

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

Oudomxay Provincial Health Department  
Provincial Hospital  
Lao Rehabilitation Foundation Project

No. 2074/PH  
Oudomxay, Date 29 APR 2016

# **Report of Mobile Health Care**

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

**BanKhon and Nahom Health Centers  
Beng District of Oudomxay Province, Lao PDR.**



**March 13- 18, 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:** The Result of Mobile Health Care for Dental, Ear Nose and Throat, Eye Diseases, Expectant Mothers, Adult and Pediatric Services in Remote Areas of Beng district.

- Refer to LRF 2016 planning of mobile health care in remote areas.
- Refer to agreement letter of Oudomxay provincial hospital, No 973 of March 10, 2016
- Refer to LRF funding for this mission.

The Oudomxay provincial hospital, Beng and Nga district hospitals team in cooperation with Lao Rehabilitation Foundation has provided health care for dental, ear nose and throat, eye diseases, examined expectant mother, adult (internal medicine) and treated pediatric diseases at Bankhon and Namhom health centers in Beng district of Oudomxay province for 6 days, March 13 to 18, 2016. The team serviced all patients free of charge, with the support of Lao Rehabilitation Foundation (LRF) in association with Fred Hollows Foundation (FHF). The details are as follows:

**I. TITLE**

Mobile Health Care for Dental, Ear Nose and Throat, Eye Diseases, Expectant Mothers, Adult and Pediatric Services in the Remote Areas of Beng District

**II. BACKGROUND INFORMATION**

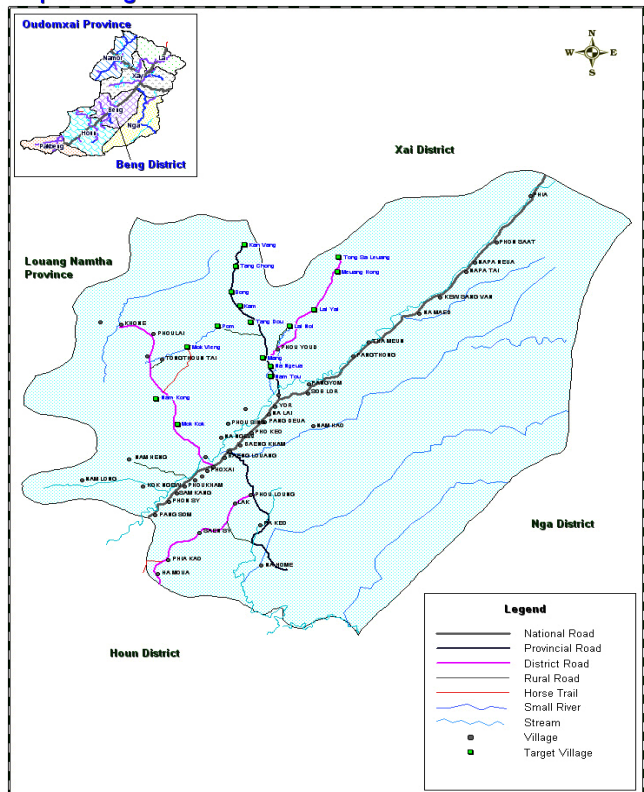
**1. Background of Beng district, Oudomxay Province**

Beng district is one of 7 districts of ODX province, it is located at 65 km from ODX capital. The district is one of 3 Southern districts of ODX province. There are 57 villages, the population numbers 36,997 people (2014), it includes 65% LaoTheung (Khamou), 21% LaoLoum and 14 % LaoSoong (Hmong).

The economy is mainly agricultural and farming.

Health care in Beng district is provided by 6 health centers covering 57 villages.

**Map of Beng District**



Bankhon and Namhom are two of the 6 health centers of Beng district.



### General information

No.	Name of Health Center	Staff (nurse)	Distance from Beng district	Driving time	Village covers	Population
01	Bankhon	6 nurses	28 Km	1:00 h	9 (1 Thaidam and 8 Khamou villages)	4,612 person
02	Nahom	5 nurses	25 Km	1:00 h	15 (7 Hmong and 8 Khamou villages)	4,950 person

The main activities of the health centers are disease prevention, health education, vaccine injections, dispensing vitamin A and parasite medication, providing basic treatment and referring difficult cases to the district hospitals. Unfortunately, doctors and diagnostic equipment are severely limited.

This is LRF's fifth mobile health care mission at health center level serviced by a team of Oudomxay provincial hospital.

### 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 the health center medical staff by donation of medical equipment and training.

### 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
- Provide glasses to improve vision for poor people (presbyopia, myopia and hyperopia).
- Dental care for children at primary school

Estimated target of 1,830 patients free of charge, with no regard to gender, age, ethnicity or religion.

## V. LOCATION AND DURATION

We provided service during 06 days (March 13-18, 2016)

- At BanKhon Health Center: 13-16 of March 2016
- At Nahom Health Center: 17-18 of March 2016

## VI. TEAMWORK

The teamwork of 24 persons included:

- 1. From Oudomxay provincial hospital (07 persons)**
  - Dr. Phetsamone Indara Ophthalmologist
  - Dr. Sengla Laoseun Ophthalmologist (internal med)
  - Dr. Malaithong Soukaseun Dentist
  - Dr. Chilavanh Lattanavong Dentist
  - Mr. Khamtan Phanthu Amat Optometrist
  - Mr. Sith Sommalavong Dental Nurse Assistant
  - Miss. Sonmany Lasavong Dental Nurse Assistant
- 2. From Beng and Nga district hospitals (03 persons)**
  - Dr. Sommek Fu Internal Medicine doctor
  - Dr. Phengdy Khamkeomany OB doctor (ultrasound)
  - Dr. Chalanai Phanthalay Internal Medicine doctor
- 3. Local staff (11)**
  - 6 Nurses Assistant (BanKhon health center)
  - 5 Nurses Assistant (Nahom health center)
- 4. From Setthathirat hospital, Vientiane (1 person)**
  - Dr. Keo Phommamad Pediatric doctor
- 5. Lao Rehabilitation Foundation, USA (2 persons)**
  - Dr. Luc Janssens , PhD LRF President
  - Ms. Sasithone Sengchan LRF Coordinator

## 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 dental services
2. Instruments and medicine for ENT services
3. Instruments and medicine for eye services
4. Instrument and medicine for internal medicine (adult) service
5. Instruments and medicine for expectant mothers services
6. Instruments and medicine for pediatric services
7. Education supplies for children at primary school

## VIII. ACTIVITES PERFORMED AND RESULT

Services were provided in 7 main activities, for a total of 2,561 patients (female: 924 or 36%). Services were provided free of charge for all patients with no regard to gender, age, ethnicity or religion as follows:

No	Examination & Treatment	BanKhon	Namhom	Total
1	ENT	129	76	205 (F 71)
2	Dental	114	76	190 (F 59)
3	Eye	190	83	273 (F 69)
4	Expectant mother	26	10	36 (F 36)
5	Internal medicine (adult)	669	430	1,099 (F367)
6	Pediatric (infant and child)	256	154	410 (F 184)
7	Children at Primary School	162	186	348 (F 138)
	Total	<b>1,546</b>	<b>1,015</b>	<b>2,561 (F 924)</b>

### 1. E.N.T. Results:

205 (F 71) patients were examined and treated as follows:

– Otitis media (chronic)	69
– Eardrum ruptured/perforated	41
– Neuro sensorial hearing loss	33
– Ear examined (normal)	21
– Ear Foreign Body	18
– Tonsillitis	07
– Otitis media (acute)	07
– Goiter/Hyperthyroid	02
– Cleft lip	01
– Other	09

### 2. Dental Results

190 (F 59) patients were examined and treated as follows:

– Extraction	108
– Tooth repair	47
– Cavitas dentitis non extraction	22
– Dentitis simple and dental education	19
– Cleaning calciferous	00

### 3. Eye Results

273 (F 69) patients were examined and treated as follows:

– Vision test by E-Chart or Snellen Chart	273
– Diagnosis with medicinal treatment for eye diseases	79
– Cataract surgery with implant IOL	11
– Other eye disease surgery (Pterygim and eyelid disease)	02
– Refractive service with donation of eyeglasses for refractive error	176

### 4. Obstetric Results:

36 pregnant patients were examined by echography in the 2 health centers. 4 cases (11%) were declared problematic transverse presentation of fetus. All problematic cases were advised to follow up at the district and provincial hospitals.

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

1,099 (F 367) patients were examined and treated as follows:

– Gastritis	368
– Musculoskeletal / Flank pain	236
– Headache	67
– Hypertension	63
– Pharyngitis / bronchitis	59
– Parasite	47
– Cold fever	44
– Angina	43
– Pneumonia	28
– Goiter	27
– Anemia / Vitamin deficiency	27
– Arthritis	24
– Skin infection	24
– Diarrhea	13
– Kidney stone	07
– TB	03
– Other	19

6. **Pediatric Results:**

410 (F 184) patients were examined and treated as follows:

– Parasites	72
– Pharyngitis / Bronchitis	63
– Cold fever	54
– Angina	41
– Skin infection	35
– Malnutrition	34
– Pneumonia	33
– Tonsillitis	27
– Diarrhea	16
– Anemia	08
– Otitis	07
– Beriberi	02
– Other	18

7. **Primary School Screening Results:**

348 children (F 138) were screened at two primary schools at BanKhone and Nahome. All children received fluoride varnish application with distribution of toothbrushes, toothpaste and educational supplies.

8. **District Hospital and Health Center Development Activities Performed**

Medical equipment was provided to 2 district hospitals and 2 health centers (Beng and Nga district hospitals, Nahome and Bankhone health centers). Equipment included: Ultrasound machine, EKG, Nebulizer, Auto sphygmomanometers, Fetal heart dopplers, Delivery set, Electric autoclaves, Otoscope, Oxymeters and other necessary medical equipment for 2 health centers.

(List detail on attached files)

## **IX. BUDGET AND EXPENDITURE**

The anticipated cost was: **31,617 USD.**

The total actual expenditure was: **28,437 USD.**

The actual expenditure included:

– Medicine from USA	\$1,800
– Instruments and equipment with transportation	\$12,280
– Medicine and equipment from Laos	\$3,090
– Transport and accom. for USA team	\$4,940
– Per diem and accom. for Lao team	\$1,939
– Preparing mission	\$376
– Rented vehicles	\$1,260
– Medicine and supplies for eye service	\$1,995
– Toothpaste, toothbrushes and books for students	\$276
– Other	\$481

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

(Detail on attach files)

## **X. ACCOMPLISHMENTS, WEAKNESSES AND RECOMMENDATIONS**

### **2. Accomplishments**

- Good cooperation with health center staff
- The number of patients serviced was over 140% of target
- 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 an assessment of needs for the dental health care of children at primary schools.
- Provided some medical equipment to improve service at district hospitals and health centers level.

### **3. Weaknesses**

- Dirt road was difficult
- Difficult for accommodation and food
- Small and dirty room for service
- Too many patients for adult medicine came without a clear complaint.

### **4. Recommendations:**

- Should limit service to 1 location which would allow more time for activities





## **ATTACHMENT DOCUMENTS**

1. Photo of Activities
2. Teamwork
3. List of Donated Medical Equipment