

# HERBALISTA FREE CLINIC

## The HERB BUS SERVICE MANUAL

PROVIDING EARTH-BASED CARE  
TO UNDERSERVED COMMUNITIES

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# \*\*\*WELCOME to The HERB BUS\*\*\*

Earth-based care for underserved communities.

Building community through herbalism, this traveling botanical medicine clinic provides both basic first aid and long-term earth-based therapy in a collaborative setting. This driver of this bus, Herbalista Lorna, was raised “Americana” and practices a blend of Western Herbalism, Chinese 5 Phase, Ayurved, southern folk, and basic common/kitchen sense in this clinical setting.

The **Herbalista Free Clinic**, travelling by **Herb Bus**, provides clinical care, a spot of tea, and is a moving classroom of sorts, bringing herbal education to both patients and the volunteers who crew the station.

**The Bus Service Manual** is a glimpse into how this clinic is currently organized, and a simple attempt at providing some sense of stability amidst the illness and pain of clinical work and the unpredictable nature of being a transient provider. This project is the result of community efforts and vision. Thanks to everyone who has supported us herbally, inspirationally, creatively, organizationally, economically, and all the rest!

VIVA LA HERB BUS!

*Herbalista Lorna*

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## \*\*\* BUS CREW \*\*\*

**Station Host / TeaMaster**  
**Lead HerbMedic(s)**  
**Apotheker**  
**Apprentice HerbMedic(s)**

### **Station Host / TeaMaster**

"Holds it down." Responsible as clinic & station liason (power, restroom facility, etc) as well as prioritizing the comfort of patients and crew. Spread the health with tea and peace.

### **Lead HerbMedic(s)**

"Sets the tone." Encourages good practice. Leads by example.

### **Apotheker**

Opens and closes apotheke. Fills scripts and dispenses herbal remedies. Labeling & inventory maintenance.

### **Apprentice Herb Medic(s)**

In training. Assist with set-up and break down of clinic. Observes and assists leads. Basic first aid training focused.

## \*\*\* BUS SCHEDULE \*\*\*

<b>1:00</b>	DOCKING
<b>1:15</b>	STATION SET-UP & BREW
<b>1:45</b>	LIST REVIEW & TEA SERVICE
<b>2:00 – 5:00</b>	CLINIC
<b>5:00 – 5:30</b>	BREAK DOWN

# \*\*\*STATION SET-UP\*\*\*

## **DOCK**

Pitch Side Tents & Tarps / Weather considerations/ Lightage

## **POWER EQUIPMENT**

chordage & strip / Percolator, Kettle, Grinder

## **CLINIC MAIN (tented)**

Table and 3 Chairs  
Reference Materials  
Intake Clipboard  
Gloves / Hand Sanitizer, etc...

## **APOTHEKE (in Van)**

Arranged by Apotheker  
See attached supplies list

## **WAITING ROOM (tented)**

Seats  
Teaching Materials  
Blankets  
Signage

## **TEA STATION**

Percolator, seasonal tea blend, cups

## **WASH STATION**

Hand Sanitizer / Iodine Based Hand Scrub  
Foot Siphon Pump Hand Wash Station  
Ethanol Spritz  
Paper Towels / Hand Towel  
Dish towel  
Rack  
Trash bag

## **RESOURCE LIBRARY**

A-Z Guide to Drug-Herb-Vitamin Interactions  
Herb Drug Interactions Brinker  
Crib Sheets (Quick Lists- Contras/Preggers/BF/Interactions/etc...)  
Merk Manual  
SWSBM Indications / Materia Medica Manuals

Detailed Supplies Checklist page 11

# \*\*\* SAFETY & SANITATION \*\*\*

## **CONSIDER THE PATIENT AND PRACTITIONER**

### **STANDARD GLOVE PRACTICE**

Change gloves between every patient.

Do not touch "clean" supplies with dirty gloves. Either change gloves before handling supplies or touching common surfaces, ask someone with clean hands to assist, or remove gloves and wash hands.

### **SAFE REMOVAL OF CONTAMINATED GLOVE**

- Hook one glove against your palm and catch it on your finger from the outside.
- As you pull you are turning the inside of the glove outwards.
- Pull the fold until the glove is almost off.
- To avoid contamination of your environment, hold the removed glove in your still gloved hand.
- Slide your finger from your glove free hand under the remaining glove.
- Turn your finger 180 degrees and pull the glove outwards and towards your finger tips. As you do this, the first glove will be encased in the second glove. The inside of the second glove will also be turned outwards.
- Grab the gloves firmly, by the uncontaminated surface (the side that was originally touching your hand).
- Dispose of the gloves properly.

### **MASK / EYE PROTECTION (GOGGLES)**

Wear as needed. Wipe thoroughly when finished using alcohol swab.

### **HAND WASH STATION**

Cleanse hands between patients or as needed. Use sanitizing hand rub or hand wash at water station.

### **WASTE**

Properly label and dispose of all waste.

# \*\*\*FLOW\*\*\*

## **BASIC FIRST AID CLINIC**

Logged in and handled in waiting room

## **CONSULTATION CLINIC**

Initial Consults for chronic or severe conditions ~ 40 min

Follow up Consultation ~ 20 min

## **REFILLS**

Separate List

Handled by Apotheker

## **STATION CONSIDERATIONS**

Respect the systems already in place at each community station.

i.e. They determine list, access to facilities, etc...

Station host is the bridge to understanding the station ecology.

# \*\*\*INTAKE\*\*\*

## **FIRST TRIAGE TO DETERMINE IF BASIC FIRST AID OR FULL CONSULTATION**

### **CONSULTATION INTAKE FORM (see attached)**

NAME / INFORMED CONSENT

SPECIAL CONSIDERATIONS – Pregnant / Breast Feeding / ALC? / Allergies / Contras  
Prev. Diagnosis / Immune & Reserves / Age

### **CURRENT MEDS/HERBS**

Product, Dose, CONTRAS, Common Side Effects, Vit/Min Depletions, Herbs to Avoid,  
Foods to Avoid

### **MAIN COMPLAINT**

### **REVIEW OF SYSTEMS / BODY BALANCE**

Diet, Sleep, Elimination, and basic systems (including reproduction)

Look for patterns to help understand underlying cause of imbalance.

### **PULSE & TONGUE**

### **ASSESSMENT**

### **PLAN**

### **FORMULATE & DISPENSE**

### **PATIENT EDUCATION**

Explain all remedies and recommendations. Provide handouts as necessary.

# ••• FORMS •••

## THE HERBALISTA FREE CLINIC LOGBOOK

By signing below, I understand the staff of this center are not licensed medical doctors and do not diagnose or prescribe.  
 I understand that the herbs and other recommendations I receive are traditionally considered safe.  
 I assume all responsibility for decisions I make regarding my health.

<b>NAME</b>	Initial / FU	PREG / BF	AGE	MEDS
<b>SIGN X</b>	Alc: Y / N	ALLERGIES		
<b>ISSUE</b>				
<b>REMEDY</b>				
<b>NAME</b>	Initial / FU	PREG / BF	AGE	MEDS
<b>SIGN X</b>	Alc: Y / N	ALLERGIES		
<b>ISSUE</b>				
<b>REMEDY</b>				
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<b>ISSUE</b>				
<b>REMEDY</b>				
<b>NAME</b>	Initial / FU	PREG / BF	AGE	MEDS
<b>SIGN X</b>	Alc: Y / N	ALLERGIES		
<b>ISSUE</b>				
<b>REMEDY</b>				



# \*\*\* HERBALISTA FREE CLINIC INTAKE \*\*\*

NAME \_\_\_\_\_ Station \_\_\_\_\_

Clinician(s) \_\_\_\_\_

By signing below, I understand the staff of this center are not licensed medical doctors and do not diagnose or prescribe. I understand that the herbs and other recommendations I receive are traditionally considered safe. I assume all responsibility for decisions I make regarding my health.

Sig X \_\_\_\_\_ DATE \_\_\_\_\_

DOB \_\_\_\_\_ AGE \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_ Pregnant / BF \_\_\_\_\_

Initial / FollowUp \_\_\_\_\_ ALC Yes/No \_\_\_\_\_

Main Complaint \_\_\_\_\_

\_\_\_\_\_

Allergies \_\_\_\_\_

\_\_\_\_\_

Prev. Diag \_\_\_\_\_

\_\_\_\_\_

Immuno Compromised \_\_\_\_\_

Meds / Herbs (Product, Dose, CONTRAS, Common Side Effects, HERBS TO AVOID) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Doctor (Name / Type) \_\_\_\_\_

\_\_\_\_\_

HEALTH HISTORY (Surg/Hosp/Trauma/Family) Birth \_\_\_\_\_ BF \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DIET & DIGEST (what, when, treats, triggers, skip meals, ISSUES) **H2O** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

SLEEP (wake rested/ troubles) Schedule \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ELIMINATION (freq./quality) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Stress? \_\_\_\_\_

\_\_\_\_\_

Headaches? \_\_\_\_\_

Exercise/Energy? \_\_\_\_\_

\_\_\_\_\_

**UTERINE** Length cycle \_\_\_\_\_ Dur. bleed \_\_\_\_\_ Birth Control \_\_\_\_\_

Quality \_\_\_\_\_

**Hysterectomy** \_\_\_\_\_ **STD's** \_\_\_\_\_

Vag dryness / sweats—night day / Cysts / painful breasts / cramps / headaches clots / fibroids / tumors / InterCyst / Pelvic Inflamm Disease / emotions \_\_\_\_\_

**Cramps** \_\_\_\_\_ **Discharge** \_\_\_\_\_

**Other** \_\_\_\_\_

**SYSTEMS**

URINARY \_\_\_\_\_

MUSC / SKEL \_\_\_\_\_

ENT \_\_\_\_\_

GUM/TEETH \_\_\_\_\_

SKIN \_\_\_\_\_

OTHER \_\_\_\_\_

**VITALITY**

**BLOOD / FLUIDS**

**PULSE** **SPEED:** Fast/Slow **LOCATION:** Surface/Deep **FORCE:** Strong/Weak

**COLD** (tight and slow, side-to-side) **WIND** (floating-ext /changing-int) **DAMP** (slippery, cotton, moist skin)

**HEAT & FIRE** (surging, urgent, rapid) **URGENCY** = Heat **SUMMER HEAT** (floating, rapid, slip)

**HARDNESS** = Yin deficiency (Wirey) **DRYNESS** (skin)

**R DIGESTIVE**(aquired/vitality--diet & ex) **L ENDO** (const./essence--needs rest)

D Lung \_\_\_\_\_ D Heart \_\_\_\_\_

M Stomach \_\_\_\_\_ M Liver \_\_\_\_\_

P Bladder \_\_\_\_\_ P Kidney \_\_\_\_\_

**HANDS TEMP:**

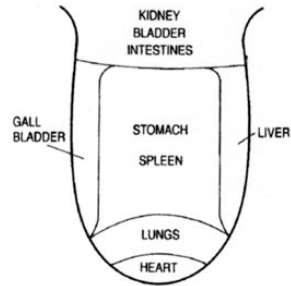
**NAILS:**

**VOICE** Timid / Loud / Chatty

**COMPLEXION** \_\_\_\_\_

**EYES** \_\_\_\_\_

**TONGUE:** body color: \_\_\_\_\_  
coat: \_\_\_\_\_  
shape: \_\_\_\_\_  
moisture: \_\_\_\_\_



**OTHER** \_\_\_\_\_

**ASSESSMENT**

**PLAN**

# \*\*\*SUPPLIES CHECKLIST\*\*\*

# HERBALISTA FREE CLINIC HERB BUS STATION SUPPLY LIST

Supply checklists for Clinic Supplies and Bins.

Providing earth-based care to underserved communities.

This list is lovingly a work in progress.

LORNA MAUNEY-BRODEK  
[www.HERBALISTA.org](http://www.HERBALISTA.org)

2013

✓	#	Item
<b>Clinic Paraphernalia</b>		
	1 set	folding table and 4 chairs
	1	sandwich board
	2	washable blankets
	5 ea	towels / dish towels / compresses
	2	flashlight / lantern
	25 / 20 / 10	1 oz. Bottles / 2 oz / 4 oz
	2	metal trays
	1 ea	gloves / alcohol swabe / masks
	20 ea	ZBags (Snack/Quart/small Paper)
		Hand Wash Station Set-up
	2	extension chords/strip
		rope
		percolator / kettle / grinder
	3	Clipboards (forms)
		Tray with 10 Cups
	4 gallons	Distilled Water
<b>1st Aid Stool Kit</b>		
	several	adhesive tape (assorted)
	1 bx	3x4 sterile pads
	1 bx	4x4 sterile pads
	3 ea	bandage roll - elastic&vet
	1 bx	small gauze pads
	LOTS	assorted bandaids/strips
	1	Hot Water Bottle
	1	Ice Pack bag
	2	instant ice packs
	pack	ear seeds
	1 bx	alcohol swabs
	1 bx	cotton swabs and cotton pads
	1	eye cup
	1	ear bulb
	1 ea	moxa and holder
	2 paris	socks
	4 rolls	vet wrap
	1 ea	gloves (bags S,M,L)
	1 bx ea	Pads/Tampons
	5 pack	Masks
<b>White Travel Kit</b>		
<b>Herb Powders / Candies / Bottles</b>		
	8 oz	Ashwagandha
	8 oz	Fennel
	8 oz	Candied Ginger
	8 oz	Shatavari
	1 package	Loose Tobacco
	8 oz	Turmeric
		Dispensary Bottles (2 oz, 4 oz)
	1 pack	Cough Drops
		Smudge

✓	#	Item
<b>Small Purple Handled Tool Bin</b>		
	1ea	Duct Tape / Masking Tape
	1	Neti Pot
	1	cuff, stethoscope, scope
	3	Trash Bags
	1	Thermometer
	1 ea	Large and Small Strainer
<b>Small Green Handled Tool Bin</b>		
		Chopsticks
		Measuring Spoon/cups
		Baby spoon
		droppers to taste
		Ball Point Pens/Sharpies/Dry Erase
		Spatulas
		Funnel
		RANDOMNESS
<b>Pre-Bagged Tea Bin</b>		
	8	Breathe Easy
	8	Calendula
	8	Chamomile
	8	Chamomile/Lavender
	8	Fennel
	8	Ginger
	8	Gypsy Cold Care
	8	Licorice
	8	Marshmallow
	8	Pau d'Arco
	8	Peppermint
	8	Raspberry Leaf
	8	Throat Coat
	3	Seasonal Blend LARGE
	15	Happy Heart
	6	Lavender Sachet
	15	Diabetes Blend
	15	Nutritive Blend
<b>Dry Herb Bin</b>		
		Nettles
		Tulsi Basil
		Mullein
		Astragalus
		Reishi
		Lemon Balm
		Marshmallow
		Ginger
		Chamomile
		Linden
		Oat Straw
		Yarrow
		Licorice

✓	#	Item
<b>Tincture Simples</b>		
	1 oz. + R	Ambrosia sp.
	1 oz. + R	Achillea millefolium
	1 oz. + R	Albizia julibrissin (flower)
	1 oz.	Anemone Occidentale
	1 oz. + R	Avena sativa
	1 oz. + R	Ceonothus cuniatus
	1 oz.	Commiphora myrrha
	1 oz. + R	Dioscorea quaternata
	1 oz. + R	Echinacea MPS
	1 oz. + R	Eupatorium perfoliatum
	1 oz.	Glycyrrhiza glabra
	1 oz. + R	Hydrastis canadensis
	1 oz.	Hyssopus officinalis
	1 oz.	Inula helenium
	1 oz. + R	Leonorus cardiaca
	1 oz.	Ligusticum porterii
	1 oz.	Lobelia inflata
	1 oz.	Monotropa uniflora
	1 oz.	Ocimum sanctum
	1 oz. + R	Passiflora incana
	1 oz. + R	Piper methysticum
	1 oz. + R	Pedicularis procera
	1 oz.	Propolis
	1 oz. + R	Scutellaria incana
	1 oz. + R	Solidago sp.
	1 oz.	Taraxacum officinale (L)
	1 oz.	Verbena hastata
	1 oz.	Viburnum prunifolium
	1 oz. + R	Zingiber officinale
	1 oz. ea	Cardamom, Orange, Cinnamon, Vanilla, Clove
<b>Glycerite Simples</b>		
	1 oz.	Echinacea angustifolium
	1 oz.	Eschscholzia californica
	1 oz.	Foeniculum vulgare
	1 oz. + R	Matricaria recutita
	1 oz. + R	Melissa officinalis
	1 oz. + R	Mente piperita
	1 oz. + R	Sambucus canadensis
	1 oz. + R	Valeriana officinalis
<b>Tincture Blends</b>		
	1 oz. + R	Go with the Flow (Hayden's Variation)
	1 oz.	Mouth Tonic
	1 oz.	Slow the Flow (Capsella & Achillea)
	1 oz. + R	Sister Heart
	1 oz. + R	Happy Heart
<b>Reference Books Bin</b>		
	Herbal Contra (2 copies) BRINKER	FORMS, etc...
	A-Z Vitamin-Herb-Med Interactions	2
	First Aid Dossier (Compilation) LORNA	box
	Contraindications / Materia Medica MOORE	1
	Merk Manual	20
	Healthy Babies & Children ROMM	10
	Chinese Diagnosis Study Guide	2 sheet

✓	#	Item
<b>First Aid Clear Bin</b>		
<b>Syrups / Honey</b>		
	8 oz	Winter Syrup
	8 oz	HONEY
	8 oz	MOLASSES
	8 oz	Monarda Honey
<b>Essential Oils</b>		
	2 oz.	Lavender
	2 oz.	Tea Tree
	2 oz.	Olbas Oil / Possumon
	1 oz.	Thieves
<b>Salves / Cremes</b>		
	pot	Tiger Balm
	# individual	Goldenseal / Calendula
	1 tube	Traumeel
	1 tube	Diaper Crème
	1 bottle	Calamine Lotion
<b>Spritz / Waters / Gels</b>		
	4 oz.	Lavender / Tea Tree Spritz
	4 oz.	RAW (Rose, Witch Hazel, Aloe)
	4 oz.	Rose Water
	4 oz.	Aloe Vera
<b>Flower Essence</b>		
	1	Rescue Remedy
<b>Homeopathic</b>		
	1 bt	Arnica Pellets 30c
<b>Capsules / Lozenges</b>		
	1 bt	Cough Drops
	1 bt	CranStat Extra
	1 bt	Milk Thistle
	1 bt	Super Quercitin
	1 bt	Triphala Lax
	1 bt	Turmeric/Black Pepper Pills
	1 bt	Yunnan Baiyao
<b>Oil</b>		
	1 oz.	Calendula
	1 oz.	Ear Oil
	4 oz.	St. John's Oil
<b>Other</b>		
		sea salt
	1 package	electrolytes
	1	sunblock / insect repellent
	1 bx ea	Pain Pads (wintergreen & cayenne)
	1 bt + singles	saline
	1 ea.	epipen (adult and child)
	1 bt ea.	hydrogen peroxide / betadine
	1 bt. Ea	ibuprofen / aspirin
	1 bt	antihistamine
	1 pack	glucose tablets
	4 oz. ea	hand sanitizer / Alcohol Spritz
<b>Reference Books Bin</b>		
	Herbal Contra (2 copies) BRINKER	FORMS, etc...
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	Contraindications / Materia Medica MOORE	1
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	Chinese Diagnosis Study Guide	2 sheet