Appendix 1 Useful resources

This list provides information about relevant low cost and free publications, and sources of supplies, equipment and information. It is organised in the following sections:

i. Books and manuals
ii. Free materials and guidelines
iii. Sources of low cost supplies, equipment and pharmaceuticals
iv. Sources of publications, and resource and information centres

i. Books and manuals

The following books and manuals are listed in subject categories, for example, Essential drugs, Waste disposal. For each publication we have included the title, author(s), date of publication, publisher, a brief description of the content, and the main source(s). Contact details for the source organisations are included in sections iii and iv. Readers should note that most of the books and manuals listed are available at low cost from ECHO and TALC. In some countries it may also be possible to obtain these publications from local bookstores, as publishers and distributors increase efforts to ensure wider availability. Readers should check published prices with the supplier, since prices often depend on order size, discounts available and distribution method.

Care and maintenance

Care and safe use of hospital equipment, Skeet M and Fear M, 1995, VSO.
Provides practical advice for hospital staff about proper management of equipment, including guidelines on preventive maintenance and service, simple user instructions, checklists for correct and safe use of equipment and basic technical information for training of first-line maintenance staff.
Available from: ECHO, TALC.

How to look after a refrigerator, Elford J, 1992, Healthlink (formerly AHRTAG).
Provides practical guidelines for care and maintenance of a range of kerosene, gas, electric and solar refrigerators.
Available from: Healthlink.

Community health

Designed to be a practical decision-making tool for project managers, the handbook covers planning, implementing and monitoring treated net projects, illustrated with examples from more than 30 projects in 16 countries.
Available from: Malaria Consortium.

A practical manual for health practitioners providing contraceptive services and advice. It includes information about contraceptive methods such as advantages and disadvantages, and guidance for setting up and running a family planning clinic.
Available from: ECHO, TALC.

Health workers’ manual on family planning options, Western Pacific Education in Action Series No.7, 1998, WHO.
Provides an overview of each of the available contraceptive methods, including how they work, advantages, disadvantages and contraindications.
Available from: WHO.

A guide for health workers giving immunisations. Explains about vaccinations and provides practical information on how to carry out immunisation, look after vaccines and on methods of sterilisation and boiling.
Available from: ECHO, TALC, WHO.
Setting up community health programmes: a practical manual for use in developing countries,
Lankester T, 2000, Macmillian.

Where there is no doctor, Werner D, 1993, Macmillan.
Highly practical health care manual providing easy to understand information on how to diagnose, treat and prevent common diseases. Available from: ECHO, TALC.

Practical manual to help healthworkers identify, treat and prevent many of the common health problems that affect women. Also a useful guide for any women who wants to understand and improve her own health. Covers sexual health, major diseases, pregnancy and childbirth, nutrition, disabilities, injuries and mental health. Available from: ECHO, TALC.

Essential drugs
Includes 8 training modules which explain the steps in estimating drug requirements. Available from: WHO.

Provides guidance on rational prescribing of a wide range of common drugs used in developing countries, giving details of dosage, administration, contraindications and side effects, and supplemented by information on comparative treatment costs. Available from: AMREF, ECHO, TALC.

Provides a complete overview and step-by-step advice on how to manage pharmaceutical systems effectively and make the best use of limited resources. An invaluable source of information for reference and practice for decision makers and staff responsible for procurement, management, supply and rational use of drugs in health systems. Available from: Management Sciences for Health.

Laboratory
Covers selection and procurement of laboratory equipment and supplies, parasitological tests, clinical tests and training of personnel. Aimed at those responsible for organisation and management of district laboratory services, but can also be adapted for use by health centres. Available from: ECHO, TALC, THT.

District laboratory practice in tropical countries (Part 2), Cheesbrough M, 2000, Tropical Health Technology.
Covers microbiological, haematological and blood transfusion techniques required at district level. Available from: ECHO, THT.

Practical laboratory manual providing information necessary to establish, select and use laboratory tests for patient management. Also includes material on implementation of safe working practices, reporting and recording test results, keeping an inventory of supplies and equipment, ordering supplies and maintaining equipment. Available from: AMREF.

Selection of basic laboratory equipment for laboratories with limited resources, Johns W and El-Nageh M, 2000, WHO.
Provides a framework to help laboratory workers choose and buy laboratory equipment and consumables, including information about energy requirements for laboratory equipment, and buyer’s guides. Available from: ECHO, WHO.
Making equipment and teaching materials

Practical information on antenatal care, labour, birth and post-partum care, which also includes a section on making teaching materials and low-cost equipment.
Available from: ECHO, TALC.

How to make and use visual aids, Harford N and Baird N, 1997, VSO.
Describes a number of useful and practical methods for making visual aids quickly and easily, using low cost materials.
Available from: ECHO, TALC

Contains illustrated step-by-step instructions for making items such as folding beds, screens, drip stands, wheelchairs and aids for the disabled.
Available from: Intermediate Technology Publications.

Management

How to manage a health centre store, Battersby A, 1994, Healthlink (formerly AHRTAG).
Describes in detail the structure and organisation of a store or dispensary, methods of arranging stocks, stock control, basic dispensing.
Available from: Healthlink.

Medical administration for frontline doctors, Pearson C, 1990, FSG.
Provides information for doctors who combine wide clinical responsibilities with administration and support for primary health care services. Covers a wide range of topics including records, hospital supplies, technical maintenance, support service and outreach programmes.
Available from: ECHO, TALC.

Practical manual that serves both as a training and reference guide, covering all aspects of primary health care management including equipment and drugs.
Available from: ECHO, WHO.

Waste disposal

How are we managing our healthcare wastes? Coad A and Christen J, 1999, SKAT.
Looks at management of health care waste in low-income and middle-income countries using case studies from 6 cities in Africa, Asia and Middle East. Consists of a series of questions with comments to guide health care waste management.
Available from: Intermediate Technology Publications.

A guide to the safe handling, treatment and disposal of health care waste, particularly in hospitals in developing country settings, but also relevant to health centres.
Available from: ECHO, WHO.
ii. Free materials and guidelines

**Essential drugs**

Discusses the need for good donation practices, includes core principles and practical guidelines for drug donations, covering issues including selection, quality and expiry dates. Suitable for adaptation and use by donors and recipients at all levels.

*Available from:* Department of Essential Drugs and Medicines, WHO, and online at [www.who.int/medicines/](http://www.who.int/medicines/) and [www.drugdonations.org](http://www.drugdonations.org)

*Practical pharmacy pack*
Discontinued quarterly practical pharmacy newsletters (issues 1-15) gathered into a set. Promotes the safe and rational use of drugs by providing appropriate information designed to increase understanding of drug management and supply and to improve practice. For health workers who have no specific training in this area of work, but whose job involves the supply and management of drugs. The pack covers topics such as selection, storage and dispensing of drugs, and handling drug donations.

*Available from:* ECHO.

**Equipment**

A practical guide for those accepting and making equipment donations, it is also useful for those planning to buy equipment.

*Available from:* WCC and ECHO and online at [www.echohealth.org.uk](http://www.echohealth.org.uk)

*Product information sheets (PIS)*, WHO.
These describe equipment used for immunisation programmes including refrigerators, cold boxes, vaccine carriers, syringes and needles, thermometers and sterilisers, and provide advice on how to choose the right equipment.

*Available from:* Department of Vaccines and Biologicals, WHO, and online at [www.who.int/vaccines-documents/](http://www.who.int/vaccines-documents/)

iii. Sources of low-cost supplies, equipment and pharmaceuticals

**Medical supplies, equipment and pharmaceuticals**

**Action Medeor**
St Toniser Strasse 2, 47918 Tonsivorst, Germany
Tel: (+49 21) 56 97880 Fax: (+49 21) 56 80632 e-mail: info@medeor.org www.medeor.org
Registered non-profit medical aid organisation specialising in supply of quality assured and affordable pharmaceuticals and medical supplies to the public health sector, NGOs and mission hospitals in developing countries and countries in transition.

**ECHO International Health Services Ltd**
Ullswater Crescent, Coulsdon, Surrey CR5 2HR, UK
Tel: (+44 20) 8660 2220 Fax: (+44 20) 8668 0751 e-mail: cs@echohealth.org.uk www.echohealth.org.uk
Registered non-profit charity specialising in the supply of quality assured and affordable pharmaceuticals, medical supplies, equipment (new and reconditioned), teaching aids and books to the public and non-profit health sector in developing countries and countries in transition. Also provides advice and training, publishes practical information on medical supplies and equipment, and distributes TALC products and some WHO publications.

**IDA Foundation (International Dispensary Association)**
PO Box 37098, 1030 AB Amsterdam, The Netherlands
Tel: (+31 20) 4033051 Fax: (+31 20) 40301854 e-mail: info@ida.nl www.ida.nl
A non-profit organisation supplying quality assured and affordable medicines and medical supplies to the public and non-profit health sector in developing countries and countries in transition.
JMS (Joint Medical Store)  
PO Box 4501, Kampala, Uganda  
Tel: (+256 41) 269699 or 268482  Fax: (+256 41) 267298  e-mail: sales.jms@imul.com  
Not-for-profit mission medical store supplying pharmaceuticals, medical supplies and equipment, with a technical department to deal with maintenance issues and capital equipment. Supplies the public and non-profit health sector in Uganda, East Africa and Great Lakes region.

MEDS (Mission for Essential Drugs and Supplies)  
PO Box 14059, Nairobi, Kenya  
Tel: (+254 2) 544244/5  Fax: (+254 2) 545062 or 540993  e-mail: sahibu@africaonline.co.ke  
Not-for-profit mission medical store supplying pharmaceuticals, medical supplies and equipment to mission organisations and not for profit organisations in East Africa and Great Lakes region.

Incinerators for medical waste  
MSC Envirohealth Products  
25 Reedbuck Crescent, Corporate Park, PO Box 506 15 Randjesfontein, Midrand 683, South Africa  
Tel: (+27 11) 314 7540  Fax: (+27 11) 314 7535  e-mail: scaine@mweb.co.za  
Contact for further information about the Medcin 400 Gas Incinerator, a pre-assembled incinerator designed for rural and small-scale health care waste management.

The Innovative Technology Group  
The Innovative Technology Centre, 26 Oaks Road, Great Glen, Leicester LE8 9EG, UK  
e-mail: djp@picken98.co.uk or djpicken@iee.org.uk  
Contact for further information on DMU incinerators and copies of the drawings and instruction plans for building, operation and maintenance. A range of DMU incinerators has been developed for use by rural PHC facilities, designed to be constructed on site using local materials. There may be small charge to cover the cost of printing and postage of the plans. Plans are also available from ECHO (hard copies and electronic copies) and at www.echohealth.org.uk

iv. Sources of publications, and resource and information centres  
AMREF (African Medical Research Foundation)  
Headquarters, PO Box 30125, Nairobi, Kenya  
Tel: (+254 2) 501301/2/3  Fax: (+254 2) 609518  e-mail: amref.info@amref.org  www.amref.org  
Publishes practical books, journals and other literature, and provides advice on PHC. Runs training courses and seminars.

FAKT (Association of Appropriate Technology)  
Gansheidestrasse 43, D-70184 Stuttgart, Germany  
Tel: (+49 711) 21095/0  Fax: (+49 711) 21095/55  e-mail: fakt@fakt-consult.de  www.fakt-consult.de  
Non-profit consultancy firm, that provides information on appropriate hospital and medical equipment and training in healthcare technologies. FAKT is not a supply organisation.

Healthlink Worldwide (formerly AHRTAG)  
Cityside, 40 Adler Street, London E1 1EE, UK  
Tel: (+44 20) 7539 1570  Fax: (+44 20) 7539 1580  e-mail: info@healthlink.org.uk  www.healthlink.org.uk  
Publishes a range of free and low-cost newsletters, resource lists, briefing papers and manuals about health and disability. Publications include Free International Newsletters list of over 130 print and electronic health-related newsletters and magazines which are available free to readers in developing countries, and HIV testing: a practical approach briefing paper on HIV counselling and laboratory testing.
Intermediate Technology (IT) Publications
103-105 Southampton Row, London WC1B 4HH, UK
Tel: (+44 20) 7436 9761  Fax: (+44 20) 7436 2013  e-mail: adwoab@itpubs.org.uk  www.itdgpublishing.org.uk
Publishes books and journals covering aspects of health, development and appropriate technology.

International Centre for Eye Health (ICEH)
International Resource Centre, Institute of Ophthalmology, University College London,
11-43 Bath Street, London EC1V 9EL, UK
Tel: (+44 20) 7608 69 23/10/06  Fax: (+44 20) 7250 3207  e-mail: eyeresource@ucl.ac.uk  www.ucl.ac.uk/ioo
Advises and publishes information on all aspects of eye care including prevention of blindness. Produces Community Eye Health journal distributed free to developing countries, an annual standard list of medicines, equipment, instruments and optical supplies for eye care for developing countries, and teaching slides/text sets and videos.

Malaria Consortium
London School of Hygiene and Tropical Medicine, Keppel Street, London WC1E 7HT, UK
Tel: (+44 20) 7927 2439  Fax: (+44 20) 7580 9075  e-mail: s.meek@lshtm.ac.uk  www.lshtm.ac.uk/itd/dcvbu/malcon/Malcon.htm
Provides technical assistance and advice on all aspects of malaria control. Publishes technical, research and practical information.

Management Sciences for Health
165 Allandale Road, Boston MA 02130, USA
Tel: (+1 617) 524 7799  Fax: (+1 617) 524 2825  e-mail: bookstore@msh.org  www.msh.org/publications
Publishes and distributes practical, experience based books and tools in multiple languages for health and development professionals, managers and policy makers.

TALC (Teaching Aids at Low Cost)
PO Box 49, St Albans, Herts AL1 5TX, UK
Tel: (+44 1727) 853869  Fax: (+44 1727) 846852  e-mail: talc@talcuk.org  www.talcuk.org
UK registered non-profit charity specialising in supplying affordable books, slides and teaching aids on health and community issues in developing countries, with a particular focus on materials for PHC and district levels. TALC products are also available through ECHO.

Tropical Health Technology (THT)
14 Bevills Close, Doddington, March, Cambridgeshire PE15 OTT, UK
Tel: (+44 1354) 740825  Fax: (+44 1354) 740013  e-mail: thtbooks@tht.ndirect.co.uk  www.tht.ndirect.co.uk
Primary focus is laboratory services, information and technology. Specialises in supply of laboratory equipment, books, bench aids, slide sets and microscopes.

World Council of Churches (WCC)
PO Box 2100, 1211 Geneva, Switzerland
Tel: (+41 22) 791 6111  Fax: (+41 22) 791 0361  e-mail: info@wcc-coe.org  www.coe.org
International fellowship of churches that produces publications and newsletters. Recent publications include Guidelines on Medical Equipment.

WHO (World Health Organisation)
Distribution and Sales Office, 20 Avenue Appia, CH-1211 Geneva 27, Switzerland
Tel: (41 22) 791 2476 or 2477  Fax: (41 22) 791 4857  e-mail: publications@who.ch  www.who.int/
WHO produces and distributes books, manuals, journals, practical guidelines and technical documents. Publications are also available from WHO regional offices. Contact your regional or field office for advice on all aspects of health care and WHO materials. WHO regional offices in Africa are:

EMRO (Eastern Mediterranean Regional Office)
Abdul Razzaq Al Sanhouri Street, PO Box 7608, Nasr City, Cairo 11371, Egypt
Tel: (+20 2) 670 2535  Fax: (+20 2) 670 2492/94  e-mail: Postmaster@emro.who.int  www.who.sci.eg
AFRO (Regional Office for Africa)
(Temporary office) Parientatwa Hospital, Mazoe Street, PO Box BE 773, Harare, Zimbabwe
Tel: (+263 4) 703 580 or 684  Fax: (+263 4) 700742  e-mail: regafro@whoafr.org  www.whoafr.org

UNICEF (United Nations Children's Fund)
UNICEF House, 3 UN Plaza, New York 10017, USA
Tel: (+1 212) 326 7000  Fax: (+1 212) 887 7465 or 7454  e-mail: jando@unicef.org  www.unicef.org
Provides a wide range of resource materials, journals, books and videos, games and posters. Contact your regional or field office for advice on all aspects of child health care and UNICEF materials. UNICEF regional offices in Africa:

Eastern and Southern Africa Regional Office (ESARO)
PO Box 44145 (UN Gigiri Compound), Nairobi, Kenya
Tel: (+ 254 2) 621 234  Fax: (+ 254 2) 622 678  e-mail: nairobiro@unicef.org

West and Central Africa
Boite Postale 443, Abidjan 04, Cote d'Ivoire
Tel: (+ 225) 20 213 131  Fax: (+225) 20 227 607  e-mail: nyhq@unicef.org

UNFPA (United Nations Population Fund)
220 East 42nd Street, New York, NY 10017, USA
Tel: (+1 212) 297 5211  Fax: (+1 212) 297 4915  e-mail: africainfo@unfpa.org  www.unfpa.org/index.htm
Provides assistance for reproductive health care services, procurement and distribution of contraceptives, training of health care providers, information and publications. For information about programmes and activities contact UNFPA representatives or field office.

UNAIDS
20 Avenue Appia, CH-1211 Geneva 27, Switzerland
Tel: (+41 22) 791 3666  Fax: (+41 22) 791 4187  e-mail: unaids@unaid.org  www.unaids.org
UNAIDS, the joint UN programme on HIV/AIDS, publishes an extensive range of materials, including practical and technical guidelines. For information about programmes and activities and materials, contact country-based staff.