

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

Oudomxay Provincial Health Department
Provincial Hospital
Lao Rehabilitation Foundation

No. **928-**/PH

Oudomxay, Date **1.8.OCT.2016**

REPORT OF Mobile Health Care

**For Dental, Ear Nose and Throat, Eye Diseases, Adult
Internal Medicine, Expectant Mothers and Pediatric
Services at Naxiengdee Health Center of**

Houn District, Oudomxay Province, Lao PDR.



September 20-23, 2016

Supported by Lao Rehabilitation Foundation, Inc.

Dear / To: Director of Oudomxay Provincial Public Health Department
Director of Oudomxay Provincial Hospital
President of Lao Rehabilitation Foundation, Inc. USA.

Subject: Results of Mobile Health Care for Dental, Ear Nose and Throat, Eye Diseases, Adult Internal Medicine, Expectant Mothers and Pediatric Services in the Remote Area of Naxiengdee during September 20 to 23, 2016.

- Refer to the 2016 planning and funding support of Lao Rehabilitation Foundation, Inc. for mobile health care in remote areas.
- Refer to the approval document of Oudomxay Provincial Hospital No. 770/Ph.ODX, of September 20, 2016.

This mission was a partnership between the Oudomxay Provincial Hospital with Houn district hospital and Lao Rehabilitation Foundation teams to provide mobile health care for ENT, dental, eye disease; expectant mother, adult internal medicine and pediatric services at the remote Naxiengdee Health Center of Houn district, Oudomxay province for 4 days, September 20 to 23, 2016.

This is the 6th mission that aims at providing health care services at remote health centers. The majority of the funding was provided by Lao Rehabilitation with some support provided by Fred Hollows Foundation, details as follows:

I. TITLE

Mobile Health Care for Dental, Ear Nose and Throat, Eye Diseases, Adult Internal Medicine, Expectant Mothers and Pediatric Services at Naxiengdee Health Center of Houn District, Oudomxay Province, Lao PDR.

II. BACKGROUND INFORMATION

Naxiengdee is one of 9 health centers of Houn district, it covers the needs of 8 villages and is staffed by 8 nurses. The population is 6,143 with 3 ethnic groups (Thaidum, Hmong and Kmou). 95% of the land is high mountains; the economy is mainly agricultural and farming.

The roads to most villages are in very poor condition and driving is challenging which makes access to these villages difficult.

Naxiengdee Health Center is located at 27 Km from Houn city, 1 and a half hour drive on difficult dirt road.

The main activity at the health center is health education and prevention care. Services include vaccine injections, vitamin A, parasite medication, basic treatment and referral to district hospital.



However, with limited access to doctors and diagnostic equipment, it is difficult to detect diseases and follow through with the proper treatment.

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.
- Provide human resource development for medical staff of the health center as well as medical equipment and supplies.

IV. LOCATION AND DURATION

- Naxiengdee Health Center, Houn district of Oudomxay Province
- Serviced for 04 days (September 21-23, 2016)

VI. TEAM WORK

The team work of 17 persons included:

Oudomxay Hospital (7):

- | | |
|------------------------------|---------------------------|
| - Dr. Phetsamone Indara | Ophthalmologist |
| - Dr. Soukmany Chanthavisouk | Pediatrician |
| - Dr. Soulimala VongPachit | Dentist |
| - Mr. Bounthone Keoduangchan | ENT Nurse Assistant |
| - Mr. Sith Sommalavong | Dental Nurse Assistant |
| - Ms. Sonmany Lassavong | Dental Nurse Assistant |
| - Ms. Lien Phengthavongchit | Pediatric Nurse Assistant |

Houn District Hospital (3):

- | | |
|-----------------------------|-----------------------------------|
| - Dr. Somthong Duangthala | Sonographer |
| - Dr. Meexay Jertalee | Internist |
| - Ms. Latdavone Phanthavong | Internal Medicine Nurse Assistant |

Naxiengdee Health Center (5):

- | | |
|---------------|---------------------------|
| - Local Staff | 5 nurses of health center |
|---------------|---------------------------|

LRF Team (2):

- | | |
|---------------------------|---------------------|
| - Dr. Luc Janssens | President of LRF |
| - Ms. Sasithone Sengchanh | Country Coordinator |

VII. 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 included:

1. Instruments and medicine for dental services
2. Instruments and medicine for ear services
3. Instruments and medicine for eye services
4. Instrument and medicine for adult internal medicine services
5. Instruments and medicine for expectant mothers services
6. Instruments and medicine for pediatric services
7. Educational supplies, toothpaste and toothbrushes for students

VIII. ACTIVITIES PERFORMED AND RESULT

Services were provided in 8 main areas of health care, a total of 1,973 cases (female: 877 or 44.4%) were treated free of charge with no regard to gender, age, ethnicity or religion. Services included:

| No | Examination & Treatment | Qty. (total) | Qty. (female) |
|----|------------------------------|-----------------|------------------|
| 1 | ENT | 109 | 66 |
| 2 | Dental | 215 | 84 |
| 3 | Eye | 319 | 114 |
| 4 | Expectant mother | 66 | 66 |
| 5 | Internal medicine (adult) | 618 | 249 |
| 6 | Pediatric (infant and child) | 360 | 185 |
| 7 | Children of Primary School | 286 | 113 |
| | Total | 1,973 | 877 |

1. E.N.T. Results:

109 (F 66) patients were examined and treated as follows:

| | |
|----------------------------------|----|
| – Otitis media (chronic) | 39 |
| – Ear foreign body, discharge | 19 |
| – Eardrum ruptured or perforated | 18 |
| – Neuro sensorial hearing loss | 16 |
| – Otitis media (acute) | 09 |
| – Ear examined (normal) | 06 |
| – Goiter/Hyper thyroid | 02 |
| – Tonsillitis | 01 |

2. Dental Results

215 (F 84) patients were examined and treated as follows:

| | |
|----------------------------------|----|
| – Tooth repair | 63 |
| – Dental overlay | 59 |
| – Cleaning calciferous | 46 |
| – Dental cavities non extraction | 34 |
| – Dental education | 13 |

3. Eye Results

319 (F 114) patients were examined and treated as follows:

| | |
|--------------------------------------------------------------------------------------|-----|
| – Vision test by E-Chart or Snellen Chart | 319 |
| – Diagnosis with medicinal treatment for eye diseases | 163 |
| – Cataract surgery with implant IOL | 07 |
| – Other eye disease surgery (Pterygium and eyelid) | 04 |
| – Refractive service with donation of eyeglasses for refractive error and presbyopia | 111 |

4. Obstetric Results:

66 pregnant patients were examined by echography. 7 cases (10.6%) were declared problematic:

| | |
|------------------------------|----|
| – Placenta praevia | 05 |
| – Breech presentation | 01 |
| – Fetal heartbeat undetected | 01 |

All problematic cases were advised to follow up at the provincial hospital.

5. Internal Medicine (adult) Results:

618 (F 249) patients were examined and treated as follows:

| | |
|--------------------------------|-----|
| – Gastritis | 122 |
| – Musculoskeletal / Flank pain | 97 |
| – Headache | 76 |
| – Parasite | 38 |
| – Pneumonia | 37 |
| – Cold fever | 36 |
| – Skin infection | 35 |
| – Pharyngitis / bronchitis | 34 |
| – HTA | 32 |
| – Angina | 27 |
| – Arthritis | 26 |
| – Kidney stones | 11 |
| – Diarrhea | 7 |
| – Goiter | 4 |
| – Other | 36 |

6. Pediatric Results:

360 (F 185) patients were examined and treated as follows:

| | |
|----------------------------|----|
| – Pneumonia | 72 |
| – Parasites | 69 |
| – Cold fever | 68 |
| – Pharyngitis / Bronchitis | 36 |
| – Skin infection | 31 |
| – Malnutrition | 31 |
| – Angina | 23 |
| – Diarrhea | 11 |
| – Anemia | 4 |
| – Beriberi | 3 |
| – Other | 12 |

7. Primary School Screening Results:

286 children (F 113) of 2 primary schools (Naxiengdee and Phonxay) were screened.

- After receiving basic hygiene education, all children were given fluoride varnish application with distribution of toothbrushes and toothpaste.
- Educational supplies were also donated to students.

8. Health Center Development Activities Performed:

Medical equipment was provided to Naxiengdee and HouaNamNga (Km 32) health centers, included: Sphygmomanometer, small surgery set, delivery set, otoscope, Ultrasonic Pocket doppler, oxymeter, nebulizer, weight scale for children, other necessary medical equipment and some medicine. LRF also provided training in the use and maintenance of donated equipment.

9. Rehabilitation:

Diagnosis and treatment of a poor young woman with Tickborne Rickettsial disease LRF provided medicine, vitamin, food and follow up.

X. BUDGET AND EXPENDITURE

The anticipated budget for this mission was **13,962 USD**

The actual expenditure for this mission was **13,611 USD**, it included:

| No | Item | Amount (USD) |
|----|-------------------------------------------------------------|---------------|
| 1 | Medical equipment provided to ODX Hospital (pediatric unit) | 285 |
| 2 | Medical equipment provided to Naxiengdee health center | 490 |
| 3 | Medical equipment provided to Huanamnga health center | 1,257 |
| 4 | Medicine from USA | 2,100 |
| 5 | Shipping of medical equipment | 1,000 |
| 6 | Medicine from Laos | 2,804 |
| 7 | Transportation and accommodation of LRF team from Vientiane | 1,620 |
| 8 | Perdiem and accommodation of Lao team | 1,015 |
| 9 | Preparing mission (supplies, etc.) | 394 |
| 10 | Truck rental and fuel | 531 |
| 11 | Eye care | 1,401 |
| 12 | Student care | 196 |
| 13 | Help poor patients and others | 519 |
| | TOTAL | 13,611 |

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

(Detail on attach files)

XI. ACCOMPLISHMENTS AND WEAKNESSES

1. Accomplishments

- Good cooperation with Houn district public health department and Naxiengdee 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.

- We provided medicine and medical equipment to improve health care in Naxiengdee and Huanamnga health centers.

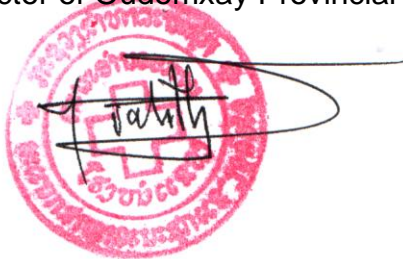
2. Weaknesses

- Given the rainy season, dirt road access was difficult.
- Assembling the teamwork was complicated because of illness and schedule changes of some participants.
- Limited dental equipment prevented dental extraction.
- The number of patients for adult internal medicine was higher than expected, thus the team of internal medicine could not provide service to all patients.
- Insufficient of time to provide service.

XII. NEXT MISSION (Plans under consideration)

- Provide mobile health care for dental, ENT, eye, adult, expectant mother and infectious disease in children at Nasan health center of Nga district of Oudomxay province in January or February 2017.
- Consider increasing teamwork and length of service.

Director of Oudomxay Provincial Hospital



ດຣ ສຸວັນທອງ ແສນວັນນະຄຳ
Dr. Souvanthong SENVANNAKHAM

Presenter

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Dr. Sounethone LOUANGXAYSIV

ATTACHMENT DOCUMENTS

1. Photo of Activities
2. Teamwork
3. List of Donated Medical Equipment
4. List of Information and Approval Letters
5. List of Expenditure