

**Lao People's Democratic Republic
Peace Independence Democracy Unity Prosperity**

Oudomxay Provincial Department of Public Health
Oudomxay Provincial Hospital

No. 260/OPH

Oudomay, Date. 3-10-2014.

REPORT OF MOBILE HEALTH CARE

**For Dental, Ear, Eye Care, Expectant Mothers and
Pediatric Services in Remote Area**

**Chom-Ong Health Center
Xay District of Oudomxay Province, Lao PDR.
September 10 and 11, 2014**



By Medical Team of Oudomxay Provincial Hospital

Supported by Lao Rehabilitation Foundation, Inc. USA.

**To: Director of Oudomxay Provincial Public Health Department
Director of Oudomxay Provincial Hospital
President of Lao Rehabilitation Foundation**

Subject: Results of Mobile Health Care for Dental, Ear, Eye Care, Expectant Mothers and Pediatric Services in Remote Area at Chom-Ong Health Center.

- Referred to the approval document of Oudomxay provincial hospital No. 576/OPH, on the date 08 September 2014.
- Referred to the planning of mobile health care in remote area in 2014 of LRF.
- Referred to the funding agreement by Lao Rehabilitation Foundation, Inc. to support mobile health care in remote area.

The Oudomxay provincial hospital team in cooperation with Lao Rehabilitation Foundation has provided health care for dental, ear, eye diseases, examine expectant mother and treat pediatric diseases at Chom-Ong health center. Details are as follows:

I. Title

Mobile Health Care for Dental, Ear, Eye Care, Expectant Mothers and Pediatric Services in the Remote Area.

II. BACKGROUND INFORMATION

Chom-Ong Health Center is one of eight health care centers of Xay district covering the needs of 5 villages. The population is 2,158, of Kamhou minority. There are 1 secondary school and 5 primary schools. 100% of the land is of high mountains, located at a distance of 46 km from Oudomxay city by difficult dirt road.

The center is staffed by 4 nurses. Their main activity is to provide disease prevention services and health education including vaccine injections, distribution of vitamin A and parasite medication. They provide basic treatment and refer difficult cases to the provincial hospital.

There are no doctors and diagnostic equipment is severely limited. With inadequate access to health care, it is difficult for the population to recognize the severity of diseases and follow with proper treatment.

This is the second mission providing health care at a single remote village by mobile team of Oudomxay hospital with the support of LRF.

III. OBJECTIVE

- Decrease the prevalence of blindness, deafness, dental cavities and the maternal-infant mortality rate.
- Broaden the coverage of health services for people in remote areas, ethnic minority groups and the urban poor.
- Human resource development for the nurses of the health center by providing some training and medical instrument.

IV. LOCATION AND DURATION

- At Chom-Ong Health Center, Xay district of Oudomxay province. The meeting room of the village was used to provide service.
- Serviced for 02 days including travel (September 10 and 11, 2014)

V. TEAMWORK

The teamwork of 12 persons included:

Oudomxay Hospital (10):

- Ophthalmologist 01
- Dentist 01
- Pediatrician 01
- Gynecologist (ultrasound) 01
- Ophthalmic nurse 01
- Nurse assistants 02
- Local staff 03

US Team (02)

- President of LRF 01
- LRF Coordinator 01

VI. INSTRUMENTS AND MEDICINE

This mission was performed with the use of quality manual and automated equipment intended for mobile healthcare and effective medicines for treatment. This includes:

1. Instruments and medicine for dental services.
2. Instruments and medicine for ear services.
3. Instruments and medicine for eye services.
4. Instruments and medicine for expectant mother services.
5. Instruments and medicine for pediatric services.

VII. ACTIVITIES PERFORMED

Provided 5 main activities and special treatment as follows:

1. Examined and treated dental diseases

- Tooth extraction.
- Health education.



**Dental patients (women) are examined and treated
by Dr. S. Vongprachit, dentist**

2. Examined and treated ear disease

- Treat otitis media.
- Remove foreign body from ear



Ear patients (a man and women) are examined and treated
by P. Indara MD, Ophthalmologist

3. Examined and treated eye disease

- Vision test by E-Chart or Snellen Chart.
- Diagnosis with medicinal treatment of some eye diseases.
- Referred cataract cases to Oudomxay Eye Unit to do surgery with IOL implant.
- Refractive service with glasses provided for presbyopia (reading glasses nearsighted).



Eye patient (older) is examined for refraction
by K. PhanhouAmat, Optometrist



Eye patient (a boy) is examined and treated
by P. Indara MD, Ophthalmologist

4. Examined expectant mothers

- General examination.
- Examined fetus by Echography.
- Health education.



Expectant mother examined with ultrasound machine
by Dr. V. Chanthamit, gynecologist

5. Examined infants and children

- General pediatric examination.
- Diagnosed infectious diseases and provided medicinal treatment.
- Health education.



Children examined and treated
by Dr. S. Chanthavisouk, pediatrician



Some medicine for children
Assistant, Ms. S. Sengchanh, Coordinator of LRF

6. Rehabilitation activities performed

- Referred cases to Oudomxay provincial hospital for treatment supported by LRF.

1. A boy 5 years old with chronic bone infection (Pelvic and Tibia)



2. A woman 33 years old with severe gastritis and stomach ulcer



Before treat
at her house with family



Post treated for 4 days
at Oudomxay Provincial Hospital

V. RESULTS

A total of 209 cases (female: 98 or 47%) were treated free of charge with no regard to gender, age, ethnicity or religion. Services included:

No	Treatment	Qty.
1	Dental	53
2	Ear	38
3	Eye	47
4	Pregnancy	5
5	Infant and child	65
	Total	209

1. Dental Results

53 (F59) patients were examined and treated. Dental cases included:

- Examination and treatment by medicine: 53

2. Ear Results

38 (F10) patients were examined and treated. ENT cases included:

- Otitis media chronic: 28
- Acute otitis: 05
- Discharge and foreign body : 06

3. Eye Results

47 (F17) patients were examined and treated. Vision tests with diagnostic examinations, refractive service was provided and 27 pairs of glasses were distributed for adult with near blurred vision (presbyopia).

Surgery was provided at Oudomxay Eye Unit for 2 patients:

- Cataract surgery 2 cases

4. Obstetric Results

5 pregnant patients were examined and found normal. However all cases were advised to follow up at the provincial hospital.

5. Pediatric Results

65 (F35) children or infants were examined and treated. The main diseases were:

- Angine 17
- Cold fever 13
- Parasite 9
- Tonsillitis 7
- Pharyngitis/ Tonsillitis 6
- Malnutrition 5
- Diarrhea 3
- Skin infection 3
- Pneumonia 2

6. Special care provided

- A boy with severe chronic bone infection was referred to Oudomxay provincial hospital for treatment supported by LRF.
- A woman which was severe gastritis and ulcer was referred to Oudomxay provincial hospital for treatment supported by LRF.

VIII. **BUDGET AND EXPENDITURE**

The total budget: **6,518 USD.**

The total actual expenditure: **4,541 USD.**

The actual expenditure included:

No	Description	Amount
1	Medicine from USA	200
2	Instruments and equipment from USA	800
3	Medicine and equipment from Laos	965
4	Transport and accom. for USA team (LRF)	880
5	Per diem and accom. for Lao team	238
6	Preparing mission (document, other)	31
7	Rented vehicles and fuel	575
8	Medicine and supplies for eye service	442
9	Toothpaste, toothbrushes and books for students	226
10	Special care patients	157
11	Other	27
	Total	4,541

Note: The instruments, medicine and supplies for eye service will be provided by Fred Hollows Foundation, Australia.

(Detail on attach files)

IX. **ACCOMPLISHMENTS, WEAKNESSES AND RECOMMENDATIONS**

1. Accomplishments

- Good cooperation with head of village and health center staff.
- Poor patients who otherwise would not have access to healthcare in remote areas have received treatment.
- We contributed to the prevention of ear and dental diseases; we restored or improved visual ability and helped decreasing infant and maternal mortality.
- Provided some medicines to Chom-Ong health center.

2. Weaknesses

- The number of patients serviced was below target.
 - Patients had difficulty coming because of rain.
 - Overall health in the village had significantly improved after our last mission there.
- A power outage on that day reduced our capability to provide dental care.

3. Recommendations:

- Village should be revisited during dry season.

X. NEXT MISSION PLANNING

ACTIVITIES:

1. Provide treatment of dental cavities by fillings and prevention by calciferous cleaning.
2. Provide treatment and prevention of otitis media, the main cause of deafness.
3. Treat cataract, the leading cause of blindness by IOL surgery in addition to pterygium and eyelid surgeries and treat the leading cause of visual impairment by refractive service.
4. Provide examination of pregnant women by echography.
5. Provide prevention and treatment of infectious disease in children.
6. Provide professional development opportunities for Lao doctors and staff and medical instrument to district hospitals and health care centers.
7. Screen primary schools children for general health, and particularly for eye, dental and ENT care and fluoride varnish application in schools.

LOCATION:

- In Samphan, Bounneua and Yord-Ou districts, Phongsaly province.

DURATION:

- February 2-11, 2015.

Director of Oudomxay Provincial Hospital



ດຣ. ຄໍາວິງ ຮິງດາລາ
Dr. Khamvina HONGDALA

Reporter

A handwritten signature in black ink, appearing to read 'Phetsamone Indara', written over a horizontal line.

ດຣ. ເພັດສະໝອນ ຮິງດາລາ
Phetsamone INDARA, MD.