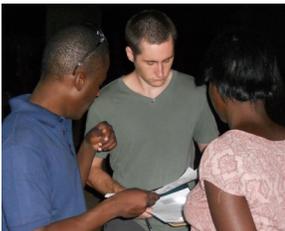


Batey Health Education Stations GUIDE

revised November 2019





**EDUCATION * PREVENTION * PROTECTION
for the health of all**

INTRODUCTION

The primary focus of these activities is health education and promotion, done in collaboration with Fundación Enciende Una Luz (Light A Candle Foundation), a Dominican non-profit organization.



Education is fundamental to improving health. Effective health education enables people to make more informed decisions to protect and improve their lives, even within very limited resources. In surveys, batey residents have identified education as the priority need of their communities. In an attempt to respond to this expressed need, volunteers will have the opportunity to participate side-by-side with the Dominican Light A Candle team to provide nutrition, hygiene, and disease prevention education to children and adults.

The value of the education continues after we depart.

More about the activities

Volunteers will travel by van or school bus into the countryside to the bateys of the sugar cane fields (communities of sugar cane workers and their families, who are often Haitian immigrants or of Haitian descent) where the Light A Candle staff will arrange logistics, interpret as needed and facilitate the health education stations. Volunteers will lend support to these Dominican-led educational activities.



The seven station options for this year are:

Dental Health Station – for school-aged children teenagers, ages 6-18

Blood Pressure Station – for adults

Kids' Play Zone - for children of all ages

First Aid Station - for individuals ages 16 and older

Reading Glasses Station - for adults

Parasite Medication Station - for children (or adults as desired)

Foot Health Station - for adults

DENTAL HEALTH STATION

This module will teach 40 individuals a day (ages 6-18) about the importance of brushing teeth frequently and the correct steps to do this. Participants will receive a fluoride application.



Problem addressed: Children living in the bateys generally do not have access to preventive dental care. Without access to care and preventive education to motivate self-care, their dental health may suffer considerably.

Main message: Brush your teeth 3 times a day and follow the dentist's instructions for doing this correctly. Receive fluoride application every 6 months.

Preparation: preparation of toothbrush/toothpaste kits, packing of fluoride varnish and supplies; review of Station materials.

Staffing: DRA. NIOVE FRANCISCO, 2 LAC STAFF; 2-3 VOLUNTEERS

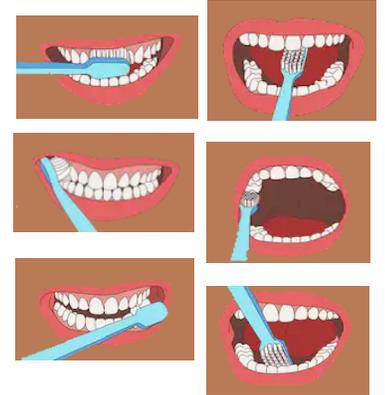
Activities: (*=volunteer activity with Dominican partner)

Gather 5-6 individuals. Session lasts ~20-30 minutes.

Dra. Niove will do a quick oral exam for each participant, while Volunteers/Staff ask the pre-test questions and code their answers according to Data Sheet to assess baseline knowledge. *

She will present educational content about the importance of caring for dental health, including:

- brush your teeth after each meal or at least 3 times a day.
- brush all surfaces of your teeth to clean and protect from dental caries and tooth loss
- Fluoride is a mineral that strengthens and protects our teeth from tooth decay
- attend dental clinics every 6 months for reapplication of fluoride that (along with brushing) will help protect teeth from dental caries



During the talk, Volunteers prepare trays. Each tray should have: 1 pair of gloves, 2 gauze squares, a cup with a little water, mask (if needed) and fluoride varnish.

Volunteers can also prepare 3-4 toothbrush kits for the participants to take home.

The case should also include a card to track fluoride varnish applications - complete the card with the date (example: 23 Nov 2019).

After the talk, Volunteers will apply fluoride varnish to each participant. (See detailed instructions on next page.) *

After fluoride application, ask each participant the post-test questions and code their answers according to Data Sheet to assess knowledge acquired. Mark an X to indicate person received fluoride treatment. *

Give each participant a plastic case and complete name on the card. Remind the participant to return to the dental station in 6 months for a new fluoride application. ("Regrese a la estación dental cada 6 meses para una nueva aplicación") *



VOLUNTEER INSTRUCTIONS FOR FLUORIDE VARNISH APPLICATION

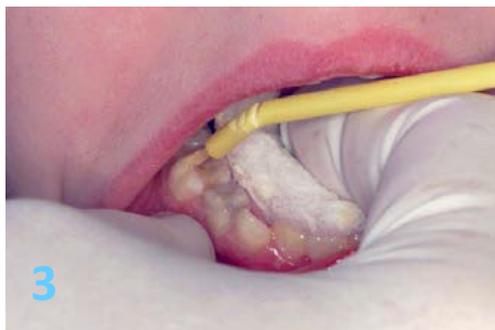
See Video: <https://drive.google.com/file/d/1mgQ4MKzXtq8ECTH5wAG8ezxeK9-4uoL8/view?usp=sharing>

Supplies needed:

- Hand Sanitizer
- Plastic Trays
- Gauze (2x2)
- Fluoride varnish and applicator
- Latex/vinyl gloves
- masks
- small cups
- drinking water
- sand boxes for spitting
- small trash bags

Apply the fluoride varnish:

- Prepare trays: fluoride varnish, gloves, 2 squares of gauze, small cup half filled with water for rinsing, mask (if not already on volunteer)
- Have sand box for spitting nearby
- Keep **trash bag** near to dispose of gauze, gloves, fluoride packaging/brush, cups
- Use **Hand Sanitizer** before and after each application
- Put on **gloves**
- Put on **mask**
- Ask child or teenager to **open their mouth** ("*Abre la boca por favor*")
- Clean the surface of the teeth with **gauze** (PHOTO 1-2)
- Ask child or teenager to rinse and spit into box
- Open the varnish and remove skewer
- Apply a thin layer of the **fluoride varnish** to all surfaces of the teeth, especially on the molars. (PHOTO 3-4)
- Ask child or teenager if they wish to rinse - give drink of water and ask them to spit into box
- Instruct child or teenager not to eat anything for 30 minutes ("*No comas por 30 minutos*")





We are pleased to have **Dra. Niove Francisco** working with us at this station. She practices dentistry in Santo Domingo. In addition, she has worked with the Dominican government in programs of dental care and dental education for the batey residents and also for prison inmates.

She plans to present the following educational content to the children and teenagers of batey communities during our visit:

Tooth brushing: it is the technique we use to clean our teeth.

- It is very important to brush our teeth after each meal or at least 3 times a day.
- It is important to lower the consumption of sweets, and if we eat them it is necessary to brush.
- When we brush our teeth, we keep our health in good condition.

Conditions that result if we do not take care of our mouth:

1. Bad breath: the bad smell that comes from the mouth when we don't brush well.
2. Dental caries: is the loss of minerals from the tooth, causing stains (white, yellow, brown and black) and causing the tooth to break so that it has to be removed early. God gave us two sets of teeth that are for life, if we lose the second set of teeth we will have to buy it.
3. Gingivitis: swelling or inflammation of the gums and frequent bleeding when brushing.
4. Tonsillitis: throat problems
5. Stomach problems
6. Problems in the heart: bacteria that are in the mouth can travel to the heart if we do not take care of the teeth

The right way to brush:

- 1- Brush all teeth from top to bottom and those from bottom to top.
- 2- repeat this several times on all front and back teeth
- 3 - open your mouth and brush your teeth in a circle
- 4 - brush the inside faces of the teeth and molars
- 5- brush your tongue (from the inside out)

Important: The toothbrush cannot be lent to anyone, because we could get some kind of bacteria or diseases through saliva, such as pneumonia, tuberculosis, tooth decay, gingivitis, others. The toothbrush should be changed every three months.

Fluoride: It is a mineral that strengthens our teeth and protects from tooth decay. It helps keep our teeth healthier and stronger.

BATEY: _____

DATE: _____

	NAME (first & last)	Gender	Age	QUESTION 1-Pre Test	QUESTION 2-Pre Test	QUESTION 3-Pre Test	QUESTION 1-Post Test	QUESTION 2-Post Test	QUESTION 3-Post Test	Fluoride Varnish Application
1										
2										
3										
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20										

QUESTION 1: When should you brush your teeth?

CODE: 2= 3 times a day, after each meal, after eating sweets 1=every day, twice a day 0=None.

QUESTION 2: Name 2 steps to remember when brushing correctly.

CODE: 2= brush top surfaces & sides of teeth in back (molars), brush outside & inside of teeth in front, repeat brushing front/back several times, brush in circles, brush tongue, don't lend toothbrush, replace toothbrush every 3 months 1=At least one 0=None.

QUESTION 3: Mention one important reason to return for another fluoride treatment in 6 months.

CODE: 1 (At least one) = to help protect teeth from caries(decay) or tooth loss, to help keep teeth healthier & stronger, to help maintain a nice smile. 0=None.

CODING

GENDER

0 = Male

1 = Female

PRE- AND POST-TEST RESPONSES

Questions 1-3

0 = Incorrect response(s) / Couldn't complete

1 = Identifies 1 correct answer

2 = Identifies 2 correct answers

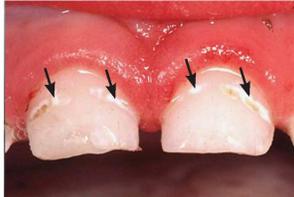
FLUORIDE VARNISH APPLICATION

Put an X to indicate that application was completed. *(LAC will enter in data base for follow up)*

Below is a form Dra. Niove will use to evaluate the dental health of each station participant. This information will be entered in a data base by LAC staff, along with pre- and post-test scores, and dates of fluoride application.

The data will be monitored over time to determine the effectiveness of the education and fluoride treatments in the children and teenagers. It is our hope to launch an ongoing program in dental health as new aspect of the DRMP Child Health Promotion Program in the bateys.

Descubrimientos clínicos Nombre _____ Batey _____ Fecha _____



⚠ Manchas blancas/descalcificaciones

Este niño es de alto riesgo.

Presencia de manchas blancas y descalcificaciones: coloque al niño de inmediato en la categoría de alto riesgo.

2 pts



⚠ Caries evidentes

Este niño es de alto riesgo.

Presencia de caries evidentes: coloque al niño de inmediato en la categoría de alto riesgo.

2 pts



⚠ Presencia de restauraciones (empastes dentales)

Este niño es de alto riesgo.

Presencia de restauraciones (empastes dentales): coloque al niño de inmediato en la categoría de alto riesgo.

2 pts



Acumulación de placa visible

La placa es la sustancia blanda y pegajosa que se acumula en los dientes; está formada por restos de comida y bacterias. Los médicos clínicos de asistencia primaria pueden enseñar a los padres cómo eliminar la placa de los dientes del niño mediante el cepillado y el uso de hilo dental.

1 pt



Gingivitis

La gingivitis es la inflamación de las encías. Los médicos clínicos de asistencia primaria pueden enseñar a los padres buenas técnicas de higiene bucal para reducir la inflamación.

1 pt



Dientes sanos

Los niños con dientes sanos no tienen signos de caries en la primera infancia y ningún otro descubrimiento clínico. También presentan desarrollo y espaciado normales de los dientes y la boca.

0 pt

TOTAL pts

Para obtener más información sobre las actividades de la AAP relacionadas con la salud bucal, envíe un mensaje de correo electrónico a oralhealth@aap.org o visite www.aap.org/oralhealth.

Las recomendaciones que se proporcionan en esta publicación no indican un tipo de tratamiento exclusivo ni actúan como un estándar de asistencia médica. Puede ser apropiado incorporar variaciones teniendo en cuenta las circunstancias individuales. Copyright © 2011 American Academy of Pediatrics. Todos los derechos reservados. American Academy of Pediatrics no revisa ni avala ninguna modificación hecha a este documento, y en ningún caso será responsable por cualquiera de dichos cambios.

Dental Health Station Supplies – PER DAY

Take to Batey each day

- 1 Portable table
- 3 clipboards
- 1 Tent with side panels
- 1 Portable bench
- Visual aids for station
- 40 plastic kits containing a toothbrush, toothpaste, embossed pencil, pencil sharpener, fluoride application card
- Hand Sanitizer
- Plastic Trays (6)
- Gauze (2x2) (80 squares)
- Fluoride varnish and applicator (40)
- Latex/vinyl gloves (50)
- masks (10)
- small cups (40)
- drinking water
- sand boxes for spitting (6)
- small trash bags (6)

- Tote bag
- Plastic accordion folder containing:
 - 5 Data Sheets (Pre/Post test) in English
 - 5 Data Sheets (Pre/Post test) in Spanish
 - 40 Dental Exam forms
 - 3-6 pens
 - Station Guidelines

Supply Preparation per day

- Pack plastic kits - toothbrush, toothpaste, embossed pencil, fluoride application card
- Assemble & refill other supplies listed above (trash bags, gloves, gauze, masks, cups, drinking water, sandboxes with sand, Fluoride, data sheets, exam forms)

BLOOD PRESSURE STATION

This module will evaluate 40 adults for hypertension per day.

Problem addressed: Hypertension is a prevalent chronic disease in the batey population. Uncontrolled hypertension can have serious consequences on the heart, brain, and kidneys that can lead to disability and death.

Station objective: evaluate blood pressure, raise awareness of hypertension consequences, treat hypertension as detected and refer patient for follow up at nearby clinic.

Preparation: some preparation/packing of paper supplies and medication; brief review of Station materials and use of automatic blood pressure machine.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Activities: (* = volunteer activity with Dominican partner)
LAC staff will gather adults who would like a blood pressure check.

Record participant's information in Participation Log for Blood Pressure Station.*

Volunteers will use an automatic blood pressure machine to take adults' blood pressure. A Light A Candle staff member will work with you, but you can indicate for each adult **to be seated** ("*sientese por favor*") and then take their blood pressure with the machine (use right arm if there is no problem doing so due to injury, etc).*

Carefully write the reading on a red hypertension flyer. *

If a person's blood pressure reading has a top number greater or equal to 140 or a lower number greater or equal to 90, then direct this person to the LAC doctor working in the station. *

Doctor will evaluate and give medications according to a well-developed/tested protocol, and give a Clinic Referral Card. Doctor will record patient information on duplicate sheet, and complete patient information on a white blood pressure card that the patient keeps.

If a person's blood pressure reading has a top number less than 140 or a lower number less than 90, then tell this person that their blood pressure is normal ("*es normal*") and give the person the white card and a bag of multivitamins. These patients are then ready to depart the station. *



Blood Pressure Station Supplies – PER DAY

- Tote Bag with these supplies:
 - 2 automatic blood pressure cuffs in tote bag (extra batteries also in bag)
 - 30 bags of vitamins
 - 30 bags of Amlodipine
 - 20 bags of Atenolol

- Plastic Folder with these supplies:
 - 50 little white blood pressure cards (available from LAC staff)
 - 30 Clinic Referral cards
 - 50 red flyers
 - 6 pens
 - DRMP medication protocol
 - Participation Log and "Evaluacion por Doctor"
 - Station Guide
 - Supply Preparation List
 - "How to take Automatic Blood Pressure"

NOTES ON SUPPLY PREPARATION:

Pack vitamins – put label on little plastic bag, fill bag with 30 vitamins – put these in large plastic bag labeled vitamins.

Pack hypertension meds according to instructions given by Light A Candle staff

KIDS PLAY ZONE

This module will allow 40 children to participate in games and activities with volunteers. While adults participate in the other education station, the children are engaged in fun activities.

Preparation: packing supplies

Staffing: 2 LAC STAFF, 2-4 VOLUNTEERS

Operation:

Provide supplies and volunteers for an array of activities for children to engage in.



STATION ACTIVITIES

Drawing/coloring with markers, crayon, or chalk

Games

Music – singing, percussion instruments, recorded music

PLAY ZONE STATION SUPPLIES

- Rolls or sheets of paper
- Coloring sheets with health messages
- Crayons, chalk, markers
- Jump ropes
- Bats/balls
- Frisbees
- Bubbles
- Hacky sacks
- Boom box
- Percussion instruments

FIRST AID STATION

This module will teach 40 individuals (ages 16-adult) about basic first aid for wounds and burns.

Problem addressed: Wounds and burns occur frequently in batey communities. Open fires are used to cook food and there are other safety hazards. Supplies for wound care are often not available. Wounds and burns can result in serious infection if not cared for properly.

Main message: Keep wounds and burns clean while healing. Monitor for signs of infections. Recognize certain signs that indicate when a wound or burn is more serious, infected, and needs medical attention.

Preparation: preparation of first aid kits; brief review of First Aid Station materials.

Staffing: 2 LAC STAFF; 2 VOLUNTEERS

Activities: (*=volunteer activity with Dominican partner)

Gather 5-6 individuals. Session lasts ~20-30 minutes.

Ask each person the pre-test questions and code their answers according to Data Sheet to assess baseline knowledge. *

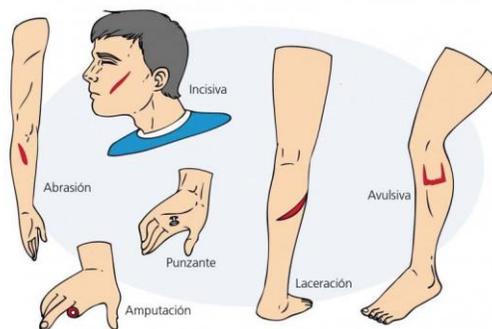
Discuss the elements of basic first aid for wounds and burns, including:

- recognize different types of wounds and burns
- steps for cleaning and caring for wounds and burns
- supplies that are helpful for cleaning and caring for these injuries
- recognize signs of serious injury, infection, and when medical attention is needed

Ask questions and clarify to ensure good understanding by station participants.

Give each person a First Aid Kit.

Ask each person the post-test questions/activity question. Code their answers according to Data Sheet to assess knowledge acquired. *



BATEY: _____

DATE: _____

	NAME	Gender	Age	QUESTION 1-Pre Test	QUESTION 2-Pre Test	QUESTION 3-Pre Test	QUESTION 1-Post Test	QUESTION 2-Post Test	QUESTION 3-Post Test	Activity
1										
2										
3										
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QUESTION 1: Any wound large or small can become infected?
CODE: 1=Yes 0=No.

QUESTION 2: What should you use to wash or disinfect wounds?
CODE: 2= Water, soap, alcohol 1=At least one 0=None of these

QUESTION 3: When a wound is infected, how does this present?
CODE: 2= Fever, pain, pus, swelling, bad odor. 1=At least one. 0=None of these

Activity: Identify 3 supplies of their kit
CODE: 2= Gauze, tape, bandaids, soap, ointment, alcohol 1=At least one. 0=None of these.

CODING

GENDER

0 = Male

1 = Female

PRE- AND POST-TEST RESPONSES

Questions 1-3

0 = Incorrect response(s) / Couldn't complete

1 = Identifies 1 correct answer

2 = Identifies 2 correct answers

First Aid Station Supplies – PER DAY

Take to Batey each day

- 1 Portable table
- 3 clipboards
- 1 Tent with side panels
- 1 Portable bench
- 5 Laminated posters/visual aids for station

- 40 ziploc bags packed with first aid supplies

- Tote bag
- Plastic accordion folder containing:
 - 5 Data Sheets (Pre/Post test) in English
 - 5 Data Sheets (Pre/Post test) in Spanish
 - 3-6 pens
 - Station Guidelines

Supply Preparation per day

Create 40 First Aid kits by adding the following contents to a sandwich ziploc bag

- Band-aids (specified quantity)
- Antibiotic Ointment (specified quantity)
- Gauze Pads (specified quantity)
- Roll of Tape (specified quantity)
- Bar of Soap (specified quantity)
- Alcohol Wipes (specified quantity)
- Other (specified quantity)

READING GLASSES STATION

This module will test "near" vision for ~ 40 adults and provide reading glasses as needed.

Problem addressed: Older adults living in the bateys have a variety of vision issues, and have little access to vision care and reading glasses.

Main message: People with poor reading vision will be tested and given reading glasses to improve near vision.

Preparation: Organization of reading glass supply, packing of supplies and brief review of the station guide.

Staffing: 1-2 LAC STAFF; 2 VOLUNTEERS

Activities: (*=volunteer activity with Dominican partner)

As individuals arrive to the station, record their information in the Participation Log.*

Test each person's vision with a reading card.

Locate the strength of glasses matching their vision needs and give out these glasses.*

Document strength of glasses in Participation Log.*



Reading Glasses Station Supplies – PER DAY

Take to Batey each day

- 1 Portable table
- 1 clipboard
- 1 Tent with side panels
- 1 Portable bench
- Reading Glasses Participation Log
- Pens
- Reading Glasses in various strengths
- Card for testing reading vision

Supply Preparation per day

- Check reading glasses supplies and pack other supplies.

PARASITE MEDICATION STATION

This module will treat 40 children (or more) for intestinal parasites.

Problem addressed: Children in these communities often are infected with intestinal parasites, largely due to lack of running water and hygienic conditions. Intestinal parasites can rob the child of important nutrition (especially protein) that is needed for healthy growth and brain development.

Main message: Take a small dose of medication to be healthier and feel better. And remember to wash your hands at critical times also.

Preparation: preparation of supplies; brief review of Parasite Medication materials.

Staffing: 2 LAC STAFF; 2-3 VOLUNTEERS

Activities: (*=volunteer activity with Dominican partner)

Medication Dosages:

9-12 months: 1 teaspoon or 5 cc

1-3 yrs: 2 teaspoons or 10 cc

4-7 yrs: 3 teaspoons or 15 cc

8-12 yrs: 5 teaspoons or 25 cc

>13 yrs: 7 teaspoons or 35 cc

Pouring the 5 dosages, make a grid of little cups.*

Invite the children to come to the station.*

One person checks the ages & picks the appropriate dosage from the grid.*

The cups are rinsed in bleach water after each use.*

Another person refills the empties with the right amount and sets them back in the grid.*

Another person marks each child's hand with a sharpie (so that it is clear who has already received their medication) and gives the child a sticker after they receive their medication.*

Remind the older children to wash their hands before eating or putting their hands in their mouth.



Parasite Medication Supplies – PER DAY

Take to Batey each day

- 1 Portable table
- 1 Tent
- 1 Portable bench
- Trash bag
- 4 sharpies
- Stickers for 40-60 children
- 2- one gallon bottles of piperazine
- Little medicine cups to measure dosage
- Laminated dosage sign
- Wash pan
- Purified water & bleach -- add 1 tablespoon (or 15 cc) of bleach to one gallon of water
- Paper towels

FOOT HEALTH STATION



This module will provide 40 adults a day with foot care information and supplies for foot care self-management, as well as a therapeutic foot massage.

Problem addressed: In a previous assessment of batey residents' foot health, a high rate of minor foot problems (calluses, dry skin, thick nails) was observed. Attention to foot health can prevent more serious problems (skin breakdown, infection, pain, and mobility impairments), optimize foot function, and contribute to quality of life.:

Main message: Simple care for your feet can help prevent more serious foot problems and impaired mobility. Use the pumice stone for calluses, the emery board for thickened nails, and lotion for dry skin.

Preparation: preparation of foot health kits (pumice stone, emery boards, lotion), packing of foot massage supplies, packing of laptop to show video (*re-charge each day*), review of Station materials.

Staffing: 2 LAC STAFF; 2-3 VOLUNTEERS

Activities: (*=volunteer activity with Dominican partner)

Gather 5-6 individuals. Session lasts ~20-30 minutes.

Record each participant's information in the Participation Log for Foot Health

Invite each participant to be seated and remove their footwear.*

Use hand sanitizer and put on gloves before gently inspecting their feet for any wounds or breaks in the skin. If open skin areas are noted, refer to an LAC doctor.

If no open skin areas, gently cleanse the foot with moist wipe. Start the video which will depict use of the foot care supplies. Direct participant's attention to the images.

Do a 3-4 minute foot massage for each participant (for the duration of the video). See next page for more foot massage information.

Provide foot care kit at the conclusion of the foot massage.*



VOLUNTEER INSTRUCTIONS FOR FOOT MASSAGE

Supplies needed:

- Hand Sanitizer
- Latex/vinyl gloves
- Hypoallergenic moist wipes - paper towels
- Hypoallergenic lotion
- small trash bag(s)



Foot Massage:

- Keep **trash bag** nearby to dispose of gloves, wipes
- Use **Hand Sanitizer** before and after each massage
- Put on **gloves**
- **Inspect** foot for breaks in the skin or wounds. **Consult LAC doctor** as needed.
- **See video** for foot massage techniques:

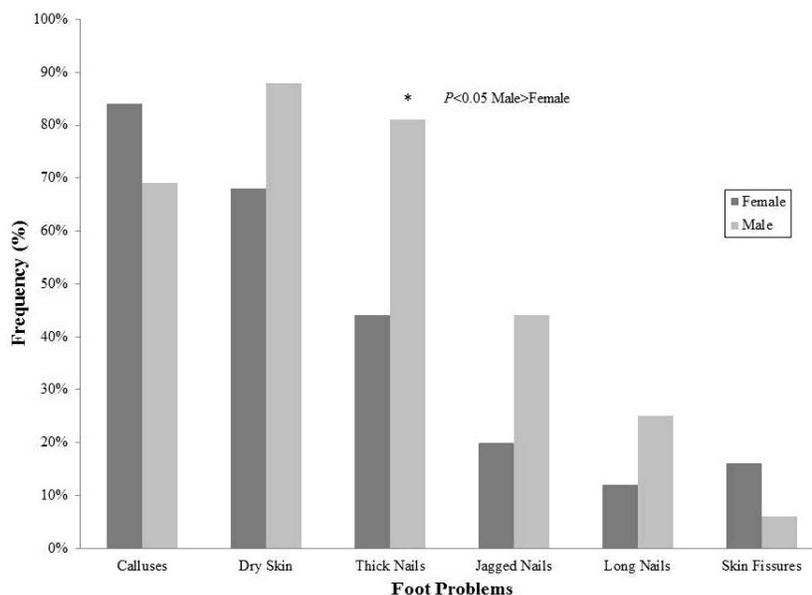
<https://www.webmd.com/pain-management/video/video-how-to-foot-massage>

Foot Health in a Dominican Batey

by Jennifer O'Connor MS, RN, CFCN, CNE, PhD Candidate

Abstract: Foot problems can adversely impact foot function and quality of life. Foot problems are often overlooked, particularly in populations with limited healthcare access. Little is known about foot health of adults living in bateyes (i.e. rural sugarcane villages) in the Dominican Republic. This exploratory, descriptive study assessed foot health in a convenience sample of adults attending a mobile hypertension clinic serving a rural batey. Foot health was assessed using the Foot Problems Checklist. Study participants were 25 females and 16 males, age 18-90 years. All study participants had at least one foot health problem. The most common foot problems were: calluses (78%), dry skin (76%), thick nails (59%), jagged nails (29%), long/overgrown nails (17%) and skin fissures (12%). The foot problems noted could become debilitating, but are amenable to self-management with appropriate knowledge, skills and supplies. Development and testing of foot care self-management interventions deliverable via mobile clinic are needed.

Frequency of Foot Problems in Dominican Batey Residents by Gender



Foot Health Station Supplies – PER DAY

Take to Batey each day

- 1 Portable table
- 1 laptop loaded with video (*re-charged each day*)
- 1 Tent with side panels
- 1 Portable bench
- 2-3 small trash bag(s) to collect trash

- 40 kits containing a pumice stone, 3-4 emery boards, small bottle hypoallergenic lotion
- Vinyl gloves
- Hypoallergenic moist wipes
- Hypoallergenic lotion
- 2 Bottles Hand Sanitizer
- Paper towels
- Participation Log - pen
- Tote bag

Supply Preparation per day

- Pack foot health kits - pumice stone, 3-4 emery boards, small bottle hypoallergenic lotion
- Assemble & refill other supplies listed above (trash bags, gloves, wipes, paper towels, laptop with video - re-charged each day)

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