

Next Stop Kashikishi Update Januar 2019

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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.

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 (gratis) oder www.tropimed.com (braucht ein Abonnement)

Impfungen

Orientiere Dich unter www.safetravel.ch

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

Meningitis

Wir empfehlen eine Impfung mit Menveo, welche gegen Meningitis Typ A, C, W und Y schützen soll. Viele von Euch sind wahrscheinlich mit Neisvac oder Meningitek geimpft worden, diese aber schützen nur gegen Meningitis Typ C.

Tollwut

In Kashikishi gibt es Tollwut.

Ohne präventive aktive Impfung ist ein Hunde- oder Fledermaus-Biss durch ein infiziertes Tier potentiell tödlich. Daher aktive Impfung im Voraus !

Rabies Immunglobulin (passive Impfung) ist weder in Kashikishi noch in Mansa (4 Std weiter weg) erhältlich. Trotz vollständiger präventiver aktiver Impfung muss nach einem Biss durch ein potentiell infiziertes Tier aktiv nachgeimpft werden (siehe www.Safetravel.ch).

Gelbfieber

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

Krankheiten

Konsultiere bitte wiederum www.safetravel.ch.

Malaria

Malaria ist hyperendemisch in Kashikishi. Das Risiko besteht ganzjährig. 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. 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 sollte darin weder gebadet noch barfuss im Wasser gewatet werden! Die Flüsse, auch wenn schnell-fließend, sind an den Ufern verseucht. Solltest Du zum Beispiel in den Ntumbachuchi Falls gebadet haben, empfehlen wir Dir, 3 Monaten später eine Schistosomiasis Serologie machen zu lassen (Prof Christoph Hatz, Swiss TPH).

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 des 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 in Worten 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 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, Azithromyzin 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 od. Ciloxan

- Antiemetika: Motilium lingual od. Ondansetron (Zofran Zydis)
- Wässriger Durchfall ohne Fieber: Imodium lingual ®
- Steroide: Prednisolon Tablette 50 mg
- Antihistaminika: Cetirizin, Xyzal od. Aerius
- Topische Antihistaminika: Fenistil od. Tavegyl Gel
- Antipyretika/Analgetika: Paracetamol

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

Sexuelle Gesundheit

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

Allgemein

- Wasser Entkeimungstabletten: z.B. 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.

Generell empfehlen wir euch, auf die Ärzte, Medical Licentiates 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 Begriff vom St. Paul's Hospital und seinen Strukturen zu bekommen.

Studierende sind primär Lernende. Sie werden viele eindrückliche Krankheitsbilder sehen, Verläufe beobachten und schöne, aber auch traurige Ergebnisse erleben. Es ist ein Privileg, im SPH arbeiten zu können. Als Gegenleistung mögen Sie bestrebt sein, das Ärzte- und Pflegeteam zu entlasten: Patienten auf der Abteilung aufnehmen, Resultate zusammentragen, beim Patienten-Transport helfen, Medikamente besorgen und vieles mehr. Und sich Zeit für die Patientinnen und Patienten nehmen.

Für die Behandlung vieler Infektionen (z.B. Malaria, Tbc, HIV) gibt es landesweit gültige Therapie-Protokolle. Das zambische Aerteteam orientiert sich nach diesen

Richtlinien und auch Sie sollen sich daran halten – auch wenn einem diese gelegentlich fremd vorkommen.

Manche Studierende fühlen sich nach einiger Zeit in der Lage, selbständiger zu arbeiten. Das ist gut so. Aber lassen Sie sich – zwingend – vor jedem Entscheid durch Ihren Vorgesetzten supervisieren. Durch supervisierte Eigenverantwortung lernt man am meisten ! Selbständig operieren sollen Sie nicht. Eine Assistenz im Operationssaal oder ein kleiner Eingriff unter Überwachung eines zambischen Arztes ist etwas Anderes.

In gewissen Gebieten wie der non-communicable diseases (Hypertonie, Diabetes mellitus, Herzinsuffizienz) werden Sie einen Wissensvorsprung haben. Helfen Sie den Kollegen mit Ihrem Wissen weiter. Sonst aber seien Sie mit Belehrungen zurückhaltend. Sie bombardieren ja auf der Chefarzt-Visite in Basel den Professor auch nicht mit dem neuesten Lancet-Artikel.

Stationen im Spital

Neben den stationären Bettenstationen gibt es ein Ambulatorium (Out Patient Department, OPD), 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 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.

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

Visas:

- **30-day tourist visa** obtained at entry into Zambia, cost \$80 (subject to change). If you want to travel in and out of Zambia, you will need a multiple entry visa, which costs a bit more.
- **For visits up to 90 days:** you can **renew your 30-day tourist visa two times** near Kashikishi in Nchelenge at the Boma where there is a DRC Border Control. This costs around \$50 each time.
- **For visits longer than 90 days:** this is a work in progress, we will have to investigate this ahead of time

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 Kashikishi 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 (my 1st choice): single/double rooms with private bath, single/double rooms with shared bath, rooms with bunk beds.

www.Lusakabackpackers.com : previously known as Chachacha

Backpackers Lodge, simple but adequate

www.backpacklusaka.com : aka Kalulu Backpackers, have no idea how it is

Midrange price:

<https://palmwoodlodge.co.zm> (quiet garden, rooms medium quality, price medium, Zambian style breakfast, Zambian clientele)

High end:

Protea

Radisson Blue

Best Western

Cresta Golf View: nice quiet garden

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 carry only a minimum necessary amount of valuables and cash when you are out and about, and 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 several years, the Kwacha (ZMW) has been very low, with a value of about 10 Kwacha to the dollar.

Getting Kwacha:

For exchange, bring US dollars, not Euros or Swiss francs.

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 (Geld Automaten): 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 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. For the entry visa, you may use smaller denominations of dollars with impunity.

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 denomination US bills.

For Kashikishi you should bring about \$100 (in Kwacha) per week's stay for stays up to one month, for longer stays, less (\$50 – 100 per week). 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 to the Falls or a boat to an island).

Travel from Lusaka to Kashikishi

Do not travel via Democratic Republic of Congo! Safety cannot be guaranteed, there is currently an Ebola outbreak in northeastern Congo, yellow fever outbreaks come and go, and Congolese border officials are known to extol payments from white travellers.

Buses depart from Intercity Bus Station in Lusaka and the New Market in Kashikishi.

- **Talwaka Lumo: this is the fastest service.** Loads up at 4:30 a.m., departs at 5:00 a.m. sharp. Be on time, as it tries to be the first bus out of the gate when the 21:00 – 5:00 a.m. highway curfew is over. It stops only 7 minutes at each rest stop, and therefore can shorten the trip by up to two hours. Price 280 – 300 Kwacha one-way (as of January 2019).
- **Jordans (also spelt Juldens,** but always pronounced “Jordans”) is the other reliable bus organisation. Juldens has a daily coach to Kashikishi and vice versa. As of September 2019, 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. Price: K250 one way (September 2018), plus baggage fee 10-20 Kwacha for luggage.
- One person I know caught a non-stop bus with Juldens from Lusaka to Kashikishi. No one else has been as fortunate, so we do not know if that was a one-time extra service. Does not hurt to ask when booking your ticket, if there is a non-stop bus.
- **CR** is a very poor alternative. Do not travel with **Germaines** or other bus companies. Someday, should we ever meet, I might tell you about my **twenty-nine hour long bus trip with Germaines.** This true story recounts real events which occurred on the way to Kashikishi, and includes many exciting details: foraging for engine oil in the bush, a near-miss head-on collision with an oncoming bus, smoke billowing into the passenger cabin, the narrator (yours truly!) having an almost-close encounter with a 150 ton truck, and the missing head-lamp (was it stolen? forgotten? lost? Did it indeed re-appear at the end, as reported in the archives?).
- 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.
- Make sure you **arrive at the station at four a.m.,** an hour ahead of departure time. Arrange for a taxi at your hotel the evening before.
- Buses are not permitted to drive between 9 pm and five am; 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 litres) 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.
- **Whom to inform in Kashikishi about your impending arrival:**
After having purchased your bus ticket, **the day before departure from Lusaka to Kashikishi**, contact the people below. You should send an SMS, Whats App or call directly, informing how many people you are, and when you plan to arrive in Kashikishi. The hospital should 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 the day before while still in Lusaka.

Sister Catherine (Chief Hospital Administrator, often out of town and therefore often unable to respond): +260 97 627 0605
or +260 96 8181880

Francis (Head of Technical Services, more reliable) +260 97 878 8296

Contact both Sr. Catherine and Francis, in the hope, one of them will respond!

- 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) 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 blue 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.

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 blue solar outlets!** (You may notice I have repeated this sentence and written it in bold type, as it seems something which guests repeatedly fail to understand, so kindly make note!) Even if the plug fits into the socket (for example the water cooker), do not use solar energy outlets for appliances.

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.

Water

Our water comes from the hospital bore hole via a 200m long pipe which delivers it into the underground tank at the east side of the house, from which it is pumped up to the elevated water tank. The underground tank is only filled during hours when there is a supply of water at the hospital, i.e. from 6:30 to 10:00 and 14:00 to 16:00 hours, and it can sometimes become empty.

The water pump which pumps water from the underground tank to the elevated tank only works when there is electricity (it is not on the solar grid). The switch is in a blue box outside at the east end corner of the house, facing away from the lake: green button starts the pump, red stops the pump. If you start the pump and you

cannot hear water running into the upper tank, stop the pump immediately, as it means the underground tank is empty! Try again later. ALWAYS wait at the switch box while the pump is on and while the elevated water tank is filling up. It will take less than 10 minutes. NEVER run the pump when the underground tank is empty, as this will damage the pump!

Beatrice, the housekeeper, knows how to turn on the pump for the water tank. It is advisable to keep the tank full, by pumping in the morning (when there is usually ample electricity) and again late afternoon before electricity becomes weak. I ask Beatrice to pump in the morning, and again before she leaves in the afternoon, preferably around 4 pm. Electricity is very weak between 5 pm and 9 pm – not sufficient to operate the pump. It is in your own interest to be sure the water tank is pumped up regularly, so remind Beatrice - or just do it yourself.

For the event that either the underground or elevated water tanks run dry, it is advisable to keep the large water drums in the bathroom and kitchen filled with water. Let me tell you, you can get along fine without electricity, without clean clothes, without a good meal, even without your phone (try it, you may in fact enjoy it!), but even just a few hours without water can shatter the spirit and break the soul.

The water from the tank is safe for washing and cooking. For drinking use boiled water, preferably treated with water purifications tablets (e.g. Aquatabs), otherwise use bottled water.

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.

Bedding

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.

Washing clothes:

Wash underwear yourself and do not hang it outside to dry. This is considered unacceptable in Zambia. You may ask Beatrice to wash other clothing for you, if she has time, but refrain if there is an electricity outage, as then water may become scarce. If you yourself have time, and especially if there are many guests in the house, then indeed, I suggest you wash your clothes yourself, to spare Beatrice, who may have enough to do with cleaning and cooking.

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-word¹) 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

1 forbid

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.

Closing up Swiss House

Unless a new group arrives while you are still there, put all silverware, plates, glasses, pots and pans, cooking utensils, dish towels, sponges, iron, water cookers - indeed, anything you use during your stay that is moveable - in the wooden chest in the hall. Even if there is only a one or two day stretch of time between your group and the arrival of the next group, put all above-mentioned items in the chest in the hall.

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 Swiss army knife with scissors. Hot off the press: now Airtel 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 – works sometimes. Or go into town and sit somewhere near the radio tower. Then you may 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 i-messages do not necessarily go through, and you will not know what messages have not reached you – heh, logical... As with internet, if you sit in front of the Administration Office in the hospital or go into town, you may have better success.

Internet at Swiss House is better the closer you are to the street, so you may want to take a chair, make yourself comfortable, and sit next to the front gate at the entrance to the property. Or climb up the water tower – that is what Flamur did to chat with his girlfriend. Love will find a way...

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. I once received a letter from a corrupt school teacher asking me for money. Don't know if he received my response ("no") as he had to skip town before the police caught him for embezzlement.

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 clean, care for the house and cook 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. Be sure to ask Beatrice to tell you the prices of what she has bought, and to collect change. You may also have to provide dish soap and detergent for cleaning.

Finances

We kindly ask each visitor to contribute K20 (ca. \$2) per day to the house maintenance fund. This money goes into a plastic box, **The Bank**, kept in the

wooden chest in the hallway. You should note your payment in two places: on the slip of paper kept in **The Bank**, as well as in the **Kashikishi Diary** (a notebook lying on the large table or on the bookshelves in the living room). **Write your name, date, purpose and amount.** If you are paying someone (e.g. Beatrice, see below), then she should countersign the Diary. The Diary may in fact not exist or be lost, in which case I kindly ask the visitor to start a new diary and make a table in it. You can use this diary to write comments for other visitors who may come later.

Beatrice, the cook and housekeeper, 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** and on the list in **The Bank**. Also ask **Beatrice to sign her name in the Diary** when payment is made. The cost of the housekeeper should be paid out of the maintenance fund in The Bank at the end of the month.

Each group of visitors should decide who is the “**House Mom (or Dad)**,” and this person should communicate with Beatrice, pay her and keep tables on finances. It is ill advised for each of 4-6 people to make individual requests of Beatrice and plan things; so, it is indeed very important, to decide at the beginning of your stay, who is House Mom (or Dad), and funnel communication through her (or him).

Money which accumulates in The Bank will be used by Basler Förderverein for maintenance purposes. Do not use Bank money for purchase of items for the Swiss House without prior contact/permission from one of us by SMS, Whats App or Email. Any purchase above 50 Kwacha must be accompanied by a receipt. Of course you are free to buy items for Swiss House at your own discretion with your own funds without prior permission. If you buy items for Swiss House with your own funds, let us know of your generosity by putting it on the list in the Diary. Thank you!

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. Shorts are not acceptable.

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
- Camera if you want to take high quality photos
- Spare batteries if you use anything non-rechargeable
- 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 radio tower)
- 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 have set up a Google Drive folder with some resources that we think might be useful. You are free to add to the folder, but please do not delete anything. 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 Uni-Spital in Switzerland has a subscription to this. Take time to browse through and download chapters of interest ahead of time.

On Google Drive (this list is not all-inclusive):

- MSF Clinical Guidelines 2016
- Guidelines for the Diagnosis and Treatment of Malaria in Zambia 2014
- Zambian Consolidated Guidelines for Treatment and Prevention of HIV 2018
- Managing TB in the HIV Setting in Zambia 2014
- TB treatment in Children Up to Date 2017
- TB drug dosing in children Up to Date 2017
- Guidelines for Antimicrobial Usage in Pediatrics, Bern, 2012 pdf
- Antibiotika Empfehlungen Kantonsspital Baden 2017 (also in hard copy in the Swiss House)
- Antibiotika Richtlinien Inselspital 2004 (these dated guidelines may be useful because they show indications and dosages of medication no longer in use in Switzerland, but still in use in Zambia)
- Zambian National Demographic and Health Survey 2013-14

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 (34th ed.)
- Innere Medizin, Herold (2016) (thank you Flamur!)
- Oxford Manual of Childhood Infections: Blue Book (not sure if 3rd or 4th ed.)
- Washington Manual of Pediatrics (2009)
- Washington Manual of Surgery (2016)
- Manual of Obstetrics, 8th ed. (*should arrive by June 2019*)
- Oxford Handbook of Tropical Medicine (2014)
- Surf, newest edition as of May 2017 (*should arrive by June 2019*)
- Principles of Medicine in Africa, newest edition as of May 2017 (*should arrive by June 2019*)
- 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 (*should arrive by June 2019*)

Berner Datenbuch (*should arrive by June 2019*)

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 Schrengenberger
Jody Stähelin