

Making equipment

Mama mannequin

Materials:

- Sleeping pillow x 1
- Long circular pillow x 2
- Needle and thread
- Krama/ sarong



Instructions:

Use needle and thread to sew two long circular pillows onto base of sleeping pillow. This mimics a torso with legs.

Wrap the mama mannequin in a krama.

Cost:

Sleeping pillow - \$2

Long circular pillow - \$2 for a pair

Krama - \$1.5

Total cost: \$5.50



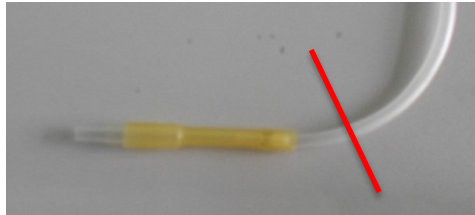
Making equipment

Mama arm – medication and IV fluids can be infused through tubing

Materials:

- Ladies long riding gloves (worn for sun protection) x 1 pair
- IV fluid tubing x 2
- IV cannula 18g x 2
- Cushion stuffing
- Needle and thread

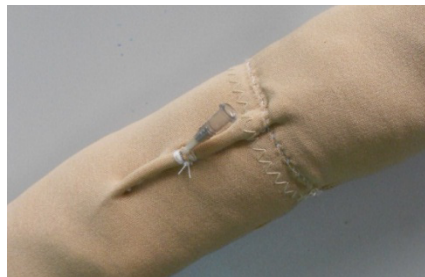
Instructions:



Cut end off IV fluid tubing, bend and tie firmly



Fill gloves with cushion stuffing. Insert tied end of IV tubing inside stuffed glove. Being careful not to puncture the IV tubing, secure using needle and thread near fingers, leaving other end hanging out open end of glove. Use needle and thread to seal end of glove



Use needle and thread to secure IV tubing close to 'skin' around level of elbow, being careful not to puncture the IV tubing. Carefully insert IV cannula, disposing of sharp responsibly. Use needle and thread to secure IV cannula in place. Be sure to get the IV cannula in place first time so as not to create holes in the IV tubing which will later leak.

Cost:

Gloves - \$2 per pair

IV fluid tubing - \$1

IV cannula - \$0.5

Cushion stuffing - \$3/ kilo (1 kg will make at least 10 sets of arms)

Total cost - \$5.30 per pair

