

## Next Stop Kashikishi

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(für persönliche Fragestellung)

Falls Du mit den Drs Jody, Katharina oder Hansruedi sprechen möchtest, so schreibe unter Angabe des Grundes ein SMS; jemand von uns wird zurückrufen. Über Whats App, wenn Du Internet-Verbindung hast. Meist ist die Verbindung im Spitalareal vor der Administration Office am besten.

## I. Medizinische Empfehlungen

Vor einem Aufenthalt in Kashikishi empfehlen wir ausdrücklich eine persönliche Beratung in einem Reisemedizinischen Zentrum, z.B. im Swiss Tropical and Public Health Institute (Swiss TPH) Basel oder in einer reisemedizinischen Sprechstunde in Zürich oder Bern. Diese Konsultation möglichst zwei bis drei Monate vor Abreise, damit genügend Zeit vorhanden ist, um den Impfstatus à jour zu bringen oder um spezielle Impfungen zu verabreichen. Zur Zeit gibt es immer wieder Lieferengpässe für Impfstoffe.

Zusätzlich konsultiere bitte die Swiss TPH Reisemedizin Website: [www.safetravel.ch](http://www.safetravel.ch) (gratis) oder [www.tropimed.com](http://www.tropimed.com) (braucht ein Abonnement)

### Impfungen

Orientiere Dich unter [www.safetravel.ch](http://www.safetravel.ch)

Zusätzlich raten dringend wir zu folgenden Impfungen, auch wenn diese nicht offiziell empfohlen werden.

#### Tollwut

In Kashikishi gibt es Tollwut.

Ohne präventive aktive Impfung ist ein Hunde- oder Fledermausbiss durch ein infiziertes Tier potentiell tödlich. Daher aktive Impfung im Voraus! Rabies Immunglobulin (passive Impfung) ist weder in Kashikishi noch in Mansa (3 Std weiter weg) erhältlich. Trotz vollständiger präventiver aktiven Impfung muss nach einem Biss durch ein potentiell infiziertes Tier aktiv nachgeimpft werden (siehe [www.Safetravel.ch](http://www.Safetravel.ch)).

#### Gelbfieber

Es gibt Gelbfieber im Westen Zambias und vor kurzem gab es in Angola eine Gelbfieber Epidemie. Für Reisen in benachbarte Ländern (zum Beispiel Demokratische Republik Congo) ist die Gelbfieber Impfung obligatorisch.

### Krankheiten

Konsultiere bitte wiederum [www.safetravel.ch](http://www.safetravel.ch).

#### Malaria

Malaria ist hyperendemisch in Kashikishi. Das Risiko besteht ganzjährlich. Eine Malaria-prophylaxe ist obligatorisch. Wer nicht "schulmedizinische" Malariaprophylaxe nehmen will, darf nicht unter unserer Obhut nach Kashikishi reisen!

Einzelheiten zu den verschiedenen Pharmaka und deren Einnahmemodalitäten findest Du wiederum unter [www.safetravel.ch](http://www.safetravel.ch). Realisiere, dass auch unter einer korrekt eingenommenen Malariaprophylaxe seltenerweise die Krankheit auftreten kann. Bei Fieber konsultiere einen in Kashikishi tätigen Arzt und setze, - je nach Rat und Testergebnis – die entsprechende Notfalltherapie ein.

Nach unserer Meinung ist Malarone das beste prophylaktische Mittel. Dieses hat kaum Nebenwirkungen und muss nur einen Tag vor bis eine Woche nach der Reise täglich eingenommen werden. Nachteil: hohe Kosten. Mefloquin oder Doxycyclin sind billiger, weisen aber oft belastende, bei Mefloquin vor allem psychische Nebenwirkungen auf (siehe Kompendium).

Immer anwenden:

Repellents für die Haut (z.B. Exopic®, Anti-Brumm®, Nobite®) und Insektizid für Textilien und Moskitonetze (Nobite Kleidung®)

### **Schistosomiasis (Bilharziose)**

Alle Seen sind Schistosomiasis-verseucht. Daher darf darin nicht gebadet und auch nicht barfuss im Wasser gewatet werden!

## **Post-Expositions-Prophylaxe (PEP)**

adaptiert auf die Verhältnisse in Kashikishi  
gemäß European AIDS Clinical Society (EACS) Guidelines Version 8.1 Oktober 2016, Seite 15. <http://www.eacsociety.org>

### **Indikationen**

#### **Exposition mit Blut oder anderen biologischen Flüssigkeiten:**

- Blutende Verletzung mit einer Hohlnadel
- Blutende Verletzung mit einem Skalpell oder einer Nadel
- Kontakt mit Blut oder anderen potentiell infizierten Körperflüssigkeiten auf Schleimhaut oder nicht-intakter Haut länger als 15 Minuten

#### **Ungeschützter Geschlechtsverkehr (UGV):**

- Ungeschützter vaginaler, analer Geschlechtsverkehr oder rezeptiver Oralverkehr mit Ejakulation in den Mund

### **Vorgehen**

- Im Zweifelsfall Konsultation mit **Dienstarzt der Infektiologie des USB +41 61 328 61 14**
- Die PEP sollte für eine optimale Wirksamkeit innerhalb von vier Stunden nach der Exposition eingenommen werden (maximale Effektivität).
  - 72 Stunden nach Exposition ist eine PEP unwirksam
  - Dauer der PEP: 4 Wochen
- Die PEP soll ungeachtet vom HIV-Status des Patienten gestartet werden, da die HIV-Tests in Afrika zu wenig zuverlässig sind und Kashikishi ein Hochendemiegebiet für HIV ist. In diesem Punkt besteht eine Diskrepanz zum Vorgehen in der CH.

- **Medikamente für die PEP:**  
(eine PEP besteht aus drei aktiven Substanzen: Zwei NRTI und einem Integraseinhibitor)

Truvada: eine Tablette p/o alle 24 Stunden plus  
Isentress 400 mg Tabletten p/o alle 12 Stunden  
*oder*

Truvada: eine Tablette p/o alle 24 Stunden plus  
Tivicay 50mg Tabletten p/o alle 24 Stunden

- **WICHTIG:** Die PEP muss regelmässig im exakt eingehaltenem zeitlichen Abstand eingenommen werden, da ansonsten die Wirksamkeit reduziert wird.
- Beide Medikamentenkombinationen haben eine hohe Resistenzbarriere und basieren auf potenten Medikamenten, die in Afrika kaum eingesetzt werden und somit das Risiko einer Resistenz sehr gering ist.
- Die **PEP-Medikamente befinden sich in einer Holzkiste im Gang** des Swiss House.

Wenn Du die PEP-Medikamente gebrauchen musst, setze Dich rasch mit HR, KS oder JS in Verbindung, damit wir die Medikamente ersetzen können. Die Zahlenkombination des Vorhängeschlosses steht auf Deutsch auf der Holzkiste (**neun-vier-acht**). Diese Zahlen bleiben vor Nicht-Basler-Gästen streng geheim. Allfällige Änderungen der Zahlenkombination aufschreiben und in die CH kommunizieren.

Daran denken: Auch **HBV- und HCV-Infektion** können über den gleichen Wegen übertragen werden. Daher nach Rückkehr in der Schweiz HCV Serologie (und HBV wenn nicht geimpft oder Impftiter nicht bekannt) kontrollieren lassen.

## II. Reise-Apotheke

Bitte [www.safetravel.ch](http://www.safetravel.ch) konsultieren. Unten listen wir Ergänzungen und Präzisierungen auf. Die Liste hier ist **nicht** vollständig.

### Medikamente

- Malaria-Prophylaxe: siehe oben
- Antibiotikum bei schwerem Durchfall (mit hohem Fieber und/oder Blut im Stuhl): Ciprofloxacin, Azithromylin od. Levofloxacin
- Antibiotikum gegen Harnwegsinfekt: Fosfomycin (Monuril), Ciprofloxacin, od. Levofloxacin
- Antibiotikum gegen Infekte der Luftwege sowie gegen Haut-/ Weichteil-Infekte: 1. Wahl Amoxicillin-Clavulansäure, alternativ Levofloxacin
- Antibiotische Crème oder Salbe für Haut: Fucidin od. Flammazine
- Antibiotische Augen Tropfen od. Salbe: Floxal, Tobrex, Ciloxan
- Antiemetika: Motilium Lingual, Ondansetron (Zofran Zydis)
- Wässriger Durchfall ohne Fieber: Imodium lingual ®
- Steroide: Prednisolon Tablette 50 mg
- Antihistaminika: Cetirizin, Xyzal, Acrius
- Topische Antihistaminika: Fenistil, Tavegyl Gel
- Antipyretika/Analgetika: Paracetamol

**Wichtig:** Bei bekannter Allergie, insbes. Hymenoptera Allergie: persönliches Allergieset (Epipen, Antihistaminika, Prednison) immer bei Dir tragen

### **Sexuelle Gesundheit**

- Präservative oder Femidom®
- Antikonzeptiva, ev. Pille-danach
- Frauen: vaginal anti-Pilz Mittel z.B. Gynocanesten

### **Allgemein**

- Wasser Entkeimungstabletten: Aquatabs®, Micropur forte®
- Händedesinfektionsmittel: hydroalkoholische Lösung z.B. Sterillium Gel, Nexcare Gel
- Bei Verletzung, Haut Desinfektionsmittel: z.B. Octanisept, Ethanol 75%, Merfen®, Betadine®
- Mückenspray mit DEET: z.B. Antibrumm Forte, NoBite, NoBite Kleidung, Exopic
- Mosquito Netz (z.B. *CARE plus Bellshaped Impregnated*)

## **III: Mitzunehmende medizinische Ausrüstung**

Diese Ausrüstung ist für den eigenen Verbrauch beabsichtigt:

- mindestens 2 Paar weisse Spitalhosen und -hemden sowie einen Mantel
- geschlossene Arbeitsschuhe
- Stethoskop
- kleine Untersuchungslampe oder Stirnlampe
- Sterillium
- Sterile Handschuhe für den OP-Saal
- unsterile Handschuhe für die Abteilung
- Thermometer (2x, eines für die Reiseapotheke und eines für den Gebrauch im Spital welches ihr bei euch behält)
- Schutzmasken
- Schutzbrille für den Operationssaal
- Messband
- Uhr mit Sekundenzeiger
- Praktisch aber nicht unbedingt nötig: 1-2 Rollen Tap

## **IV. St. Paul's Mission Hospital**

Das St.Paul's Mission Hospital war, wie der Name verrät, ein Missionsspital; vor wenigen Jahren wurde dieses vom Zambischen Staat übernommen. Die administrative Führung obliegt weiterhin den Ordensschwwestern.

Es gibt drei Stufen der medizinischen Ausbildung mit steigenden Kompetenzen. Die Clinical Officers (CO), haben die kürzeste Ausbildung absolviert und können die häufig vorkommenden Erkrankungen diagnostizieren und behandeln. Sie sind nicht operativ tätig. Die CO's arbeiten vor allem im Ambulatorium und sind Tag

und Nacht für Notfälle die erste Ansprechperson (ausgenommen die geburtshilflichen Fälle). Die „medical licenciates (ML)“ sind zusätzlich operativ tätig. Sie nehmen eine Zwischenfunktion zwischen den CO's und den Ärzten ein. In Kashikishi übernehmen sie die gleichen Aufgaben wie die Ärzte. Unter den Ärzten gibt es jeweils einen Chefarzt, zur Zeit ist es Dr. Luc. Diesem unterstehen alle drei Funktionsstufen.

### **Das St. Paul's Hospital hat folgende Abteilungen**

- Chirurgie
- Gynäkologie und Geburtshilfe
- Innere Medizin
- Pädiatrie sowie eine Abteilung für mangelernährte Kinder
- Ambulatorium
- HIV-Klinik

Dem Spital sind eine Krankenschwesternschule und eine Hebammenschule angeschlossen. Die Schüler absolvieren jeweils ihre Praktika im Missionsspital.

### **Zusammenarbeit im Spital**

Ob Arzt oder Student, Eure Ansprechperson und euer Vorgesetzte während eures Praktikums ist der Chefarzt, Dr. Luc. Zu Beginn eures Praktikums könnt ihr normalerweise eure Wünsche äussern, auf welcher Station ihr gerne arbeiten würdet. Neben den Stationen gibt es ein Ambulatorium, welches von den CO's geführt wird. Es ist empfehlenswert auch mit den CO's im Ambulatorium zu arbeiten. Dort finden die Triage der Patienten und die ambulanten Behandlungen statt. Ihr könnt im Ambulatorium (out patients) die häufigsten Krankheitsbilder beobachten und von den CO's lernen, welches die lokal üblichen Behandlungsmethoden sind. Auch in der HIV-Klinik kann mitgearbeitet werden. 1-2 mal die Woche finden dort spezielle Doctor's rounds statt, bei denen jeweils ein Arzt diejenigen Patienten beurteilt, die von den CO's zugewiesen wurden. Er legt Procedere fest, stellt Operationsindikationen, verfasst für Gewaltopfer Rapporte zu Händen der Polizei und Justiz und übt viele weitere Tätigkeiten aus.

Zweimal die Woche ist „Theater Day“, an denen operiert wird. Ihr werdet den Ärzten assistieren können. Nehmt dafür eine Schutzbrille sowie sterile Handschuhe mit. Es gibt im Spital von Kashikishi in der Regel sterile Handschuhe, doch da üblicherweise zwei Paar übereinander getragen werden, besteht ein hoher Verbrauch und daher eine Knappheit.

Generell empfehlen wir euch, auf die Ärzte, ML und CO's initiativ zuzugehen, sich zu engagieren und von ihnen zu lernen. Die meisten sind sehr motiviert, mit Studenten zu arbeiten. Haltet Augen und Ohren weit offen, um einen klaren Begriff vom St. Paul's Hospital und seinen Strukturen zu bekommen.

### **Material-Spenden**

Wir empfehlen, für das Spital kein Material mitzubringen. Nehmt genügend oben aufgelistetes Verbrauchsmaterial mit; nach Beendigung des Praktikums könnt ihr gerne Ungebrauchtes an eine Person weitergeben oder allenfalls ein medizinisches Gerät ad personam verschenken. Eine Spende an das Spital versickert oft irgendwo.

## V. Logistics

### Visa

- **30-day tourist visa** (\$50) required, obtainable upon arrival in Lusaka. If you are considering traveling in and out of the country, you should get a multiple entry visa.
- Do **not** get a *business* visa! Should they ask, tell immigration officials, that you are on holiday and will be visiting friends in Kashikshi. A tourist visa lasts 30 days and can be extended in Kashikishi. The hospital will help you with this.
- **90-day tourist visa:** You can apply for a 90-day visa online through the Zambian Embassy in Geneva. Remember, do not say you are working, do not say you are volunteering, just say you are a tourist.
- Cost: bring \$80 for a single-entry visa. They will give you change in Kwacha if you do not have the exact amount.

### Travel and Lodging in Lusaka

- If you need a taxi, prices from the airport to a lodge in town will cost at least K200 - 400. Negotiate first. If you like the driver, you can arrange for him to transport you around for the duration of your stay in Lusaka (at a set daily price). Be sure to get his telephone number and agree on the price ahead of time, however, to be paid at the end.
- **Lodging in Lusaka:**  
Book your hotel/lodge/guesthouse for the first one to two nights in Lusaka in advance. You can ask them to collect you from the airport (ca \$20). Depending on when you arrive in Lusaka, you may or may not get in early enough to be able to book your seat on the bus to Kashikshi for the next day. If you are getting in to Lusaka late afternoon, then most likely you will not make it in time to book the bus for the next day. So, you will need two nights in Lusaka. If you get in to Lusaka in the morning, you may be able to book your bus for the next day, in which case, one night will suffice.

#### Low budget:

[www.Natwangabackpackers.com](http://www.Natwangabackpackers.com) (highly recommend by recent Swiss med students)

[www.Lusakabackpackers.com](http://www.Lusakabackpackers.com) (previously known as Chachacha Backpackers Lodge, simple but adequate)

[www.backpacklusaka.com](http://www.backpacklusaka.com) (aka Kalulu Backpackers, have no idea how it is)

#### Midrange price:

<https://palmwoodlodge.co.zm> (where I stay in Lusaka)

#### High end:

<http://crestagolfview.com> (recommended by Swiss TPH consultant)

Protea: expensive, convenient location (in Arcades Shopping centre), great breakfast, rooms mediocre.

Radisson Blue: great breakfast, convenient location (near Arcades Shopping Centre), rooms are better than Protea

## Safety in Lusaka

Lusaka is not a town to walk around in, however, it is safe during the daytime. At night, you should not walk on the roadsides, but rather get around by car. Do not walk around with easy to grab purses or objects like an expensive camera or glittering jewellery. Sorry, girls, just gonna have to leave your diamonds at home! It is advisable to keep money and valuables on your person or in a bag with a shoulder strap or in a backpack. Even at the shopping centres, always keep your backpack or shoulder bag on your person. I was once traveling with a young Dutch woman, who left her backpack on the floor right next to her seat, as we sat for dinner at a restaurant. When it came time to leave, the bag was gone. There was not much money to be had, but a notebook of poems she had written during the stay – gone forever. She was heartbroken. Fortunately, she was young and intelligent, and managed to recall much of what she had written.

## Money, money, money.....

**Exchange rate:** For the past two years, the Kwacha has been very low, with a value of 8 to 10 Kwacha to the dollar.

### Getting Kwacha:

For exchange, bring US dollars, not Euros or Swiss francs. Often local markets and stores do not have change for large Kwacha notes, so especially when traveling, bring small notes with you.

**Money Exchange Bureau:** this is the most convenient, and can be found in all the malls.

**Banks:** accept dollars and credit cards, some accept Euros (Barclays). Barclays will only exchange money for Kwacha if you already have an account there.

**ATM's:** accept Mastercard, most accept VISA, not sure about debit cards (Maestro). ATM's are only to be found in Lusaka, at all the shopping malls and at Lusaka International Airport, Ndola, Kitwe and Livingstone and Mansa (not sure about Mansa).

**Kashikishi:** Get your money in Lusaka, as there is practically no possibility in Kashikishi, other than the black market – which is an adventure, but one to be reserved for a rainy day. ZANACO bank is open Tuesdays and Fridays. Rumour has it, you can exchange dollars for Kwacha if you give a week's notice. I am not sure this has ever been attempted.

### How much money to bring:

I always bring a certain amount of **US currency** with me, which I withdraw in Switzerland. The **bills should not be dated before 2000**, as the exchange bureau, in fact, no one, accepts bills dated before 2000. Even on the black market, they will not take bills dated before 2000. Furthermore, **bring only 100 dollar bills** for exchange, as smaller bills have a significantly lower exchange rate. You will also need dollars for the entry visa. They will give you change in Kwacha if you do not have the exact amount.

If you plan to go over to Zimbabwe, the de facto currency is the US dollar. So, for this purpose it would be advisable to have some small US bills.



For Kashikishi you should bring about \$100 (in Kwacha) per week's stay, which should be more than enough. Having some extra cash would be helpful in case you decide to take a trip to the Ntumbachushi Falls or a boat trip to one of the islands. Be advised, Lusaka is outrageously expensive, whereas Kashikishi is graciously cheap, except for foreign luxury items (e.g. yoghurt) and anything linked to the cost of oil/gas, such as transportation (hiring a car or boat).

## Travel from Lusaka to Kashikishi

- **Jordans (also spelt Juldens)**, but always pronounced "Jordans") is the most reliable bus organisation. CR is a very poor alternative. Do not travel with Germaines or other bus companies.
- Juldens has a daily coach to Kashikishi and vice versa. As of March 2017, buses depart at 5:00 a.m., and take 14 – 18 hours, arriving in Kashikishi (the last stop) in the evening of the same day.
- You can only book and buy your ticket for the bus to Kashikishi the day before departure. You should do that as early as possible since the bus is often fully booked. A ticket costs around K230 and on boarding they charge K10 – 20 per large suitcase, which goes in the main luggage compartment for Kashikishi.
- Make sure you arrive at four a.m., an hour ahead of departure time. Arrange for a taxi at your hotel the evening before.
- Buses are apparently no longer permitted to drive after 9 pm; if there is a breakdown which delays you until 9:00 pm, you may be stuck in the middle of nowhere for the night.
- Bring enough water to last 24 hours (at least 2 Liters) in case the bus breaks down, or has to wait until the curfew is over. Food is available along the way, but it is advisable to bring some snacks with you.
- Evenings are cool so for the event you get stuck en route overnight, bring some warm clothing.
- Be aware that stops are very short and as soon the bus hoots it will leave straight away. The bus has an irksome video but no toilet. **Toilets** at various stops on the way charge about one Kwacha, and should offer you toilet paper, water and soap; however, reality and the platonic ideal sometimes diverge when it comes to the mundane things in life, like hygiene, at least in Zambia, as you will find ample evidence of in the hospital.
- **Contact the chief administrator, Sister Catherine Tente, the day before you travel to Kashikishi**, when your ticket is assured, or at the **very latest when on the bus**, to confirm your arrival. You should send an SMS or call directly, informing how many people you are, and when you plan to arrive in Kashikishi. The hospital will arrange transport to collect you from the bus stop. Be advised that the telephone network on the road is patchy, so be sure to send your message while in greater Lusaka. Consult the contact list for Sister Catherine's telephone number. If you send an SMS, ask Sr. Catherine to reply by SMS to confirm receipt of the message.
- Keep all **valuables** (tickets/passport/dollars) safe (e.g. money belt under clothes). Keep some small notes at hand, so that you don't have to pull out the whole wad of bills every time you go to pee.
- **Baggage**: your suitcase will be put in a special compartment for Kashikishi, and can be considered safe there. I would, however, keep all valuables on your person: most of your money in a money belt around your waste, but also some of your money in different pockets (that close with a zipper or

snap) and some in a backpack. Take a backpack for your valuables: phone, tablet, wallet, passport. Never leave this backpack unattended. If you are alone, take it with you whenever you leave the bus to pee or eat or fraternize or whatever. If you fall asleep, be sure the backpack is between your legs or in the bin overhead (in which case it would be advisable to have a strap looped around something, so it cannot be silently carried away.)

- **Arrival in Kashikishi:**

Someone should meet you at the bus stop. Should no one meet you however (remember my wise words about the difference between the platonic and the mundane reality) and you need to take a taxi, direct the driver to the “Swiss House” across from the Catholic Church by the hospital, on the lake side of the road. Alternatively, you could go to the nun’s living quarters across from the ZEN nursing School, behind the hospital on the lakeside of the road.

## **Accommodation in Kashikishi: “Swiss House”**

Visitors are accommodated in a two-family house consisting of two, attached 3-bedroom houses with lake-view, 100 meters from the hospital. Electricity and running water are available, although electricity outages are frequent, which affects the water pump to the water tank, so that there can also be water shortages if you are not careful to fill the tank every day when there is electricity. We have access to solar energy (thank you Herbert!) for phones, computers, laptops, cameras and lights, but NOT for any appliances (iron, refrigerator, water boiler, stove). NEVER, EVER attach appliances, not even the water cooker, to the solar outlets.

Silverware, plates, glasses and other kitchen utensils seem to have evolved from generation to generation in textbook Lamarkian sense: once sedentary, they have grown legs invisible to the naked eye, but nonetheless effective. Each time we visit there are fewer and fewer utensils – gone! We have made an inventory, please let me know if things are missing, and please note any broken items on the list.

There is a **wooden chest** in the hall with a small combination padlock. This is sufficient for “small” valuables (cash, camera, phone, laptop when you are not at home), cash and PEP (explained in a separate section). Unless there is overlap with the next group of persons staying at the house, please store as much kitchenware as possible in this box before you leave, then lock it. If you have for some reason changed the combination lock, then write the number in words in German (thank you Dr. Anna for the brilliant idea!) on a note for the next visitors; in fact, also tell us in Switzerland, so we can communicate this information per email. Currently the number of the combination lock is **neun-vier-acht**. This number is to be kept secret and is intended for use ONLY by guests. Be sure neither to say the number out loud nor write it in English.

### **Water**

Our water comes from the hospital borehole – safe for washing and cooking. Drinking water: use boiled water (several minutes), preferably treated with water purification tablets (e.g. Aquatabs), otherwise use bottled water. Please note that the water cooker shuts off as soon as the water boils, and therefore this briefly boiled water is not sufficiently safe for drinking unless you also treat it additionally with water purification tablets.

There is a water tank on the property. Beatrice, the housekeeper, knows how to turn on the pump for the water tank, but it is in your own interest, to be sure this does not get forgotten, especially on her days off. It is advisable to keep the tank full, by pumping at least once a day, in the morning when there is usually ample electricity, and preferably again late afternoon if there are a lot of people in the house. I ask Beatrice to pump in the morning, and again before she leaves in the afternoon, in case she has used a lot of water cleaning, cooking and sometimes watering the plants. Electricity is very weak between 5 and 8-9 pm – not sufficient to operate the pump. I have advised Beatrice to turn the pump on every day by 4 pm in the afternoon, but she may forget. Therefore, we always keep the buckets of water (in the bathrooms and kitchen) full, in case the tank could not be filled.

Showers: the shower works! Drainage however is slow. The water tank is also not huge. So, when you take a shower – turn the water on, get yourself nice and wet, then turn the water off, lather up with soap and shampoo, then turn the water back on to rinse. Same goes for washing dishes.

The hospital provides bed sheets, pillow, blanket and sometimes-but-not-always mosquito net. The latter is in general not of the best quality. Bring your own towel. One should economize on space, but it is advisable that the towel be at least large enough to cover body parts above and below, as you wander to and fro.

**Mosquito Net:** We advise bringing your own permethrine treated mosquito net (such as *CARE plus Bellshaped Impregnated*, weight ca. 550 gms, cost ca. 60-70 sFr, available in Transa or on line). The net should be impregnated, and it is more comfortable to sleep under a bell-shaped net, than under a tiny box-shaped net.

### **Smoking**

We kindly ask smokers not to smoke in the house or on the veranda.

### **Entertaining guests**

Please feel free to invite friends for dinner and socializing. However, we discourage, in fact we highly discourage (I am trying to avoid the f-word<sup>1</sup>) large parties involving people you may not personally know, as things quickly get out of hand: the alcohol consumption is a few quanta higher than what you would encounter in an Irish pub on St. Patrick's day in Boston, and furthermore, household items get pilfered. So, just keep it to your small circle of friends.

### **Other visitors**

Donors, doctors, solar energy team, students – may be coming and going during your stay. We do our best to accommodate everyone, two to a room. Long-term doctors have priority for a single room.

### **Communication**

You can get a sim card in Lusaka at any of the shopping malls (ask which company is available at which mall) and should top up with 50 – 200 K in talk time. MSN or Airtel are the preferred providers. We get the impression, MTN is better for internet, but are not sure. You can cut the new sim card to fit into your smart phone, or bring an old cell phone with you. I prefer to use my Iphone, as texting with an old phone is such a DRAG. Scissors could be a rarity, so it would be wise to bring a

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1 forbid

Swiss army knife with scissors. Hot off the press: now Airtell offices have a special small cutter and will cut the Zambian sim card for you to fit an Iphone. This is not necessarily required for other smart phones. Don't lose your Swiss sim card!

You can buy internet time when you get your sim card in Lusaka. I usually buy 2-5 G for one month time. You can then access internet directly by phone, and using your Personal Hot Spot for computer. However, using internet is a trial of patience and usually a futile endeavour; you have a connection, then you lose it a minute later, then you have it, then you don't. It is barely sufficient to read emails on your phone, but not to download documents. If you want a good connection, go sit in front of the Administration Office in the hospital. Then you will usually be able to send emails, download pdf's and word documents if desired.

Messages: Whats App is fine if it works, which is sometimes. The surest communication is by old-fashioned SMS. Be sure the sender in Switzerland sends via phone, not internet (e.g. not i-message), as messages do not necessarily go through. As with internet, if you sit in front of the Administration Office in the hospital, you can send Whats App to your heart's content.

Letters apparently do get through, and usually take about 3 to 6 weeks from Europe. Address: St. Paul's Mission Hospital - Kashikishi, PO Box 740106, Nchelenge, Zambia

### **Valuables**

We advise giving your wallet, passport and large amounts of money to the nuns to be put in their safe. I suggest you write out a simple hand-written receipt, which you and the nun in charge sign, enumerating the amount of cash and a list of the items handed over. Be sure to ask for your money in return a few days ahead of departure, in case sister Tente (Catherine) is out of town.

We advise locking up laptops, camera's, phones and small cash in the wooden chest in the hallway, when you are not in the house. Be sure you make a note of the exact amount of cash you are putting in the chest, as individual Kwacha notes have been known to be pilfered.

The house has wooden doors and heavy, impenetrable iron grill gates. **The iron grill gates are only to be locked when no one is in the house!** It is advisable to agree upon a hiding place outside for the key to the doors and iron grill gates, so the housekeeper (Beatrice) can lock up when she goes to the market, and so you can get back in when she is not there. The doors and iron grill gates should always be locked when no one is present. **When you sleep**, lock the wooden doors to the house and put the iron bar on the inside of the door in place, but **do not lock the iron grill gates, as this could impair exit in case of a fire.** When you sleep you may lock the front driveway gate facing the street with a padlock. Please use the padlock marked with two red dots, as this is the one that the housekeeper, Beatrice, has a key to.

### **Safety**

Unfortunately, with urbanisation, Kashikishi has become less safe than it used to be. Walking after sundown is still safe; however late in the evening and during the night, a woman should not walk alone – meaning two women are OK, one woman is not so OK, although to and from the hospital is OK.

### **Night guard**

If you are alone or just a few women, we advise a night guard, and Swiss Doctors will pay for him. He should arrive at around 6 pm and will leave at 5 am. You should give him an evening meal and enough drinking water for the night. You can save a portion of whatever you yourselves have prepared for dinner, or if there is warm food from the midday meal left over, he will especially appreciate it. After you turn in, you should provide him with a blanket and a comfortable chair to rest in on the back porch. While you are awake and sitting on the porch, he will sit on a chair in the garden or on the porch of the house next door. Keys to the doors and the iron gate should be kept inside the house. As stated, do not lock the iron grill gates when you are in the house yourself!

### **Housekeeping**

Someone, at the moment it is Beatrice, is available for hire to care for the house, cook and do the wash 5 days per week. She will gladly cook a warm lunch – you may have to ask her to go light on the salt. You can give her small amounts of money on a daily basis to shop for the necessities she will need for cooking. You may also have to provide dish soap and detergent for cleaning. N.B. Underwear should not hang outside to dry. This is considered unacceptable in Zambia

We kindly ask each visitor to contribute K20 (\$2 – 3 depending on the value of the Kwacha) per day to the house maintenance fund. This money goes into a plastic box kept in the wooden chest in the hallway. You should note your payment in the Kashikishi “diary” notebook lying on the large table in the living room. Beatrice gets paid 750 Kwacha per month, regardless of whether the house is occupied or not. This amount should be paid at the end of the month, and payment noted in the Kashikishi “diary” notebook. The cost of the housekeeper can be paid out of maintenance fund at the end of the month. Left over money will be used for house maintenance as necessary. Each group of visitors should decide who is the “house mom,” and this person should communicate with Beatrice and pay her and keep tables on finances.

### **Clothing**

Depending on the season, it can be quite cool in Kashikishi in the evenings from June through August. Lusaka, is at a higher altitude, and being further away from the equator, is really COOL from mid-May through August in the evenings. A down vest or jacket is practical, as it can be scrunched up to double as a pillow.

### **What is and what is not appropriate**

For everyday wear around town in Kashikishi short sleeved shirts, tight or low-cut blouses are perfectly acceptable, but short skirts, short pants and leggings are not, regardless of whether you are in town or in the village, or just walking up to the road to get a bun for breakfast. If you are traveling to the Ntumbachushi Falls, you may want to change into short pants for the hike when you arrive. Be sure to bring a bathing suit! Be advised there is an entrance fee of \$15 (150K) per person (as of May 2017).

For the hospital, usual hospital clothing (“whites”) with white overcoat is the most convenient. If you wear civilian clothes, you should choose clothing that would also be appropriate in the hospital in Switzerland.

## What you should not forget to bring with you from home

- Photocopy of your passport may come in handy. When you get a sim card they will want a copy of your passport. But, that is the rub again, sometimes the photocopier is out of commission. It is convenient to have a copy to hand over. You will still need to show your original passport, but having a copy of it may save you some time.
- Flashlight or headlamp
- Photo camera if you want to take high quality photos
- Spare batteries
- Sun repellent, sunglasses, sun hat
- Music (on your phone and or laptop). If one person in the group you are travelling with has a set of small loudspeakers, that makes life very much sweeter indeed.
- Malaria prophylaxis
- Mosquito repellent
- Mosquito net (we recommend *CARE plus Bellshaped Impregnated*)
- Water purification tablets
- Travel medication (see separate list)
- Medical Insurance card
- Credit cards
- Pocketknife
- Comfortable shoes for walking (hiking boots not really necessary).
- Sandals that are comfortable to walk in (some people like Teva's, but not me; I go for fashion over function)
- Bathing suit
- String to use as a clothesline
- Something to read (there are a few English and German novels left behind, but only a limited selection)
- Body lotion-shampoo-toothpaste-and-whatnot can be bought in one of the supermarkets in Lusaka. Kashikishi has a limited selection at Mpunda's market (near the radiotower)
- Small lock to put on your suitcase in guesthouses and while travelling

## Medical Literature

The internet in Kashikishi is so poor, that it is difficult to download resources ad hoc, when you need them. We recommend downloading any resources you think you will need, before departure. Below are some suggestions:

We will be setting up a Google Drive folder with some resources that we think might be useful. You are free to add to the folder, please do not delete. I recommend you look at the folder before departure, and download what you think may be useful. In Kashikishi you can then download some things later if you are lucky and have good internet access.

## Electronic sources

- Ambos: <https://www.miamed.de/>
- Up-to-Date: This is an electronic textbook that is updated periodically, usually at least every 12 months. Most likely your Unispital in Switzerland has a subscription to this. Take time to browse through and download

chapters of interest ahead of time. I am not sure if you will be able to use your subscription on-line when you are out of the hospital, and as stated, internet in Kashikishi is slow and unreliable.

- **Zambian Consolidated Guidelines for Treatment and Prevention of HIV 2014** (newer guidelines have come out recently. These are available from the doctors or clinical licentiate at the hospital)
- **Guidelines for Antimicrobial Usage in Pediatrics, Bern, 2012 pdf**
- **Antibiotika Empfehlungen Kantonsspital Baden 2017** (im Google Drive und also in hard copy in the Swiss House)

### **Medical books in Kashikishi**

Please do not lend out the books. Other medical personnel are welcome to use the books on the premises, that means, in the Swiss House. This may be a chance to learn and socialize with local doctors. You may bring the manuals to use when you do ward rounds, but never leave them there.

### **New Acquisitions**

- **Netter Anatomy Atlas** (thank you Hansruedi Banderet!)
- **Washington Manual of Medical Therapeutics** (34<sup>th</sup> ed.)
- **Innere Medizin, Herold** (2016) (thank you Flamur!)
- **Washington Manual of Pediatrics** (2009)
- **Washington Manual of Surgery** (2016)
- **Manual of Obstetrics**, 8<sup>th</sup> ed. (*will arrive in Sept. 2017*)
- **Oxford Handbook of Tropical Medicine** (2014)
- **Surf**, newest edition as of May 2017 (*will arrive in Sept. 2017*)
- **Principles of Medicine in Africa**, newest edition as of May 2017 (*will arrive in Sept. 2017*)
- **Antibiotische Empfehlungen Kantonsspital Baden 2017**
- **Tuberkulose in der Schweiz 2014**

### **Older hand-me-down books**

Leitfaden Geburtshilfe und Gynäkologie

Thieme Tropen Medizin

Harriet Lane Handbook of Neonatology (*will arrive in September 2017*)

Berner Datenbuch (*will arrive September 2017*)

Praktische Tropen und Reisemedizin (Thieme)

Kinderorthopädie (Thieme)

Sanford Leitfaden antimikrobielle Behandlung 2000

Checkliste Gynäkologie

Checkliste Geburtshilfe

*Für den "Basler Förderverein für medizinische Zusammenarbeit", Drs:*

*Hans-Ruedi Banderet  
Katharina Schregenberger  
Jody Stähelin*