Report of
Mobile Health Care in Remote Area
Dental, E.N.T and Eye Diseases
Serving Oudomxay Province
LAO P.D.R.

September 2008

A Cooperation between:
Oudomxay Hospital
Lao Rehabilitation Foundation (LRF)
Women for World Health Organization (WFWH)
I. Background
We knew that Oudomxay province is home to many poor people living in remote areas with limited access to health care. The province’s population of 272,297 (2007) includes 60% Kamu, 25% Lao Loum and 15% Hmong ethnic minorities. The mobile health care for dental, E.N.T and eye diseases project is a cooperation between Oudomxay Hospital and Lao Rehabilitation Foundation, Inc. It is a large mission that combines an ENT doctor, dentists, ophthalmologists and nurses equipped with modern mobile equipment and all necessary medicine to treat E.N.T., dental and eye diseases.

II. Objective
1. General objective
   - To decrease the prevalence of blindness, deafness and cavitas dentis.
   - To broaden coverage of health services for people in remote area, ethnic minority groups and the urban poor.

2. Special objective
   - Treatment of the main cause of blindness by cataract surgery.
   - Treatment and prevention of deafness.
   - Treatment and prevention of cavitas dentis.

III. Methodology
1. Preparation
   - Good cooperation between Oudomxay Hospital and LRF by Phetsamone Indara, M.D. and Dr. Luc Janssens in developing a plan and acquiring equipment and supplies during the 3 months that preceded the mission.
   - Introduce the plan to the director of Oudomxay provincial hospital and the chief of provincial public health department.
   - Inform district hospitals of the plan and activities so that villages are aware of the date and location of arrival of mobile team.
   - Dr. Luc Janssens brought all equipment and medicine from USA and Vientiane for donation and taught the Lao team at Oudomxay hospital how to use the new and modern equipment (E.N.T., Dental and Eye).
2. **Duration and Location**

8 days Sept 14-21, 2008

- La district  Sept 14-15
- Beng district Sept 16-17
- Houn district Sept 18-19
- Pakbeng district Sept 20-21

3. **Team Work**

18 partners from 4 countries joined together for this mission:

- **Lao team**: (2 dentists, 1 E.N.T doctor, 2 ophthalmologists, 5 nurses) and 3 or 4 assistants in each districts
- **USA team**: (1 leader, 1 dentist, 1 ophthalmologist, 1 coordinator)
- **Thai team**: 3 nurses
- **Japanese team**: 1 volunteer nurse
4. Activities in each district hospital

- Patients registered with districts’ local staff (E.N.T., Dental and Eye)
- Patients were sent to one of the 3 teams: eye, dental or E.N.T, each team having doctors and nurses.
- Patients were examined, treated and given health care education.
  Eye: Visual acuity test, examined for eye diseases, operated cataract with IOL, operated Pterygium, Trichiasis and others.
  Ear, Nose and Throat: Examined and treated for Otitis Medium Acute or Chronic, Rhenitis, Amygdalis and nose polyp.
  Dental: Treated cavitas dentitis, clean calciferous and extraction cavitas dentitis.
- Medicine for treatment by doctor advice was provided.
- Health care education about eye, dental and E.N.T avoidable and treatable diseases was provided.
III. Result

Patients registered, examined and treated:

<table>
<thead>
<tr>
<th>District</th>
<th>Population</th>
<th>Target cases</th>
<th>Registered</th>
<th>Examined and treated</th>
</tr>
</thead>
<tbody>
<tr>
<td>La</td>
<td>16,225</td>
<td>300</td>
<td>588</td>
<td>513</td>
</tr>
<tr>
<td>Beng</td>
<td>33,384</td>
<td>700</td>
<td>813</td>
<td>776</td>
</tr>
<tr>
<td>Houn</td>
<td>61,960</td>
<td>800</td>
<td>1441</td>
<td>1185</td>
</tr>
<tr>
<td>Pakbeng</td>
<td>26,623</td>
<td>300</td>
<td>852</td>
<td>724</td>
</tr>
<tr>
<td>TOTAL</td>
<td>138,192</td>
<td>2,100</td>
<td>3,694</td>
<td>3,198</td>
</tr>
</tbody>
</table>

**E.N.T.:** 1,218 cases
- Deaf 314 cases
- Otitis Medium Acute 208 cases
- Otitis Medium Chronic 379 cases
- Rhinitis 107 cases
- Tonsilitis 87 cases
- Polyp nose 123 cases

**Dental:** 870 cases
- Extraction cavitas dentitis 740 cases
- Cavity treatment 117 cases
- Other 13 cases

**Eye:** 1,110 cases
- Cataract 118 cases
- Corneal scar 85 cases
- Pterygium 78 cases
- Glaucoma 5 cases
- Trichiasis and entropion 6 cases
- Trachoma 1 cases
- Other 817 cases
(Other: Presbyopia, Pinguelculitis, Retinal diseases,…)

**Operated:**
- Cataract 89 cases
  - with IOL 88 cases
  - without IOL 1 cases
- Pterygium 13 cases
- Eyelid diseases 7 cases
IV. Expense

The total expense of **37,205 USD**, funded by Lao Rehabilitation Foundation, Inc. and Women for World Health organizations, includes:

<table>
<thead>
<tr>
<th>No</th>
<th>Item</th>
<th>Amount (USD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Equipment purchased in and brought from USA</td>
<td>13,050</td>
</tr>
<tr>
<td>2</td>
<td>Medicine purchased in and brought from USA</td>
<td>1,922</td>
</tr>
<tr>
<td>3</td>
<td>Equipment purchased in Laos</td>
<td>2,863</td>
</tr>
<tr>
<td>4</td>
<td>Medicine purchased in Laos</td>
<td>3,122</td>
</tr>
<tr>
<td>5</td>
<td>Transport of equipment and medicine</td>
<td>1,500</td>
</tr>
<tr>
<td>6</td>
<td>Transport &amp; Accommodation of US team</td>
<td>10,770</td>
</tr>
<tr>
<td>7</td>
<td>Per diem for Lao team</td>
<td>1,176</td>
</tr>
<tr>
<td>8</td>
<td>Food and lodging for Lao team</td>
<td>904</td>
</tr>
<tr>
<td>9</td>
<td>Drinking water</td>
<td>455</td>
</tr>
<tr>
<td>10</td>
<td>Fuel (Gasoline) for generator</td>
<td>82</td>
</tr>
<tr>
<td>11</td>
<td>Fuel (Diesel) for van and pick up</td>
<td>354</td>
</tr>
<tr>
<td>12</td>
<td>Pick up microscope + Pheng in Luang Namtha</td>
<td>273</td>
</tr>
<tr>
<td>13</td>
<td>Banner 1mx3m (2)</td>
<td>55</td>
</tr>
<tr>
<td>14</td>
<td>T-shirt with printed Logo (30)</td>
<td>180</td>
</tr>
<tr>
<td>15</td>
<td>Other</td>
<td>500</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL</strong></td>
<td><strong>37,205</strong></td>
</tr>
</tbody>
</table>

V. Outcome

- It is positive that we have helped poor patients in the remote areas of Oudomxay province who had been waiting long for ENT, eye or dental treatment.
- The number of patients significantly exceeded our target.
- We have impacted health care development for vision, ENT and dental care in remote areas although much remains to be done.
- The Lao team had an opportunity to learn new techniques from USA doctors for oral and eye surgeries.
- Very good cooperation between Oudomxay hospital and Lao Rehabilitation Foundation.

IV. Some problems

- The expense was greater than budgeted (medicine and Lao team expenses).
- A shortage of doctors to care for such a large population.
- Some problems of compatibility between generators, transformers and new diagnostic equipment.
- Insufficient time to cover the needs of all patients.
- Insufficient participation of district hospitals’ staff.

V. Plan and location for next mobile service in 2009

- To prepare a new budget.
- To prepare new and returning teams.
- To improve management of all activities
<table>
<thead>
<tr>
<th>Place</th>
<th>Population</th>
<th>Target No. patients</th>
<th>Used time (day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Namor district hospital</td>
<td>32,794</td>
<td>500</td>
<td>1 ½ days</td>
</tr>
<tr>
<td>Beng district hospital</td>
<td>33,384</td>
<td>700</td>
<td>2</td>
</tr>
<tr>
<td>Houn district hospital</td>
<td>61,960</td>
<td>1,200</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>2,400</strong></td>
<td></td>
<td><strong>5 1/2 days</strong></td>
</tr>
</tbody>
</table>

VI. Requests
- To provincial public health department, to continue providing administrative and logistical support for mobile team when going to remote areas.
- To NGOs, especially Lao Rehabilitation Foundation, Inc. to continue cooperation and support with funds, medicine and equipment for mobile team to service patients in remote areas.

Oudomxay residents receive free medical checks

Doctors from the Eye Unit of Oudomxay Provincial Hospital say a mobile health care project is essential in improving the health of rural people who do not have access to hospital services.

Dr Phetsamone Indara from the unit said hospital staff and the Lao Rehabilitation Foundation of the Vientiane Health Department provided free medical check-ups for more than 3,000 people in relation to dental, ear, nose, throat and eye problems in the four districts of Pakbaeng, Houn, Baeng and La between September 14 and 21.

The medical teams found many people needed medical treatment. Many cannot access medical services because they are too poor or they live in isolated areas.

By VIENTIANE TIMES
(Latest Update October 2, 2008)