

# Welcome to the Congo Clinic Experience!



The medical situation in Congo is hard to imagine. Women give birth on grass mats or wooden tables. Surgery is done by flashlight. Pharmaceuticals go unrefrigerated, and are often simply unavailable. As a result, 20% of kids die by the age of 5, most of them from preventable causes. Treatable diseases like malaria and malnutrition claim thousands of lives every day.

One of the most important things we can do together as we serve our friends in Congo is to learn about their lives, culture, and faith. This is why we have developed the Congo Clinic Experience, to help us learn about Congo as we seek to stand in solidarity with our brothers and sisters in Christ.

This packet will help you set up a Congo Clinic Experience at your church. We hope that pastors, youth groups, and medical professionals will work together to plan this experience and make it something that opens the doors of the church to benefit the surrounding community. Here are some ideas to get you started:

- Educate your church on health concerns in Congo and around the world
- Invite medical professionals to volunteer
- Offer school physicals, health screenings, and flu shots to your local community
- Raise awareness and funds for the Congo Clinic Initiative

Learn more at  
[paulcarlson.org/congo-clinic-experience](http://paulcarlson.org/congo-clinic-experience)

## Structure Options

1. Construct a simple wood-framed tent clinic.  
Instructions included.
2. Use a pop-up canopy with walls.
3. Dream up your own!



## Furnishing:

When considering how to furnish your clinic, remember: there is very little furniture and accessories in Congolese clinics. What's there is usually old and worn. The nurses in the clinic have little equipment to work with, and that may be rusty or broken as well.

## Supply Checklist

Use our suggestions or your own ideas! Here's what we used:

### Dress up the structure:

- Bamboo or branches to tie to and disguise the wall supports and corners
- Roofing: (one of) reed fences, duck blinds, rafia table skirts, straw

### Signs:

- Find an old board and paint "clinique de santé" (health clinic) to hang outside the clinic.
- Print signs & patient profiles and mount to foam core board

### Sterilization:

- Firewood (sticks)
- Large rocks in the "fire"
- Big pot set on rocks
- Metal doctor's tools in the pot

### Waiting Area:

- Stools, folding chairs, a bench or pew

### Treatment Area:

- Desk or table (small, worn)
- Chair (solid old wood desk chair or folding chair)
- Small shelf/cupboard/cubbies for a supply cabinet

- Vials or glass bottles
- Papers, bandages, etc
- Grass mat or fabric for patient bed
- Stethoscope

### Ambulance:

- Old bike
- Bungee cords
- White plastic chair

### Misc:

- African print fabric
- Congolese music
- Drums outside the clinic and print the sign explaining they are used for mourning.
- Block out as much light as you can, and hang a lantern inside (electric for safety).
- Solar panel (amazon.com)
- Radio/sound system to play Congolese music
- Fake snake (on the ground or roof)
- Guest book, pens
- String
- Painter's tape
- An old bike with a plastic chair strapped to the back shows a typical ambulance.
- Set up a monitor to view our "Journey to a Clinic" video clip outside the clinic (get it online or off of your PCP Sunday DVD).
- Use a heater and humidifier to make the experience even more authentic.

### For health screenings:

- HRA form, health brochures
- Blood pressure cuff
- Scale
- A second chair, by treatment area



To download the entire set of CCE resources, including signs, patient profiles, videos, etc., visit [paulcarlson.org/congo-clinic-experience](http://paulcarlson.org/congo-clinic-experience).



### Structure Assembly Instructions for Option 1:

(To view a video of us setting this up, visit [paulcarlson.org/congo-clinic-experience](http://paulcarlson.org/congo-clinic-experience))

#### Materials

- 2" X 2" X 8' construction lumber; 14 @ approximately \$1.75 apiece
- 9' X 12' canvas drop cloths; 3 @ approximately \$18.50 apiece
- 2" drywall screws
- Wood saw
- Power drill driver with a 1/8" drill bit and Phillips head driver
- Heavy duty stapler, with staples
- Step ladder

#### Instructions

1. Cut four of the 2X2's down to 6' lengths.
2. Lay out two of the 6' 2X2's and three of the full length (8') 2X2's on the ground as shown in figure 1. The three "vertical" posts should be on the ground and the two "horizontal" pieces should be laying on top of the vertical pieces.
3. Pre-drill holes (to prevent splitting of the wood) at all of the connection points between the vertical and horizontal wood pieces. Screw together all of the pieces using the drywall screws.
4. Repeat steps 1 through 3 to complete a second end panel.
5. Stand up the end panels and use the remaining four 2X2's to connect them together as seen in figure 2. Pre-drill holes and screw together at all connection points as you did in step 3.

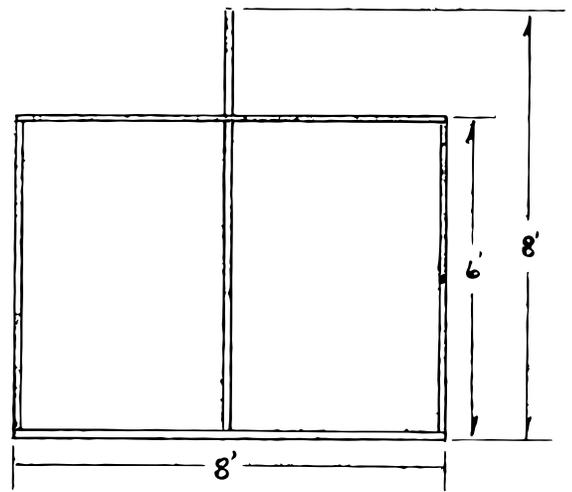


FIG 1. END PANEL

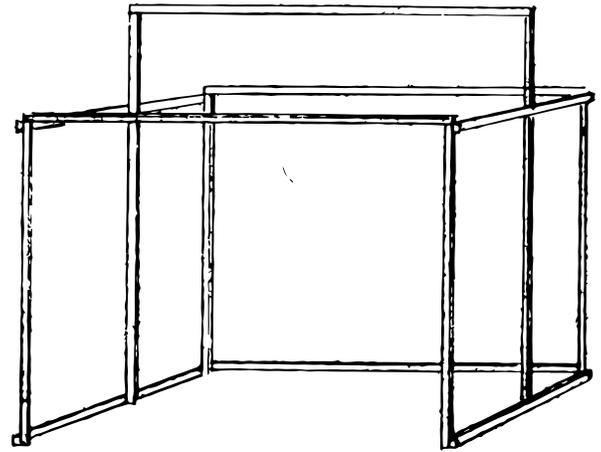


FIG 2. COMPLETE FRAME

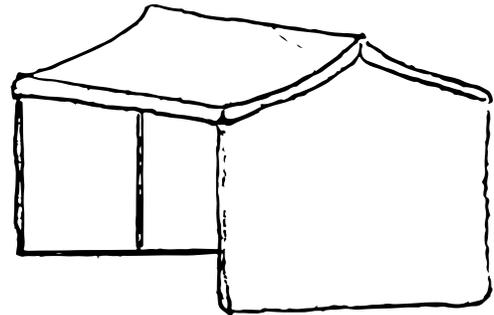


FIG 3. FINISHED TENT

6. Use three of the drop cloths to wrap around the front, sides, and back of the structure. Leave about a third of the front open as an entrance. Use the stapler to fasten the cloth to the wood frame. You can leave the extra fabric draped down.
7. Use the remaining drop cloth to drape over the top of the structure, staple in place.

## Health Screening or Flu Shot Information

The Congo Clinic Experience is also an opportunity to host health screenings, flu shots, or another health activity beneficial to your community. We will provide information for two options, but the medical professionals in your church community might have other great ideas for what they can do.



## Health Screenings

A simple health screening may be administered by a doctor, nurse, or EMT. Consider taking blood pressure, weight/BMI, and the answers from a Health Risk Assessment form and holding a consultation with the given information. A Health Risk Assessment you may download and print is available in the CCE packet.

## Flu Shots

Licensed physicians may be able to secure flu vaccines through a local hospital. Another option is to contract a vendor to provide the vaccine and service.



## Medical Ambassadors

All medical professionals are invited to join the PCP Medical Ambassadors! The Medical Ambassadors are compassionate, dedicated medical professionals applying their skills for transformed and saved lives.

Learn more about many ways you can be involved with PCP, including joining a focus group to impact Pediatrics, OB/GYN, Internal Medicine, Hospital Administration, Nursing, Surgery, Pharmaceuticals, Dentistry, or Information Technology! Visit us online at [paulcarlson.org/medical-ambassadors](http://paulcarlson.org/medical-ambassadors).

