

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

Oudomxay Provincial Health Department  
Provincial Hospital  
Lao Rehabilitation Foundation Project

No. 950 /PH  
Oudomxay, Date.. 12.16.2017.

# **Report of Mobile Health Care**

**For Dental, Ear Nose and Throat, Eye Diseases,  
Expectant Mothers, Adult and Pediatric Services in  
Remote Area, at the Newly Built Nasal Health Center  
of Nga District in Oudomxay Province, Lao PDR.**



23-26 May 2017

**Oudomxay Provincial Hospital and Nga District Hospital Team  
in cooperation with  
Lao Rehabilitation Foundation**

**Supported by Lao Rehabilitation Foundation, Inc. USA**

**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, Expectant Mothers, Adult and Pediatric Services in Remote Area, at Nasal Health Center in Nga district.

- Refer to request letter of Nga district health office.
- Refer to LRF 2017 planning of mobile health care in remote areas.
- Refer to agreement letter of Oudomxay provincial hospital, No 841 of May 22, 2017.

A team of Oudomxay provincial hospital and Nga district hospital, in cooperation with Lao Rehabilitation Foundation provided health care for dental, ear nose and throat, eye diseases, and examined expectant mothers, adults (internal medicine) and treated pediatric diseases at Nasal health center in Nga district of Oudomxay province for 4 days, May 23 to 26, 2017. 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, Adult Internal Medicine, Expectant Mothers and Pediatric Services in the Remote Area of Nga district.

## **II. BACKGROUND INFORMATION**

Nga district is one of 7 districts of ODX province. The district is located in high mountains. The population numbers 30,759 people (2014), it includes 57% LaoTheung (Khmou), 23% LaoLoum and 20 % LaoSoong (Hmong). The economy is mainly agricultural and farming.

Health care in Nga district is provided by 9 health centers covering 52 villages.

Nasal is one of the 9 health center of Nga district, it covers 3 villages with a catchment population of 2,644 that include Lao Loum, Khmou and Hmong. 98% of the land is in high mountains. The center is located at 75 Km from Nga city and is accessible by dirt road only (3.5 hours drive).

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 was LRF's seventh mobile health care mission at health center level.



### 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 staff by a donation of medical equipment and training.

### IV. LOCATION AND DURATION

Serviced for 04 days (May 23-26, 2017) at Nasal Health Center (Nasal village).

### VI. TEAM WORK

The team work of 15 persons included:

#### **Oudomxay Hospital (6):**

- |                            |                  |
|----------------------------|------------------|
| - Dr. Phetsamone Indara    | Ophthalmologist  |
| - Dr. Soulimala VongPachit | Dentist          |
| - Dr. Anousone Vongmyxay   | Dentist          |
| - Dr. Oulaivin Boutnakhod  | Dentist          |
| - Dr. Sisouvanh HersaiJa   | Pediatrician     |
| - Mr. Khamtan Phathou Amad | Ophthalmic Nurse |

#### **Nga District Hospital (3):**

- |                           |                               |
|---------------------------|-------------------------------|
| - Dr. Sommake Fou         | Internal Medicine Doctor      |
| - Dr. Phengdy Khamkeomany | Obstetric Doctor (ultrasound) |
| - Mr. Syphan              | Nurse Assistant               |

#### **Nasal Health Center (3):**

- |                 |        |
|-----------------|--------|
| - 3 Local Staff | Nurses |
|-----------------|--------|

#### **LRF Team (3):**

- |                              |                  |
|------------------------------|------------------|
| - Dr. Luc Janssens           | President of LRF |
| - Ms. Sasithone Sengchanh    | Coordinator      |
| - Ms. Chanthone Keokangpheng | Assistant        |

### 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 ENT 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. School supplies, toothpaste and toothbrushes for students

## X. RESULTS

A total of 1,568 cases (female: 833 or 53.12%) were treated free of charge without regard to gender, age, ethnicity or religion. Services included:

| No | Examination & Treatment      | Qty.         |            |
|----|------------------------------|--------------|------------|
|    |                              | Total        | Female     |
| 1  | ENT                          | 84           | 37         |
| 2  | Dental                       | 167          | 98         |
| 3  | Eye                          | 187          | 95         |
| 4  | Expectant mother             | 21           | 21         |
| 5  | Internal medicine (adult)    | 620          | 372        |
| 6  | Pediatric (infant and child) | 292          | 136        |
| 7  | Children of Primary School   | 196          | 74         |
| 8  | Referral to DH for surgery   | 1            | 0          |
|    | <b>Total</b>                 | <b>1,568</b> | <b>833</b> |

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

84 (F 37) patients were examined and treated as follows:

- Otitis media (chronic) 28
- Eardrum ruptured/perforated 17
- Ear FB, discharge 15
- Neuro sensorial hearing loss 08
- Ear examined (normal) 07
- Goiter/Hyper thyroid 04
- Otitis media (acute) 03
- Tonsillitis 02

### 2. Dental Results

167 (F 98) patients were examined and treated as follows:

- Cavitas dentitis with extraction 93
- Tooth repair 27
- Detal overlay 16
- Cavitas dentitis non extraction 13
- Cleaning calciferous 11
- Dentitis simple and dental education 7

### 3. Eye Results

187 (F 95) patients were examined and treated as follows:

- Vision test by E-Chart or Snellen Chart 187
- Diagnosis with medicinal treatment for eye diseases 78
- Cataract surgery with implant IOL 09
- Other eye disease surgery (Pterygim and eyelid disease) 02
- Refractive service with donation of eyeglasses for refractive error and presbyopia 98

#### **4. Obstetric Results:**

21 pregnant patients were examined by echography. All pregnancies were normal, however all patients received vitamin and were advised to follow up at the health center or district hospital.

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

620 (F 372) patients were examined and treated as follows:

|                                |     |
|--------------------------------|-----|
| – Musculoskeletal / Flank pain | 119 |
| – Headache                     | 85  |
| – Gastritis                    | 78  |
| – Cold fever                   | 56  |
| – Pneumonia                    | 54  |
| – Pharyngitis / bronchitis     | 49  |
| – HTA                          | 42  |
| – Skin infection               | 34  |
| – Parasites                    | 28  |
| – Angina                       | 24  |
| – Arthritis                    | 17  |
| – Diarrhea                     | 14  |
| – Goiter                       | 06  |
| – Other                        | 14  |

#### **6. Pediatric Results:**

292 (F 136) patients were examined and treated as follows:

|                            |    |
|----------------------------|----|
| – Cold fever               | 67 |
| – Pneumonia                | 51 |
| – Parasites                | 44 |
| – Malnutrition             | 30 |
| – Pharyngitis / Bronchitis | 29 |
| – Skin infection           | 23 |
| – Angina                   | 18 |
| – Diarrhea                 | 08 |
| – Other                    | 18 |
| – Anemia                   | 03 |
| – Beriberi                 | 02 |

#### **7. Primary School Screening Results:**

196 children (F 74) were advised how to brush teeth.

- All children received toothbrushes and toothpaste.
- Educational supplies were also donated to students.

#### **8. District Hospital Development Activities Performed**

Medical equipment was provided to Nasal health center, it included: small surgery set, delivery set, nebulizer, weight scale (adult & enfant), otoscope, sphygmomanometer, temperature (digital), kidney trays, IV poles, fetal doppler, suction balls, life box (oximetry) with adult, pediatric and neonate sensors, suction pump, thumb oxymeters, other necessary medical equipment and a stock of varied

medicine. LRF, Dr. Luc Janssens also provided training in the use and maintenance of the donated equipment.

### 9. Rehabilitation activities performed

A young boy diagnosed with a large vesical calculus was referred to Oudomxay provincial hospital for surgery treatment with the support of LRF.

## VIII. BUDGET AND EXPENDITURE

The total anticipated budget: 18,944 USD.

The total actual expenditure: 12,942 USD.

The actual expenditure included:

| No | Description                                     | Amount        | Remark  |
|----|-------------------------------------------------|---------------|---------|
| 1  | Medicine, Instruments and equipment from USA    | 1,000         |         |
| 2  | Additional equipment provided to Nasal HC       | 0             | \$2,720 |
| 3  | Transportation for instruments                  | 500           |         |
| 4  | Medicine and equipment from Laos                | 3,231         |         |
| 5  | Transport and accom. for USA team (LRF)         | 4,310         |         |
| 6  | Per diem and accom. for Lao team                | 798           |         |
| 7  | Preparing mission (documents, other)            | 281           |         |
| 8  | Rented vehicles and fuel                        | 541           |         |
| 9  | Medicine and supplies for eye service           | 1,373         |         |
| 10 | Toothpaste, toothbrushes and books for students | 246           |         |
| 11 | Referral of poor patients to Oudomxay Hospital  | 533           |         |
| 12 | Other                                           | 129           |         |
|    | <b>TOTAL</b>                                    | <b>12,940</b> |         |

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

The cost of medical equipment provided to Nasal health center (\$2,720) was included in the donation for 3 provinces.

(Detail on attached files)

## IX. ACCOMPLISHMENTS, WEAKNESSES AND RECOMMENDATIONS

### 1. Accomplishments

- Good cooperation with head of village, villagers and 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 have improved the sustainability of health care at health center by providing basic and modern medical equipment to Nasal health center.

**2. Weaknesses**

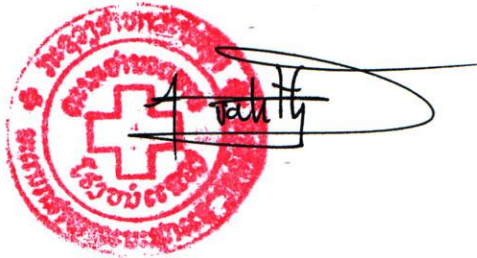
- Beginning of the rainy season made access on dirt road difficult and distance from Oudomxay made driving time to health center substantial.
- Too many patients for adult medicine came without a clear complaint and took time away from those who really needed to be seen and treated by a limited team of internal medicine doctors.
- Time was too short to service a considerable amount of patients. One Khamou village was closed for a traditional ghost ritual; villagers were not allowed to leave the village to visit the health center.

**X. NEXT MISSION PLANNING**

- Provide mobile health care for dental, ENT, eye, adult, expectant mother and infectious disease in children at one or two Health Center in Oudomxay before the end of 2017.
- Will increase teamwork and time for service.

(Under consideration)

Director of Oudomxay Provincial Hospital



**ດຣ ສຸວັນທອງ ແສນວັນນະຄຳ**  
**Dr. Souvanthong SENVANNAKHAM**

Reporter

**ດຣ. ພັດສະໝອນ ອິນດາລາ**  
**Phetsamone INDARA, MD.**

D. Director of Oudomxay Provincial PoH



**ດຣ. ຄຸມທອນ ພູວງໄຊສີ**  
**Dr. Souvathone LOUANGXAYSIT**

## **ATTACHMENT DOCUMENTS**

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