

LAO PEOPLE'S DEMOCRATIC REPUBLIC

PEACE INDEPENDENCE DEMOCRACY UNITY PROSPERITY

Phongsaly Province
Phongsaly Provincial Health Department
Lao Rehabilitation Foundation

No. **284**/PHD

Phongsaly, Date... **25 MAR 2015**

REPORT OF
Mobile Health Care
For E.N.T, Dental, Eye disease
Expectant Mothers, Adult Internal Medicine and Pediatric Services
in the Remote Areas of

Yord-Ou, Samphan Districts and Ban Yor Health Center
Phongsaly Province, Lao PDR.

February 03-11, 2015



a cooperation between
Phongsaly, Oudomxay Provincial Hospitals
and
Lao Rehabilitation Foundation (LRF)
In association with
Fred Hollows Foundation (FHF)
and
Kulczyk Foundation

**To: Head of Administrative Office of Ministry of Foreign Affairs (MoFA)
 Head of Curative Department of Ministry of Health (MoH)
 Phongsaly Governor's Office
 Phongsaly Foreign Affairs Department
 President of LRF
 Program Manager of FHF in Laos**

- Refer to the request letter of Phongsaly Provincial Health Department of September 30, 2014.
- Refer to the agreement letter of LRF to provide mobile health care, of October 13, 2014.
- Refer to the agreement letter of Phongsaly governor, No. 153, of November 13, 2014.
- Refer to the agreement letter of Minister, Ministry of Health No. 267/MoH of December 5, 2014.
- Refer to agreement letter of Administration Office Department, Ministry of Foreign Affairs No. 002150/MoFA.NGOs. 3.11, of December 16, 2014.

This mission was a partnership between the Phongsaly and Oudomxay Provincial Hospitals, and Lao Rehabilitation Foundation (LRF) in association with Fred Hollows Foundation (FHF) and Kulcyk Foundation to provide mobile health care for ENT, dental, eye disease; expectant mother, adult (internal medicine) and pediatric services in the remote areas of two districts and one health center of Phongsaly for 9 days, February 3 to 11, 2015, details as follows:

ABSTRACT

Title: Mobile Health Care for E.N.T., Dental, Eye Disease; Expectant Mothers, Adult Internal Medicine and Pediatric Service in the Remote Areas of Yord-Ou, Samphan Districts and Ban Yor Health Center of Phongsaly Province, Lao PDR.

Objective:

- Decrease the prevalence of deafness, dental cavities, blindness, pediatric diseases and maternal-infant mortality rate.
- Broaden the coverage of healthcare services for people in remote areas, ethnic minority groups and the urban poor.
- Improve health care service at district level.

Sites and Duration: Total of 9 days

- Yord-Ou district : 04-06 February 2015
- Ban Yor health center: 07-08 February 2015
- Samphan district: 09-11 February 2015

Principal Support: Lao Rehabilitation Foundation, Inc.

Total Cost: 53,920 USD

Funding Sources:

- Lao Rehabilitation Foundation (85.50%): 46,105 USD
- Kulczyk Foundation (10.78%): 5,000 USD
- The Fred Hollows Foundation provided (5.22%): 2,815 USD

Lao Partners:

Phongsaly Public Health, Phongsaly hospital, Oudomxay hospital, Yord Ou with Samphan district hospitals and Ban Yord health center.

Teamwork (32 persons): 4 teams:

- Phongsaly provincial hospital and district local staff
- Oudomxay provincial hospital
- Mittaphab hospital
- Lao Rehabilitation Foundation

Activities and Methods:

The health care professional team delivered mobile health care services in six main areas: ENT, dental, eye disease; expectant mothers, adult internal medicine and pediatric services. All services included experts, medical doctors and nurse assistants to examine patients by manual and automated equipment. Treatment and procedures were provided with excellent medicine and equipment.

Results: A total of **3,385** patients (Female: 2,044) were recorded, examined and treated in 2 district hospitals, 1 health center and 1 primary school. This included: E.N.T. 653 (F 336), dental: 701 (F 451), eye: 453 (F 257), expectant mothers: 134, adult internal medicine: 849 (F 578), pediatric: 531 (F 262) and children in primary school: 64 (F 26).

- Surgery was performed on 44 cases, it included: Cataract (23), Pterygium/eyelid (14), Cleft lip (2) and scar/cyst/nodule (5). Eyeglasses provided: 34
- Improved sustainable health care service at district level by providing new medical equipment (Echography, EKG, Oxygen concentrators, Autoclaves, Patient monitoring, Ultrasonic dopplers, etc.).

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PART I INTRODUCTION

I. TITLE OF THE MISSION

Mobile Health Care for E.N.T., Dental, Eye Disease; Expectant Mothers, Adult Internal Medicine and Pediatric Service in the Remote Areas of Yord-Ou, Samphan Districts and Ban Yor Health Center of Phongsaly Province, Lao PDR.

II. STATEMENT OF THE MISSION

Beginning in 2009, 2010 and 2014, in cooperation with Oudomxay and Phongsaly Hospitals, the Lao Rehabilitation Foundation (LRF), funded several health care missions staffed by Lao medical teams assisted by foreign experts for ear, nose & throat (ENT), dental, eye, expectant mother, adult and pediatric care in the remote areas of 5 districts of Phongsaly province. The outcome of these missions has been highly successful, so far treating over 7,800 patients who otherwise could not have afforded healthcare in these remote provinces.

LRF also contributed to the development of more sustainable health care services in Phongsaly by providing medical equipment to district hospitals and health centers.

This healthcare mission was important and necessary for the continued success of preventive healthcare, to decrease the incidence of dental, eye, internal medicine diseases and the maternal, infant and child mortality rate in remote area. This mission is a partnership between the Oudomxay and Phongsaly Provincial Hospitals in association with Lao Rehabilitation Foundation (LRF), the Kulcyk Foundation and Fred Hollows Foundation (FHF).

III. OBJECTIVE

- Decrease the prevalence of deafness, dental cavities, blindness, pediatric diseases and maternal-infant mortality rate.
- Broaden the coverage of healthcare services for people in remote areas, ethnic minority groups and the urban poor.
- Provide human resource development for Lao doctors and local staff.
- Improve sustainability of health care service at district hospital and health center levels by providing medical equipment.

IV. TARGET

This mission intended to:

- Service patients in need of ENT, dental, eye and adult care.
- Service expectant mothers and their children.
- Service patients in need of surgery for cataract, cleft lip, burn scars and cysts.
- Provide service to an estimated target of 3,500 patients free of charge, with no regard to gender, age, ethnicity or religion.

V. LOCATION AND DURATION

Services were provided during 9 days (February 04-11, 2015) in two districts and one health center:

- | | |
|-----------------------|--|
| - February 4-6, 2015 | at Yord Ou district hospital |
| - February 7-8, 2015 | at Ban Yor health center (Bounneau district) |
| - February 9-11, 2015 | at Samphan district hospital |

VI. SUPPORT FOR FUNDING

- Mainly provided by: Lao Rehabilitation Foundation (LRF)
- Some support provided by: and Fred Hollows Foundation (FHF) and the Kulczyk Foundation

1. LAO REHABILITATION FOUNDATION (LRF):



The Lao Rehabilitation Foundation, Inc. (LRF) headquartered in Napa, California, USA, is a non-profit, non-religious, non-political organization. Activities are conducted by its President, Dr. Luc Janssens. LRF maintains an office in Vientiane, and in Oudomxay, Laos. The purpose of LRF is to provide medical services to Laotian citizens, with a greater focus on children. The foundation recognizes that the best guarantee for sound health is adequate nutrition, access to clean water, basic hygiene, decent shelter, education and reasonable access to medical facilities. The Foundation has conducted several missions in the remote areas of Laos providing medical services and clean water to the poor. The Foundation has also provided mobile medical equipment for dental, E.N.T, pediatric, obstetric and eye care.

2. FRED HOLLOWES FOUNDATION (FHF):



The **Fred Hollows**
Foundation

The Fred Hollows Foundation (FHF) headquartered in Sydney, Australia, is a non-profit, non-government organization. FHF maintains an office in Vientiane (Ophthalmology Center). The Foundation aims to reduce avoidable blindness in Lao PDR. FHF signed a MOU with the Ministry of Health of Lao PDR on Sept, 2008 for duration of 3 years. The agreement was extended for 2 years (2011-2013) and presently to 2018 with phase II of the Project. The activities include research, human resource development, infrastructure development, disease control, and the strengthening of advocacy partnerships for 7 Northern provinces of Laos (Phongsaly, LuangNamtha, Oudomxay, Bokeo, LuangPrabang, Xayabury and Vientiane provinces).

VII. COMMITTEE SUPERVISOR AND TEAMWORK

1. Committee Supervisor

1.1 Central level

- Administrative Office of MoFA
- Curative Department of MoH

1.2 NGO (sponsor)

- President of LRF
- Programer of FHF

1.3 Provincial Level

- Phongsaly Governor's Office
- Director of Phongsaly Foreign Affairs Department
- Director of Phongsaly Provincial Health Department
- Director of Phongsaly Provincial Hospital
- Director of Oudomxay Provincial Hospital

1.4 District Level

- Head of Districts
- Director of District Public Health Departments and Hospitals

PART II METHODOLOGY

This mission took 5 months to prepare and to obtain necessary approval documents as follows:

I. PREPARATION

- Worked in partnership with the provincial and district hospitals to survey prevalence of diseases and medical equipment needs
- Wrote a proposal to inform local authorities of the purpose, planned activities and got agreement from Phongsaly PHD, Governor's office, MoH and MoFA
- Prepared budget, equipment, supplies, medicine, and assembled a team
- Appointed patients by advertising and by informing them through provincial health departments to district hospitals to villages

II. ACTIVITIES PERFORMED

Expert team of LRF jointly with Oudomxay and Phongsaly teams provided health care services:

- Registration of cases was completed by local staff
- Examination and diagnosis was performed with manual or automated equipment, patients were treated with medicine or surgical procedures

Services were provided in 8 main areas of health care as follows:

1. Examination and treatment of E.N.T diseases:

The E.N.T. team (1 E.N.T. doctor from USA assisted by 1 Lao medical doctor and 1 E.N.T. nurse) performed the following activities:

- Treat otitis media
- Remove foreign body from E.N.T.
- Treat E.N.T. infections
- Provided surgery for cleft lip, cysts, burn scars (only for simple cases with local anesthesia)

2. Examination and treatment of dental diseases:

The dental team (1 dentist from USA, 2 dentists from Oudomxay hospital assisted by 3 dental nurses) performed the following activities:

- Tooth extractions
- Treatment of cavities
- Calciferous cleaning
- Repair teeth
- Application of fluoride varnish
- Health education for children at primary school and distribution of toothbrushes and toothpaste

3. Examination and treatment of eye diseases:

The eye team (1 ophthalmologist assisted by 1 ophthalmology resident and 2 ophthalmic nurses), performed the following activities:

- Vision test by E-Chart or Snellen Chart
- Diagnosis with medicinal treatment for some eye diseases

- Eye disease surgery when needed (Pterygim and eyelid disease)
- Cataract surgery with implant IOL
- Refractive service with donation of glasses for refractive error

4. Examination of expectant mothers:

Obstetric team (1 radiologist from USA and 1 OB doctor from Phongsaly hospital assisted by 1 local OB nurse) performed the following activities:

- General examination
- Examination of fetus by echography
- Provide vitamins (iron, pre-natal multivitamine...)
- Health education and advice for follow up hospital visits

5. Examination of adult for internal medicine diseases:

The internal medicine team (1 expert from USA, 1 MD from Mittaphab hospital, 1 assistant specialist radiologist and 2 assistants) performed the following activities:

- General adult examination
- Glycemia test and examination of internal organs by ultrasound echography.
- Diagnosis of diseases and medicinal treatment
- Health education

6. Examination of infants and children:

Pediatric team (1 pediatrician from USA, 1 pediatrician from Oudomxay hospital, assisted by 2 nurses) performed the following activities:

- General pediatric examination
- Diagnosis of infectious disease and medicinal treatment
- Health education

7. Dental screening of children at primary schools

A team of USA with local assistant nurses performed the following activities at one primary school (Khmou ethnicity):

- Dental examination
- Dental care education
- Fluoride varnish application
- Donation of toothbrushes and toothpaste
- Provide some educational supplies

8. Rehabilitation Activities Performed

Referred a boy with chronic osteotitis to Oudomxay provincial hospital for diagnosis (X-ray, culture with anti-biogram) supported by LRF and teamwork.

9. District Hospital Development Activities Performed

Medical equipment was provided to 5 district hospitals and 1 health center. Training in the use and maintenance of donated equipment was also provided.

PART III RESULTS

A total of 3,385 cases (female: 2,044 or 60.4%) were treated free of charge for all patients with no regard to gender, age, ethnicity or religion as follows:

No	Examination & Treatment	Yord Ou	Ban Yor	Samphan	Total
1	ENT	350	171	132	653 (F: 336)
2	Dental	330	182	189	701 (F: 451)
3	Eye	195	141	117	453 (F: 257)
4	Expectant mother	49	31	54	134 (F: 134)
5	Internal medicine (adult)	378	177	294	849 (F: 578)
6	Pediatric (infant and child)	250	130	151	531 (F: 262)
7	Children at Primary School	0	0	64	64 (F: 26)
	Total	1,552	832	1,001	3,385 (F:2,044)

1. E.N.T. Results:

653 (F 336) patients were examined and treated as follows:

- Neuro sensorial hearing loss 192
- Otitis media (acute) 115
- Pharyngitis 84
- Ear examined (normal) 73
- Otitis media (chronic) 40
- Goiter/Hyper thyroid 33
- Rhinitis 28
- Tinnitus 22
- Allergy 21
- Ear FB 16
- Polyps/sinosis 05
- Cleft lip/palate 04
- Tonsillitis 03
- Other 17

▪ Surgery performed for 8 cases, with local anesthesia included:

- Cleft lip 02 cases
- Frontal epidermal cyst 01 case
- I&D abces 02 cases
- Earlobe repair 02 cases
- Excision wrist ganglion 01 case
- Excision finger nodule 01 case

2. Dental Results

701 (F 451) patients were examined and treated as follows:

- Cavitas dentitis with extraction 386 cases
- Tooth repair 302 cases
- Cavitas dentitis non extraction 124 cases
- Dentitis simple and dental education 73 cases
- Cleaning calciferous 27 cases

3. Eye Results

453 (F 257) patients were examined and treated as follows:

- Vision test by E-Chart or Snellen Chart

453 patients

- Diagnosis with medicinal treatment for eye diseases 105 patients
- Cataract surgery with implant IOL 23 cases
- Other eye disease surgery (Pterygim and eyelid disease) 14 cases
- Refractive service with donation of eyeglasses for refractive error 34 patients

4. **Obstetric Results:**

134 pregnant patients were examined by echography in the 2 districts and 1 health center. 3 cases (2.24%) were declared problematic:

- Transverse presentation of fetus 1
- Twins 1
- Placenta Previa 1

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

5. **Internal Medicine (adult) Results:**

849 (F 578) patients were examined and treated as follows:

- Gastritis 197
- Musculoskeletal/Flank pain 159
- HTA 114
- Headache 51
- Pharyngistis/bronchitis 50
- Angina 49
- Parasite 38
- Kidney stone 31
- Cold fever 28
- Goiter 27
- Anemia/ Vitamin deficiency 24
- Arthritis 19
- Vaginitis/cyst ovary 14
- Pneumonia 11
- Skin infection 11
- Diarrhea 05
- Diabetic 02
- TB 03
- Other 19

6. **Pediatric Results:**

531 (F 262) patients were examined and treated as follows:

- Cold fever 98
- Pharyngitis / Bronchitis 83
- Parasites 83
- Angina 58
- Malnutrition 40
- Skin infection 31
- Pneumonia 27
- Diarrhea 20
- Tonsillitis 18
- Anemia (Thalasemia) 18
- Otitis 16
- Beriberi 04
- Other 36

7. Primary School Screening Results:

64 children (F 26) were screened at one primary schools in Samphan district (Khmou ethnicity). All children received fluoride varnish application with distribution of toothbrushes and toothpaste. Educational supplies were also donated to the school.

8. Rehabilitation:

Referred a boy (Somkiat) with chronic osteotitis to Oudomxay provincial hospital for further consultation (redo X-ray, culture with anti-biogram) supported by LRF and teamwork.

- Result of X-Ray: Severe damage of tibia, fibula, femur and hip bone
- Result of culture: Morganella morgonii
- Result of anti-biogram: Ciprofloxacin (+++), Ceftriazone (++) , Ceracidine (++) Gentamycine (++) and Bactrime (+). Treatment is ongoing.
- Also, arrangements are being made for a boy and a girl with congenital heart disease.

9. District Hospital Development Activities Performed

Medical equipment was provided to 5 district hospitals and 1 health center (Yord Ou, Bountai, Samphan, Mai and Khoua districts and Ban Yor health center). Equipment included: Ultrasound echography, Auto sphygmomanometers, Fetal heart dopplers, Surgical instrument sets, Electric autoclaves, Dental extraction sets, Laryngoscopes, Oxymeters and other necessary medical equipment.

LRF provided training in the use and maintenance of donated equipment.

(Details on other report)

PART IV BUDGET AND EXPENDITURE

The total expenditure for this mission was 53,920 USD (Fifty three thousand nine hundred and twenty USD)

Funding Sources:

- Lao Rehabilitation Foundation (85.50%): 46,105 USD
- Kulczyk Foundation (10.78%): 5,000 USD
- The Fred Hollows Foundation (5.22%): 2,815 USD

- Donation of medical equipment from DAK to district hospitals and health center not included in the report below:

No	Description	Amount (USD)
01	Instruments, equipment and medicine from USA	15,800
02	Instruments and equipment from Vientiane	1,000
03	Medicine purchased in Oudomxay and Ban Yord	6,656
04	Transportation of equipment	1,000
05	Transportation and accommodation of LRF team	16,948
06	Transportation and accommodation of Lao team	4,643
07	Preparation of the mission	635
08	Rental of vehicles and fuel (vans and trucks)	4,455
09	Toothpaste, toothbrushes and educational materials	128
10	Medicine and supplies for eye care	2,815
11	Delivery of Equipment to Mai and Kouha districts	503
	Total	53,920

PART V

ACCOMPLISHMENTS, WEAKNESSES AND NEXT PLANNING

I. ACCOMPLISHMENTS

- Good cooperation with government office (MoH and MoFA) and at provincial and district levels.
- The number of patients serviced is 96.7% of target.
- Poor patients living in remote area without access to health care have received treatment.
- We contributed to the prevention of common diseases and restored or improved visual ability.
- We contributed to decreasing infant and maternal mortality in remote areas.
- We have improved the sustainability of health care at district and health center levels of Phongsaly province.

II. WEAKNESSES

- Mission with big team of 32 people was difficult to manage.
- President of LRF had to personally take care of getting tax-free approval documents for the import of medical equipment. The process was complicated and lengthy.
- Too many patients for adult medicine came without a clear complaint, taking time away from those who really needed to be seen and treated.
- Insufficient time to provide service to all registered patients.
- Long distances and time needed to travel from district to district.
- Limited availability of guest houses for teamwork in Samphan district.

III. NEXT MISSION PLANNING

LRF will consider offering further mobile health care missions in remote areas of 4 Northern provinces (Phongsaly, Luang Namtha, Oudomxay and Bokeo) or other provinces, particularly where health care services are limited or non-existent for minority groups.

Director of Phongsaly Department of Public Health



ດຣ.ພອນປະດິດ ທິປມະນີວິງ
Dr. Phonpadith THIPMANIVONG

Presenter

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ATTACHMENT DOCUMENTS

1. Photo of Activities
2. Teamwork
3. List of Information and Approval Letters