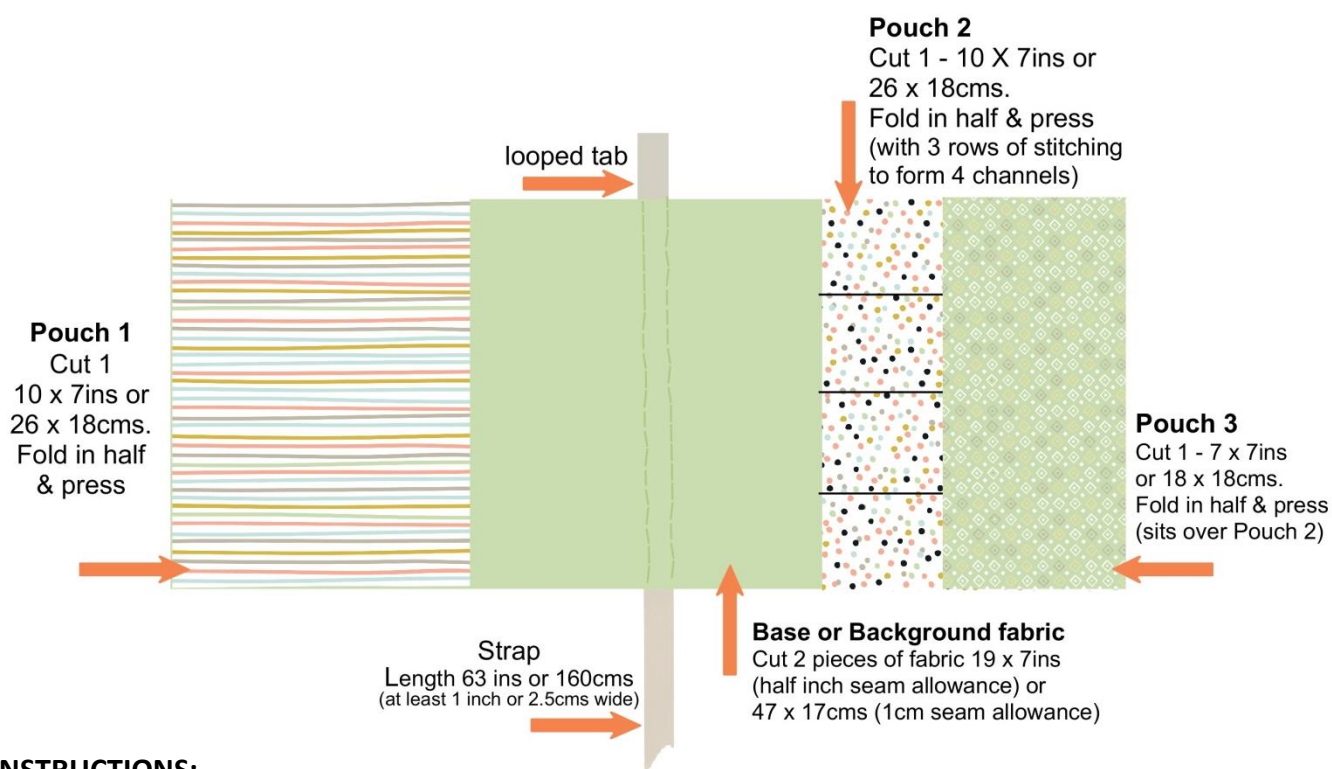




These kit bags have been designed for use by nurses in hospitals and clinics of the Solomon's and throughout the developing world.

Nursing items are in short supply and the kit bags house the basic nursing tools such as scissors, forceps, thermometer and pen. The bags are worn across the body or around the waist. Their construction needs to be lightweight but sturdy with a wide soft fabric strap minimum of 1.6 metres length. This ensures it is soft and comfortable to wear around the neck without rubbing, particularly in very humid conditions.

The construction of the bags are simple (see diagram below), with one deep open pocket one side (Pouch 1) and 2 pockets the other side - one with four channels for scissors etc (Pouch 2) and an open narrower pocket over the top of the channelled pocket (Pouch 3) for a roll of tape or a sheet of tablets.

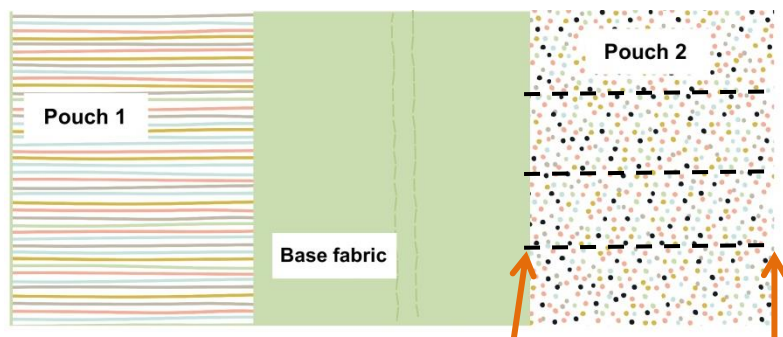


INSTRUCTIONS:

- Base:** Cut 2 rectangles of fabric 19 x 7 inches (includes ½ inch seam allowance for all edges) or 47 x 17 cms (which includes a 1cm seam allowance for all edges)
- Pouch 1:** Cut 1 rectangle of contrasting fabric: 10 x 7 inches (includes ½ inch seam allowance) or 26 x 18cms (includes 1 cm seam allowance). Fold in half with wrong sides of fabric together. Press in half.
- Pouch 2:** Cut 1 rectangle of contrasting fabric: 10 x 7 inches (includes ½ inch seam allowance) or 26 x 18cms (inc: 1 cm seam allowance). Fold in half with wrong sides of fabric together. Press in half.
- Pouch 3:** Cut 1 square of fabric 7 x 7 inches (includes ½ inch seam allowance) or 18 x 18cms (includes 1 cm seam allowance). Fold in half with wrong sides of fabric together. Press in half.
- Strap:** Cut a strip of fabric 3 x 63 inches or 7 x 160 cms from a soft calico or a 100% cotton fabric is best. Press in half lengthways with right side facing (strip should measure 1½ X 63 ins). When stitching is completed this strap will measure 1x 62½ inches.

Referring to the diagram above and below...

- Step 1** With right side of base fabric facing upwards, take Pouch 1 and fold in half & press with wrong sides of fabric together and pin to one end of the base fabric with cut (raw) seam allowances together.
- Step 2** Pin Pouch 2 (halved, wrong sides of fabric together and pressed) to the other end of the base fabric also matching seam allowances.
- Step 3** While Pouch 2 is pinned in place, stitch 3 seams from the top of the folded edge of pouch 2 to the seam allowance (see image below) to create channels for scissors etc. To do this draw 3 lines in pencil – centre the first line and then draw a line approximately 1.5 inches (4cms) either side of the centre line. Stitch through Pouch 2 fabric onto the base fabric, ensuring stitching at channel opening is sturdy.



Stitch from here to edge of fabric here for each channel

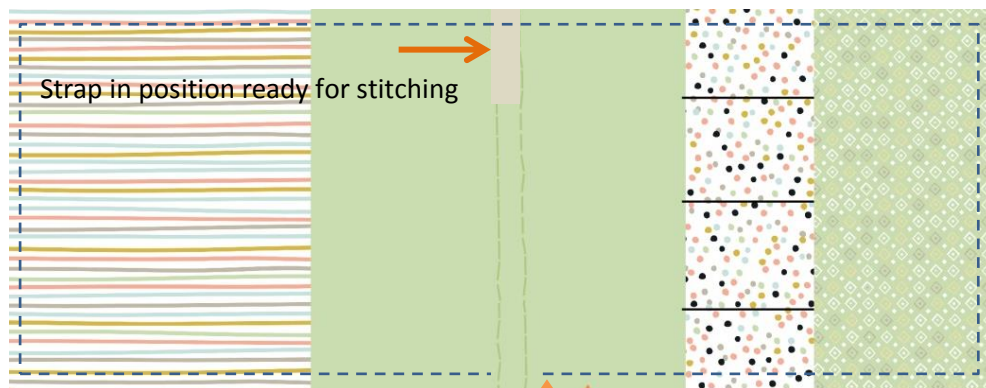
- Step 4** When this has been completed, lay Pouch 3 (halved and pressed) over the top of Pouch 2, part way down Pouch 2 matching all cut seam allowances (see diagram below). Pin into place.
- Step 5 Make the strap:** Fold in half lengthways with right sides together. Strip should measure 1½ x 63 inches. Starting at one end, stitch along the short raw edge and then continue down the long raw edge using a ½ inch seam allowance. Turn through at remaining opened raw edge to the right side of the fabric and press.

To turn through the strap use a strap turner (seen left), pin a large safety pin at the seam end to guide the fabric back through the tube of fabric or leave a long starting thread when commencing stitching to assist pulling through.



Position the open end of the strap in place as shown in the diagram below, with raw open seam of strap matching the raw edge of the base fabric.

- Step 6** With all three pouches & strap now secured and pinned in position, place the second base piece of fabric (19x7 inches) over the top, with right sides of fabric together (so wrong side of fabric will be facing up to you) and ensure all seam allowances are matching. Pin in place ready for stitching.



Stitching line – start here & sew around pouch, don't forget to leave an opening to turn pouch right side out.

Step 7 Starting near the middle of one of the long outside seams (see image above), sew through all layers of fabric (pouches) removing the pins carefully as you go. It would be a good idea to sew over where the strap is inserted a few times, to provide some extra strength where it will be needed. Return almost too where you started stitching, leaving an opening (at least 1½ inches or 4cms) to allow you to turn the bag right side out. Turn through to right side of pouch. Press along all seams.

Step 8 Using this image as a guide, use the strap to form a loop at the seam where the strap is secured into the bag. Pin strap in position across the middle of the bag and stitch securely in place. Insert a few rows of stitching where indicated by the arrows to provide extra strength, for these areas will take the most wear & tear.



Please Note: If you are using a tape for the strap instead of fabric, please for the comfort of the nurses, ensure that the strap is at least 1 inch in width and made of a soft woven tape, not a hard or stiff woven tape.

These bags are going to take a lot of wear and tear. They become a vital part of the nurse's kit and will be washed and re-tied and positioned across the body constantly through their working life. So it is important that stitching is sturdy, seams are adequate, the straps are soft and not abrasive, and finally that they are cut and made to the specifications above. It is suggested that 100% cotton or a good weight Poly/Cotton blend fabric is used. Checks, small prints, stripes and plain fabrics are suitable. Kids prints are great for paediatric wards. Please, NO skulls, bones, or "scary" images which may not translate across cultures.

Your contribution is very much appreciated and helps make life just that little bit easier for nurses in developing countries. Thank you.

Samples of the finished kit bag.

