICATIONS					
Clotrimazole pessaries 6s	50	6s	30.00	KES 1,500.00	\$15.00
clotrimazole cream	50	each	25.00	KES 1,250.00	\$12.50
fluconazole tabs 200mg	50	1s (150mg)	15.00	KES 750.00	\$7.50
nystatin oral drops	50	30ml	50.00	KES 2,500.00	\$25.00
ANTI VIRAL MEDS					
acyclivir tab 200mg	3	30s	150.00	KES 450.00	\$4.50
acyclovir cream	20	10g	100.00	KES 2,000.00	\$20.00
ANTI ACIDS					
omeprazole caps 20mg 100's	5	100s	200.00	KES 1,000.00	\$10.00
anti acid tabs	1	1000s	350.00	KES 350.00	\$3.50
antacid syrups 100ml	80	100ml	40.00	KES 3,200.00	\$32.00

HAEMATINICS					
ferrous/folic acid tab	1	1000s	750.00	KES 750.00	\$7.50
ferrous salt tab 200mg	1	1000s	440.00	KES 440.00	\$4.40
Multivitamin tabs 1000's	1	1000s	320.00	KES 320.00	\$3.20
Multivitamin syrup 100ml	100	100ml	44.00	KES 4,400.00	\$44.00
Vitamin B complex tab 1000's	1	1000s	200.00	KES 200.00	\$2.00
CARDIOVASCULAR MEDS					
FUROSEMIDE 40mg tab	5	100s	100.00	KES 500.00	\$5.00
hydrochlorthiazide 50mg tab	5	100s	120.00	KES 600.00	\$6.00
nifedipine 20mg tab	5	100s	200.00	KES 1,000.00	\$10.00
carvedilol tab 6.25 mg	5	28s	260.00	KES 1,300.00	\$13.00
losartan tab 50mg	5	28s	200.00	KES 1,000.00	\$10.00
enalapril tab 5mg	3	100s	150.00	KES 450.00	\$4.50
aldomet /methyldopa tab 250mg	1	100s	370.00	KES 370.00	\$3.70
Metformin 500mg	50	10s	25	KES 1,250.00	\$12.50
Glibenclamide 5mg	50	10s	14	KES 700.00	\$7.00
DERMATOLOGICAL AGENTS					
silver sulfadiazine cream 1%	10	15g	35.00	KES 350.00	\$3.50
betamethasone cream/ointment	30	15g	45.00	KES 1,350.00	\$13.50
hydrocortisone cream/ointment	30	15g	40.00	KES 1,200.00	\$12.00
calamine lotion	20	100ml	35.00	KES 700.00	\$7.00
betamethasone /clotrimazole cream	30	20g	52.00	KES 1,560.00	\$15.60
Whitfield oint	25	20g	25.00	KES 625.00	\$6.25
ANTI EMETICS				KES 0.00	\$0.00
metoclopramide tabs 10mg 100's	1	100s	100.00	KES 100.00	\$1.00
LAXATIVES					
bisacodyl tab 10mg	1	100s	120.00	KES 120.00	\$1.20
LACTULOSE SYRUP 100ml	20	100ml	195.00	KES 3,900.00	\$39.00
ANTI DIARRHEAL MEDS					
loperamide tab 5mg	30	6s	15.00	KES 450.00	\$4.50
oral rehydration solution	200	sachet	8.00	KES 1,600.00	\$16.00
zinc sulphate 20mg tab	3	100s	200.00	KES 600.00	\$6.00
RESPIRATORY SYSTEM MEDS					
Salbutamol syrup 100ml	20	100ml	40.00	KES 800.00	\$8.00
salbutamol tabs 4mg	1	100s	70.00	KES 70.00	\$0.70
inhaler salbutamol 100mc g /dose	5	each	185.00	KES 925.00	\$9.25
inhaler beclomethasone 100mc g/dose	5	each	575.00	KES 2,875.00	\$28.75
provodine iodine oral solution	20	100ml	130.00	KES 2,600.00	\$26.00
Dextrose 5%	20	500ml	60.00	KES 1,200.00	\$12.00
Infusion set	20	each	18.00	KES 360.00	\$3.60
Scalp vein	10	each G23	10.00	KES 100.00	\$1.00
Branullar	25	each	22.00	KES 550.00	\$5.50

Test kits and equipment					
Malaria Rapid Test			25s	KES 1,300.00	\$13.00
Urine Analysis			100s	KES 1,000.00	\$10.00
Glucometer (Oncall Plus)			2	KES 2,000.00	\$20.00
Glucometer Strips (Oncall)			50s	KES 1,400.00	\$14.00
HIV Determine Test			50s	KES 1,750.00	\$17.50
VDRL Rapid Test			25s	KES 780.00	\$7.80
Prostate Surface Antigen (PSA)			40s	KES 7,050.00	\$70.50
Brucellosis Test			50s	KES 1,000.00	\$10.00
Salmonella Typhi/Paratyphi Antigen Test			25s	KES 5,300.00	\$53.00
H Pylori Antigen test			25s	KES 4,100.00	\$41.00
Fecal Occult Blood Test (FOBT)			25s	KES 5,300.00	\$53.00
Pregnancy Test Strips			100s	KES 800.00	\$8.00
Hepatitis B Surface Antigen			25s	KES 1,470.00	\$14.70
Rheumatoid Factor test			50s	KES 1,000.00	\$10.00
Blood Grouping & Rhesus (A, B & D)			Kit	KES 1,400.00	\$14.00
Haemoglobin Test (301 & 201)			50s	KES 4,700.00	\$47.00
Blood Pressure Monitor (Omron M2 Basic)			each	KES 4,700.00	\$47.00
Urine/Stool Containers			250	KES 6,250.00	\$62.50
Adult Weighing Scale			each	KES 1,000.00	\$10.00
Red/Purple Vacutainers			100s	KES 1,100.00	\$11.00
Grand total				KES 197,660.00	\$1,976.60

Appendix 5: Budget

	Aitong Medical Camp Budget	Cost in US\$
	Items	
1	Medical supplies and kits	\$1,976.60
2	Lunch for the staff + translators and 3 extra for the two days	\$286.00
3	Stipend for the 7 clinic staff for 2.5 days	\$386.45
4	Publicity campaign	\$1,929.36
5	Translators	\$87.50
6	Airport taxes	\$158.46
7	Rebated air tickets	\$780.00
8	Data collector/ administer questionnaires	\$12.50
9	Hire of the Mara Discovery Centre	\$20.00
10	Camp license	\$50.00
11	Stationery	\$6.20
12	Contingency	\$100.00
	Grand total	\$5,793.07