

# 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*

## \*\*\*TABLE OF CONTENTS\*\*\*

Bus Crew	4
Bus Schedule	5
Station Set-up	5
Safety & Sanitation	6
Flow	7
Intake & Special Considerations	8
Log-In Form	9
Intake Form	10
Supplies Checklist	12

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

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

### **Station Host / TeaMaster**

"Holds it down." Responsible as clinic & station liason (power hookup, 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 and apotheker.

## \*\*\* 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 & strips / Percolator, Kettle, Grinder

## CLINIC MAIN (side tent)

Table and Chairs  
Reference Materials  
Pulse Pillows

Intake Clipboard  
Script Pad  
Gloves / Hand Sanitizer / Masks

## APOTHEKE (in Van)

Arranged by Apotheker  
See attached supplies list

## WAITING ROOM (10 x 10 tent)

Seats  
Blankets (winter)  
Teaching Materials

## 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 \*\*\*

## **ALWAYS 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.

Wash hands after glove removal.

### **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 goggles thoroughly when finished using alcohol swab before placing on clean table.

### **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 in provided trash container.

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

## **CHOOSING A STATION**

While this might seem a minor point, this is the lynchpin for running a successful clinic, especially for liminal communities. The station becomes the rock upon which we can run a clinic that feels secure for both the practitioners and patients.

### *Considerations:*

- Are there restroom facilities for practitioners and patients?
- Is there a power outlet to plug in the bus?
- Is there a large parking lot or open space to accommodate our set-up?

### *Station Respect:*

- Respect the systems already in place at each community station. They determine list, access to facilities, etc...
- Station host is the bridge to understanding the station ecology.

## **GENERATING THE LIST**

We have found it easiest to have each station handle generating their own list. We agree on a schedule (say 2-6:00) and then let them know how many folks we can handle in that length of time (3 initial consults and 3 follow-ups, for example). First Aid can be on more of a walk-in basis.

## **BASIC FIRST AID CLINIC**

Logged in and treated in waiting room

## **CONSULTATION CLINIC**

Initial Consults for chronic or severe conditions  
Follow up Consultation

## **REFILLS**

Logged in on separate list  
Reviewed by HerbMedic and then dispensed 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 \*\*\*

## **TRIAGE**

Determine if they need basic first aid or to have full consultation.

**INTAKE FORM** (*see attached*)

## **NAME / INFORMED CONSENT / SIGNATURE**

## **SPECIAL CONSIDERATIONS**

Pregnant  
Breast Feeding  
Can they take remedies made in ALC?  
Allergies (food, herbs, drugs, pets, seasonal, etc...)  
Prev. Diagnosis  
Immuno Compromised (chemo, HIV, etc...)

## **CURRENT MEDS/HERBS**

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

## **MAIN COMPLAINT**

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

Diet  
Sleep  
Elimination  
Exercise  
Review of basic systems (Musc/Skel, ENT, Resp., Repro., etc...)

## **PULSE & TONGUE ASSESSMENT**

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

# \*\*\* 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:**

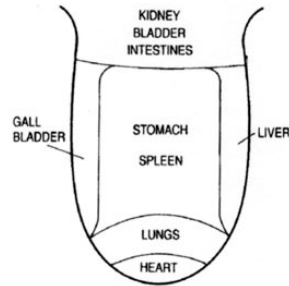
**NAILS:**

**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.

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✓	#	Item
<b>Tincture Simples (R = 2 oz. Refill bottle)</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	Withania somnifera
	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.	Mente piperita
	1 oz. + R	Rose centifolia
	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
		A-Z Vitamin-Herb-Med Interactions
		First Aid Dossier (Compilation) LORNA
		Contraindications / Materia Medica MOORE
		Merk Manual
		Healthy Babies & Children ROMM
		Chinese Diagnosis Study Guide

✓	#	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 large 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>FORMS, etc...</b>		
	2	Herb Bus Manual
	box	Business Cards
	1	Script Pad
	20	Intake Forms
	10	Log-Sheet
	2 sheet	Herbalista Labels