

ADDRESSES FOR TEACHING MATERIALS

Hesperian Foundation

1919 Addison Street, Suite 304
Berkeley, California 94704
USA
tel: 1 510 845 1447
fax: 1 510 845 9141
e-mail: hesperian@hesperian.org
website: www.hesperian.org

Community health guides in English and Spanish: *Where There Is No Doctor*, *Where Women Have No Doctor*, *A Book for Midwives*, *Helping Children Who Are Blind*, *Helping Children Who Are Deaf*, *Helping Health Workers Learn*, *Where There Is No Dentist*, and *Disabled Village Children*. Also a free *Women's Health Exchange* newsletter.

African Medical and Research Foundation

AMREF Book Distribution Unit
P. O. Box 30125
Nairobi
Kenya
tel: 254 2 501301/500950
fax: 254 2 506112
e-mail: janei@amrefhq.org
website: <http://www.amref.org>

Wide range of low-cost, practical manuals and books on primary health care.

Alcoholics Anonymous

World Services Incorporated
P.O. Box 459
Grand Central Station
New York, NY 10163
USA
website: www.alcoholics-anonymous.org

Information about alcoholism and materials on how to start community support groups for persons with drug or alcohol problems. Contact them for information about groups in your area.

Arab Resource Collective

Arab Resource Collective
P.O. Box 13-5916
Beirut, Lebanon
tel: 00 961 1 742 075
fax: 00 961 1 742 077
e-mail: arclb@mawared.org
website: www.mawared.org

Books, teaching aids and other educational resources in Arabic and English, for the use of community workers in health, education and development projects, and to facilitate communication and networking among workers and organizations in the Arab world.

Christian Medical Association of India

2, a-3 Local Shopping Centre
Janakpuri, New Delhi 110 058
India
tel: 91 11 559 991/2/3
fax: 91 11 559 8150
e-mail: cmai@cmai.org, cmaidel@usnl.org
website: www.cmai.org

Health and community development resources, including the *Contact* newsletter of the World Council of Churches.

DEMOTECH – Designs for Self-Reliance

P.O. Box 303
 6950 AH Dieren
 The Netherlands
 tel: 31 313 415777
 fax: 31 313 415777
 e-mail: info@demotech.org
 website: www.demotech.org

Educational material for sanitation and water systems, innovative education methods.

ENDA – Environmental Development Action in the Third World

Enda-diffusion
 B.P. 3370
 Dakar
 Senegal
 tel: 221 823 6391
 fax: 221 823 5157, 822 2695
 e-mail: dif-enda@enda.sn
 website: www.enda.sn

French language information and materials for grassroots development, including health and appropriate technology.

Health Action Information Network (HAIN)

#26 Sampaguita Ave. Mapayapa Village
 Capitol District 1127
 Quezon City
 Philippines
 tel: 63 2 952 6312
 fax: 63 2 952 6409
 e-mail: hain@info.com.ph
 website: www.hain.org

Books and newsletters on a variety of health topics.

Healthlink Worldwide (formerly AHRTAG)

Cityside, 40 Adler Street
 London E1 1EE
 United Kingdom
 tel: 44 20 7539 1570
 fax: 44 20 7539 1580
 e-mail: info@healthlink.org.uk
 website: www.healthlink.org.uk

Booklets and newsletters on sexual health, HIV, TB, child health, disability, and respiratory infections.

Helen Keller Worldwide

352 Park Avenue South
 12th Floor
 New York, NY 10010
 USA
 tel from US (toll free): 1 877 535 5374
 tel: 1 212 532 0544
 e-mail: luucat@hotmail.com
 website: www.hki.org

Material on blindness from lack of vitamin A. Information on blindness prevention and visual chart.

International Development Research Centre (IDRC)

P.O. Box 8500
 Ottawa, Ontario
 Canada K1G 3H9
 tel: 1 613 236 6163
 e-mail: pub@idrc.ca
 website: www.idrc.ca

Magazines, brochures, videos, and other materials on health, agriculture, and development. Materials in English, Spanish, French, and Arabic, some at no cost. Contact them for links to regional offices around the world.

International Planned Parenthood Federation (IPPF)

Regent's College
Inner Circle, Regent's Park
London NW1 4NS
United Kingdom
tel: 44 20 7487 7900
fax: 44 20 7487 7950
e-mail: info@ippf.org
website: www.ippf.org

Information on all aspects of family planning. Contact them for links to affiliated Family Planning Associations in over 180 countries.

ITDG—The Intermediate Technology Development Group

The Schumacher Centre for
Technology & Development
Bourton Hall
Bourton-on-Dunsmore
Rugby CV23 9QZ
United Kingdom
tel: 44 1926 634401
fax: 44 1926 634401
e-mail: itdg@itdg.org.uk
website: www.itdg.org

Technical information for grassroots development. Print materials and multimedia. Contact them for links to resource centers in other countries.

Media/Materials Clearinghouse

111 Market Place, Suite 310
Baltimore, Maryland 21202
USA
tel: 1 410 659 6300
fax: 1 410 659 6266
e-mail: mmc@jhuccp.org
website: www.jhuccp.org/mmc/index.php

Wide variety of health information and health education materials.

Nutrition Center of the Philippines

P.O. Box 1858 MCPO
Makati City
Philippines
tel: 632 818 7397
fax: 632 818 7403
e-mail: ncpsolon@info.com.ph
website: www.ncphil.com

Health and nutrition materials including books, posters, manuals, flipcharts, pamphlets, and calendars.

TAPS—Temas Atuais na Promoção da Saúde

Caixa Postal 71
13280-970 Vinhedo
Sao Paulo, Brazil
tel: 55 19 3826 3860
e-mail: info@taps.org.br
website: www.taps.org.br

Portuguese language health information and teaching materials.

Teaching Aids at Low Cost (TALC)

P.O. Box 49
St. Albans
Herts AL 1 5TX
United Kingdom
tel: 44 1727 853869
fax: 44 1727 846852
e-mail: talc@talcuk.org
website: www.talcuk.org

Low-cost books, slides and accessories in English, French, Spanish and Portuguese on health care and development for use in poor communities. Free booklist.

**Voluntary Health Association of India
(VHAI)**

40, Institutional Area, South of IIT
New Delhi 110016
India
tel: 91 11 651 8072
fax: 91 11 685 3708
e-mail: vhai@del2.vsnl.net.in
website: www.vhai.org





Health education materials in English and local Indian languages. Also publishes *Health for the Millions*, a journal about low-cost health care.





**World Neighbors International
Headquarters**





4127 NW 122 Street
Oklahoma City, OK 73120
USA
tel: 1 800 242 6387 or 1 405 752 9700
fax: 1 405 752 9393
e-mail: info@wn.org
website: www.wn.org





Teaching materials designed from program experience for use in the specific country and locality. Topics include health and nutrition, family planning, community development and agriculture, In English, French, and Spanish.





DOSAGE BLANKS—for giving medicines to those who cannot read (see p. 64)





			
Name:			
Medicine:			
For:			
Dosage:			





			
Name:			
Medicine:			
For:			
Dosage:			





			
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Dosage:			

PATIENT REPORT

TO USE WHEN SENDING FOR MEDICAL HELP

Name of the sick person: _____ Age: _____

Male _____ Female _____ Where is he (she)? _____

What is the main sickness or problem right now? _____

When did it begin? _____

How did it begin? _____

Has the person had the same problem before? _____ When? _____

Is there fever? _____ How high? _____ ° When and for how long? _____

Pain? _____ Where? _____ What kind? _____

What is wrong or different from normal in any of the following?

Skin: _____ **Ears:** _____

Eyes: _____ **Mouth and throat:** _____

Genitals: _____

Urine: Much or little? _____ Color? _____ Trouble urinating? _____

Describe: _____ Times in 24 hours: _____ Times at night: _____

Stools: Color? _____ Blood or mucus? _____ Diarrhea? _____

Number of times a day: _____ Cramps? _____ Dehydration? _____ Mild or severe? _____ Worms? _____ What kind? _____

Breathing: Breaths per minute: _____ Deep, shallow, or normal? _____

Difficulty breathing (describe): _____ Cough (describe): _____

_____ Wheezing? _____ Mucus? _____ With blood? _____

Does the person have any of the SIGNS OF DANGEROUS ILLNESS listed on page 42? _____ Which? (give details) _____

Other signs: _____

Is the person taking medicine? _____ What? _____

Has the person ever used medicine that has caused a rash, hives (or bumps) with itching, or other allergic reactions? _____ What? _____

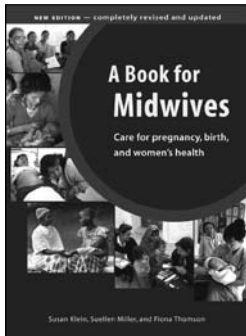
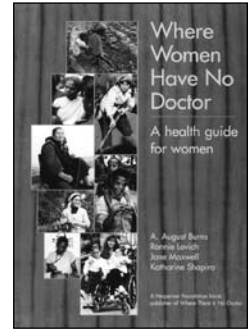
The state of the sick person is: Not very serious: _____ Serious: _____

Very serious: _____

On the back of this form write any other information you think may be important.

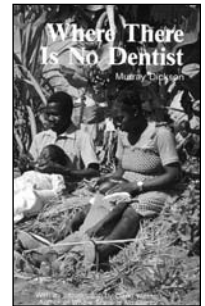
Other books from Hesperian

Where Women Have No Doctor, by A. August Burns, Ronnie Lovich, Jane Maxwell and Katharine Shapiro, combines self-help medical information with an understanding of the ways poverty, discrimination, and cultural beliefs limit women's health and access to care. Clearly written and with over 1000 drawings, this book is an essential resource for any woman who wants to improve her health, and for health workers who want more information about the problems that affect only women, or that affect women differently from men. 584 pages.



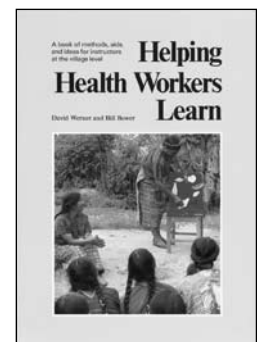
A Book for Midwives, by Susan Klein, Suellen Miller, and Fiona Thomson, completely revised in 2005, is for midwives, community health workers, and anyone concerned about the health of women and babies in pregnancy, birth and beyond. An invaluable tool for training as well as a practical reference, it covers helping pregnant women stay healthy, care during and after birth, handling obstetric complications, breastfeeding, and includes expanded information for women's reproductive health care. 544 pages.

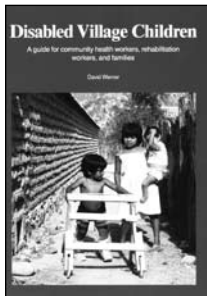
Where There Is No Dentist, by Murray Dickson, shows how to care for the teeth and gums, and prevent tooth and gum problems through hygiene, nutrition, and education. Includes detailed, well illustrated information on using dental equipment, placing fillings, taking out teeth, and more. A new chapter includes material on HIV/AIDS and oral health. 237 pages.



HIV, Health, and Your Community, by Reuben Granich and Jonathan Mermin, is an essential resource for community health workers and others confronting the growing HIV/AIDS epidemic. This clearly written guide emphasizes prevention and also covers virus biology, epidemiology, and ideas for designing HIV prevention and treatment programs. Contains an appendix of common health problems and treatments for people with HIV/AIDS, along with other practical tools for health workers. Now updated to include anti-retroviral treatments and new advances in therapy. 245 pages.

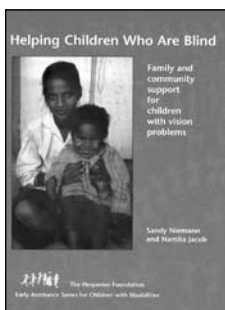
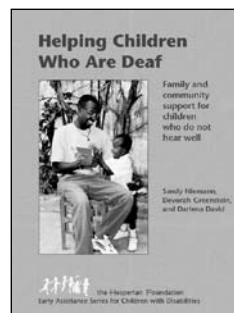
Helping Health Workers Learn, by David Werner and Bill Bower, is an indispensable resource for anyone involved in teaching about health. This heavily illustrated book shows how to make health education fun and effective. Includes activities for mothers and children; pointers for using theater, flannel-boards, and other techniques; and many ideas for producing low-cost teaching aids. Emphasizing a people-centered approach to health care, it presents strategies for effective community involvement through participatory education. 640 pages.





Disabled Village Children, by David Werner, contains a wealth of information about most common disabilities of children, including polio, cerebral palsy, juvenile arthritis, blindness, and deafness. The author gives suggestions for simplified rehabilitation at the village level and explains how to make a variety of appropriate low-cost aids. Emphasis is placed on how to help disabled children find a role and be accepted in the community. 672 pages.

Helping Children Who Are Deaf, by Sandy Neimann, Devorah Greenstein and Darlena David, helps parents and other caregivers build the communication skills of young children with difficulty hearing. Covers language development and how to foster communication through both sign and oral approaches, as well as assessing hearing loss, exploring causes of deafness, and more. 250 pages.



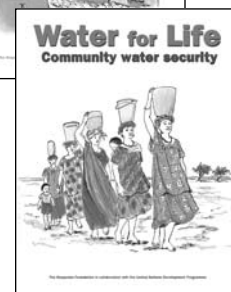
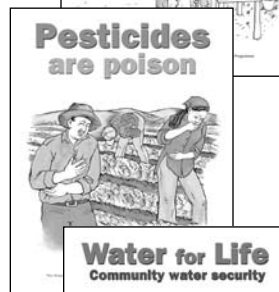
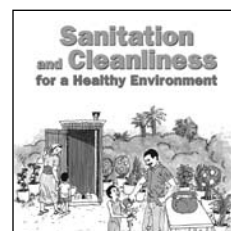
Helping Children Who Are Blind, by Sandy Neimann and Namita Jacob, aids parents and other caregivers in helping blind children from birth through age 5 develop all their capabilities. Topics include: assessing how much a child can see, preventing blindness, moving around safely, teaching common activities, and many others. 192 pages.

The following booklets present material from our Community Guide to Environmental Health, which is still being developed. The booklets are available in English, Spanish, and French.

Sanitation and Cleanliness for a Healthy Environment helps communities understand and prevent sanitation-related health problems. Includes instructions for building several kinds of latrines, as well as ecological sanitation solutions. 48 pages.

Pesticides are Poison offers information about the health hazards of pesticides, ways to reduce harm from pesticide exposure, and how to treat people in pesticide emergencies. This booklet also helps the community understand the legal and political issues related to pesticide use. 36 pages.

Water for Life: Community Water Security helps communities protect and improve existing water sources, develop new sources when needed, and prevent water-related health problems. It also includes information about safe water transport and storage, and practical methods to make water safe for drinking and cooking. 48 pages.

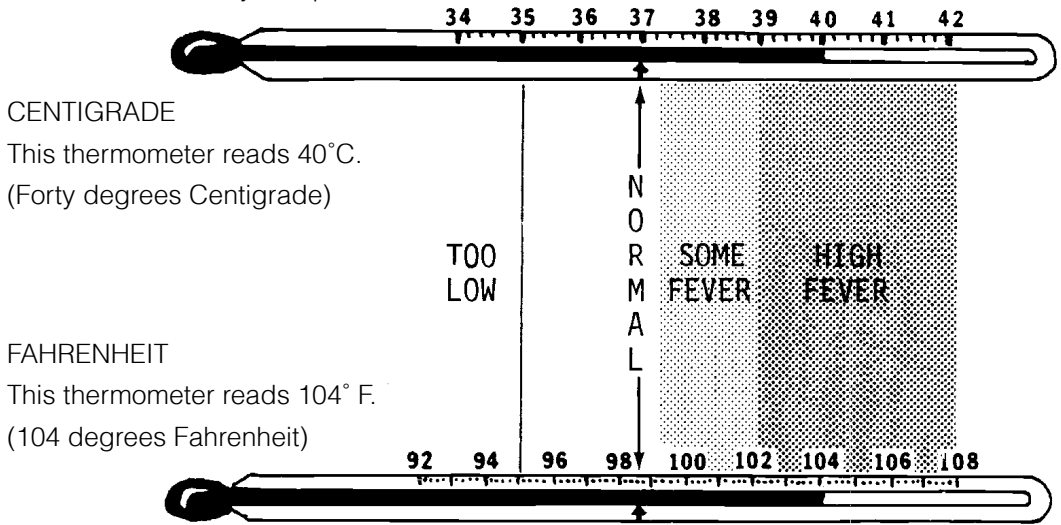


INFORMATION ON VITAL SIGNS

TEMPERATURE

There are two kinds of thermometer scales: Centigrade (C.) and Fahrenheit (F.). Either can be used to measure a person's temperature.

Here is how they compare:



PULSE OR HEARTBEAT

For a person at rest	{	ADULTS. 60 to 80 beats per minute is normal.
		CHILDREN. 80 to 100
		BABIES. 100 to 140
		NEWBORNS. . . . 120 to 160

For each degree Centigrade (C.) of fever, the heartbeat usually increases about 20 beats per minute.

RESPIRATION

For a person at rest	{	ADULTS AND OLDER CHILDREN. .12 to 20 breaths per minute is normal
		CHILDREN. up to 30 breaths per minute is normal
		BABIES. up to 40 breaths per minute is normal
		NEWBORNS30 to 60 breaths per minute is normal.

More than 40 shallow breaths a minute usually means pneumonia (see p. 171).

BLOOD PRESSURE (This is included for health workers who have the equipment to measure blood pressure.)

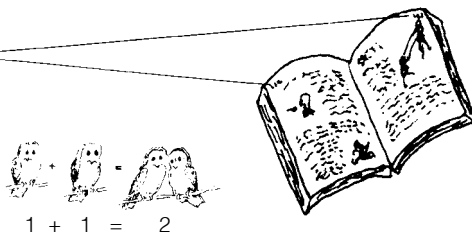
For a person at rest	{	120/80 is normal, but this varies a lot.
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If the second reading, when the sound disappears, is over 100, this is a danger sign of high blood pressure (see p. 125).



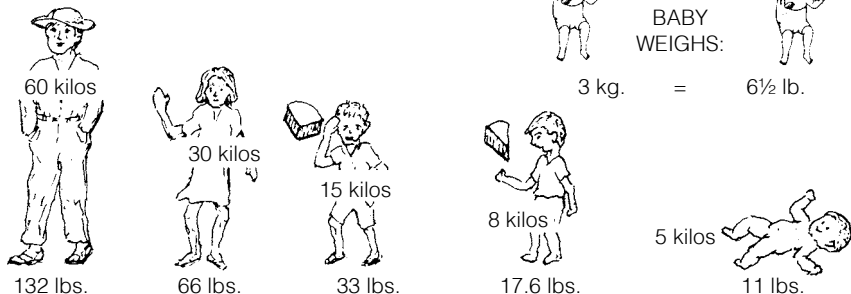
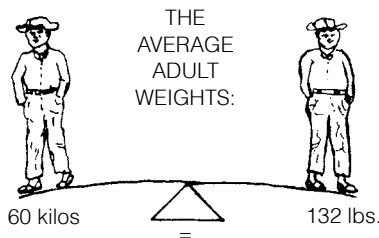
ABBREVIATIONS (A shorter way of writing a long word; a few letters mean the whole word)

- p. = page in the book
- + means **and** or **plus**
- = means **the same as**, or **is equal to**
- % = percent



WEIGHT (how heavy something is)

- 16 ounces (oz.) = 1 pound (lb.)
- 1 pound = 454 grams (gm.)
- 1000 grams = 1 kilogram (kilo, kg.)
- 1 kilo = 2 1/5 pounds
- 1 ounce = 28 grams
- 1 gram = 1000 mg.
- 1 grain (gr.) = 65 mg.



VOLUME (how much space or bulk something has; for measuring liquids)

- 1000 milliliters (ml.) = 1 liter
- 1 milliliter = 1 cubic centimeter (cc.)
- 3 teaspoons (tsp.) = 1 Tablespoon (Tbs.) 3 tsp. = 1 Tbs.
- 1 teaspoon = 5 milliliters
- 1 Tablespoon = 15 milliliters
- 30 milliliters = about 1 ounce (of water) 30 ml. is about 1 ounce
- 8 ounces = 1 cup
- 32 ounces = 1 quart (qt.)
- 1 quart = 0.95 liters (l.)
- 1 liter = 1.06 quarts is just a little more than

