Report of

Mobile Health Care in Remote Area

Dental, E.N.T and Eye Diseases

Serving the Provinces of:
Oudomxay, Phongsaly and LuangNamtha
LAO P.D.R.

15-23 September, 2009

A Cooperation between:

Oudomxay Hospital

Foundation for Assisting the Poor People of Lao PDR (FAPPL)

Lao Rehabilitation Foundation (LRF)

Women for World Health (WFWH)
I. BACKGROUND INFORMATION

1. Provinces

The three Northern provinces of Phongsaly, Luang Namtha and Oudomxay are 85% high mountain regions. With a population of 576,436, many people are poor and live in remote area. They subsist mainly on agriculture, and have only limited access to healthcare, particularly eye, E.N.T. and dental care.

The public health system consists of 3 provincial hospitals, 19 district hospitals, and 100 health centers as follows:

<table>
<thead>
<tr>
<th>Provinces</th>
<th>Population</th>
<th>No. Provincial hospital</th>
<th>No. District hospital</th>
<th>No. Health center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phongsaly</td>
<td>165,947</td>
<td>1</td>
<td>7</td>
<td>24</td>
</tr>
<tr>
<td>Luang Namtha</td>
<td>145,310</td>
<td>1</td>
<td>5</td>
<td>37</td>
</tr>
<tr>
<td>Oudomxay</td>
<td>265,179</td>
<td>1</td>
<td>7</td>
<td>39</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>576,436</strong></td>
<td><strong>3</strong></td>
<td><strong>19</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

The mobile health care service in remote area, treating eye, ENT and dental diseases is a good cooperation between Oudomxay and Luang Namtha Hospitals, Foundation for Assisting Poor People of Lao PDR (FAPLP), Lao Rehabilitation Foundation (LRF), Women for World Health (WFWH) and Fred Hollows Foundation (FHF). This large mission addresses needs in three specialties, ophthalmology, dental and ENT. It includes expert doctors, nurses and assistants as well as modern equipment to examine patients while providing medicine of good quality for treatment.

II. OBJECTIVE

1. General Objective

- Decrease the prevalence of blindness, deafness and cavitas dentis in 4 Northern provinces of Lao PDR.
- Broaden the coverage of health care services to people in remote areas, ethnic minority groups and the urban poor.
provide experience in new surgical techniques and new means of diagnostic examination in good cooperation between US doctors and Lao team.

2. Specific Objective

- Treat the main cause of blindness with cataract surgery.
- Treat and prevent the main cause of deafness, otitis media.
- Treat and prevent cavitas dentis with primary dentis, clean calciferous and prevention the 6th teeth stable.
- Provide health education for primary eye, dental and ENT care.

III. TREATMENT GOAL

- Treat all patients with eye, dental and ENT diseases with a total target of 2,200 patients as follows:

<table>
<thead>
<tr>
<th>District</th>
<th>Province</th>
<th>Target No. patients</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Khoua</td>
<td>Phongsaly</td>
<td>600</td>
<td>Target</td>
</tr>
<tr>
<td>Namor</td>
<td>Oudomxay</td>
<td>500</td>
<td>Cataract Operations: 60 cases</td>
</tr>
<tr>
<td>Viengphoukha</td>
<td>LuangNamtha</td>
<td>500</td>
<td></td>
</tr>
<tr>
<td>Donmay health center</td>
<td>LuangNamtha</td>
<td>350</td>
<td></td>
</tr>
<tr>
<td>Ban Nam Yang</td>
<td>LuangNamtha</td>
<td>250</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>2,200</td>
<td></td>
</tr>
</tbody>
</table>

- Service all patients, with no regard to gender, age, ethnic background or religion.
- Service all patients free of charge.

IV. LOCATIONS AND DATES OF SERVICE

- Locations:
  - 3 districts hospital of 3 provinces.
  - 1 health center
  - 1 village
  - part time at a provincial hospital
- Dates of service:
  - (9 days, including travel.)
V. TECHNICAL ACTIVITY

1. Preparation

- FAPLP informs ministry of Foreign Affairs, Ministry of Health, and Provincial Department of Public Health.
- Provincial Department of Public Health informs the district hospitals, health care centers and villages. Provide the time and location of health care to villagers.
- Contact officers of district hospital to prepare for local service and join forces with the mobile team.
- Meet the head of districts (if possible) and inform them of our purpose. Ask for cooperation to inform the people of the districts.

2. Team Work

A total of 22 participants to include:

Lao Team (10+6):

- 2 Ophthalmologists
  
  Phetsamone Indara, MD.  Houmphan Bounsavat, MD.

- 2 Dentists
  
  Korakan Keochantha, MD.  Phetlamphan Onlavong, MD.

- 1 E.N.T doctor
  
  Sengdeuan, MD.
- 2 Ophthalmic nurses
  - Kinkeo Vivanh, O.N
  - Suliyo Setsongkham, O.N

- 2 Nurses assistance
  - Niphone Thompadith, Nurse
  - Khampheng Phimmachan, Nurse

- 1 Assistant chief of Lao team
  - Sivilay Keoduangchan

- 6 District staffs

  USA team (6):
  - President of LRF
    - Dr. Luc Janssens
  - Coordinator
    - Sasithone Sengchanh
  - Ophthalmologist
    - Sara Jones Gomberg, MD.
  - Dentist
    - Ian Zlotolow, DMD, Prosthetics
  - E.N.T doctor
    - Anna Meyer, MD.
  - Nurse practitioner
    - Merina Keoviengkhone
3. **Medical Services**
   - Team to divide into three teams for examination and treatment of patients:

![The patients are waiting to register and be examined for E.N.T, Dental and Eye diseases in Namor district, Oudomxay province](image)

### 3.1 ENT Team (2 doctors, 3 nurses)
- Examine E.N.T for otitis medium treatment; remove discharge or foreign body from ear and provide myringotomy surgery.
3.2 **Eye Team (3 ophthalmologists, 3 nurses)**

Examine visual acuity, external and anterior segment of the eye, and operate on cataracts and other eye diseases.

**Eye examined**  
**Cataract case (Right Eye)**

**Pre-operate cataract**  
**Anesthesia Blocked Eye**

**Intra-operating cataract**

**Postoperated cataract 1st day**

**Screening Trachoma for Khamu and Akha ethnic children**
3.3 Dental Team (3 dentists, 3 nurses)

- Examination and extraction of teeth
- Cavity treatment
- Clean calciferous
- prevention the stable teeth No. 16th

Dental examination and treatment

Health education (Primary eye, dental and ENT care).

Doctor advises patients how to take medicines and how to take care by themselves for post-operated cases

Dentists advise children how to clean teeth using toothbrush
4. **Provide experience and teaching**

- How to use new modern medical equipment.
- New surgical techniques and diagnostic examination

![Dr. Luc Janssens is teaching dentists how to use new Dent X-Ray Eva Digital Imaging Sensor and Mini Wireless X-Ray Camera](image1)

![Dr. Anna Meyer, MD. is teaching ENT doctor, Sengdeuan, MD. about ENT diseases](image2)

![Dr. Anna Meyer, MD. is teaching Sengdeuan, MD. How to perform a myringotomy using microscope](image3)

![Sengdeuan, MD. Is practicing ear surgery using microscope](image4)

5. **Others Activities**

- Blind musician with blind singer are singing a song on the mobile health care at NamYang village and have someone collecting money to help blind singer

- Dr. Luc Janssens President of LRF takes care of Boumpheng (maimed leg and blind) to move in Akha village
Dr. Luc Janssens helped a poor patient who had been found with Tibia and Fibula fractured by accident over a year ago. Lao Rehabilitation Foundation provided funds for travel to Vientiane, accommodation and cost of treatment at Mittaphab hospital.

VI. Provide lecture and case discussion at LuangNamtha provincial hospital.

Present the activities, result and outcome of the mobile health care service in meeting room of LuangNamtha provincial hospital

Director of LNT provincial hospital, Dr. Ounheuean Phoutsavat giving Thank You letter to team work for mobile health care service
VII. Result

Patients registered, examined and treated:

<table>
<thead>
<tr>
<th>Locations</th>
<th>Population</th>
<th>Target/case</th>
<th>Registered</th>
<th>Examined and treated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Khoua district</td>
<td>26,288</td>
<td>600</td>
<td>1,040</td>
<td>1,031</td>
</tr>
<tr>
<td>Namor district</td>
<td>35,238</td>
<td>500</td>
<td>1,761</td>
<td>1,761</td>
</tr>
<tr>
<td>Vieng Phouka district</td>
<td>16,734</td>
<td>500</td>
<td>772</td>
<td>772</td>
</tr>
<tr>
<td>Donmai health center</td>
<td>934</td>
<td>350</td>
<td>377</td>
<td>322</td>
</tr>
<tr>
<td>Nam Yang village</td>
<td>616</td>
<td>250</td>
<td>251</td>
<td>251</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>78,810</strong></td>
<td><strong>2,200</strong></td>
<td><strong>4,201</strong></td>
<td><strong>4,137</strong></td>
</tr>
</tbody>
</table>

E.N.T: 1,583 cases
- Operated myringotomy surgery 5 cases

Dental: 1,488 cases

Eye: 1,066 cases
- Operated 63 cases (Cataract surgery 46 cases)

VIII. Expense

The total expense of **54,615 USD**, funded by Lao Rehabilitation Foundation, Inc. and Women for World Health organization, includes:

<table>
<thead>
<tr>
<th>No</th>
<th>Item</th>
<th>Amount (USD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Equipments purchased in and brought from USA</td>
<td>22,650</td>
</tr>
<tr>
<td>2</td>
<td>Medicine purchased in and brought from USA</td>
<td>5,664</td>
</tr>
<tr>
<td>3</td>
<td>Equipment purchased in Laos</td>
<td>3,446</td>
</tr>
<tr>
<td>4</td>
<td>Medicine purchased in Laos</td>
<td>3,166</td>
</tr>
<tr>
<td>5</td>
<td>Transport of equipment and medicine</td>
<td>1,000</td>
</tr>
<tr>
<td>6</td>
<td>Transport &amp; Accommodation of US team</td>
<td>11,800</td>
</tr>
<tr>
<td>7</td>
<td>Per diem for Lao team</td>
<td>834</td>
</tr>
<tr>
<td>8</td>
<td>Food and lodging for Lao team and volunteers</td>
<td>2,200</td>
</tr>
<tr>
<td>9</td>
<td>Drinking</td>
<td>500</td>
</tr>
<tr>
<td>10</td>
<td>Fuel (Gasoline) for generator</td>
<td>150</td>
</tr>
<tr>
<td>11</td>
<td>Rental of a van and a truck</td>
<td>1,170</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>Treatment for Lao poor patients (other diseases)</td>
<td>800</td>
</tr>
<tr>
<td>16</td>
<td>Other</td>
<td>1,000</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL</strong></td>
<td><strong>54,615</strong></td>
</tr>
</tbody>
</table>

(Expense detail at attach files)
V. Outcome
- It is positive that we have helped poor patients in remote areas of Oudomxay, Phongsaly and Luang Namtha provinces who had been waiting long for E.N.T., dental or eye treatment.
- The actual number of patients significantly exceeded our target.
- We have impacted health care development for vision, E.N.T and dental care in remote areas although much remains to be done.
- The Lao team had an opportunity to learn new techniques from USA doctor for ear, oral and eye surgeries.
- Very good cooperation between Oudomxay, LuangNamtha hospital and Lao Rehabilitation Foundation.
- Medical equipments and some medicines after finished mobile service the FHF had donated to Oudomxay Provincial Hospital.

VII. Some problems
- The expense was greater than budgeted (medicine and Lao team expenses).
- A shortage of doctors to care for such a large population.
- Take a lot of time for transportation
- High increase from targeted to actual cases
- Insufficient time to cover the needs of all patients.
- Insufficient participation of district hospital’s staff to register the patients.

VIII. Next plan location to mobile service in 2010 (under consideration)
- Houn district (UDX)
- Beng district (UDX)
- Or Bokeo province

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

Director of Oudomxay Provincial Hospital

Presenter

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