

REPORT OF MOBILE HEALTH CARE

**For Dental, Ear Nose and Throat, Eye Diseases,
Expectant Mothers and Pediatric Services in the
Remote Area of**

**Nga, Beng and Houn Districts
Oudomxay Province, Lao PDR.**

And

EAR, NOSE & THROAT and PLASTIC SURGERY

At

**Oudomxay Provincial Hospital
LAO, PDR**

February 2012

**National Science Council (NSC)
Government's Office**

Oudomxay Provincial Hospital

In Partnership with

Lao Rehabilitation Foundation



PREFACE

The health care in rural area is a major problem for the Ministry and Department of Health, especially regarding E.N.T, dental, eye, expectant mother and pediatric services. Many patients have not yet received treatment in highly remote areas such as in the Northern Provinces of Laos. Accessing healthcare services include the following major barriers:

- Limitation of education and medical instruments for eye, ENT, dental, obstetric and pediatric care on a district level.
- Limitation of government funds allocated to eye, ENT, dental, obstetric and pediatric care in remote area.
- Limited patient awareness of the availability of primary eye, ENT, dental, obstetric and pediatric care.
- Continued practice of traditional medicine.
- Distance and limited accessibility to hospitals.
- Travel to provincial hospitals is unaffordable for many villagers.

These problems are a challenge to providing care for patients in remote areas. Poor healthcare contributes to the stagnation of economic development and social affairs of the country. This is especially true in the Northern provinces of Laos and particularly in Oudomxay province.

In the past, a few NGOs and foundations have provided funding to develop health care in rural areas. Particularly, Lao Rehabilitation Foundation started in 2008 by providing medical equipment and medicine to healthcare centers, district hospitals and provincial hospitals in Northern provinces. The LRF has also provided funding to improve the overall health of people in remote villages by giving them access to clean drinking water and mobile healthcare.

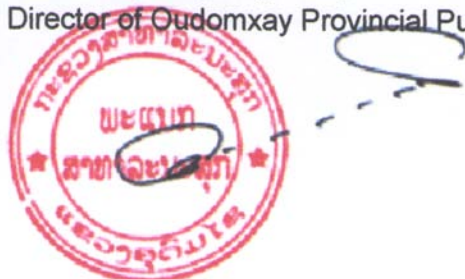
This mission was a good opportunity to help for the treatment and prevention of deafness, otitis media, cavitas dentis, blindness, hyperthyroid, cleft lip/cleft palate, burn and traumatic scar. This mission decreased the mortality rate of mother and child and the number of health problems in Northern Laos, while helping Lao doctors and local staff to develop new skills.

On behalf of the Lao Public Health system and the Lao people, especially of the 4 Northern provinces (Phongsaly, Luang Namtha, Oudomxay and Bokeo provinces), I would like to thank Lao Rehabilitation Foundation's president Dr. Luc Janssens for his ongoing support to provide health care to the poor in remote areas and for assisting local medical staff develop new skills since 2008. Thank you so much also to Fred Hollows Foundation for providing funds for the eye care part of this mission. With many thanks also to the Lao medical team, the official organizations, National Science Council Government's Office, Ministry of Health and Ministry of Foreign Affairs to be partners and in agreement for this mission.

I hope this good cooperation will continue to help Lao people in the future.

Warmest regards,

Dr. Khamphang Sayavong
Director of Oudomxay Provincial Public Health



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ABSTRACT

Title: Mobile Health Care for Dental, E.N.T., Eye Disease, Expectant Mothers and Pediatric Service in the Remote Areas of Nga, Beng and Houn Districts, Oudomxay Province, Lao PDR. and Ear-Nose-Throat and Plastic Surgery

Oversight Unit:

- National Science Council, Government's Office
- Ministry of Health and Ministry of Foreign Affairs
- Oudomxay Provincial Public Health Department, Provincial Hospital and Eye Unit.

Sites: In 3 districts (Nga, Beng and Houn), Oudomxay Province
At Oudomxay Provincial Hospital

Duration: This mission was an 8 day mission, 01-08 February, 2012.

Anticipated Budget: The anticipated budget for this mission was 58,414.00 USD.

Actual Budget: The actual budget for this mission was 64,231.00 USD.

Actual Budget Funding:

- The Lao Rehabilitation Foundation provided: 56,488.00 USD.
- The Fred Hollows Foundation provided: 7,743.00 USD.

Objective:

- Decrease the prevalence of hyperthyroid (goiter), cleft lip/palate, blindness, deafness, cavitas dentis and maternal-infant mortality rate.
- Broaden the coverage of healthcare services for people in remote areas, ethnic minority groups and the urban poor.

Methods: Divided teamwork into two areas of focus:

Teamwork 1: Performed ENT and plastic surgery at Oudomxay provincial hospital. Surgeons from USA and Setthathirath hospital joined the Oudomxay provincial hospital team to perform hyperthyroid/goiter, cleft lip/palate and burn scar surgeries. Surgeries were performed by manual and automated equipment, treatment was provided by proper operating procedures and with good medicine. The teamwork provided pre-surgery, intra-surgery and post-surgery care.

Team Work 2: Provided mobile health care services in 3 districts hospitals (Nga, Beng and Houn), providing 5 main services: ENT, dental, eye, expectant mother and pediatric services. ENT specialist from Mittaphab Hospital joined Oudomxay provincial team to examine patients by manual and automated equipment. Treatment and procedures were provided with good medicine and equipment.

Results: A total of 3,643 patients (Female: 1,477) were examined, treated when possible and recorded in 3 districts and at Oudomxay Hospital. This included: E.N.T. 681 cases (19.0 %), dental: 1,362 cases (including 400 children in primary school) (37.0%), eye: 732 cases (20.0%), expectant mothers: 120 cases (3.0%) and pediatric: 681 cases (19.0%). Hyperthyroid/goiter, cleft lip/palate and burn scars 64 cases.

210 surgeries were performed, it included: hyperthyroid 8 cases, cleft lip/palate 3 cases, burn scars 19 cases, cataract 137 cases, pterygium and eyelid 43 cases. Post-surgery for all cases was completed without complications.

Conclusion: This important mission helped the treatment and prevention of health problems for many poor Lao people while improving new ENT and plastic surgery skills of Lao doctors.

**AGREEMENT OFFICIAL LETTER OF
OUDOMXAY GOVERNOR, MINISTRY OF HEALTH
AND MINISTRY OF FOREIGN AFFAIRS**



ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ
ສັນຕິພາບ ເອກະລາດ ປະຊາທິປະໄຕ ເອກະພາບ ວັດທະນາຖາວອນ
ແຂວງອຸດົມໄຊ
ຄະນະປະຈຳພັກແຂວງ

ເລກທີ...104... /ຄປພຂ.
ອຸດົມໄຊ, ວັນທີ.28.12.2011...

ຮຽນ: ທ່ານລັດຖະມົນຕີ ກະຊວງສາທາລະນະສຸກ ທີ່ນັບຖື.

ໂດຍຜ່ານຫ້ອງການ ກະຊວງສາທາລະນະສຸກ.

ເລື່ອງ: ຂໍອະນຸມັດ ໃຫ້ມູນນິທິຟື້ນຟູສຸຂະພາບ (Lao Rehabilitation Foundation, USA)
ໂດຍສົມທົບກັບທີມງານແພດ ຈາກໂຮງໝໍແຂວງອຸດົມໄຊ ເຂົ້າມາຊ່ວຍເຫຼືອກວດ ແລະ
ປິ່ນປົວພະຍາດຫູ-ດັງ-ຄໍ, ແຂ້ວ, ແມ່ມານ ແລະ ເດັກນ້ອຍ ທີ່ແຂວງອຸດົມໄຊ.

- ອີງໃສ່ໃບສະເໜີ ຂອງຄະນະພະແນກສາທາລະນະສຸກແຂວງອຸດົມໄຊ, ເລກທີ 1607/ພສທຂ, ລົງວັນທີ 28 ທັນວາ, 2011.
- ອີງໃສ່ຂໍ້ຫຍຸ້ງຍາກ ແລະ ຄວາມຕ້ອງການ ໃນວຽກງານການພັດທະນາບຸກຄະລາກອນ ແລະ ການພັດທະນາພື້ນຖານໂຄງລ່າງໃຫ້ເຂັ້ມແຂງ ດ້ານສາທາລະນະສຸກຂອງແຂວງອຸດົມໄຊ ໂດຍສະເພາະແມ່ນຢູ່ຂັ້ນໂຮງໝໍເມືອງ.
- ອີງໃສ່ການຄົ້ນຄວ້າເຫັນດີຂອງຄະນະປະຈຳພັກແຂວງ ຄັ້ງວັນທີ 28 ທັນວາ, 2011.

ຄະນະປະຈຳພັກແຂວງ ແຂວງອຸດົມໄຊ ຂໍຖືເປັນກຽດຮຽນສະເໜີມາຍັງທ່ານ ຊ່ວຍຄົ້ນຄວ້າ
ພິຈາລະນາ ອະນຸມັດໃຫ້ ມູນນິທິຟື້ນຟູສຸຂະພາບ (Lao Rehabilitation Foundation, USA) ໂດຍມີປະທານມູນນິທິ ແລະ ແພດຊ່ວຍຊາບຈາກຕ່າງປະເທດ ລວມຈຳນວນ 4 ທ່ານ
(ລາຍຊື່ລະອຽດເອກະສານຕິດຂັດ) ສົມທົບກັບທີມງານແພດ ຈາກໂຮງໝໍແຂວງອຸດົມໄຊ ເຂົ້າ
ມາຊ່ວຍເຫຼືອກວດ ແລະ ປິ່ນປົວພະຍາດຫູ-ດັງ-ຄໍ, ແຂ້ວ, ແມ່ມານ ແລະ ເດັກນ້ອຍ ທີ່ແຂວງ
ອຸດົມໄຊ, ເປັນເວລາ 7 ວັນ, ເລີ່ມວັນທີ 02-08 ກຸມພາ(2), 2012. ກວດ ແລະ ປິ່ນປົວ ບໍ່
ໄດ້ເສຍຄ່າ (ລາຍລະອຽດເອກະສານຂັດທ້າຍ).

ສະນັ້ນ, ຈຶ່ງສະເໜີຮຽນມາຍັງທ່ານຊ່ວຍພິຈາລະນາ ຕາມຄວາມເໝາະສົມດ້ວຍ.

ດ້ວຍຄວາມນັບຖືຢ່າງສູງ.

ຄະນະປະຈຳພັກແຂວງ ແຂວງອຸດົມໄຊ



ຄຳເສົາ ຈັນທະປັນຍາ



ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ

ສັນຕິພາບ ເອກະລາດ ປະຊາທິປະໄຕ ເອກະພາບ ວັດທະນະຖາວອນ 054

ກະຊວງສາທາລະນະສຸກ

ເລກທີ /ກຊສ.

ນະຄອນຫຼວງວຽງຈັນ, ວັນທີ.....

19 JAN 2012

ຮຽນ: ທ່ານ ຮອງນາຍົກລັດຖະມົນຕີ, ລັດຖະມົນຕີວ່າການກະຊວງການຕ່າງປະເທດ

ທີ່ນະຄອນຫຼວງວຽງຈັນ

ເລື່ອງ: ສະເໜີຂໍອະນຸມັດທີມງານແພດ Lao Rehabilitation Foundation ຂອງສະຫະລັດອາ
ເມລິກາເຂົ້າມາເຄື່ອນໄຫວບໍລິການ ກວດພະຍາດ ຫູ, ດັງ, ຄໍ ແລະແຂ້ວໃຫ້ພໍ່ແມ່ປະຊາຊົນ
ທີ່ ແຂວງອຸດົມໄຊ, ກຳນົດ ແຕ່ວັນທີ 2 ເຖິງ 8/2/2012.

- ອີງຕາມເອກະສານຂອງຫ້ອງການສະພາວິທະຍາສາດແຫ່ງຊາດ, ສຳນັກງານນາຍົກລັດຖະມົນຕີ ເລກທີ 491/10/ທ.ກສວຊ, ລົງວັນທີ 19/12/2011.
- ອີງຕາມເອກະສານຂອງຄະນະປະຈຳພັກແຂວງອຸດົມໄຊ ເລກທີ 104/ຄປພຂ, ລົງວັນທີ 28/12/2011
- ອີງຕາມແຜນສະເໜີຂອງອົງການ Lao Rehabilitation Foundation , ລົງວັນທີ 1/12/2011.

ກະຊວງສາທາລະນະສຸກ ຂໍຖືເປັນກຽດສະເໜີມາຍັງທ່ານຊາບວ່າ: ທີມງານແພດຂອງ Lao Rehabilitation Foundation ສະເໜີເຂົ້າມາກວດບໍລິການ ຜ່າຕັດ, ປິ່ນປົວພະຍາດ ຫູ, ດັງ, ຄໍ ແລະແຂ້ວໃຫ້ ແກ່ພໍ່ແມ່ປະຊາຊົນໃດໜຶ່ງ ໄດ້ເສຍຄ່າ ທີ່ແຂວງອຸດົມໄຊ, ຊຶ່ງມີກຳນົດ ແຕ່ວັນທີ 2 ເຖິງ 8 ກຸມພາ 2012. ສ່ວນຄ່າໃຊ້ຈ່າຍຕ່າງໆທັງໝົດ ໃນໄລຍະ ເຄື່ອນໄຫວກິດຈະກຳຕົວຈິງ ແມ່ນພາລະຂອງອົງການດັ່ງກ່າວຮັບຜິດຊອບ. ກະຊວງສາທາລະນະສຸກເຫັນວ່າ ກິດຈະກຳ ນີ້ຈະເຮັດໃຫ້ປະຊາຊົນໄດ້ເຂົ້າເຖິງການບໍລິການກວດສຸຂະພາບດັ່ງກ່າວໄດ້ທົ່ວເຖິງຂັ້ນກວ່າເກົ່າ ແລະ ເປັນການປະ ກອບ ສ່ວນໃນການສົ່ງເສີມສຸຂະພາບ ທັງໄດ້ຮັບຜົນກະທົບທາງດ້ານດີຕໍ່ສຸຂະພາບ ຂອງພໍ່ແມ່ປະຊາຊົນອີກດ້ວຍ.

ດັ່ງນັ້ນ, ກະຊວງສາທາລະນະສຸກຈຶ່ງສະເໜີມາຍັງທ່ານ ເພື່ອພິຈາລະນາ ແລະອະນຸມັດຕາມທາງຄວນດ້ວຍ.



ລັດຖະມົນຕີວ່າການກະຊວງສາທາລະນະສຸກ
ສາດສະດາຈານ ດຣ ເກສະຫວ່າງ ວົງວິຈິດ



ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ
ສັນຕິພາບ ເອກະລາດ ປະຊາທິປະໄຕ ເອກະພາບ ວັດທະນາຖາວອນ

ກະຊວງການຕ່າງປະເທດ

ເລກທີ 0406 /ຕປທ.ຈສກ.3.2

ນະຄອນຫລວງວຽງຈັນ, ວັນທີ 26 ມັງກອນ 2012.

ຮຽນ: ທ່ານ ລັດຖະມົນຕີວ່າການກະຊວງ ສາທາລະນະສຸກ,

ທີ່ ນະຄອນຫລວງວຽງຈັນ.

ເລື່ອງ: ການອະນຸມັດໃຫ້ຄະນະແພດ ຂອງມູນນິທິ (Lao Rehabilitation Foundation, LRF)
ເຂົ້າມາເຄື່ອໄຫວກວດພະຍາດ ຫູ, ດັງ, ຄໍ ແລະ ແຂ້ວ. ຢູ່ແຂວງອຸດົມໄຊ.

ກະຊວງການຕ່າງປະເທດຂໍຖືເປັນກຽດແຈ້ງມາຍັງທ່ານຊາບວ່າ ໃດບອີງຕາມຈົດໝາຍສະເໜີຂອງ
ກະຊວງສາທາລະນະສຸກ, ສະບັບເລກທີ 054/ກຊສ, ລົງວັນທີ 19 ມັງກອນ 2012 ກ່ຽວກັບການສະເໜີຂໍ
ອະນຸມັດໃຫ້ຄະນະແພດ ຂອງມູນນິທິ (Lao Rehabilitation Foundation, LRF) ເຂົ້າມາເຄື່ອໄຫວກວດ
ພະຍາດ ຫູ, ດັງ, ຄໍ ແລະ ແຂ້ວ. ຢູ່ ແຂວງ ອຸດົມໄຊ. ຊຶ່ງມີກຳນົດ 07 ວັນ (ແຕ່ວັນທີ 02 - 08 ກຸມພາ
2012), ກະຊວງການຕ່າງປະເທດເຫັນດີອະນຸມັດໃຫ້ກະຊວງສາທາລະນະສຸກ ຮັບທຶນແພດດັ່ງກ່າວຕາມ
ການສະເໜີ.

ດັ່ງນັ້ນ, ກະຊວງການຕ່າງປະເທດຈຶ່ງແຈ້ງມາຍັງທ່ານເພື່ອຂໍມີທິບນຳ ແຂວງ ອຸດົມໄຊເພື່ອຈັດຕັ້ງ
ປະຕິບັດ ໃຫ້ສຳເລັດຕາມແຜນການ ຕາມທາງຄວນດ້ວຍ. *KL*

ເຊັນແທນລັດຖະມົນຕີວ່າການກະຊວງການຕ່າງປະເທດ



ອາຈຸນແກ້ວ ກິດຕິຄຸນ

ລັດຖະມົນຕີຊ່ວຍວ່າການ

LAO REHABILITATION FOUNDATION AND FRED HOLLOWS FOUNDATION

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 at the Department of Public Health 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 and eye care. LRF is working in partnership with National Science Council (NSC) Government's Office, under a MOU signed June 20th, 2011.

FRED HOLLOWS 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 Oudomxay province. 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 a duration of 3 years. The agreement was extended for 2 years (2011-2013). Activities include research, human resource development, infrastructure development, disease control, and the strengthening of advocacy partnerships for 4 Northern provinces of Laos (Phongsaly, LuangNamtha, Oudomxay and Bokeo).

PART: I INTRODUCTION

I. BACKGROUND INFORMATION

1. Background of Oudomxay Province

Oudomxay province is centrally located in the North of Laos and borderlines with LuangPrabang, Phongsalay, LuangNamtha, Bokeo and Xayabury provinces. The area counts 15,370 Km², 85% of the land being high mountains. Oudomxay province is divided into 7 districts, 472 villages (119 villages have no road access). The population numbers 285,274 people (2010) that includes 60% LaoTheung (Khmou), 25% LaoLoum and 15 % LaoSoong (Kmong). 85% of the population lives in remote areas and still live their traditional ethnic ways. The economy is mainly agricultural and farming. For 74.1% of the population, the income is lower than 2 USD per day. 13,111 families are recorded as being poor.

Laos map



Oudomxay map



The public health system is extremely underdeveloped. There is only one provincial hospital, two military hospitals, six district hospitals and 40 healthcare centers providing service to the entire population. The challenge of proper healthcare is exasperated by the remoteness of villages and by the public health care system's limited access to medical doctors and diagnostic equipment.

2. Nga, Beng and Houn Districts, Oudomxay Province:

Nga, Beng and Houn districts have a combined population of 130,927 people. The public health system includes three district hospitals and eighteen healthcare centers. These districts have extremely limited access to healthcare in general but particularly so regarding impaired vision, E.N.T, dental, expectant mothers and pediatric services. These facilities offer primary treatment only and must often refer patients to healthcare facilities in other parts of the country.

Population and Public Health in Nga, Beng and Houn districts:

| District | Population | No. Hospital | No. Health Centers |
|----------|------------|--------------|--------------------|
| Nga | 28,898 | 1 | 3 |
| Beng | 36,026 | 1 | 6 |
| Houn | 67,949 | 1 | 9 |
| TOTAL | 132,873 | 3 | 18 |

Human resources at Nga, Beng and Houn district hospitals:

| District | Staff | Specialist | M.D | Dentist | ENT doctor | Eye doctor | Pediatric doctor |
|----------|-------|------------|-----|---------|------------|------------|------------------|
| Nga | 32 | 0 | 1 | 0 | 0 | 0 | 0 |
| Beng | 43 | 0 | 2 | 1 | 0 | 0 | 0 |
| Houn | 58 | 0 | 3 | 1 | 0 | 0 | 0 |
| TOTAL | 133 | 0 | 6 | 2 | 0 | 0 | 0 |

II. STATEMENT OF MISSION

Beginning in 2008 and in cooperation with Oudomxay Hospital, the Lao Rehabilitation Foundation has conducted several missions in the remote areas of the four Northern provinces of Laos. These included Phongsaly, Luang Namtha, Oudomxay and Bokeo provinces. In February of 2010, a successful plastic surgery mission took place in Bokeo province. These missions offered dental, E.N.T and eye care, as well as obstetric and pediatric services. The outcome of the missions was highly successful, treating over 18,000 patients who otherwise could not have afforded healthcare.

Many of the diseases encountered in remote area are treatable and preventable. Otitis media is the main cause of deafness, and cavitas dentis the main cause of dental disease. Cataract is the main cause of blindness, pulmonary infection the main cause of infectious disease in children and the main cause of infant mortality is breech and transverse presentations in pregnancy. Addressing these healthcare issues in a timely manner directly contributes to the prevention of diseases in general and to the fast recovery of patients.

The number of incidents of blindness, deafness, cavitas dentinitis and pediatric infectious diseases is extremely high in these remote areas and would continue to increase without the intervention of a mobile healthcare service team.

This healthcare mission was also important and necessary for the continued success of preventive healthcare to decrease the maternal, infant and child mortality rate in remote area. This mission was a partnership between the National Science Council Lao Government's Office, Oudomxay, Setthathilat and Mittaphab Hospitals, the Lao Rehabilitation Foundation (LRF) and the Fred Hollows Foundation (FHF).

III. OBJECTIVE**1. General Objective:**

- Decrease the prevalence of hyperthyroid (goiter), cleft lip/palate, blindness, deafness, cavitas dentis and the maternal-infant mortality rate.
- Broaden the coverage of health services for people in remote areas, ethnic minority groups and the urban poor.

2. Specific Objective:

- Improve the life of patients by surgical repair of hyperthyroid, cleft lip/cleft palate, burn and traumatic scar.
- Treat the main cause of blindness with cataract surgery and provide refractive service to the visually impaired.
- Provide treatment and prevention of the main cause of deaf, otitis media.
- Provide treatment and prevention of cavitas dentis by calciferous cleaning.
- Examine pregnant women by echography.
- Treat and prevent infectious disease in children.

- Provide healthcare education for eye, dental and ENT as well as healthcare education for expectant mothers.
- Provide human resource development for Lao doctors and staff and an appropriation of medical equipment to district hospitals.

IV. TARGET

- Service all patients free of charge, with no regard to gender, age, ethnicity or religion for ENT, dental, eye, expectant mother and pediatric health care.
- Provide service to a total target of 4,233 patients for 3 districts.
- Provide surgery to a total target of 143 cases, including:
 - ENT and burn scar surgery: 23 cases
 - Cataract surgery: 80 cases
 - Pterygium, eyelid surgery: 40 cases.

V. LOCATION AND DURATION

- 6 days (February 1-6, 2012) at Oudomxay provincial hospital, performing hyperthyroid/goiter, cleft lip/palate and burn scar surgeries.
- 8 days (February 1-8, 2012) in the three districts of Nga, Beng, and Houn in Oudomxay province, providing ENT, dental, eye, expectant mother and pediatric care.

| Date | Location |
|--------------------|-----------------------------------|
| February 1-3, 2012 | Nga district (district hospital) |
| February 4-5, 2012 | Beng district (district hospital) |
| February 6-8, 2012 | Houn district (district hospital) |

VI. TEAMWORK

The teamwork of 30 people included:

- Lao Team (25)**
From Oudomxay Hospital (11):
 - Ophthalmologist 01
(Head of Lao Team)
 - Dentist 01
 - Pediatrician 01
 - Gynecologist (OB) 01
 - Ophthalmic nurses 03
 - Nurse assistants 04



From Luang Prabang Provincial Hospital (1):

- Ophthalmologist 01

From Bokeo Provincial Hospital (1):

- Dentist 01

From Setthathirat Hospital, Vientiane Capital (2):

- Hyperthyroid surgeon 01
- Anesthesiologist 01

From Mittaphab Hospital, Vientiane Capital (1):

- ENT doctor 01

Local Staff (9):

- Nurse assistants 07
- Staff assistants 02

2. US Team (5)

- President of LRF 01 (Head of US Team)
- ENT surgeon 01
- Plastic surgeon 01
- OR/recovery nurse 01
- Lao coordinator 01

(Detail on attaches files)

VII. INSTRUMENTS AND MEDICINE

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

1. Instruments and medicine for ENT, plastic surgery.
2. Instruments and medicine for ENT services.
3. Instruments and medicine for dental services.
4. Instruments and medicine for eye services.
5. Instruments and medicine for expectant mother services.
6. Instruments and medicine for pediatric services.



VIII. OVERSIGHT UNITS

1. Oudomxay Provincial Public Health Department and Nga, Beng and Houn Districts Public Health
 - Provided official agreement, informed MoH.
 - Provided location and appointment information to patients in remote areas.
 - Cooperated with and organized the local staff to join the mobile team.
2. Lao Government 's Office, National Science Council
 - Informed Oudomxay provincial governor office and public health department of the mission.
 - Informed MoFA and provided courtesy visas to US team members.
3. Lao Rehabilitation Foundation
 - Provided medical instruments and medicine for the mission.
 - Provided local transportation and accommodations for the Lao and US teams and per diem for Lao team excluding eye care team members
 - Covered cost of treatment and hospital stay in some cases, as necessary.
4. Fred Hollows Foundation
 - Provided medical instruments and medicine for eye care.
 - Provided per diem, transportation and accommodation for the eye care team.

PART II METHODOLOGY

I. PREPARATION

- Cooperation in partnership with the provincial and district hospitals.
- Written proposal to inform local authorities of the purpose, planned activities to get agreement from GO NSC, MoH and MoFA.
- Appointment of patients by advertising and by informing them from district hospitals to villages.
- Preparation of equipment, supplies, medicine, budget and team recruitment.

II. ACTIVITIES PERFORMED

Participants divided into 2 teams:

Team 1: performed surgery at Oudomxay provincial hospital:

ENT and plastic surgeons from USA and Setthathirat hospital joined the Oudomxay provincial hospital team to do:

- Hyperthyroid/goiter surgery
- Cleft lip/palate surgery
- Burn scar and contracture release surgery



Nodule-goiter examined by:
Dr. BounYor Monmalychan, Surgeon (Setthathilat)
Dr. Kyle Keojampa, ENT surgeon (USA)



Nodule-goiter examined with ultrasound machine by:
Dr. BounYor Monmalychan, Surgeon (Setthathilat)
Dr. Kyle Keojampa, ENT surgeon (USA)



USA and Lao surgeons in operating room



Dr. Kyle Keojampa is teaching Lao surgeon how to use video Laryngoscope



Dr. K. Keojampa (USA) and Lao surgeon operating goiter

Team 2: provided mobile health care services in 3 districts hospitals (Nga, Beng and Houn). 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.

5 main services were provided:

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

The ENT team (1 ENT expert from Mittaphap Hospital Vientiane and 1 ENT nurse) performed the following activities:

- Screen with audio tests.
- Treat otitis media.
- Remove foreign body from E.N.T.
- Treat ENT infections.



Dr. K. Sypraseuth and local staff examined patients after training



E.N.T patients are examined and treated by Dr. Khamsing Sypraseuth ENT expert, Mittaphab Hospital, Vientiane

2. Examination and treatment of dental diseases:

The dental team (2 dentists, 1 from Oudomxay and 1 from Bokeo provinces and 3 dental nurses) performed the following activities:

- Tooth extractions.
- Treatment of cavities.
- Calciferous cleaning.
- Health education for children at primary school and distribution of toothbrushes and toothpaste.



Tooth extraction and calciferous cleaning by Dr. S. Vongprachit and Dr. S. Thongsavath, dentists from Oudomxay and Bokeo

3. Examination and treatment of eye diseases:

The eye team (2 ophthalmologist and 4 ophthalmic nurses), performed the following activities:

- Vision test by E-Chart or Snellen Chart.
- Diagnosis with medicinal treatment for some eye diseases.
- Refractive service with donation of glasses.
- Eye disease surgery when needed.
- Cataract surgery with IOL implant.
- Health education of primary eye care and post-operative procedures.



Cataract surgery by Dr. Phetsamone and Dr. Houmphan using SICS technique.



Cataract post-surgery 1st day at Houn district hospital.

4. Examination of expectant mothers:

Obstetric Team (1 gynecologist and 1 OB nurse) performed the following activities:

- General examination.
- Examination of fetus by Echography.
- Health education and advice for follow up hospital visits.



Expectant mother examined with ultrasound machine by Dr. Vanpheng Chanthamit Gynecologist, Oudomxay Hospital

5. Examination of infants and children:

Pediatric team (1 pediatrician and 1 assisting nurse) performed the following activities:

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



Child examined and treated by Dr. Soukmany Chanthavisouk, pediatrician.



Child tested for weigh and high by nurse assistant



6. Dental screening of children at primary schools

A team of USA with local assistant nurses performed the following activities at two primary schools (Hmong and Kmou ethnic schools):

- Dental examination
- Dental care education
- Donation of toothbrushes and toothpaste
- Fluoride varnish application
- Donation of educational materials



Teacher and students, at primary school



Application of fluoride varnish at primary school (Houn district) by Dr. Luc Janssens, President of LRF



Student examined at primary school (Houn district) by LRF team

7. Other Activities Performed

Medical equipment and medicine was donated for ENT, dental, expectant mother and pediatric needs to Nga, Beng and Houn district hospitals. Intubation set and anesthesia medicine was donated to LuanNamtha provincial hospital. Intubation set and ultrasound machine were donated to Phongsaly provincial hospital. (List of donated equipment on attach file).



Dr. Luc Janssens donated toothbrushes, toothpaste and educational materials to children at primary school. Received by director of primary school in Houn district.



Dr. Luc Janssens donated medical equipment and medicine to Nga district hospital. Received by Dr. Phoutseng, Director of Nga District Hospital.



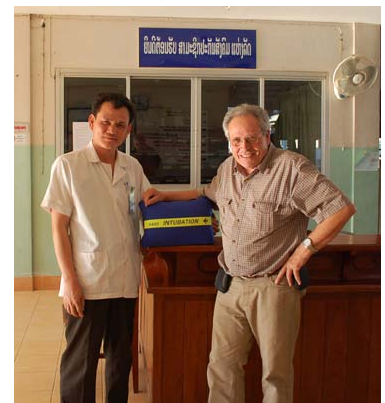
Dr. Luc Janssens donated medical equipment and medicine to Beng district hospital. Received by Aloune, Director of Beng District PoH.



Dr. Luc Janssens donated medical equipment and medicine to Houn district hospital. Received by Dr. Somphan, Director of Houn District Hospital.



LRF coordinator, Phetsamone Indara, M.D. donated medical equipment to Phongsaly provincial hospital. Received by Dr. Bouasavanh, Director of Phongsaly provincial Hospital.



Dr. Luc Janssens donated medical equipment and medicine to LuangNamtha provincial hospital. Received by Dr. Somsay, Anesthesiologist, LuangNamtha provincial hospital

PART III RESULTS

A total of 3,643 cases (female: 1,477 or 40.5%) were treated free of charge for all patients with no regard to gender, age, ethnicity or religion. Services included:

I. Hyperthyroid/goiter, cleft lip/palate and burn scar surgeries at Oudomxay provincial hospital:

A total of 64 cases were examined, and surgery performed for 30 cases. The surgeries included:

| No. | Surgery | Qty. |
|-----|----------------------------------|-----------|
| 1 | Hyperthyroid or goiter | 8 |
| 2 | Cleft lip / palate | 3 |
| 3 | Burn scar revision / contracture | 19 |
| | Total | 30 |

II. Mobile health care for ENT, dental, eye, expectant mother and pediatric services in the remote areas of Nga, Beng and Houn districts.

A total of 3,579 cases were examined and treated. It included:

| No | Treatment | Number of patients examined and treated | | | |
|----|----------------------------|---|---------------|---------------|--------------|
| | | Nga district | Beng district | Houn district | Total |
| 1 | E.N.T | 205 | 145 | 334 | 684 |
| 2 | Dental | 358 | 233 | 371 | 962 |
| 3 | Eye | 235 | 175 | 322 | 732 |
| 4 | Pregnancy | 41 | 25 | 54 | 120 |
| 5 | Infant and Child | 205 | 139 | 337 | 681 |
| 6 | Children at Primary School | 0 | 0 | 400 | 400 |
| | Grand total | 1,044 | 717 | 1,818 | 3,579 |

1. ENT Results:

684 patients were examined and treated in the three districts of Nga, Beng and Houn. ENT cases included:

| | |
|---------------------------------|-----|
| – Otitis media perforation: | 187 |
| – Otitis media effusion: | 118 |
| – Tonsillitis/ Pharyngitis: | 72 |
| – Rhinitis: | 69 |
| – Neuro sensorial hearing loss: | 56 |
| – Otitis external: | 44 |
| – Ear wax occlusion | 41 |
| – Otitis media acute: | 23 |
| – Goiter: | 19 |
| – Sinusitis: | 13 |
| – Other: | 42 |

2. Dental Results

962 patients were examined and treated in the three districts of Nga, Beng and Houn. Dental cases included:

- Cavitis dentis with extraction: 402
- Cavitas dentitis non extract. 108
- Cleaning Calciferous: 72
- Dentitis simple: 142
- Repair teeth: 177
- Other: 61

3. Eye Results

732 patients were examined and treated in the three districts of Nga, Beng and Houn. Vision tests with diagnostic examinations were also provided. Surgery was provided for 180 patients. Eye cases included:

- Cataract surgery 137
- Pterygium excision, eyelid correction: 43

47 refractive services were performed and 31 pairs of glasses were distributed for refractive error (myopia and hyperopia).

4. Obstetric Results:

120 pregnant patients were examined in the 3 districts of Nga, Beng and Houn. 6 cases were declared problematic:

- Hydrops fetalis 01
- Breech presentation 03
- Mort in utero 01
- Twin 01

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

5. Pediatric Results:

681 children or infants were examined and treated in the 3 districts of Nga, Beng and Houn. The main diseases were:

- Cold fever: 153
- Pharyngitis: 151
- Diarrhea: 88
- Parasitose: 85
- Pneumonia: 53
- Tonsillitis: 35
- Skin infection: 33
- Anemia or Thalasemia 31
- Stomatitis 12
- Other 40

6. Primary School Dental Screening Results:

400 children were screened at two primary schools in Houn district (1 Hmong school and 1 Khmou school). Findings are as follows:

- Children had a high prevalence of severe dental caries.
- All children received fluoride varnish application.

PART IV

BUDGET AND EXPENDITURE

The total projected budget of **58,414.00 USD** (fifty eight thousand four hundred and fourteen USD) was to be provided mainly by Lao Rehabilitation Foundation with some support from Fred Hollows Foundation for eye care.

The total actual expenditure increased greatly to **64,231.00 USD** (Sixty four thousand two hundred and thirty one USD) as additional medical equipment was provided to 3 district hospitals and 2 provincial hospitals. The actual budget included:

| | |
|---|-------------|
| – Medical equipment | \$19,096.00 |
| – Transportation of equipment from USA | \$1,500.00 |
| – Medicine (drugs) from USA | \$8,812.00 |
| – Medicine (drugs) from Laos | \$6,633.00 |
| – Medicine and supplies for ENT surgery and burn scar | \$2,242.00 |
| – Transportation and accommodation of USA team | \$11,080.00 |
| – Transportation, food and accommodation of Lao team | \$4,030.00 |
| – Preparation of the mission | \$525.00 |
| – Rental of vehicles and fuel | \$1,885.00 |
| – Toothpaste, toothbrushes and educational materials | \$685 |
| – Medicine and supplies for eye service | \$7,743.00 |

Note: Medicine and supplies for the eye service part of this mission was provided by Fred Hollows Foundation.

PART V

DISCUSSION

Mobile health care is necessary in order to provide care to poor people that cannot afford the cost of traveling to provincial hospitals, and important because of the shortage of experts and the limitation of medical equipment at district level.

Ear infection with perforation of tympanic membrane, is one of the main cause of deafness. 45% of the ENT cases we found during this mission and 55% of the ENT cases we found during our previous mission in Bokeo province were such severe ear infections. Limited education and lack of primary ear care in children and teenagers are probably the main factors contributing to hearing loss.

Severe dental cavities is a widespread problem in remote areas and extraction is often the only remedy available. Limited education and lack of primary dental care in children and teenagers are the primary causes. Education and preventive measures should be undertaken to reduce the prevalence of dental diseases in remote regions.

The main cause of blindness is cataract. Even though vision can be improved or restored by cataract surgery with intra-ocular lens, avoiding post-surgery complications is always a challenge in remote area. 98% of our patients are poor, over 50 years old, living far away with no one to accompany them for follow-up visits at the eye unit of the provincial hospital.

The healthcare of expectant mothers and children is a priority for the ministry of health and for the provincial public health departments in Laos. However with limited access to health care, it is difficult for mothers to diagnose diseases and follow through with the proper treatment. Specialists and diagnostic equipment are also severely limited in Nga and Beng district hospitals. As part of this mission, LRF provided these two district hospitals with basic medical equipment for gynecology and obstetrics. We hope it will help to reduce maternal and child mortality in the province.

Cold fever and pharyngitis are the most common pediatric diseases we found during this mission (44.6% of all cases). Without proper treatment, cold fever and pharyngitis can evolve to severe pneumonia which is often fatal. Most children are from poor families, often malnourished and in great need of supplemental vitamins.

Most of the children we have seen at two primary school (Hmong and Khmou), have severe dental cavities we believe caused by lack of oral hygiene. The Departments of Public Health and Education should develop a preventive program to reduce this incidence.

A total number of 2,653 cases were examined and treated during this mission, representing 87% of our original target. The number of surgeries performed was slightly higher than targeted. Many patients have not yet received treatment in remote areas.

PART VI

CONCLUSION AND RECOMMENDATIONS

This is our 9th mobile health care mission in remote areas of the 4 Northern provinces of Laos and the 5th in Oudomxay province. This mission was held at 3 district hospitals and at the provincial hospital for 8 days during February 1-8, 2012, serving 3,653 patients. Together, the team of Lao and US healthcare professionals used modern equipment and techniques to examine and treat patients for ENT, dental, eye, obstetric and pediatric complaints and provided services free of charge with no regard to gender, age, ethnicity or religion. All activities were performed as planned with successful outcome.

Accomplishments:

- We treated poor patients who otherwise would not have access to healthcare in remote areas.
- We improved living conditions for hyperthyroid/goiter, cleft lip/palate and burn scar patients.
- We contributed to the prevention of ear and dental diseases; we restored or improved visual ability and helped decreasing infant and maternal mortality in Oudomxay province.
- We improved healthcare for expectant mothers in all phases of pregnancy in remote areas.
- We provided education and hands-on experience to Lao doctors for ENT surgery by introducing them to new techniques taught by US experts.
- We educated the local staff on examination and treatment techniques for ENT, dental, pediatric and obstetric health issues.
- We provided an assessment of needs for the dental health care of children at primary schools in Houn district of Oudomxay province.
- We provided essential medical instruments and medicine to 3 district hospitals in Oudomxay province and to LuangNamtha and Phonsaly provincial hospitals.

Weaknesses:

- Splitting the team between 2 locations (in remote area and at provincial hospital) was difficult to manage for the coordinators.
- Unfortunately, the provincial hospital blood testing technician was attending a meeting in Thailand for 10 days during the mission. Hyperthyroid patients had to be referred to an outside private clinic for their T3, T4 and TSH blood tests.
- We did not have sufficient time to cover the needs of all patients.
- Information of the team's arrival in Beng district did not reach all villages in time as planned, resulting in fewer patients showing up at the clinic.
- We had an accidental difficulty with a dental case in Nga. The patient was transferred to the provincial hospital, treated by US surgeons and recovered well.

In conclusion, the delivery of healthcare in remote area by mobile medical teams is of the outmost importance for the education of local healthcare providers, the prevention of diseases and treatment of villagers in the Northern provinces of Lao PDR.

PART VII

NEXT MISSION PLANNING

(under consideration)

ACTIVITIES:

- 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.
- Provide treatment and prevention of otitis media, the main cause of deafness.
- Provide treatment of dental cavities by fillings and prevention by calciferous cleaning and fluoride varnish application in schools.
- Provide examination of pregnant women by echography.
- Provide prevention and treatment of infectious disease in children.
- Provide professional development opportunities for Lao doctors and staff and medical instrument to district hospitals.
- Screen primary schools children for general health, and particularly for eye, dental and ENT care.

LOCATION:

- In 3 areas of Luang Namtha Province, Long, Sing and Viengphoukha Districts.

DURATION:

- October 2012

Director of Oudomxay Provincial Hospital



ດຣ. ກິ່ງເພັດ ໄຊຍະລາດ

Presenter



Phetsamone Indara, MD.
LRF Coordinator,
head of ODX Eye Unit
Phone: +856-20-22203708
Email: inda_oph@yahoo.com

Director of Oudomxay Provincial
Public Health Department



ດຣ. ຄຳພັນ ໄຊຍະວົງ
Dr. Khamphan XAYAVONG

President of Lao Rehabilitation
Foundation (LRF)



Dr. Luc Janssens

PART VIII ATTACHMENT DOCUMENTS

TEAM WORK

Lao Rehabilitation Foundation



*Dr. Luc Janssens
President of LRF, USA*



*Sasithone Sengchanh
Coordinator in Vientiane*

TEAM WORK

USA and Lao Teams (Team 1)



*Bounmany Kyle KeoJampa, MD.
ENT surgeon, USA*



*Carlos Mata, MD.
Plastic surgeon, USA*



*Jamie Lynn Eller
OR/recovery nurse, USA*



*Bounyor Monmalychanh, MD.
Hyperthyroid surgeon, Vientiane*



*Keo Phommarath, MD.
Anesthesiologist, Vientiane*



*Phonsamout Chalernphon
Anesthesiologist, Oudomxay*



*Soulisith Homphothichak, MD.
Abdominal surgeon, Oudomxay*



*Ounkham Mongdangkai
ENT doctor*



*Malikhith Chanthavong
Anesthesia assistant nurse*

TEAM WORK

Lao Team (Team 2)



*Phetsamone Indara, MD.
Ophthalmologist
Coordinator in Oudomxay*



*Khamsing Sipraseuth, MD.
ENT expert
From Mittaphab hospital, VT*



*Houmphane Chansavath, MD.
Ophthalmologist
From Luang Prabang*



*Soukmany Chanthavisouk, MD.
Pediatrician*



*Sulimaly Vongpachit, DDS.
Dentist*



*Sonnaly Thongsavath DDS.
Dentist
From Bokeo*



*Vanpheng Chanthamit, MD.
Gynaecologist (OB)*



*Davone
Ophthalmic nurse*



*Phonthavy Inthavongsa
Ophthalmic nurse*



*Sonmany Lassavong
Dental assistant nurse*



*SoukanYa Khamdy
Pediatric assistant nurse*



*Souliyo Setsongkham
Ophthalmic nurse*



*Phetmany ThammaphanYa
ENT assistant nurse*



*Viengthong Chansavanh
Dental assistant nurse*

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ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ
ສັນຕິພາບ ເອກະລາດ ປະຊາທິປະໄຕ ເອກະພາບ ວັດທະນາຖາວອນ
ພະແນກສາທາລະນະສຸກແຂວງຜົ້ງສາລີ

ໃບກຽດຕິຄູນ

ເລກທີ 120/ພສສ
ວັນທີ 24/2/2012

ຫົວໜ້າພະແນກສາທາລະນະສຸກແຂວງຜົ້ງສາລີ
ໄດ້ຕິດລົງ ມອບໃບກຽດຕິຄູນ ໃຫ້ແກ່: Lao Rehabilitation Foundation, USA

ທີ່ໄດ້ມອບເຄື່ອງມືອຸປະກອນການແກດ Ultrasound Machine (Echography) ໃຫ້ແກ່ໂຮງໝໍ ແຂວງຜົ້ງສາລີ
ຈຳນວນ 01 ຊຸດ. ຜົນມູນຄ່າ: 7,200 USD
ຈຶ່ງຂໍມອບໃບກຽດຕິຄູນນີ້ໄວ້ ເພື່ອເປັນການສັນລະເສີນ ແລະ ໄດ້ຈຳລັກຄຸນງາມຄວາມດີຂອງທ່ານ ໄວ້ໃນປຶ້ມຄຳ ປະຫວັດສາດ
ຂອງພະແນກສາທາລະນະສຸກແຂວງຜົ້ງສາລີ.

ຫົວໜ້າພະແນກສາທາລະນະສຸກແຂວງຜົ້ງສາລີ

ພະແນກ
ສາທາລະນະສຸກ
ແຂວງຜົ້ງສາລີ
ດຣ ເຍົາລີ ສິຈອມວົງ

ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ
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ແຂວງ ອຸດົມໄຊ
ເຈົ້າເມືອງ ເມືອງແບງ

ໃບຍ້ອງຍໍ

ເລກທີ 52

ເຈົ້າເມືອງ ເມືອງແບງ

ມອບໃບຍ້ອງຍໍໃຫ້ ແກ່ ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ (Lao Rehabilitation Foundation)
ເພື່ອຍ້ອງຍໍຕົນງານຕິດຕໍ່ ໃນການຊ່ວຍເຫຼືອ ແລະ ປະກອບການແກດ ໃຫ້ແກ່
ໂຮງໝໍ ເມືອງແບງ ເມື່ອວັນທີ 24/2/2012 ລະຫວ່າງການ
ຕົນງານດັ່ງກ່າວ ໄດ້ບັນທຶກໄວ້ໃນປຶ້ມຄຳປະຫວັດສາດຂອງເມືອງ ເມືອງແບງ.

ເມືອງແບງ, ວັນທີ 6/2/2012
ເຈົ້າເມືອງ ເມືອງແບງ

ພະແນກ
ສາທາລະນະສຸກ
ແຂວງຜົ້ງສາລີ

ຮ່ວມໃຈກັນພັດທະນາເມືອງແບງ

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ແຂວງ ອຸດົມໄຊ
ເຈົ້າເມືອງ ເມືອງຮຸ່ນ

ໃບຍ້ອງຍໍ

ເຈົ້າເມືອງ ເມືອງຮຸ່ນ

ເລກທີ...01/ຈນ...

ນອບໃບຍ້ອງຍໍໃຫ້... ມູນມິທິລາວ LAO Rehabilitation

ເພື່ອຍ້ອງຍໍຜົນງານດີເດັ່ນ... ໃນການຊ່ວຍເຫຼືອ ເຄື່ອງມືປະກອນການແພດ ໃຫ້ແກ່ໂຮງໝໍ
ເມືອງຮຸ່ນ ເປັນມູນຄ່າ 3.600 USD.

ຜົນງານດັ່ງກ່າວ ໄດ້ບັນທຶກໄວ້ໃນປຶ້ມຄຳປະຫວັດສາດຂອງເມືອງ ເມືອງຮຸ່ນ.

ເມືອງຮຸ່ນ, ວັນທີ... 08 FEB 2012

ເຈົ້າເມືອງ ເມືອງຮຸ່ນ

ຮ່ວມໃຈພັດທະນາເມືອງຮຸ່ນ

ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ
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ແຂວງ ອຸດົມໄຊ
ເຈົ້າເມືອງ ເມືອງງາ

ໃບຍ້ອງຍໍ

ເຈົ້າເມືອງ ເມືອງງາ

ເລກທີ...035/ຈນ.ສງ.

ນອບໃບຍ້ອງຍໍໃຫ້... ມູນມິທິລາວ Lao Rehabilitation Foundation

ເພື່ອຍ້ອງຍໍຜົນງານດີເດັ່ນ... ໃນການຊ່ວຍເຫຼືອເຄື່ອງມືປະກອນການແພດ
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ລາວ.

ຜົນງານດັ່ງກ່າວ ໄດ້ບັນທຶກໄວ້ໃນປຶ້ມຄຳປະຫວັດສາດຂອງເມືອງ ເມືອງງາ.

ເມືອງງາ, ວັນທີ... -2 FEB 2012

ເຈົ້າເມືອງ ເມືອງງາ

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