

Medical Team Handbook

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“And heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you.” Luke 10:9.



Evangelistic Faith Missions

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Introduction

Evangelistic Faith Missions was born in 1905 when our first missionaries went to Egypt. Over the next one hundred and eleven years the work grew into an interdenominational mission organization working in thirteen countries. Today Evangelistic Faith Missions (EFM) is working in Egypt, Eritrea, Ethiopia, as well as with refugees in Sudan, Dominican Republic with an outreach to Cuba, Guatemala, Honduras, Costa Rica, Bolivia, China, India, and the United States.

Our mission is to spread the gospel of Jesus Christ to as many people as possible through preaching, teaching, church planting, radio, literature, and humanitarian efforts. We are a Protestant organization; our theology is firmly rooted in the Arminian teachings of free will and the Wesleyan doctrines of salvation and entire sanctification. The lifestyle practiced and preached by our missionaries is consistent with the practices found throughout the mainstream conservative holiness movement.

Since our medical teams are going to the country of Honduras, this information will focus on our work there. In 1969 Leonard and Janet Sankey were led by the Holy Spirit to leave their work in Guatemala and pioneer a new work in Honduras. The Lord honored their efforts and within a few years they had established new churches and other missionaries soon joined them. In 1975 Gary and Judi Gellerman were serving as missionaries in Honduras and were invited to visit the San Luis area in the Santa Bárbara district. Evangelistic and medical teams went to this area, and by 1976 plans were being made for the construction of a maternity clinic in the area. The municipality donated land to EFM for this venture, and in March of 1977 the initial buildings of *Clínica de Maternidad Luz y Vida* (Light and Life Maternity Clinic) were built.

In addition to the Gellermans, several key people participated in the founding and functioning of the clinic in those early days. These included Don and Devona Moore, Keren Maxey, Keren Fleming, and Rusty and Isabel Rundell. Over the next thirty years the clinic developed into a small twenty-two-bed hospital. Initially there were no doctors; however, in time, Honduran doctors did come and they were able to admit their patients to our facility. Today the clinic/hospital is open 24 hours a day, 7 days a week and accepts adults, children, emergencies, obstetrical patients, and maintains a pharmacy with discount prices.

When the clinic in San Luis was built, the roads were often impassable for days at a time. An air strip was cut out of the mountain for air ambulance service. A radio station was started and today broadcasts on AM, and FM. Don Moore was instrumental in both the aviation and radio projects. A Bible Institute was started and became the center for ministerial training of national pastors. Rusty Rundell was influential in establishing the Bible Institute in San Luis and many of his students are now national church leaders. Additional buildings were built for housing and national conventions.

You will enjoy your stay on this mission campus in San Luis. Feel free to walk down the runway and around the various buildings. Students, pastors, teachers, and nurses will all be happy to visit with you (even if you do not speak Spanish).

San Luis, Honduras

The country of Honduras was populated by indigenous Indian tribes descended from the Mayans. This area was first seen by Europeans when Columbus landed on the coast during his third and final voyage. It was conquered and ruled by Spain along with Mexico, the rest of Central America and large portions of South America. In the 1500s there were several rebellions against the Spanish. One of these was led by a native chieftain named Lempira. His name designates the monetary unit – the lempira. They won their independence from Spain in 1821. Their government is currently a democracy and is relatively stable.

The language of the country is Spanish, although there is an increasing number of people in the larger cities who speak English. If you have known immigrants from other Latin American countries, you will find many similarities between their culture and the Honduran culture. Although there is some anti-American sentiment, in general the people are very receptive to foreigners.

San Luis is located in the Santa Bárbara region or district, which is analogous to a state. It is the center of a municipality or county. It is approximately 55 miles from the large city of San Pedro Sula and 12 miles from the paved road. The city and its surrounding areas have a population approaching 40,000. Located in the mountains, San Luis is strategically located for coffee production. Additional agricultural products are primarily for local consumption and include, beans, corn, bananas, poultry, and beef. You will see many familiar restaurants in San Pedro Sula or Tegucigalpa such as McDonalds, Pizza Hut, and Church's Chicken. In San Luis there are only local restaurants, small stores, and local businesses. The city has water, sewer, electrical, phone, cell phone, and internet services. These services are not equally distributed or completely dependable.

The Mission Campus in San Luis

As you approach the mission property in San Luis you will first see the hospital/clinic – *Clínica Luz y Vida* (in English: Light and Life Clinic). To the right of the clinic is a large open space that initially appears to be a pasture or field. However, you will soon see that this area is long and narrow. This is the airstrip used in the early days of the mission work for the air ambulance service. On the right side of the airstrip you will see a hill with a large radio antenna. Along the left side of the airstrip there are several buildings which house our missionaries and the Bible Institute. Situated below the level of the clinic and the houses, you will see the large multipurpose building as well as dorms, which are used for Church camps, community events, as well as by the Bible School.

Purpose

The purpose of taking medical teams to Honduras is multifaceted. A few years ago the government of Honduras reviewed our facility in San Luis and recommended we bring medical teams to Honduras. As we developed this idea, it became obvious this project could accomplish several things simultaneously. Our churches in Honduras have many similarities to our churches here in the United States. Some are spiritually and numerically robust while others are struggling and marginal. If we take a medical team to a community where we have a struggling church, it will give a strong Christian example and influence. Some of the areas we may go to do not have organized churches but are just preaching points. Additionally, these teams can provide an avenue for Christians to see one of our mission fields and participate in the work. This will increase the connection we have with many supporters. Therefore, one goal we have is that this trip will influence YOU. Last but not least, we want to provide medical care to those who come to us.

As you can see, our purpose can be summarized by four phrases: meet the legal requirements, provide medical care, spread a spiritual influence, and combine forces with other medical providers in the EFM family.

What to Expect

Climate

Honduras is close to the equator and experiences three temperatures: cool, warm and hot. The cool temperatures tend to occur in the rainy season and are more predominant in the higher altitudes of the mountains. As a general rule we will try to avoid the rainy season because of the problems associated with heavy rains and mud. You can expect temperatures in the San Luis area to be comfortable in the night but then to warm up and become quite hot in the daytime. While in the lower elevations around San Pedro Sula, you can expect very hot and humid temperatures even at night.

Modern Amenities

You will see a strange mixture of modern amenities, western businesses, commercial development, wealth, antiquated practices, and stark poverty. In San Pedro Sula it is possible to stay in a wonderful hotel and eat fine cuisine while people pass on the street in beat-up cars, horse-pulled wagons, and bicycles. In the mountains, a farm worker may live in a small block house that has a tin roof and no indoor plumbing; yet, he may meet you at the door with a cell-phone in his hand. Public transportation is an admixture of old school buses from the United States, used transit buses from other countries, and varied taxis. This mixture of the modern with the old and the wealthy with the poor is much more accentuated in Honduras than in the United States.

Your personal accommodations will be very up-to-date and comfortable. Electricity and running water are usually functioning on the campus in San Luis. Hot water is provided in the shower by a heated shower head. Washers and dryers are available for laundry, and food is refrigerated as here in the United States.

Food and Water

ALL water used for drinking and oral hygiene MUST be purified. Water from the faucet is NOT safe for drinking or even for brushing your teeth. You will be provided with either purified or bottled water.

Food will either be from designated restaurants or prepared by the missionaries. We may have time to eat in a restaurant, and if so you will enjoy the Honduran food. However, even if our missionaries are accustomed to all the food, we recommend you do not eat uncooked foods such as salads or vegetables. If you have a sensitive digestive system you may want to insist on bottled drinks or bottled water even in these circumstances. Usually the soft drinks are safe. In the missionaries' homes they will take special precautions to make sure the food is prepared by our standards. Packaged foods such as candy bars, cookies and chips from the local stores are usually safe.

The missionaries will incorporate some of the local food into our meals. Tortillas, refried beans, salsa, local vegetables, and fried bananas are commonly eaten by the missionaries. Coffee is grown in the San Luis area and the missionaries may have some locally grown varieties which you will find to be dark roasted, rich, and robust.

Clothing and Dress Standards

For those of you who are familiar with Evangelistic Faith Missions our appearance will not be a surprise. If you are new to our work, you will find some simple differences between us and the rest of the modern world. Our missionaries have been described as dressing similar to early Mennonites. We promote a conservative style of dress, since immodesty and immorality often go hand-in-hand. Our ladies wear dresses or skirts to clearly delineate their gender and the length is below the knees. Our men wear slacks and all missionaries avoid shorts. All missionaries wear sleeves which are below the elbow and fashioned to prohibit viewing the torso and undergarments during activity. Tight and form fitting garments which accentuate the body are avoided. We promote humility and simplicity as a way of life; in keeping with this we do not wear jewelry.

We do not believe that adherence to these dress standards provides salvation. However, we do feel that modesty and simplicity will help us avoid some pitfalls such as immorality and arrogance. If you have different dress standards we still welcome you to our team and do not condemn or judge you. We do ask that while you are working with us you abide by these dress standards outlined above. Even though this request may seem stringent to some, you will find that our missionaries are open, friendly, gentle, and nonjudgmental.

Because the weather may range from cool to extremely hot, you may wish to take a sweater or jacket. Since it can rain even in the dry season, taking a water repellant jacket may be an advantage. Light-weight cotton clothing is often the coolest and absorbs sweat better than many other blends. In general, whatever you would wear in the middle of summer in the United States will work the best for you in Honduras.

As a medical team we do need to wear clothing appropriate to our professions. If you have a uniform that is both cool and fits the dress standard, you are welcome to wear it. If you do not have a uniform, casual dress clothes are the best option. A light-weight lab coat is another good option. We do not have fixed rules in this area and leave this to your personal preference.

Since you will spend many hours on your feet chose your shoes carefully. We will also be attending church services so practical dress shoes are suggested. One hint regarding shoes: chose shoes you can get wet and dirty and can then easily clean with soap and water.

Clothes for church services can be casual dress clothes. The missionaries usually do not wear ties unless they are going to be speaking in a church service. Unless you are a minister who will be performing some function such as a baby dedication, there is no need for a suit or suit coat.

You may wish to have more casual clothes for relaxation, shopping, and walking. Some may be interested in horseback riding, depending on time available and conditions.

Vaccinations

Tetanus: You should have had this within the last five years.

Hepatitis B series: Most health professionals have already had this series. It is recommended for all medical team members.

Hepatitis A or immunoglobulin: A hepatitis A vaccine is available. The older method of an immunoglobulin injection prior to leaving can be used. At the time of this writing, Hepatitis A has not been a problem for our teams or missionaries.

Yellow fever: This vaccine is not currently recommended for Honduran travelers.

Tropical Diseases

Malaria: This disease is endemic in some areas of Honduras. These areas are in the low-lying jungle areas. Our missionaries have not contracted, treated, or documented cases of malaria in the areas we work in. If you wish to take prophylactic medication for malaria, we recommend you obtain a prescription from your physician for Lariam.

Dengue fever: This disease is present in Honduras and more ubiquitous than malaria. There is not a vaccine available. Avoiding mosquito bites is the only method of prevention. Fortunately, our missionaries have not contracted this in the San Luis area. While treating patients you will hear some of them refer to “dengue.” They usually are using this in the same context we use the word “flu” to describe viral illnesses. Usually they do not have the constellation of symptoms (high fever and severe arthralgias) that are the hallmarks of Dengue fever.

Chagas Disease: This tropical disease does occur in Honduras. We will not be staying in buildings that are conducive to the propagation of the reduviid beetle, which is the insect vector.

Parasites: Almost all children in the rural and mountainous areas are infected with intestinal parasites. Many adults are infected as well. Since the primary routes of infection are fecal/oral and fecal/skin, we recommend you use strict hand washing practices after touching patients or animals and that you wear shoes at all times when you are outside

Rickettsial Diseases: This group of diseases does exist in Central America. Since the most insect vectors are ticks, the best prevention is to avoid tick bites. Unfortunately, there are often massive tick infestations in the San Luis area during the dry season. We recommend using insect repellent when walking around the mission compound and carefully looking for ticks on your body after being outside.

What to Take

PASSPORT: You cannot leave the USA without your passport and you cannot return without your passport. You **MUST** have your passport. It is sometimes helpful if you can find a passport protector to help keep it dry. You should make at least two copies of your passport face page. Keep one with you and we will keep another on file on the mission campus. If you should lose your passport you can obtain another at the United States Embassy, and it is quicker if you have a copy of your passport face sheet. Tourist visas are obtained on your arrival at the airport in Honduras.

Driver's license: At least one additional photo I.D. is good to have and a driver's license is the best. In general, the missionaries will do the driving, but on occasion it may be necessary for someone else to drive.

Airline ticket: Each of you will be emailed a copy of your airline reservation. It would be a good idea to bring a copy with you. It is true you may not need it, but if there is any confusion regarding your reservations it certainly helps to clarify your schedule.

Money: Extra cash is always handy and you will be able to exchange dollars for lempiras. The banks request that you provide \$50 bills or \$100 bills without creases or writing on the bills. They are not real excited about accepting \$20 bills. We do not recommend carrying more than two or three hundred dollars in cash. You will need cash for purchasing souvenirs and for restaurant meals. Major credit cards are accepted for all major transactions such as airline tickets and hotels. We discourage the use of combination debit/credit cards due to the increased possibility of fraud. Be aware that when you use your credit card outside of the United States you have to accept whatever exchange rate the banks use.

Money/passport holder: Some travelers find it is good to have a way of protecting their passport, money, and credit card in a holder or belt separate from their wallet or purse. You can buy special holders for around the neck or to tuck inside the waistband.

Personal toiletries: Take what you would usually take for a week-long trip. Hairdryers and electric razors will work since the electricity is the same voltage as here. If you forget something, it can usually be found in Honduras; however, you may not be able to find the exact brand and it may take extra time for the missionaries to help you find it.

Clothes: see the previous page.

Entertainment: You may have significant amounts of time spent waiting either in airports or during times when the team is coordinating travel and other issues. In light of this you will probably want to bring a supply of reading material. You may enjoy having an electronic device with headphones, especially after hearing primarily Spanish for a few days. It can be refreshing to hear English music after a few days' immersion in another culture.

Snack/food: Prepackaged snacks and candies are useful when you need that extra boost.

Camera: Do not forget the batteries and memory cards.

Flash light: Bring extra batteries.

Insect repellent and sun screen: If you walk on the runway or around the campus you may pick up some ticks. Mosquitoes are prevalent but not overwhelming. If you have sun sensitive skin, you may want sun screen. You should put these items in your checked luggage. It may also be advisable for you to bring a hat for protection from the sun.

Medical items: If you have equipment you prefer, please bring it. In general a stethoscope, blood pressure cuff, reflex hammer, otoscope/ophthalmoscope sets, glycometer, penlights, and extra batteries are useful.

NOTE: airline guidelines can be reviewed on the internet at: www.tsa.gov/

Travel Tips and Miscellaneous

Carry-on luggage: Be sure your carry-on luggage meets the airline restrictions. We recommend you take a change of clothes in your carry-on luggage just in case there are problems with your checked luggage. Do NOT take creams, liquids, or gels in your carry-on luggage or purse. If you have not flown since September 11, 2001, please read the airline guidelines in the Appendix. Consider taking a snack to eat while in the air.

Checked baggage: We suggest that each person take 2 checked bags. The first checked bag can be filled with your personal things and we ask that the second suitcase be filled with over the counter meds to be used in our visits out to the communities (a list will be emailed of suggested meds). I believe most airlines charge \$25 for your first bag and \$45 for the second bag and allow the weight of each bag to be up to 50 pounds. Please see the airline guidelines on their website to doublecheck before flying. If you need help with the cost of your second suitcase, EFM can reimburse the that cost after the trip has been made if needed.

Labels: It is helpful to label your luggage long before arrival at the airport. Stickers with contact information and colored tapes or strings make it easier to spot in the luggage pick-up areas. If your team has been given special tags or labels, please put them on your luggage.

Clothes: Airplanes can be quite cool at times so take the light-weight jacket with you on the plane.

Computers: Many people would not think of leaving home without their computer. That is not a problem and you will be able to access electrical outlets in your lodging. However, it is not necessary to take a computer. The missionaries will allow you to use their computers for email.

Cellphones: Your cell phone will not work once you leave the United States (unless you have an international phone – in which case you know more about this than we do!). However, it can be very handy to have your cell phone while you are in the U.S. If you have a problem with flight connections while still in the U.S., your cell phone can be extremely useful in contacting people about the changes.

Credit Cards: It is best to notify your credit card company of your travel plans. Most companies have built in safeguards which shut off your card access if you have two or three charges that are out of the ordinary for you.

Sleep: Try to get as much sleep as possible before leaving. Sometimes this is hard when you have to travel to the airport early or late.

Eat: It is recommended you eat lightly while traveling.

Contact information: Leave contact information and an itinerary with family or friends.

Airline restrictions: www.tsa.gov/

Packing List

PASSPORT and PHOTO ID

Ticket information and/or ticket
Personal toiletries
Personal medications
Sunglasses
Camera – extra batteries, charger and memory cards
Insect repellent
Sunscreen
Antibacterial cleanser
Travel alarm
Flashlight
Clothes – medical team clothes, casual (walking, playing soccer), and church clothes
Shoes – remember comfort
Light-weight jacket or sweater
Hat?
Personal entertainment – books, MP3 etc.
Medical equipment
Extra pair of glasses
Umbrella
Packaged snacks (for you and your host)
Money/cash
Contact information

Contact Phone Numbers

Stateside

EFM Headquarters:	812-275-7531
Stephen Gibson:	317-752-7157
Dr. David Boardman:	573-270-3715
Daniel Melton:	864-630-9102 USA Only
	864-402-3331 USA and Honduras

Honduras

Clinic:	504-9464-6911
Radio:	504-2657-1221
Daniel Melton cell:	504-9438-8289 Honduras Only

To call Honduras from the United States use 011 before the 10 (or 11) digit number.
To call the United States from Honduras use 001 before the 10 (or 11) digit number.

Appendix

**DO NOT FORGET YOUR
PASSPORT**