



# SAFETY MANUAL 2022

**Safety Manual**

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The IAKP encourages all practitioners to proactively take as many safety measures as possible. We are not risk averse but we respect and appreciate the fact that Kambo is a powerful substance that should be treated accordingly. Kambo is not for everyone and even if a person is not contraindicated, there may be times in their life when Kambo is not an appropriate intervention. After a surgical procedure is an example of this.

All our clients are aware of the power of Kambo before they participate in a ceremony. Make sure that they are 100% informed of the procedures and protocols and the work that you will do to keep them safe and what you expect from them to help you keep them safe.

It is important that you understand exactly what is on a stick of Kambo, how it affects humans and how to communicate any issues that arise to medical staff if that is ever necessary. Adverse events are extremely rare but we must be prepared and act professionally should something untoward occur.

### **List of safety measures that you could potentially take and why**

- Ensure that you have fully safety checked your venue before using it. Make sure it has a landline or a mobile phone signal in case you need it.
- If you are in a location that is foreign to you, ensure that you know the location, distance and route to the nearest emergency unit and the phone number of the unit. In a foreign country, ensure that you know the number for emergency services and that there is someone who can properly communicate with paramedics and medical staff.
- Only buy Kambo from known and trusted sources. We have had reports of people being send Kambo sticks containing dried egg yolk and other substances. This could potentially cause a fatality. Either through anaphylactic shock or death from hyponatremia due to drinking lots of water that doesn't get purged out.
- Check if the client is visibly over 18 and if not, ask for ID
- Check if the client is contraindicated against the rest of our list
- Check if the client is in good health both physically and emotionally that day and the prior few days. If they have an open infected wound, high fever or a major headache, do not administer Kambo
- Check if the client has been fasting, detoxing or strictly limiting water intake recently. If so, do not administer Kambo
- Check that the client is not intoxicated, hung over or has recently used any recreational substance. If so, do not administer Kambo
- Understand what medication either prescribed or self-administered they are taking
- Understand what Supplements they are taking
- Understand their general physical and mental health conditions
- Understand any allergies and any phobias
- Know if and where and when they last took Kambo, check gates and clarify numbers. Do not assume that if they have 7 scars that their last treatments was 7 points.

**If you are unsure at this stage whether to serve this person or not – it's best to say no, as in:**

NO, I DON'T BELIEVE KAMBO IS FOR YOU.....OR

KAMBO IS NOT FOR YOU TODAY, HOWEVER, I'D BE HAPPY TO SERVE YOU.....state conditions under which you will serve them.....ANOTHER DAY

Once you have screened your client and are happy that they are of sufficiently sound mind and body to receive Kambo, you can proceed to the ceremony. Safety measures need to be taken at every stage of your work. Do them quietly with every client and they will become second nature and seamless

## **Water**

- Brief your assistants to ensure they understand our water guidelines and know how much water it's safe to drink, these are MAXIMUM amounts that must NEVER be exceeded. Keep your clients well under these figures.
- Use water jugs and bottles that can easily be marked with quantity. Measure out each client's water beforehand and spread it out across the whole treatment.
- Do not allow a client to drink water any more than 15 minutes before they receive Kambo. In a large circle, you need to work out how to instruct people to start drinking and at what stage it is safe for them to start. After 15 minutes, the water starts to absorb in the cells of the body and your situation starts moving towards unstable. The rule is to drink and then immediately apply Kambo. Get your assistants to help with this.
- NEVER add anything to the water – serve plain water or basic Caicumá only
- Take the water away if you see any signs of a problem developing. If your client asks for more water after they have finished their measured water, do a brief safety assessment before giving extra.
  - How much of the initial water have they purged? If most has come out and they are present and coherent, then give a small amount more.
  - Do they have headache, excessive thirst or dizziness? No more water.
  - Have they fainted or had a seizure? No more water.
  - Are they incoherent or spaced out. No more water.
  - Do they feel extreme nausea? No more water
  - Do they feel as if there is still a little something to come out and otherwise are feeling good and appearing to be present? Give a small amount of water.
  - Do not be afraid to sit with the client and tell them that you need to do a brief water safety assessment.

## Space

- Ensure the whole space, including the bathroom, is free from potential hazards. Look out for steps, low ceilings, doorways or beams.
- Anything that can cause a trip or fall must be removed. Anything that a client could fall on or over must be moved away. Clear away loose rugs, mats, glass items and electrical wires.
- The clients personal space must be clean, clear, free from obstacles and lit candles at all times
- Sit the client at the end of their bed to ensure that if they faint, you have space to lie them down. If a client needs to lean against a wall, turn their bed around so that it runs parallel with the wall. If they faint, you can easily get them into recovery position. If they fit or go into rigor, they are less likely to hurt themselves and you have space to get behind them and support them.
- If there are steps, ensure that no one can fall up or down them.

## Burning

- ALWAYS use a test point – no matter how experienced a practitioner you think you are. Test points can save a life. None of us ever know when we will get caught out. If we do a million test points and save one life – it's worth it. Test points take a few minutes to do on first timers or in situations where you need to go slowly. If you don't have time to do test points then don't serve. If you're not doing test points then you are not following our code of practice or our teachings. If something adverse happens, we will not support you.
- Burn depth is critically important. You have been taught to make the lightest possible burns to allow the Kambo to enter. Deep burns are DANGEROUS even without Kambo. They encourage infection and allow Kambo to enter the blood stream. If there is blood in a gate, DO NOT put Kambo on it. Native people say that this is dangerous. We have never tested their belief as no burn should ever draw blood.
- NEVER burn an area of the body that you are not trained and competent to burn. This is especially important with Meridian and Marma points. Some of these should not be burned. Just because you see an Acupuncture protocol that lists a number of points does not mean that this translates into Kambo gates.
- NEVER rub or scratch open gates. This can introduce infection.

## **Observation**

- Always keep your client under close observation after test points or full points have gone on. If they are going to faint or fit, this is the most likely time and you need to know immediately so you can take action. Do not close your eyes and meditate or turn your back and tidy up. Stay aware of the client until they are several minutes in.
- When a client has fainted and has been put into recovery position, check that they can hear and respond to you. If they do not respond, put your hand on their upper arm and gently shake them. Call their name and ask them if they can hear you and respond. If they can mumble, flicker their eyes then this is enough. If there is zero response, shake the client vigorously to rouse and call their name loudly. If there is still no response, commence first aid and get medical help immediately.
- If the client remains lying down, check in on them every few minutes. Make sure that you get a response, if you don't, take action as above.
- If a client get up, purges and then goes back down again, make sure that they are lying on their side in case they pass out again and inhale vomit
- All clients must be accompanied to the toilet door. If the client is unsteady, someone must wait outside the door and check on the client every few minutes. If the client is in danger of passing out and falling off the toilet then someone must remain with the client. Remember that the client must agree to this and understand the consequences of not agreeing. Talk about this upfront with your clients and get their permission.

## **Indications & Symptoms**

Adverse events in Kambo are extremely rare and good practice can eliminate them completely. Watch for these signs and symptoms and take action accordingly.

### **Extreme Nerves**

If the client cannot be calmed beforehand then you must consider how you wish to proceed. Sometimes it works to lie a very nervous client on their side to serve them. This helps them relax and makes it easier for the practitioner to manage. Remember the breath work you were taught in training.

### **Panic Attack**

Follow the procedure taught in the training

### **Fainting**

Place client in recovery position and check that they are responsive. Place bucket and tissues within reach and allow them to rest until they are able to sit up and continue.

### **Fit**

Move away any hazards. Keep client safe and place in recovery position as soon as possible. Reassure them that they are ok. Check that they are fully responsive when episode has passed. Place bucket and tissues within reach and allow them to rest until they are able to sit up and continue

**Rigor**

Move into space behind client to support head if necessary. Ensure that airways are clear and open and that client is well supported. After it has passed, check they are fully responsive, suggest that they lie down for a moment.

**Lying down on back**

Ask client to turn onto side or support them to move into recovery position. Place bucket and tissues within reach and allow them to rest until they are able to sit up and continue

**Excessive thirst or feeling thirsty after purging**

Remove water and do a water assessment.

**Hysteria**

Kneel to side of client, breathe deeply and slowly and speak calmly to them. Reassure them that they are ok. Follow the calming procedure taught in training. If situation continues or escalates, remove Kambo and get them lying down.

**Continual fainting and hard to revive**

Wipe off Kambo and wash area of gates. Check blood pressure. If it's low, follow procedure in training workbook. Continue to monitor until blood pressure reaches normal levels. Otherwise, place client in recovery position and keep talking to them until they become more present. Place bucket and tissues within reach and allow them to rest until they are able to sit up and continue.

**Low blood pressure**

Follow procedure in workbook. Once blood pressure is normal, place client in recovery position to rest briefly. Place bucket and tissues within reach until they are able to sit up and continue.

**Locking Into a drink/purge cycle**

Remove all fluids and monitor client very closely. If you see any other signs of Hyponatremia developing do a Water Assessment.

**Behavioural changes, feeling agitated, angry or confused**

Monitor situation. Sometimes clients are releasing repressed emotions and should be left to do so as long as they nor any other client is at risk. If it continues for more than 15 minutes and there are any other signs of Hyponatremia, take the client to an emergency room immediately

**Extreme Headache**

A detox type headache after Kambo is normal. An extreme headache might be a sign of other issues. Lie the client down in recovery position and observe them for 15-30 mins. If you see any other signs of Hyponatremia then take them to an emergency room immediately.

**Fitting after the purge or over 30 mins after Kambo was applied**

Fits before the purge are not uncommon. After the purge is an indication that the brain has swollen. Assess the client for signs of Hyponatremia. If found or if another fit occurs, take the client to an emergency room immediately.

**Unaware of surroundings**

This can sometimes occur in a normal Kambo treatment but it should last no longer than 5 minutes and the client should become more present if you converse with them. If they do not, assess for other signs of Hyponatremia. If found or if client condition deteriorates, take the client to the emergency room immediately.

**General injury (not head)**

If your client slips, trips, faints and causes themselves an injury, monitor the situation closely. If necessary, accompany them to an emergency room or advise them to attend an emergency room.

**Unable to revive**

Call an ambulance immediately. Check airways and do CPR until help arrives. See Standard Operating Procedure below.

**Head injury**

If a client falls or faints and bangs their head, monitor them for at least an hour afterwards. If you see any of the following signs, take them to an emergency room for assessment. If they lose consciousness and cannot be revived, call an ambulance immediately.

- Loss of consciousness
- Headache that worsens
- Repeated vomiting or extreme nausea
- Sleepiness or inability to rouse
- Convulsions
- Dilation of one or both pupils
- Confusion
- Slurred speech

If the client seems ok to leave and you have not seen any of the above symptoms, advise client what to look out for and advise them to go to an emergency room if they become unwell or call an ambulance immediately if they experience severe symptoms. This is standard advice given to anyone following a head injury.

## **IAKP SOP – Standard Operating Procedure for Adverse Events**

### **In the event of a completely unresponsive client**

- CALL AN AMBULANCE or PARAMEDIC
- Ensure client is safe before doing so.
- Enlist help from other circle participants or assistants where possible to secure the safety of other participants. Ask another person to call for help if you are unable to leave your client.
- Once you are connected to emergency services, ask for an ambulance
- Calmly summarise the situation being as brief and direct as possible. For example: 'Hi, I am currently caring for a person who has taken a substance from the Amazon. It is called Kambo. The person has been unresponsive for X minutes now. We are doing CPR. We need medical help as soon as possible'
- DESCRIBE SYMPTOMS AND EVENTS: For example:
  - The person has drunk X litres of water and we suspect they may have HYPONATREMIA
  - The person has fallen and suffered a HEAD INJURY
  - The person has had a major SEIZURE and is now not responding
- Answer any questions about the person's current condition
- Give your full address and location plus any additional instructions for the vehicle driver
- Follow the instructions that you are given.

### **In the event of a partially responsive client**

Check severity of symptoms against what we have described in this document. If you believe that the client needs emergency medical attention:

- CALL AN AMBULANCE or PARAMEDIC
- Ensure client is safe before doing so.
- Enlist help from other circle participants or assistants where possible to secure the safety of other participants. Ask another person to call for help if you are unable to leave your client.
- Once you are connected to emergency services, ask for an ambulance
- Calmly summarise the situation being as brief and direct as possible. For example:
  - 'Hi, I am currently caring for a person who has taken a substance from the Amazon. It is called Kambo. The person is responsive but I am concerned about (LIST OBSERVED REASONS). Their vital signs are: (Give Pulse, Blood Pressure and describe colour and mental/physical state). We need medical help as soon as possible'
- DESCRIBE SYMPTOMS AND EVENTS: For example:
  - The person has drunk X litres of water and we suspect they may have HYPONATREMIA

- The person has fallen and suffered a HEAD INJURY and is now .....
- The person has had a major SEIZURE and is now .....
- Answer any questions about the person's current condition
- Give your full address and location plus any additional instructions for the vehicle driver
- Follow the instructions that you are given.

### **Ambulance or Paramedic Present**

When the ambulance//paramedic arrives, give all relevant information including:

- The amount of water that has been drunk – mention Hyponatremia directly to the paramedics
- All the symptoms that you have observed and the timings of those symptoms
- Anything else that the person has taken - hapay, food, tea, etc
- Everything else that you know about the person, name, age, health issues, medications, supplements, allergies, contact details etc

### **Explaining the situation to emergency room staff**

- Emergency room staff are only concerned with one thing – looking after your client. Be sure to give them ALL the information that you have that can help them do this. Include history, timings, observations, water quantities, process undertaken etc
- Hyponatremia is the number one issue that you are likely to come across with Kambo so be sure to explain this to the staff. If there are seizures after the purge or severe headache or extreme thirst or confusion in any combination – ALWAYS suspect Hyponatremia
- It's also important to clarify that Kambo contains only peptides and binders. It is not a poison or a venom in the classical sense and it does not need a stomach pump or anti-venom - nor can it be cleared from the body. The half-life is under 24 hours.
- Call or message a member of the management team as soon as you can and inform her of the situation. Even if there is no adverse event, we like to keep a record of all occurrences.

### **Talking to staff from other agencies and authorities**

We encourage all practitioners to fully cooperate with all authorities whether they be police or local healthcare commissioners or investigators. Be 100% calm and truthful in all these situations.

Always contact a member of the management team as they can help you with information and data that can support you.

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