

Mae Tao Clinic Annual Report 1997

Dr. Cynthia Maung
1 January 1998

Introduction

The year 1997 was the eighth year of operation for the Mae Tao Clinic. The Clinic is located in Thailand 4 km east of the Moei River, between the Burmese border town of Mya Wa Di and Mae Sot. It was established in 1989 to provide medical care for Burmese students who fled to the Thai border in 1988. Since then its services have expanded to meet the needs of an ever increasing number of Burmese in Mae Sot and nearby areas within Thailand, as well as many who cross the border from Burma in search of medical care. Each year the staff at the Mae Tao Clinic trains new medics and midwives to provide health care on the Thai-Burma border. The Clinic also assists in the training of new laboratory technicians. For complex or critically ill patients, the Clinic has referral arrangements with the Mae Sot General Hospital. This year the clinic started a new infant nutrition program to add to its already established programs in maternal child health, eye care, immunization, and family planning.

This year also saw the unfortunate collapse of the medical and health network which had served people inside of Burma. Of the five civil clinics that had been established in Cho Gan, Maw Kee, Po Pa Hta, Sa Khan Thit, and Eah Maw Don, SLORC attacks forced the evacuation of two (Maw Kee and Po Pa Hta) in early 1995, and the remaining had to be evacuated by the end of February 1997. Despite this setback, the Clinic still serves as a base for mobile medical teams that travel for several months at a time to provide medical care and basic health education to jungle villagers in areas too unstable to safely staff permanent clinics. A mobile eye care team provides eye care services in these areas as well. These mobile teams go into Karen State and Karenni State, the latter of which has signed a cease fire with SLORC.

This report summarizes Mae Tao Clinic activities and programs for the year 1997.

Medical Staff

Dr. Cynthia's medical services consists of three doctors and sixty health care workers and an office staff of eight. All of the workers are volunteers who receive only basic necessities such as food and shelter for their services. The names and current assignments of the senior staff are listed in the appendix.

Inpatient and Outpatient Services

The graph and the table on the next page (Figure 1) compares the total patient care given in each month of 1997 with the same figures for 1996. The statistics are for caseload (total diagnoses), which may be an overestimate of the number of patients because some patients may have had more than one diagnosis. Caseloads were higher than the previous year in each month. Overall there were 15,272 cases seen in 1997, an increase of 27% over 1996. The highest monthly volumes were seen in September. Caseloads are influenced by patient access to the Clinic as well as seasonal variations in disease patterns.

Figure 2 shows a graph and a table of caseloads of the three major diseases we track by month, acute diarrhoeal disease (ADD), acute respiratory infection (ARI) and malaria. True incidence rates for these diseases are impractical to track because of the mobility and open nature of the population served. Peak months of malaria were during the rainy season months of June and July, while ARI cases were greatest in the months of August and September. See Figure 3 for a graph of monthly cases of malaria broken down by type (P. Falciparum, P. Vivax, and Mixed).

The table below shows the annual total and the average number of cases per month of the different disease classes.

DISEASE GROUP	Monthly Average	Annual Total
Acute Respiratory Infection	339	4063
Anemia	201	2412
Malaria	172	2063
Surgical Problems (include. Injury)	55	654
Eye Care	51	614
Acute Diarrhoea Disease	32	379
Complications of Abortion	13	155
Tuberculosis	7	78
Measles	3	33
Other (misc.)	295	3537

Other diseases tracked at the Clinic include ber ber, filariasis, sexually transmitted diseases, and skin diseases. The Clinic does not perform abortions; the category 'Complications of Abortion' denotes treatment of complications (such as hemorrhage and infection) of abortions done elsewhere. Changes in data collection planned for 1998 include separate tracking of obstetric and gynecological diseases, urinary tract infections, and psychiatric disorders.

During 1997 the Clinic gave 110 blood transfusions using blood donated by the Clinic staff. These included 85 performed for medical indications and 25 done for obstetric indications. The Clinic has had blood transfusion capability for the past three years. Demand increases during times of the year when malaria increases. The Clinic has also recently observed that an increasing proportion of malaria cases are accompanied by severe hemolytic anemia. Thus blood transfusions and the accompanying laboratory services to support them will probably require additional support during 1998.

Eye Care Program

Eye care is available weekly at the Mae Tao Clinic. The eye care program treats trachoma, Vitamin A deficiency, and some other infections and minor injuries of the eye. Patients are screened for glaucoma and cataracts and referrals made to eye surgeons who volunteer their services. The eye care team also fits glasses using donated eye glasses when the correction is the same for both eyes. Lenses must be ground for patients with astigmatism or unequal correction.

Laboratory Services

The following table summarizes the malaria slides tested during 1997. The year 1996 is included for comparative purposes. Because many patients were tested more than once (especially if they were in the IPD) the proportions are not necessarily representative of the prevalence of different types of malaria seen at the Clinic.

Year	Positives	P. Falciparum gametocytes % of positives	P. Falciparum % of positives	P. Vivax % of positives	Mixed % of positives	Total Slides
1996	2768 (40%)	4%	72%	17%	5%	6758
1997	3198	150(4.7%)	2285(69%)	653(20%)	202(6%)	7907

Laboratory capabilities also increased for other Clinic programs. Vaginal smear gram stains can now be performed for the diagnosis of sexually transmitted diseases. To support the increasing number of blood transfusions the laboratory can also do blood typing as well as HIV and Hepatitis B screening.

Maternal Child Health Care and Family Planning

Regular prenatal care and delivery services were established in 1994. In the prenatal program, women are screened for anemia, HIV, hepatitis B, and syphilis. Those with high-risk pregnancies (e.g. complicated by malaria) are referred to the Mae Sot Hospital for management. Women with uncomplicated pregnancies are monitored and delivered at the clinic. Prenatal screening statistics are shown below:

Year	Hgb < 11%	HBsAg	HIV	VDRL	Total Patients
1996	207 (63%) Patients with Hgb < 10%	19 (4.4%)	1 (0.9%)	1 (0.9%)	424
1997	437 (90.3%)	29 (6.0%)	8 (1.7%)	10 (2.1%)	484

There were 179 deliveries at the Mae Tao Clinic in 1997. The table below gives the numbers and percentages of low birthweight, breech position, twins, forceps delivery and stillbirths. Some mothers seek care for the first time at the point of delivery and do not receive prenatal care, causing a higher than desired number of complicated deliveries at the Clinic.

Year	Birth weight < 2.5 Kg	Breech	Twins	Forceps Delivery	Still Births	Total Deliveries
1997	19 (10.6%)	1 (0.6%)	3 (1.7%)	6 (3.35%)	3 (1.7%)	179

The family planning program provides counseling and contraceptives (oral contraceptive pills, condoms, depo-provera, and IUDs) donated by the Mae Sot Hospital. Insertion of IUDs is done at the Clinic. When appropriate, patients are referred to Mae Sot Hospital for free vasectomies or tubal ligations. Mothers bringing children to the nutrition, immunization, or outpatient clinic are offered referral to the family planning program. Patients choose their own contraceptive method after discussion with their spouses. Couples counseling is provided if desired or appropriate. A summary of contraceptive services provided in 1997 is given in the table below.

	Number of Users	Number Dispensed
Condoms	100	1454
Depo Provera Injections	120	224
Oral Contraceptive Pills	71	157
Intra Uterine Devices	10	10
Tubal Ligation Referrals	30	
Vasectomy Referrals	3	
Total	334	

Infant Nutrition Program

The infant nutrition program began in August 1997. Once a week, about 100 infants and toddlers are weighed and fed a well-balanced meal at the Clinic. Mothers and children are taught basic nutrition education by Clinic staff. Children with acute health problems are referred to the OPD children's clinic. The nutrition program is synchronized with the immunization program to make it more convenient for parents to participate. For 1998, the Clinic plans to improve its nutrition assessment by tracking weight-for-height for each child, as well as screening for anemia.

Immunization Program

Child immunization services continued during 1997. The Mae Sot Hospital donates DPT, OPV, measles and BCG vaccine to the Clinic for this program. The transient and mobile nature of the clinic population continues to be a barrier to immunization. Many mothers are illegal immigrants fearing deportation. The number of immunizations given is listed in the table below.

Age	BCG	DPT			OPV			Measles	DPT Booster
		1	2	3	1	2	3		
<1 yr.	267	244	148	94	244	148	94	92	36
>1 yr.	93	120	44	25	120	44	25	71	28
Total	360	364	192	119	364	192	116	163	64

Training and Exchange Programs

The Mae Tao Clinic supports three training programs. Primary Health Care training is provided in a ten month course each year. Twenty-eight students completed the course in 1996 and fifty-three started in October 1997. This ten month course is supported by WEAVE. The course is followed by a two year internship in Dr. Cynthia's medical network. This program has experienced a two-thirds retention rate over the years.

The Mae Tao Clinic served as host for three classes of Eye Care Training in 1997. The American Refugee Committee ran the program teaching a total of forty-three health care workers drawn from the KNU, MSF and AMI as well as Dr. Cynthia's program.

The Mae Tao Clinic provided the site for Laboratory Technician training which was staffed by MSF. Three trainees have just completed the course.

The Mae Tao Clinic also hosts medical students from abroad who are interested in studying medicine in developing countries. Last year one student from the Columbia College of Physicians and Surgeons in the United States, twelve students supported by the Slovenian Medical Association, and two from Australia studied and assisted at the Clinic.

The Mae Tao Clinic is also visited annually by many foreign health care workers. Last year we were visited by a physician from Japan and several from the United States. In addition Drs. Ben Brown from California and Myron Semkuley from Calgary, Alberta visit us each year, as does Inge Sterk, a midwife from Villingen, Germany who assists with midwife and family planning training.

Funding for the Clinic

The Mae Tao Clinic is supported by the following organizations:

<u>Organization</u>	<u>Form of Support</u>
BBC	rent, utilities and basic food supplies for all staff, patients and others,
MSF	medicines and medical supplies,
BRC	office supplies, kitchen supplies, monetary support,
BRC and IRC	monetary help for OPD and IPD services at the Mae Sot Hospital,
Mae Sot Hospital	vaccines, family planning supplies, and free obstetric procedures and vasectomies
WEAVE	training program including supplies, utilities and food for staff and trainees and developing illustrated materials for the MCH program
Yound Green Foundation	Supports a nutrition project
British Consul	Supports medical supplies, sewing machines and material.
Burmese Refugee Project	Supports money as well as medical personnel.
British Embassy	Supports for office equipment.
New Zealand Embassy	Supports for sewing project.
APHEDA	Supports for Thai language training.

Small NGOs and private donors also provide monetary support and supplies.

Activities for 1998 and Beyond

Continued growth of the Clinic is stretching its physical plant. One of the two outdoor classrooms built last year was converted to an OPD clinic, and a third outdoor classroom was built this year. The IPD capacity is often strained past its twenty-five bed limit by utilizing the staff lounge area.

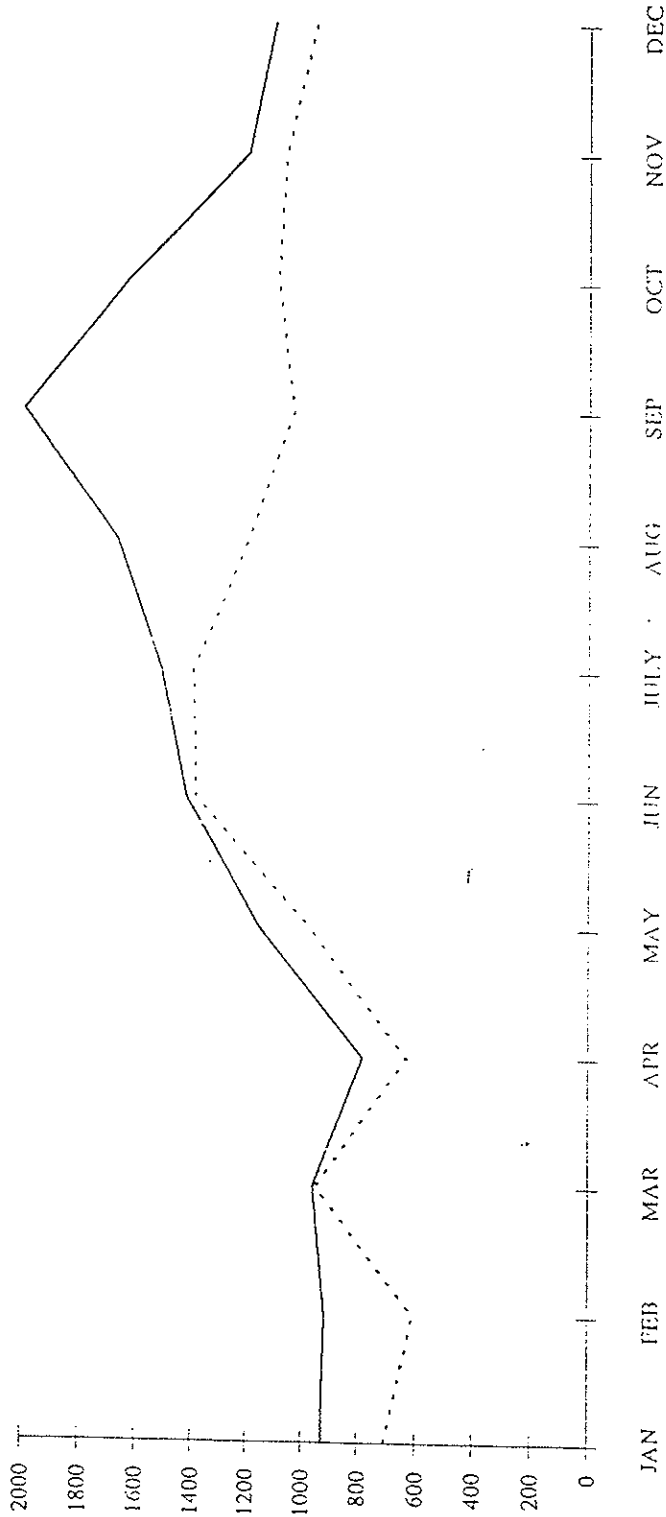
Appendix

Senior Staff

Name	Current Assignment
<i>Doctors</i>	
Cynthia Maung Catherine Bruck Shee Sho	Director
<i>Health Care Workers</i>	
Tin Maung Latt	Administrator
Myo Win	Mae Tao Clinic
Kyaw Lwin	Mae Tao Clinic, Theratre incharge
Sein Han	Mae Tao Clinic
Myint Soe	Mae Tao Clinic
Kyaw Hein	Director, all laboratories
Aung Mon	No Poe, loan to AMI
Hein Htat	Teaching, Incharge of Loi Nan Pha Clinic
Htat Aung	Director, Pa Hike Clinic
Paw Ruth Say	Mae Tao Clinic
Naw Htoo	Mae Tao Clinic, MCH supervisor
Aung Pe	Mae Tao Clinic
Nan Nyein Tin	Mae Tao Clinic
Htun Sein	Mae Tao Clinic
Thaung Dan Cho	Mae Tao Clinic
Zaw Hein	Mae Tao Clinic
Win Naing Oo	Mae Tao Clinic, Pharmacy Incharge
Tin Htun	Loi Nan Pha Clinic
Lily	Mae Tao Clinic
Palae Paw	Pa Hike Clinic
Mae Soe	Loi Nan Pha Clinic
Rosie	Mae Tao Clinic, Child health and Nutrition
Ko Myint Aung	Liberian

Figure 1.

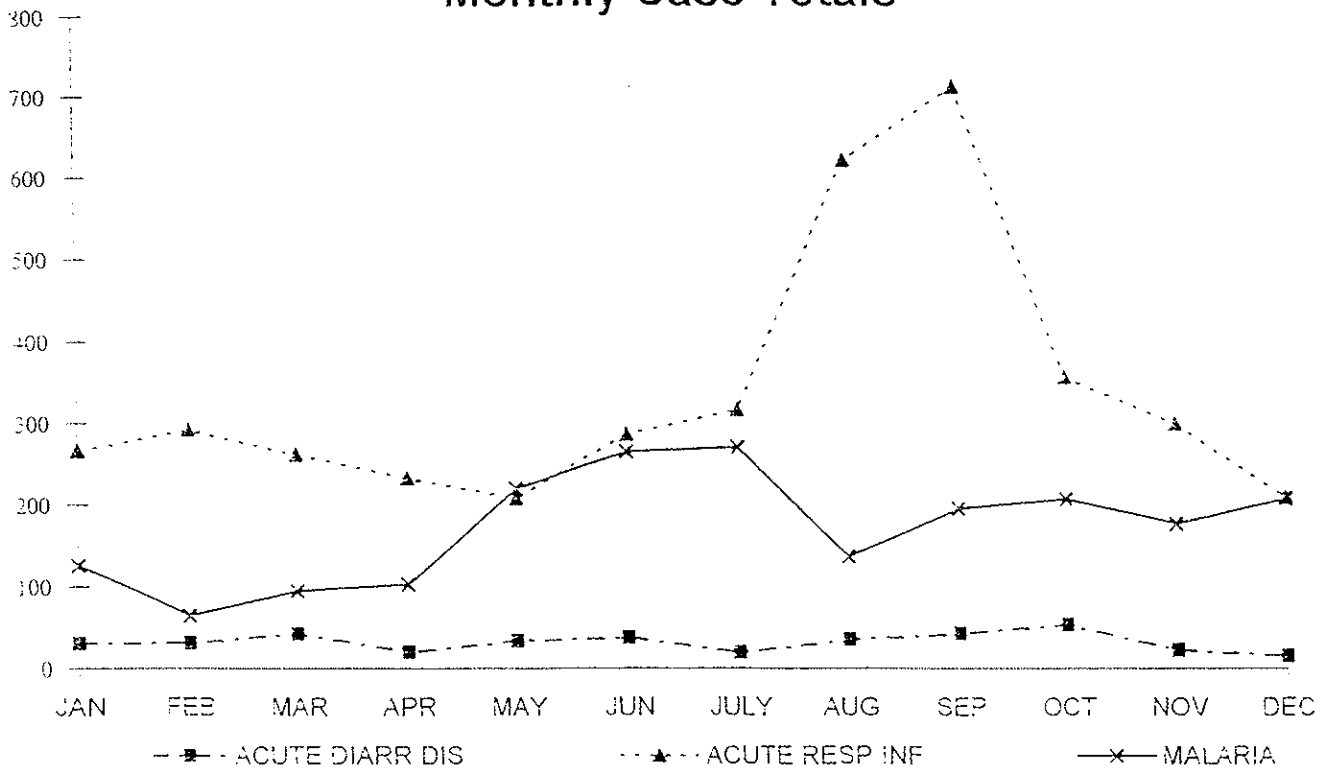
Total Caseload



Legend:
 — 1997
 - - - 1996

	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OCT	NOV	DEC	TOTAL
1997	928	916	961	782	1154	1423	1511	1667	1997	1633	1198	1102	15272
1996	707	607	949	633	971	1388	1398	1201	1032	1090	1061	954	11991

Monthly Case Totals

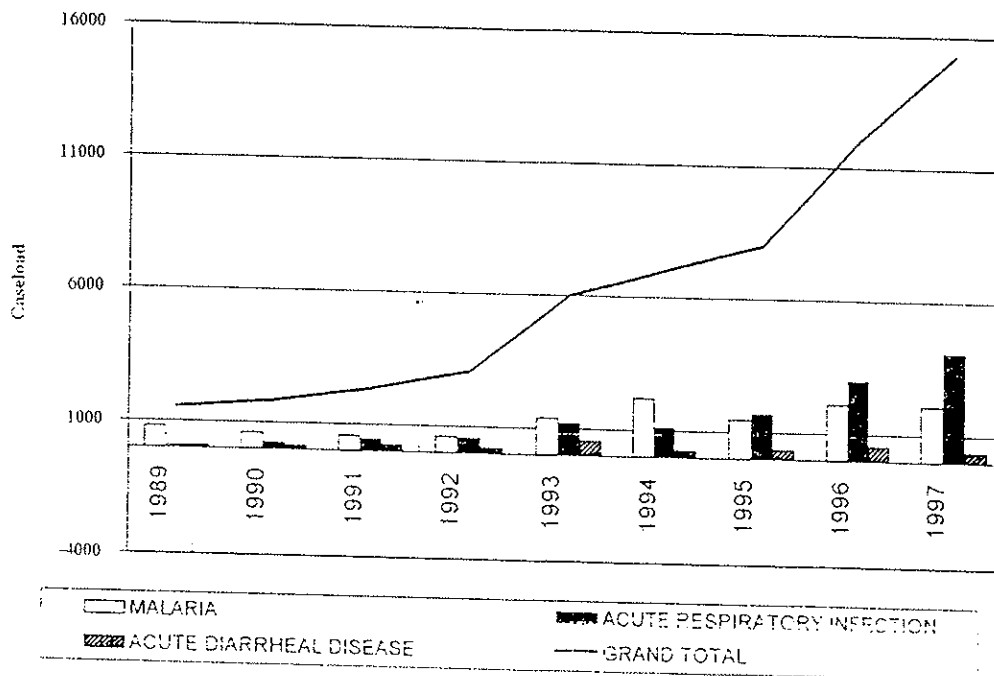


JAN FEB MAR APR MAY JUN JULY AUG SEP OCT NOV DEC

DIAGNOSIS

	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OCT	NOV	DEC
MALARIA	125	64	94	102	220	285	270	136	196	207	177	208
INPATIENT	21	6	20	29	61	77	54	30	36	40	40	59
OUTPATIENT	104	59	74	73	159	198	216	104	169	167	137	159
ACUTE RESPIRATORY INFECTION	266	292	262	232	208	285	316	622	713	358	300	310
INPATIENT	6	7	7	6	13	5	10	10	16	5	5	3
OUTPATIENT	260	285	255	226	195	281	306	612	697	351	295	210
ACUTE DIARRHOEAL DISEASE	30	31	42	20	33	37	19	35	42	53	22	15
INPATIENT	0	0	5	1	6	0	0	4	2	10	1	0
OUTPATIENT	30	31	37	19	27	37	19	31	40	43	21	15
OTHER DIAGNOSES	507	529	563	428	693	835	906	874	1047	1017	699	669
INPATIENT	15	13	33	13	47	36	67	66	41	57	36	69
OUTPATIENT	492	516	530	415	646	799	839	808	1006	960	663	610
GRAND TOTAL	928	916	961	782	1154	1423	1511	1667	1997	1633	1198	1102
INPATIENT	42	25	65	49	127	118	131	112	95	112	82	128
OUTPATIENT	886	891	896	733	1027	1305	1380	1555	1902	1521	1116	974

Mae Tao Clinic Yearly Case Summary



DIAGNOSIS	1989	1990	1991	1992	1993	1994	1995	1996	1997
MALARIA	794	620	559	611	1402	2191	1461	2095	2063
ACUTE RESPIRATORY INFECTION	81	241	441	552	1203	1104	1691	2985	4063
ACUTE DIARRHEAL DISEASE	86	148	250	219	564	259	373	573	379
OTHERS	797	818	1089	1677	2835	3436	4467	6338	8767
GRAND TOTAL	1525	1827	2339	3059	6004	6990	7992	11991	15272

TB

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1999

Malaria Cases 1997

