

REPORT

OF EYE CARE SERVICE FOR PEOPLE OF THE MEKONG RIVERSIDE

In Pakbeng District, Oudomxay Province
September 24-30, 2023



Supported by Lao Rehabilitation Foundation, USA

- Refer to the main activities in 2023 of the Eye Care for People of the Mekong Riverside Project in Pakbeng District, Oudomxay Province.
- Refer to the Lao Rehabilitation Foundation's public health support plan in 2023.

This eye care mission was the first mission of the Eye Care for People of the Mekong Riverside Project to improve eye health of Lao people living along the Mekong riverside of Pakbeng district. It was conducted at 5 villages and 1 district hospital, the details are as follows:

I. OBJECTIVE:

- To improve the quality and access to eye health services
- To increase accessibility to service for people in remote areas who have visual impairment and could benefit from prescription glasses.
- To develop a database of visual impairment in children, promote the prevention of eye injury to reduce the risk of blindness or visual impairment in children.

II. TARGET

- Service all people at villages free of charge, with no regard to gender, age, ethnicity or religion.
- Total estimated target of 15 cataracts surgeries and 5 other surgeries
- Total estimated target of 500 pairs of glasses to be provided
- Total estimated target vision screening of 500 children at primary and secondary school.

III. LOCATION AND DURATION

Services were provided during 5 days (September 25-29, 2023) at the 5 villages and 1 district hospital as follows:

- September 25, 2023 at HuiLao village
- September 26, 2023 at Huithom village
- September 27, 2023 at Donecheng village
- September 28, 2023 at ChomlengYai and CholengNoi villages
- September 29, 2023 at Pakbeng district hospital

IV. SUPPORT, TEAMWORK, PARTNERS and INSTRUMENTS

1. Support

By Lao Rehabilitation Foundation (LRF)

2. Teamwork

The team of 6 people included:

2.1 Lao Team (4)

- Dr. Phetsamone Indara Ophthalmologist (Oudomxay provincial hospital)
- Mr. SoulinxaySouphaxay Head office of Pakbeng Health Office
- Mr. NienSivongthong High level medicine at Pakbeng district hospital

2.2 LRF team (2)

- Dr. Luc Janssens President of LRF
- Ms. KhammanYabee Optometrist

3. Partners

- Oudomxay Provincial Public Health Department and Pakbeng District Health Office.

4. Instrument and Medicine

This mission was performed using quality modern and basic equipment intended for cataract surgery, refraction exams and effective medicine for treatment. It included:

1. Operating Microscope (Scan Optics SO-5000 TFZ)
2. Surgical instruments, equipment and supplies
3. Sonomed A-Scan
4. RightonRetino-MAX K-Plus 3
5. Portable slit lamp, direct and indirect ophthalmoscopes
6. Tonometer (iCare)
7. Mobile autorefractors (Qwicksee, Plenoptika) and trial lens set
8. IOL and medical supplies for cataract surgery and medicine for eye care service
9. Glasses with eyeglasses case
10. Poster for dissemination of knowledge on eye health to prevent eye injury to students

V. ACTIVITY PERFORMED

Provided mobile eye care services at 5 villages and 1 district hospital in Pakbeng district:

5.1 Eye examination, treatment and eye disease control

- Vision test by E-Chart or Snellen Chart.
- Diagnosis with medicinal treatment for some eye diseases.
- Cataract surgery with IOL implant.
- Other eye disease surgeries when needed.

5.2 Refractive error service and provide glasses

- Refractive error service by portable autorefractor(Qwicksee) and trial lens set
- Donation of glasses.

5.3 Control and prevention of blindness in school children

Disseminated knowledge on eye health and prevent eye injury by poster to teachers and students at 4 primary and secondary schools.

VI. RESULTS

6.1 Eye examination, treatment and eye disease control

A total of 389 (F 141) eye patients were examined, provided vision test with diagnostic examinations and treated at 5 villages and 1 district hospital of Pakbeng district, Oudomxay province. Surgery was provided for 17 patients as follows:

| No | Location service | Vision test with examinations | | Cataract surgery | | Other surgery | |
|----|--|-------------------------------|------------|------------------|----------|---------------|----------|
| | | Total | Female | Total | Female | Total | Female |
| 1 | at HuiLao village | 29 | 8 | 0 | 0 | 0 | 0 |
| 2 | at Huithom village | 47 | 14 | 0 | 0 | 0 | 0 |
| 3 | at Donecheng village | 58 | 16 | 0 | 0 | 0 | 0 |
| 4 | at ChomlengYai and CholengNoi villages | 109 | 46 | 0 | 0 | 0 | 0 |
| 5 | at Pabeng district hospital | 146 | 57 | 13 | 6 | 4 | 2 |
| | Total | 389 | 141 | 13 | 6 | 4 | 2 |

6.2 Refractive error service and providing glasses

A total of 311 pairs of glasses were distributed for refractive error patients, as follows:

| No | Location service | vision test with examinations | | Provided glasses | |
|----|--|-------------------------------|------------|------------------|------------|
| | | Total | Female | Total | Female |
| 1 | at HuiLao village | 29 | 8 | 25 | 5 |
| 2 | at Huithom village | 47 | 14 | 37 | 10 |
| 3 | at Donecheng village | 58 | 16 | 48 | 12 |
| 4 | at ChomlengYai and CholengNoi villages | 109 | 46 | 94 | 38 |
| 5 | at Pabeng district hospital | 146 | 57 | 107 | 41 |
| | Total | 389 | 141 | 311 | 106 |

6.3 Control and prevention of blindness in children from schools

A total of 282 (F 117) students at primary and secondary school were vision screened and eye examined. The results of 98% is normal vision and 2% is blurred vision, as follows:

| No | School service | vision test | | Good vision | | Blurred vision | | Provided glasses | |
|----|---|-------------|------------|-------------|------------|----------------|----------|------------------|----------|
| | | Total | Female | Total | Female | Total | Female | Total | Female |
| 1 | HuiLao Primary School | 80 | 34 | 79 | 33 | 1 | 1 | 0 | 0 |
| 2 | Huithom Primary School | 59 | 18 | 59 | 18 | 1 | 1 | 0 | 0 |
| 3 | Donecheng Primary and Secondary | 109 | 52 | 107 | 52 | 2 | 0 | 1 | 0 |
| 4 | ChomlengYai and CholengNoi Primary school | 34 | 13 | 43 | 13 | 1 | 0 | 1 | 0 |
| | Total | 282 | 117 | 288 | 116 | 5 | 2 | 2 | 0 |

- The main cause of blurred vision is posterior segment disease congenital and refractive error.
- Knowledge on eye health and prevention eye injury was disseminated to a total of 5 (F 3) teachers and 127 students.

VII. BUDGET AND EXPENDITURE

The actual expenditure for this mission was **16,044 USD** (sixteen thousand and forty-four USD) included:

| | |
|--|---------|
| – IOL, medicine and instruments from USA | \$4,300 |
| – Light floor stand SCAN OPTCIS Operating Microscope | \$1,877 |
| – Medicine supplies from Laos | \$280 |
| – Optical supplies from USA | \$1,200 |
| – Glasses with cases | \$1,874 |
| – Transportation and accommodation of LRF team | \$5,690 |
| – Transportation, food and accommodation of Lao team | \$564 |
| – Rent speed boat | \$135 |
| – T-shirt with logo, Poster eye injury | \$68 |
| – Preparing, copy, advertise and other | \$56 |

(Details on attached files)

VIII. ACCOMPLISHMENTS AND WEAKNESSES

1. Accomplishments:

- We provided free eye examination and treatment services to people of the Mekong riverside.
- We improved vision by refractive service and providing glasses to the people especially the elderly and the disabled from 3 villages located along the Mekong riverside and 2 villages located along the high mountains.
- We provided free cataract surgery to poor people of the Pakbeng district.
- We treated impoverished patients who otherwise would not have received help.
- We helped prevent blindness in Oudomxay province.

2. Weaknesses:

- Almost 60 percent of the villagers did not get eye examinations because the mission was held during the production season (rainy season), most of the villagers are living in the farms and dry fields. Only some elderly and disabled people were in the villages.
- Vision screening and eye examination of children at primary and secondary schools were not on target.
- Donation of glasses to people who have visual impairment was not on target.

IX. NEXT MISSION PLANNING (under consideration)

ACTIVITIES:

1. Provision of basic equipment and supplies to the Pakbeng district hospital and Khokka Health Center.
2. Eye examination, treatment and eye disease control.
3. Provide refraction for error services and provide glasses at the villages.
4. Control and prevent blindness in school children.
5. Referral to treatment when needed.

LOCATION:

- At 5 villages of Pakbeng district of Oudomxay province or other location as needed.

DURATION:

- One week in January 2024

Director of Oudomxay
Provincial Hospital



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Presenter

ດຣ ເພັດສະໝອນ ອິນດາລາ
Phetsamone INDARA, M.D.

Director of Oudomxay Provincial Health Department



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