

# Where There Is No Doctor a village health care handbook

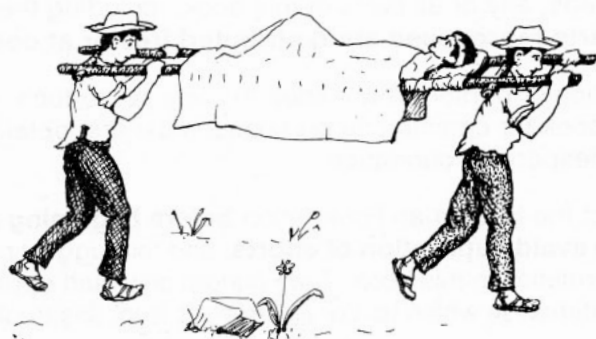
~ revised edition ~

by

David Werner

with

Carol Thuman and Jane Maxwell



with drawings by David Werner

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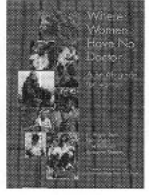
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**THIS REVISED EDITION CAN BE IMPROVED WITH YOUR HELP.**  
**If you are a village health worker, doctor, mother, or anyone with ideas or suggestions for ways this book could be changed to better meet the needs of your people, please write to the Hesperian Foundation at the above address. Thank you for your help.**

## OTHER BOOKS FROM THE HESPERIAN FOUNDATION

**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, is written for midwives, traditional birth attendants, community health workers and anyone concerned about the health of pregnant women and their babies. The book is an invaluable tool for midwives facilitating education and training sessions as well as an essential reference for practice. The author emphasizes helping pregnant women stay healthy; giving good care and dealing with complications during labor, childbirth and after birth; family planning; breastfeeding; and homemade, low-cost equipment. 528 pages.



**Where There Is No Dentist**, by Murray Dickson, shows people how to care for their own teeth and gums, and how to prevent tooth and gum problems. Emphasis is placed on sharing this knowledge in the home, community, and school. The author also gives detailed and well-illustrated information on using dental equipment, placing fillings, taking out teeth, and suggests ways to teach dental hygiene and nutrition. 208 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 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, flannelboards, 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.



**Helping Children Who Are Blind**, by Sandy Niemann 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.



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# Where There Is No Doctor

is more than a book on first aid. It covers a wide range of things that affect the health of the villager — from diarrhea to tuberculosis, from helpful and harmful home remedies to the cautious use of certain modern medicines. Special importance is placed on cleanliness, a healthy diet, and vaccinations. The book also covers in detail both childbirth and family planning. Not only does it help readers realize what they can do for themselves, but it helps them recognize which problems need the attention of an experienced health worker. This new revised edition includes information about some additional health problems — AIDS, dengue, complications from abortion, drug addiction, among many others — and updated advice on topics covered in the first edition.



THIS BOOK IS FOR . . .

THE VILLAGER who lives far from medical centers. It explains in simple words and drawings what he can do to prevent, recognize, and treat many common sicknesses.

THE VILLAGE STOREKEEPER OR PHARMACIST

who sells medicines and health-care supplies. The book explains which medicines are most useful for specific sicknesses and warns against ones that are useless or dangerous. Risks and precautions are carefully explained. Guidelines are given for the sensible use of both traditional and modern medicines.



THE TEACHER in a rural school. The book will help him give practical advice and care to the sick and injured. It also gives guidelines for teaching children and adults in his community about the problems of health, cleanliness, and nutrition.

THE VILLAGE HEALTH WORKER, or anyone who is concerned about the health and well-being of those in her community. An introductory section for the village health worker discusses ways to determine needs, share knowledge, and involve the community in activities that can better people's health.

MOTHERS AND MIDWIVES will find useful the clear, easy-to-understand information for home birth, care of the mother, and child health.



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