

JOIN US ON A **SURGICAL MISSION**



TAKULANDIRANI KU MALAWI! **YOU ARE WELCOME TO MALAWI!**

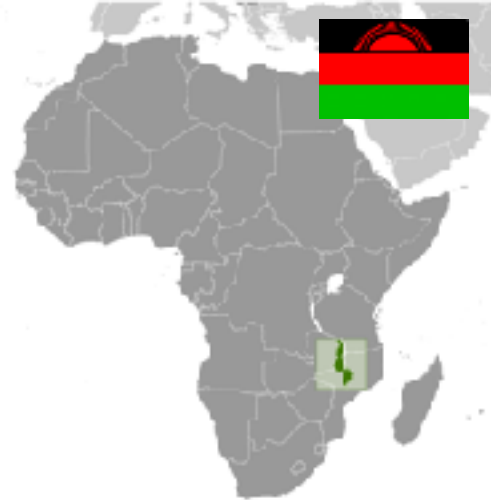
Tucked away in southeast Africa is the small nation of Malawi. Boasting a population of almost 20 million, Malawi is known as the "warm heart of Africa." Appropriately, visitors to Malawi receive amazing hospitality. Small villages dot the landscape and most of her citizens are subsistence farmers.

Malawi is a developing nation with a struggling health care system. The government-run health care is understaffed, underfunded, and lacks many essential drugs & supplies.

Blessings Hospital, just outside the capital city of Lilongwe, was

established as a Christian place of compassion. We seek to provide quality health care while pointing people to the love of Jesus. Our facility is blessed to have excellent equipment and ample supplies to provide for the needs of the local population. In 2021 we treated more than 45,000 patients in our facility and mobile clinics.

In 2012 Blessings opened a 2 suite surgical center to offer another layer of care. Chikondi Health Foundation organizes multiple surgery trips each year. We would love to invite you to serve on one of these life-changing trips. We've got a place for you to work and wonderful accommodations for your stay. You are welcome to experience the warm heart of Africa for yourself!



OUR SYSTEM

MOBILE CLINICS

- ▶ Good health begins in the village. In partnership with churches and local leaders, we offer a weekly clinic day & mobile pharmacy, usually hosted in a church.
- ▶ Health promoters & villages leaders are trained to engage the community.
- ▶ Patients pay 500 MK (65 cents) to see the clinical officer, which includes any prescribed medication. This fee is almost always less than what a patient would pay for transport to the free government clinic.
- ▶ Private grant funding enables us to offer free malaria testing & treatment to all patients.
- ▶ We are expanding cervical cancer clinics with onsite screening and treatment.



INPATIENT & OUTPATIENT SERVICES AT BLESSINGS HOSPITAL



- ▶ Malawian clinical officer & nursing staff on duty 24 hours/day
- ▶ Private inpatient rooms and traditional community wards
- ▶ Lab services that include malaria, CBC, urinalysis, & transfusion
- ▶ Pharmacy with a full range of locally available drugs
- ▶ HIV Testing, counseling, and ARV center
- ▶ Labor & delivery with c-section capability
- ▶ Under 5 clinic & community education

SURGERY TEAMS

- ▶ Visiting surgeons, anesthetists, nurses, and other team members offer care that is not available or easily accessible during a short-term trip.
- ▶ Potential surgical candidates are prescreened and report for consultation with the visiting surgeons on screening day.
- ▶ All medical personnel are legally licensed with the governing authorities.
- ▶ Blessings Hospital has two operating rooms, anesthesia equipment, suction, electro-cautery, patient monitors, sterilization, and a great storehouse of surgical supply.
- ▶ Our team not only offers great medical care, but spiritual care is a focus. We pray with each patient as fellow children of God.
- ▶ Our Malawi medical staff serves alongside our visiting team members and offers appropriate follow up care.



JOIN A SURGERY TEAM!

- ▶ Visit ChikondiHealth.org and select an upcoming trip, check available positions, and apply.
- ▶ Once approved, we provide you with a welcome packet that includes history of our work, Malawi culture, packing list, fundraising info, suggested vaccinations, etc.
- ▶ We coordinate your travel arrangements from your airport to Lilongwe.
- ▶ Medical personnel will provide requested documents to CHF for appropriate licensing in Malawi.
- ▶ Trip fee includes accommodation, all meals, transportation, supplies for the work, team shirt, & insurance. Safari add-on is an extra cost.



TEAM POSITIONS



- ▶ Surgeons
- ▶ Anesthesiologists
- ▶ CRNA's
- ▶ First assists
- ▶ Scrub techs
- ▶ RN's
- ▶ Laboratory techs
- ▶ Kitchen manager
- ▶ Non-medical volunteers for logistical support (no medical experience necessary)



FULL TRIP ITINERARY

(INCLUDES SAFARI PRE-TRIP ADD ON)

Monday or Tuesday: Depart home for Malawi

Wednesday: Arrive / campus tour & orientation

Thursday & Friday: Liwonde National Park

Saturday: arrive Lilongwe / surgical set up / patient consultations

Sunday: Worship at a local church, surgeries begin

Monday- Friday: Surgeries
(+ bonus cultural experiences)

Saturday: Pack depart for home

Sunday: Arrive home
(Approximately 14 days total)

ABBREVIATED TRIP ITINERARY

Thursday or Friday- depart home for Malawi

Saturday: arrive Lilongwe / campus tour & orientation

Sunday: Worship at a local church, surgeries begin

Monday- Friday: Surgeries
(+ bonus cultural experiences)

Saturday: Depart for home

Sunday: Arrive home
(Approximately 10 days total)

ACCOMMODATION



The Blessings Hospital complex includes a comfortable guest house to accommodate our team. Rooms have bunk-style beds, hot showers, and electricity. Our four guest huts have private rooms and a private bath. Our team meals are a mixture of local dishes and American favorites. We have wonderful Malawian coffee and tea. We can accommodate any dietary needs you may have and persons with CPAP machines. Our campus is well secured with security guards at night. We have our own water system and full generator backup. The team travels by a bus & van owned by Blessings Hospital.

TRIP INFORMATION

Cost: Your plane ticket + \$800

The average cost of the airline ticket plus trip fee is about \$2500 per person (range of \$1,500 to \$2,500 depending on time of year, airline, route, etc). Your \$700 fee is all inclusive from the time you land in Malawi. You'll be provided with comfortable housing, all meals, transportation, t-shirt, & travel health insurance. A \$100 deposit is required at the time of application to secure your spot.



Fundraising: Many team members cannot afford the entire trip on their own. We encourage team members to ask for donations for their trip expenses by writing prayer letters to individuals and asking their home church. The Chikondi Health Foundation will serve as the collecting point to allow others to make a tax-deductible contribution. We'll provide you with fundraising help and guidelines. God provides!

Airlines: The 3 most popular routes to Malawi are on Delta (via Atlanta/Johannesburg), Ethiopian (via Addis Ababa), and KLM/Kenyan (via Amsterdam/Nairobi). CHF can purchase your ticket or you can self-book. Note some routes may require an overnight stay en route. If so, CHF will reserve a room for you.

Documents: You will need a valid U.S. Passport with at least 6 months of validity remaining, with 4 blank pages. A visa is required for U.S. Citizens, which can be obtained upon arrival in Malawi. Suggested vaccinations for Malawi are Hep A & B, typhoid, & an up-to-date tetanus. At this time a COVID vaccine is required. You will also want a prescription for a malaria medication (*doxycycline* is the most common).

Safari Add On: For an additional \$300, you can experience the amazing wildlife Malawi has to offer at the beautiful Mvuu Camp at Liwonde National Park. The first-class accommodation and food will make the game viewing even more enjoyable. Liwonde is home to hundreds of elephants, hippos, monkeys, crocodiles, antelopes, and more than 700 types of birds. It is highly recommended!

Registration: To reserve your spot, you can access all the trip information and application at our web site.

CHIKONDIHEALTH.ORG

info@chikondihealth.org

CHIKONDI

HEALTH FOUNDATION
PO Box 210161

Montgomery, AL 36121

 /CHIKONDIHEALTH

 @CHIKONDIHEALTH

