

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

Oudomxay Provincial Health Department  
Oudomxay Provincial Hospital  
Lao Rehabilitation Foundation

No...1.650...PH.ODX

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## **Report of Mobile Eye Care in 3 Districts (Houn, Beng and Xai) of Oudomxay Province**



**October 22-30, 2018**

**Oudomxay Eye Unit, Oudomxay Provincial Hospital**

**in partnership with**

**Lao Rehabilitation Foundation, Inc.**

**SEE International and**

**Fred Hollows Foundation**

**Dear / To:** Director of Oudomxay Provincial Public Health Department  
Director of Oudomxay Provincial Hospital  
President of Lao Rehabilitation Foundation, Inc. USA.

**Subject:** Result of Mobile Eye Care in 3 Districts (Houn, Beng and Xai) of Oudomxay Province.

- Referred to Lao Rehabilitation Foundation 2018 planning and funding to provide health care in remote areas.

On the 3<sup>rd</sup> and 4<sup>th</sup> week of October 2018 the Eye Unit of Oudomxay provincial hospital in cooperation with the Lao Rehabilitation Foundation (LRF) offered mobile eye care service in 3 districts (Houn, Beng and Xai) of Oudomxay Province for eye disease exams, refraction testing, dispensing eyeglasses and providing cataract surgery. The details are as follows:

## **I. TITLE**

Mobile Eye Care in 3 Districts (Houn, Beng and Xai) of Oudomxay Province

## **II. BACKGROUND INFORMATION**

Visual disability and blindness are critical problems in terms of public health. Blindness creates significant pain, irreversible damage and innumerable hardships for the concerned persons, both physically and mentally. Also, blindness contributes to the stagnation of economic development and social affairs of the country.

In the year 2017, Lao PDR conducted the second national survey for blindness, Rapid Assessment of Avoidable Blindness (RAAB). It surveyed people aged 50 years or more which accounts for 12.5% of the total population. The crude blindness rate from this survey was 2.5%, the prevalence of blindness has decreased if compared to the survey (RAAB) of 2007 (2.85%). According to statistics provided by the World Health Organization (WHO), 0.1% of the population develops visually significant cataracts each year. Due to the extreme lack of specialized eye care in the region, a significant backlog of visually impaired by cataract has developed. Cataract surgery and eye disease treatment can be easily performed at provincial hospitals, but patients in need of these services are commonly found in remote areas having limited access to medical facilities and at great distance from provincial hospitals.

During 2012–2017, a total of 5,025 cataract surgeries were performed in the four Northern provinces of Lao PDR. 4,499 cases (89.53%) were performed in a mobile clinic setting and 526 cases (10.47%) in a hospital setting.

Mobile eye camp in remote areas in the Northern provinces of Laos is an important and necessary endeavor for the continued progress of preventing blindness in the region.

### **III. OBJECTIVE**

- To reduce avoidable blindness in Lao PDR
- To detect avoidable causes of blindness in the poor population of Oudomxay
- To provide sight restoring interventions

### **IV. LOCATION AND DURATION**

- At Houn district hospital: Oct 22-23, 2018
- At Beng district hospital: Oct 25-26, 2018
- At Oudomxay Provincial hospital: Oct 28-30, 2018

### **V. TEAMWORK AND ASSISTANTS**

1. Dr. Luc Janssens	President of LRF
2. Phetsamone Indara, MD	Ophthalmologist
3. Phonethavy Inthavongsa	Ophthalmic Nurse
4. Ms. Latdavone	Ophthalmic Nurse
5. Mr. Thongdam	Ophthalmic Nurse
6. Ms. Koy	Assistant

### **VI. INSTRUMENTS AND MEDICINE**

This mission was performed using quality modern equipment intended for cataract surgery, refraction exams and effective medicines for treatment. Equipment and supplies were provided by LRF in cooperation with SEE International (Surgical Eye Expeditions of USA) and Fred Hollows Foundation. It included:

1. Phacoemulsification machine (Amo Sovereign Compact)
2. Surgical instruments, equipment and supplies
3. Medical supplies for cataract surgery
4. Medicine for eye care service
5. Autorefractor (Retinomax)
6. Glasses

### **VII. ACTIVITIES PERFORMED**

#### **1. Finding Cataract Cases**

- The ophthalmic nurse from Oudomxay eye unit joint local ophthalmic nurses to screen the vision of older people in remote villages to find patients with cataract and appoint them at a date and location to be treated.
- Advertisement was done by billboards and radio.

#### **2. Technical Cataract Surgery**

Surgeries were performed by phacoemulsification. Hard cataract cases by manual small incision (MSICS) techniques.

#### **3. Refractive Service**

All patients with blurred vision without cataract or retina diseases were given refractive exams by autorefractor (Retinomax) and were provided with appropriate glasses to improve their vision.

## **VIII. RESULT**

### **1. Cataract Surgery Outcome**

A total of 595 patients were examined, 89 cataract surgeries were performed as follow:

- By Phacoemulsification 64 cases
- By MSICS 25 cases
- Complication intra-operative 01 cases
- Complication post-operative 03 cases

### **2. Other Surgery Outcome**

A total of 20 other surgeries were performed as follow:

- Pterygium 16
- Eyelid correction 03
- Corneal rupture repair 01

### **3. Refractive Service Outcome**

A total of 167 patients were examined for corrective refraction. 154 pairs of glasses were provided as follow:

- Myopia 57
- Hyperopia 63
- Presbyopia 34

## **IX. BUDGET-EXPENDITURE**

The actual expenditure for this mission was 28,930 USD, supported by Lao Rehabilitation Foundation, Inc. in cooperation with SEE International and a minor contribution from the Fred Hollows Foundation. It included:

- Medical supplies for cataract surgery 18,530 USD
- Glasses 800 USD
- Medical equipment provided to ODX provincial hospital 3,600 USD
- Transportation/Accommodation for LRF team 4,700 USD
- Perdiem/Accommodation for Lao team 400 USD
- Preparing/Finding cataract patients 700 USD
- Other 200 USD

## **X. ACCOMPLISHMENTS AND WEAKNESSES**

### **1. Accomplishments**

- More than 500 people have benefited from this eye care campaign, receiving medicine, glasses or some eye care advice.
- Vision of poor people was improved by providing glasses and cataract surgery.
- Significantly helped needy blind people.
- Poor patients who could not have had access to the finest eyecare in remote areas received treatment by phacoemulsification.
- Good cooperation between Oudomxay Eye Unit and LRF for eye care.

### **2. Weaknesses**

- Limited team (ophthalmologist and assistant)
- Limited medical supplies such as:
  - Antibiotic, anti-inflammation eye drops
  - IOL power options

## **XI. NEXT MISSION PLANNING**

- Continue to provide mobile eye care (cataract surgery by phacoemulsification) in remote areas of 3-4 districts during March 2019.
- Add more surgeons and assistants.
- Continue refraction exams and provide eyeglasses as needed.

Director of Oudomxay Provincial  
Health Department



**ດຣ. ສິມພອນ ຊາວມັງວີ**

Director of Oudomxay  
Provincial Hospital



**ດຣ. ຄຳພັນ ໄຊຍະວົງ**  
Dr Khamphan XAYAVONG

Presenter

**ດຣ. ເພັດສະໝອນ ອິນດາລາ**  
Phetsamone INDARA MD.