

University of Washington
DEPARTMENT OF GLOBAL HEALTH



GHCE

Global Health Clinical Elective



GUIDE TO YOUR CLINICAL ELECTIVE IN:



Gulu, Uganda
2017

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Emergency:

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Introduction/Disclaimer

This guide is the product of the observations, experiences, and guidance of students who have completed a Global Health Clinical Elective in Gulu, Uganda, so the tone varies throughout and some information may have changed. This guide also has information from the Mulago GHCE guide, since it is in Kampala, so be aware a small part of the information may not be applicable to Gulu. DGH staff and faculty work to provide the most accurate and up-to-date information, but please double check information and do your own research. We hope you will provide updates to this handbook upon completing your GHCE! Thank you!

ENTRY REQUIREMENTS



- You must have a **valid U.S. passport** that won't expire for at least 6 months.
- You will need a **Ugandan Visa**, available at the Entebbe Airport upon arrival, or from the Ugandan Embassy before departure. Visa applications are available on the embassy website, and turn-around time is generally quite rapid. A three-month Visa costs \$50.
- **Yellow fever certification:** Yellow fever vaccination is recommended by the CDC for all travelers to the country. It is also required if you are coming from an endemic area (such as a neighboring country). It is not required if you are coming directly from the U.S.

PACKING TIPS



General:

Err on the side of packing light. Don't bring anything that you would be heartbroken if it were lost, stolen, or ruined. Take fewer clothes than you think you will need: you can purchase clothing relatively cheaply locally: this helps make sure that they are more appropriate to local conditions, and helps out the local economy. Most toiletries, and any other items you may have forgotten, can be purchased in Garden City, although they can be expensive.

Documents and other Essentials:

Make copies of important documents and leave them with someone you trust. This includes the front and back of your credit cards. You may also wish to make scanned copies and email them to yourself. Consider bringing an extra set of passport photos with you: they can be handy if you need to replace your passport or get other types of documentation. A laminated, color copy of the first page of your passport can also come in handy. If you plan to purchase/use a Ugandan SIM card for your U.S. phone or a Ugandan cellphone, all SIM cards require a passport photo and copy of your passport so that your SIM card can be registered. The mobile phone companies will keep these items.

Be sure to bring:

- Passport, valid for 6 months
- Travel itinerary, receipt, and copy of e-tickets
- Travel insurance documents
- Credit cards, including the one you used to purchase your airplane ticket
- Medications
- Syllabus and textbooks
- Back-up pair of glasses, if needed
- Sunscreen and mosquito repellent

- Power adapters (Uganda uses British 3-pronged outlets. Power strips and adaptors can be purchased in Garden City and at other locations)
- Flash drive
- Digital camera
- Consider bringing a portable mosquito net, although most hotels have them and they can be purchased locally.
- Bottled water is readily available; bring a filter if you plan on drinking tap water.
- List of your emergency contacts!

Clothing:



People in Uganda tend to dress much more conservatively than in the U.S. Failure to do so, particularly among women, will lower your credibility and can invite a lot of unwanted attention. On the medical wards, white coats are the norm. Men tend to wear pressed shirts and trousers, neckties, and nice shoes. Women tend to wear dresses or slacks and conservative blouses. Women should avoid short skirts and revealing tops. Jeans are acceptable as casual wear in Kampala, Entebbe, and Gulu but are less common in more rural areas.

Lightweight cotton clothing is generally best: synthetic “travel clothing” can be too hot and will melt when they try to iron it. It can get cool at night: a lightweight fleece is recommended. If traveling during the rainy season, consider a lightweight rain poncho. Bring clothes that you are comfortable in, that can survive being scrubbed by hand. Other things to consider:

Swimsuit and towel

Hat (for protection from sun and rain)

Flip-flops or Crocs

Sturdy, comfortable shoes that look nice enough for the hospital

Toiletries:

Remember that you are limited in what you can bring in your carry-on, though not your checked bag. Most basic items will be available for purchase in Garden City, but they can be a bit expensive. Wet wipes can come in handy. A small roll of toilet paper or some Kleenex can be a wise investment.

DON'T bring an electric razor, hair dryer, or curling iron unless you bring a transformer, or they will burn out. It may be better to get these locally.

Suggested Personal Medical Supplies:

Thermometer	Tweezers
Sunscreen (SPF 30 or higher)	Acetaminophen (Tylenol)
Insect Repellent (at least 25% DEET or 20% Picardin)	Ibuprofen or Naproxen (Aleve)
Malaria prophylaxis	Diphenhydramine (Benadryl)
HIV post-exposure prophylaxis	Pseudoephedrine or phenylephrine (Sudafed)
Stand-by treatment for diarrhea	Hydrocortisone cream
Any medications you normally take	Antifungal cream
Band-Aids	Antibiotic ointment

Supplies for the medical wards:

- White coat
- *Penlight
- Stethoscope
- Otoscope
- Hand sanitizer (lots)
- Gloves
- *Digital thermometers
- *Blood pressure cuff
- N-95 Masks
- *Pulse oximeter?

Money

Uganda uses the shilling. As of December, 2016 the exchange rate is 1USD=3,580 UGX.

You can bring some US cash to convert into shillings at the airport or in Kampala as long as they are recently printed and pretty pristine \$20s, and \$50s. We recommend changing money in Kampala due to higher rates in Gulu.

Getting cash can be tricky especially if your cards are on the Cirrus network (Mastercard/BMO debit, etc.) and not on the Plus network. Check the back of your card to find out. On the Plus network (Visa and debit cards with the Plus symbol on the back); you should be able to use most Barclays' (most recommended!), Crane Bank and Standard Chartered ATMs. There are pretty high fees for using the ATMs internationally so you may want to take out a chunk and split it up. In 2015, fees were roughly 15,000 UG Shillings. All banks will have armed guards so at least you should be safe at the ATM.

Communications

If you want to get a local number while you are there, it's super easy. If you already have an international unlocked phone just go to any of the hundreds of little airtime booths, most supermarkets/gas stations/general stores or a provider's store and ask for a SIM card. They'll cost you about 4,000 shillings and include some airtime. Then you will need to buy airtime as use your minutes.

If you have an iPhone, you may be able to purchase a sim card to use. If you don't have a phone already, you can get a cheap one for between 30,000 and 60,000 shillings then get the SIM card and airtime as usual. You only use airtime when you place a call. Incoming calls are free. Everyone has caller ID but voicemail is very rare.

MTN also sells mobile modems with monthly subscriptions that are not too costly. If you are going to be staying in Uganda and your workplace doesn't allow you free internet access (or even if it does), you might want to pick one of these up.

Using your North American phone in Uganda is highly discouraged; prices can be \$5 a minute for voice.

Orange Network is one way to purchase calls for approximately 6,000 UGX per 45 minute

Note: If someone calls you – lets it ring once and hangs up that is called 'flashing' or 'beeping'. They want you to call them back so that you pay for the call they do not use their airtime. It might be a cost savings measure or they might not have much airtime at the moment.

Travel to/from Gulu

One generally needs to go through Kampala to get to Gulu. Kampala is about 400 kms from Gulu but the road is paved the whole way with the usual bumps and potholes.

Arriving in country. All flights go to Entebbe Airport which is essentially the airport for Kampalaso people will say both. British Airways, Brussels Airways, KLM/Delta, Air Egypt, Ethiopian, Kenyan, Emirates, something from Turkey, South African and some smaller airlines all fly into Entebbe.

You can also fly into Nairobi and take the bus to Kampala but there may very little benefit of doing that when you weigh time, visa fees and hassle against cost, so consider carefully.

At the airport. Entebbe is on the shores of Lake Victoria and the runways are quite close to the water. If you are a nervous flier – avoid looking out the window as you land because the lake might seem too close for comfort. Flights will either disembark on the tarmac or use the one walkway.

The arrivals hall is usually a bit chaotic, so grab a form to fill out in line, pick a line and hope that it's a quick one. Make sure you have a nice looking U.S. bill for your visa – 2008 or later to be safe. Past students have had issues because of a bill having a marking of pen on it. You can usually just write the city and hotel/lodgings for the question about where you are staying. Once in the country officially, you can get your luggage. Luggage carts may be available.

Through customs, there is a public arrivals area. There are ATMs here that take foreign cards (usually) and a forex bureau. Just outside the airport on the veranda there is usually a taxi stand where you can get a registered airport taxi into Kampala.

If your luggage is not there, speak to one of the employees. Their desk is right by the carousel. They will fill out a form, but make sure they fill out the full confirmation number – there have been experiences where a partial number was provided...

Airport to Gulu. It is possible to fly to Gulu on a smaller plane. I've never done it and have no idea of the cost. You can hire a driver to take you straight from the airport to Gulu if you so wish. It will cost a couple hundred dollars and I DO NOT recommend doing this if you arrive after 2pm. I can provide a couple referrals if you like.

Bus will probably cost you about 25,000 shillings – you will need Ugandan shillings – and take anywhere from four and a half to seven hours.

There is a post bus that is a “safer” bus according to guide books but I see little difference in the quality of the bus or the driving. It leaves once a day nice and early from the main post office on Kampala Road in Kampala on weekdays. It drops the mail off on the way

and therefore can't take that much luggage. Other buses can be picked up at the main bus park in Kampala. Any special hire taxi driver from your hotel or the airport or any boda boda driver will know where the bus park is – tell them that you are going to Gulu and they should know which gate to drop you off at. The minute you get out of the car/off the boda there will be some 'helpful' guys trying to get you on a bus and 'help' you with your luggage. I tend to want to hold on to my own luggage – you can be firm with the 'helpers' especially if they are pulling you places. Be clear that you want to go to Gulu. Always double check that the bus is going "Gulu Express" via "Karuma." Make sure you see your luggage go on the bus and take anything of value up with you. I avoid the Gateway bus company and any bus that looks seriously sketchy. You can just wait for the next one. The buses leave when they are full so if you get on the bus and there are not many other people on it, you're in for a long wait. They are pretty frequent but I strongly recommend getting on the bus before 1pm at the latest to avoid travelling in the dark too much.

The bus travels north and will cross the Nile at Karuma falls. Do not get caught taking pictures on that bridge – it is considered a national security issue. I've included a sniped and not so good photo of the start of the falls for your reference.

Once you're over the bridge, people say you are in northern Uganda. Keep a lookout for baboons just over the bridge!



If you need to stay in Kampala overnight, check out the Lonely Planet. I will almost exclusively direct you to delicious food that you won't be able to find in Gulu.

Good traveler/expat information can be found on the [Eye Inside Magazine](#).

Stuff to bring (Gulu student input)

Things that I've found come in handy in no particular order:

- Duct tape
- Bug spray
- Shave cream – if you give yourself razor burn you can end up with nasty skin infections – aftershave can help prevent this as well
- Hand wipes though most of the time you can find water and soap really easily
- Small packages of kleenex “purse” sized for allergies, bathroom emergencies, makeshift bandaids etc.
- An across the body purse – just an over the shoulder can easily be pulled off you by someone driving by on a motorcycle. Happy to say the idiot who tried that on me didn't get my purse and almost ended up on the concrete.
- Bandana
- Sunscreen – hard to find in town
- Umbrella or rain coat
- Spices/hot sauce to add to rice and beans/starchy local food. You can pick these up in Kampala for sure and occasionally in Gulu at one of the supermarkets. I'm a big fan of jerk sauce in my beans.
- Plug adaptors
- Ear plugs and a eye shade if light bothers you when sleeping
- Flashlight/headlamp or one that becomes a lantern.

Clothing: no shorts unless you are running/playing sports/working out. Guys, pack a button up shirt or two for sure. No spaghetti strap tank tops and nothing shorter than knee length for the ladies. Try to avoid anything too that shows too much cleavage – some is ok but not too much. Skirts should reach at least the knee (longer is better) Remember if you wear a skirt, you'll have to learn to ride a boda boda side saddle.

You can buy pretty much anything you need in Gulu if you look hard enough. If you are worried about space, you can always pick up a shirt or two at the market or get someone to make you some clothes (skirts cost about \$10 - \$15 including the fabric; men's shirts about the same – you've just got to find fabric you like). Don't waste your money on a mosquito net from U.S. if for some reason you need one – buy it there much cheaper!

How not to make an ass of yourself

In their trips to Uganda, students have noticed a number of ways to look like an idiot, be rude or otherwise be an ass. I don't think we'll have any problems with this group but I'll share anyways mostly for the laughs. Here are some things not to do:

- Don't complain if there is garbage/trash on the dirt road outside a restaurant to the owner and suggest that it would be a nicer atmosphere if he cleaned that up.
- Don't PDA even to levels that would be relatively ok at home. Actually men and women shouldn't really be touchy feely in any way in public.
- Don't get a tailor to make you and your friends dresses that are miniskirt length (not Doudou's version of a miniskirt – what I would call a miniskirt) and think that they are culturally appropriate because a local woman made them
- Don't put a napkin over your drink and poke your straw through it so that flies can't land on the rim of your glass.
- Don't assume that any price quoted to you is a 'mono' price and attempt to barter over the price of a bus ticket and then loudly ask the only other foreigner on the bus how much they paid for their ticket and then ask how much locals pay as said foreigner tries ever so hard to get the hell away from you.
- Don't complain that food is taking a while on a night when there is no power or that your ice cream is soft when it's 30c degrees out.
- Don't be the person in the IDP camp or village handing out pins/pens, candy or stickers to kids. It adds to the dependency that has developed over the years in the camps – foreigners = presents is not something you want to perpetuate. Plus there are too many kids (see photo to assess number of children who found three foreigners in a 2006 IDP camp in less than 10 minutes) and you won't be able give something to everyone leading to upset kids and possible fights. Even if you don't give out tons of stuff, you can still run into this problem –a street kid helped my sister at a soccer camp in Anaka village a couple days in a row so she gave him a pen, then she got to watch a bigger kid come over and steal the pen leaving the helper kid crying.
- Don't talk loudly about the locals, "cute kids" or the transportation.



Health and Safety Considerations

Medical supplies that are good to have: pain killer that reduces fever (ibuprofen), cold medication, Metamucil, Gatorade or other electrolyte rich powder because it tastes better than sugar/salt water for rehydration, bug spray and anti-itch stuff, gravol, cipro, Imodium and a multivitamin. FYI you can get a lot of these things at pharmacies in town as well you just have look around a bit (last year got some horrendous tasting benalyn cough from S. Africa at the pharmacy at Kakenyero – see map) and panadol = acetaminophen or Tylenol. Consider eye drops for dry, dusty eyes.

Safety wise – don't be stupid, if something doesn't feel safe, it isn't. If something is a bad idea in Canada, it's a bad idea in Uganda. If the boda boda driver is going to fast tell him to slow down: "moot moot". Don't get on a boda at night if you don't know where you are going. Remember they drive on the other side of the road.

Don't give out your phone number or email freely without context.

Language

Here are a couple key Acholi phrases that will come in handy written out phonetically.

Kopangnon: Hi how's it going?

Response – kopay

E cho ma bear: Good morning

E ree ma bear: good afternoon

Aphoyo: Thank you

Mono: white person/foreigner

Budgeting

In Gulu Town (and Kitgum), a guesthouse room will run you about \$12 to \$18 dollars a night based on what everyone has been saying and the guest house room we are trying to book at the moment. In a more rural area, you can probably get away with \$4 a night.

In general local meals will cost about 3,000 to 5,000 shillings. A Guinness (bottled in Kenya – don't get too excited) is about 2,500 or 3,000 UGX while a Bell or Nile Special will cost you about 2,000 or 2,500 UGX. A 500ml bottle of water should be about 700 shillings maybe more while a 1.5l bottle is about 1,500UGX. There are a number of wholesalers who sell water by the box. Western or Indian meals tend to be a little pricier – say 8,000 to 20,000 UGX depending on what you want and where you get it.

Mangos start around 200UGX but bigger ones are more expensive. Bananas can be

anywhere from 300UGX per banana to 5,000 for a bunch. Pineapples vary in price a lot but 3,000 shillings is average. Chapatis go for roughly 500UGX and Samosa for 200 UGX. Word has it that the ginger ale is delicious.

Fun

There are a number of bars and restaurants that can become pretty hoppin' places on weekends. If there is a Manchester United or Arsenal game on, the town will be loud as almost everywhere that has a TV will be showing it.

Nigerian soap operas and movies are often commonly shown in hotel lobbies and if you can hear/understand them, they are awesome. Radio stations including Mega FM play a variety of music including a lot of locally produced Acholi music.

It's pretty safe to run in Gulu as long as it is before dark. The Acholi Inn might still have a pool but I'm not sure and I'm also not sure if you want to go in it. I've heard about expats who have yoga groups and breakdance lessons so you can ask around.

Gulu is a short drive (an hour or two) from [Murchison Falls National Park](#) which contains lions, elephants, hippos, giraffes and antelope. You can take boat cruises on the Nile to see animals and go on game drives.

Map

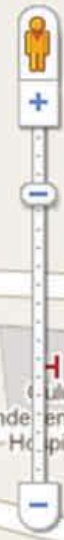
The next page is a rough map that notes some useful or important locations (the little green numbers.)

The map pretty much only shows the paved roads and cuts off before places like the soccer stadium. The labels for location of Hotel Pearl Afrique, Cafe L are wrong and I don't remember ever seeing a road that goes north/south besides Bomah Hotel.

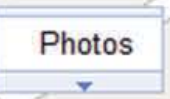
Gulu Map Key (for the following map)

Note: Road through Gulu Hospital is not always open.

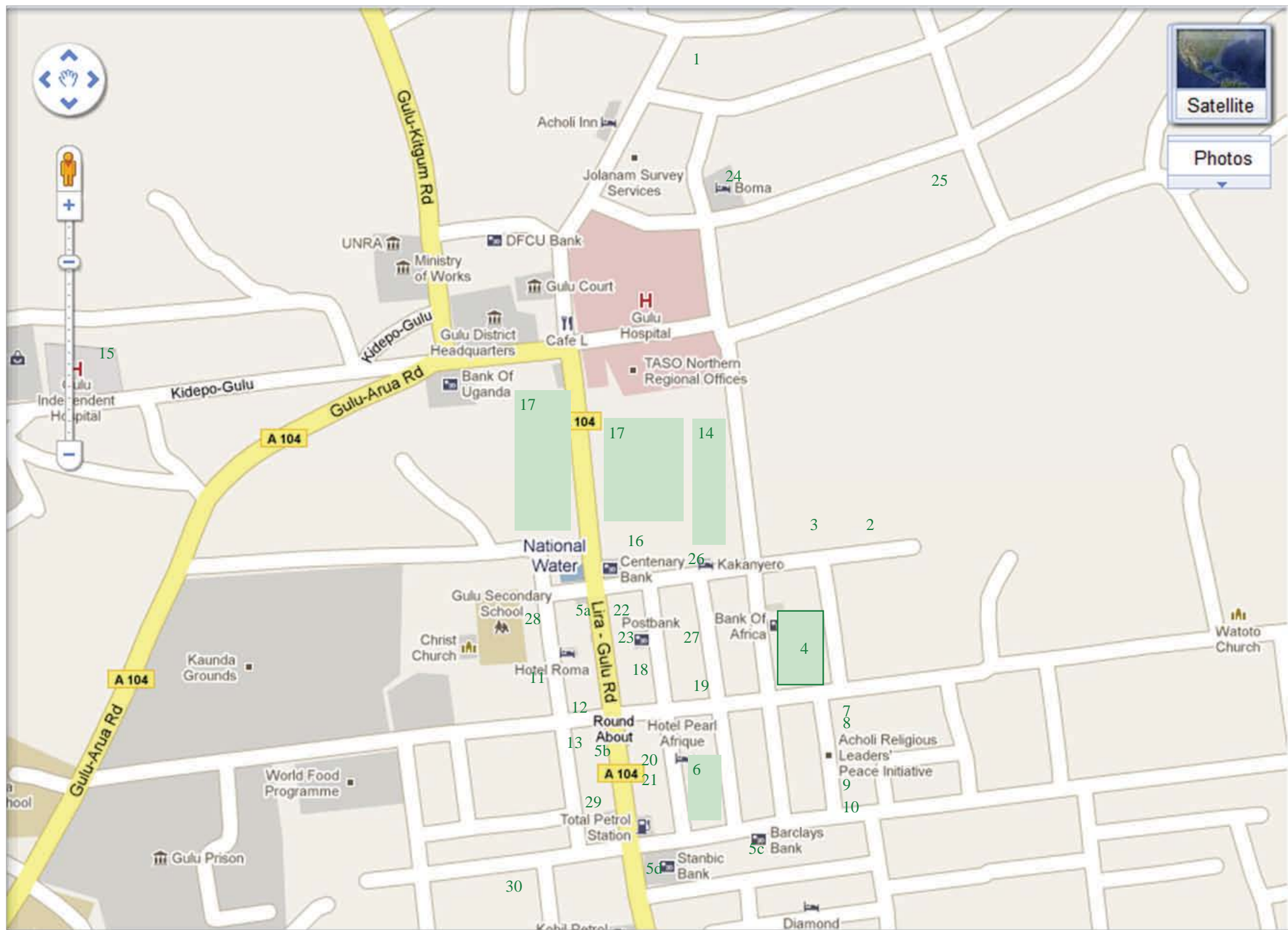
1. IPSS is somewhere in this area according to their web site.
2. Approximate location of Acholi Ber Hotel
3. Cafe Larem (is a western style cafe).
4. Market – sells everything.



Satellite



Photos



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National Water

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Gulu Secondary School

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Round About

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Acholi Religious Leaders' Peace Initiative

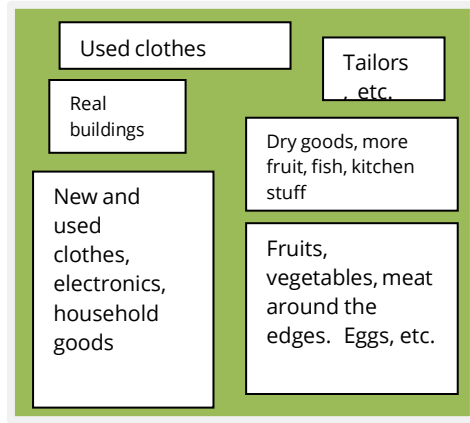
9

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Diamond

Diagram of the market:



5. Banks where you can use your cards at the ATM to get cash. (a) Crane Bank; (b) Standard Chartered; (c) Barclays; (d) Stanbic (maybe)
6. Bus park – where you will arrive and where you can get rides to various other locations including minibuses, back of a pickup truck or taxis.
7. Decent pharmacy
8. Kopi Cafe – makes some western style food
9. Indian restaurant that delivers
10. Prince supermarket – all-purpose store, food, alcohol, electronics etc.
11. Hotel Benen – good local restaurant. Hotel Roma across the street also has good rice and beans.
12. Wholesaler who sells water/beer by the crate. Other wholesalers are found on the roads by the bus park and across the street from Barclays bank.
13. New shopping area just being built when I was there last – includes the Korean grocery store, ridiculously crappy rates Forex, possibly a fast food place (think Western Style) and other stores.
14. More used clothes stalls – also along this road is the Marie Stopes medical clinic which is decent.
15. Gulu Independent Hospital – first choice for medical care. They guarantee less than 30 minute wait and are quality.
16. Carwash pork joint – tasty roasted pork on a stick with fried cassava. If you get dysentery that's your fault.
17. Swamp/car washing bay
18. KSP – rooftop Indian dining – may have gotten this a block off – it might be one block closer to the market. You can see it quite easily it has Christmas lights on the roof.
19. Small grocery store
20. Country Bakery – makes salty bread which is bread as we know it.
21. Restaurant whose name I can't remember name involves "Comfort" but serves western style food and has a decent and cheap breakfast. It has silver furniture and lace curtain over the door.
22. The popcorn lady – must I explain this? Hopefully she hasn't raised her prices 200

shillings for a bag is the best 14 cents or so I ever spend.

23. MTN store – cell phones/airtime/modems and internet access. Across the street is UTL another big communications provider. Also on this street are a bunch of stationary stores.
24. Bomah Hotel – serves western style food, shows English Premier League games and Champions League games, has nice gardens to sit in and have a soda. Has a generator and lots of available outlets. Another mono (and rich Ugandans) paradise.
25. Bz – restaurant/bar/club. Western food, pool table, quiz night (maybe), shows EPL games, live music sometimes. Usually a decent night out – was popular with Gulu University students last year. Has also been known as Bambu and a few other things.
26. Kakenyero – hotel that makes decent western food, has a good"ish pharmacy in the bottom.
27. Havana – nightclub. Used to be The Friday night bar now not sure. Last I heard lots of 'working girls'
28. Green Valley – bar that makes me uncomfortable to go to.
29. Diana Gardens – local food buffet lunches that are pretty good but pricey and last Friday of every month "Corporate Night" goes til about 5am.
30. Mosque – there are also a ton of churches in town but too many to note. I know the mosque because I've stayed in this area and it wakes me up.

Guidelines for the Management of Needlestick Injury and Body Fluid Exposure

When working in clinical environments, there exists the possibility for exposure to bloodborne pathogens, particularly in environments where universal precautions and sharps disposal practices may not be followed with the same rigor as in the US. Exposure to blood and other bodily fluids can transmit Hepatitis B, hepatitis C, and HIV, as well as other illnesses such as viral hemorrhagic fevers, including dengue. Transmission of malaria can also occur through needlestick, as can transmission of other parasitic diseases such as trypanosomiasis and visceral leishmaniasis.

Pre-departure advice:

PREVENTION: Obviously, the most important aspect of blood and body fluid exposure is prevention. Students should use gloves and other personal protective equipment if there exists the possibility of contact with a patient's blood. All students should bring with them a box of non-sterile gloves. You are also encouraged to bring some form of eye protection and face masks. If in a malarious area, tablets for malaria prophylaxis and attention to insect precautions can prevent this potentially fatal disease.

VACCINATION: Hepatitis B is highly transmissible through needlestick injuries (about 1 in 3 people exposed will seroconvert) - all students should have completed their hepatitis B vaccination series before leaving for their GHCE. You should be sure you are protected against measles, mumps, rubella, hepatitis A, tetanus, diphtheria, typhoid, and varicella, and polio. Depending on location, yellow fever and/or meningitis may be appropriate as well. Although there are as yet no efficacious vaccines for hepatitis C or HIV, in case of a needlestick it is helpful to know your baseline serostatus for these infections.

POST-EXPOSURE PROPHYLAXIS: You are required to purchase and bring with you two different HIV prophylactic medications. You should bring a 3-5 day supply of medication, which will allow you to get PEP started, then we can work with you to determine whether you should come home to complete treatment versus getting additional treatment and continuing in-country.

In the event of a needle-stick injury with a contaminated needle, or other significant exposure, you would generally begin taking treatment right away, while arranging for the patient to have HIV testing. If the patient is HIV positive, you should then need to complete a full 30 days of medications.

Specific prophylactic regimens should be discussed during your Travel Clinic visit, and you should ask for a prescription during your visit for a 1-5 day supply.

WHAT TO DO IN THE EVENT OF A BODY FLUID EXPOSURE:

- 1) Don't Panic.
The vast majority of exposures result in no harm. For example, the seroconversion rate of an untreated needlestick injury from an HIV positive patient is less than 0.3%, and from a mucosal exposure less than 0.09%. With prompt initiation of antiretroviral medications, this risk is further reduced 85% or more.
- 2) Wash the exposed area.
Remove all soiled clothing. Wash skin and wounds with soap and water. Irrigate wounds copiously with water. Flush eyes or mucous membranes with water or sterile saline.
- 3) Let someone know.
Inform your clinical supervisor that you had an exposure. Contact a medical provider with experience in post-exposure prophylaxis (CDC Post-Exposure Prophylaxis Hotline, Harborview Madison Clinic, Dr. McClelland, etc.)
- 4) Decide if you need to start medications.
This will depend on the severity of the exposure and the HIV status of the patient. If the patient is HIV positive or of unknown status in a high-prevalence area, *antiretroviral medications should be started as soon as possible* in the event of a needlestick injury, or if visibly bloody fluid is splashed into your eyes or mouth. (See the attached CDC algorithm for specifics). Do not wait for the source patient's blood testing to come back before starting meds. If the patient has suspicion for *P. falciparum*, consider taking a presumptive treatment of malaria if you are not on malaria prophylaxis.
- 5) Arrange for testing.
If possible, arrange for HIV testing of the source patient and a malaria smear (if in an endemic area). If serologies for hepatitis B surface antigen and hepatitis C antibody are readily available, send these too. If you do not know your own HIV, hepatitis C, or pregnancy status, these should be checked. It is helpful to get a CBC, chemistry panel, and hepatic panel if you are going to be starting medications. This will allow your physician to have baseline labs in the event you develop side effects from your antiretroviral medications.
- 6) Decide if you need to come home.
If the source patient tests negative for HIV, and you think it unlikely that the patient contracted HIV in the past few months, you can *stop treatment*. If the patient is HIV positive, cannot be tested, or is felt to be at high risk of HIV despite a negative test result, continue treatment. *It is generally recommended to arrange for medical evacuation back home* for proper evaluation and monitoring while on prophylaxis. However, many countries now have doctors and facilities that are expert in treating patients with antiretroviral medications. The decision to stay at your post or return home is a serious one that should be discussed with a qualified medical provider. The GHRC is happy to work with you on ways to deal with academic credit and financial aid issues in the event an

evacuation is needed.

7) Getsupport.

Having a body fluid exposure is often a deeply unsettling experience. It is recommended that you talk it over with someone to help put things in perspective. Most people feel extremely frightened and vulnerable right after an exposure. The CDC's "PEpline" is an excellent resource. This is a national hotline that provides around-the-clock expert guidance in managing healthcare worker exposures to HIV and hepatitis B and C. Callers receive immediate post-exposure prophylaxis recommendations and counseling. The phone number is +1-888-448-4911. You may also call Dr. McClelland at +1-206-473-0392.

8) Preferred HIV PEP Regimen: Raltegravir (Isentress; RAL) 400 mg PO twice daily PLUS Truvada, 1 PO once daily (Tenofovir DF [Viread; TDF] 300 mg emtricitabine [Emtriva; FTC] 200 mg)

Also see [Kuhar et. al. JSTOR 2013; 37:875-93. This paper provides detailed information on the current US CDC guidelines for post-exposure prophylaxis. (Appendix)

