



Thank you for your interest in our work!

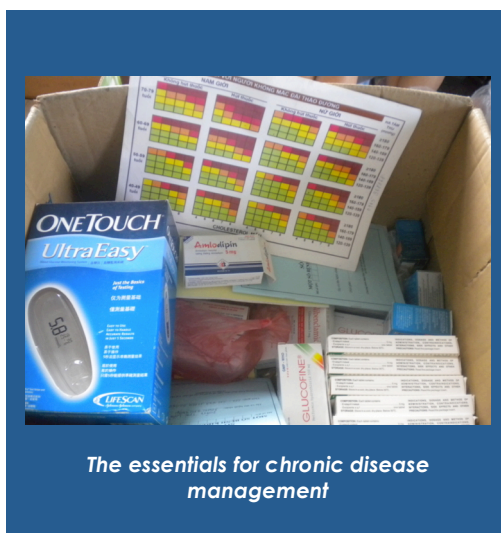
The Hoi An Foundation is a US-based 501(c)3 working to improve the quality of healthcare in Viet Nam. Our work centers around areas in healthcare where there is great need in Viet Nam. This is an update of our work here at the Hoi An Foundation in the last year.

Thanks to all your support we have expanded our work – adding new projects, expanding the current projects and hiring new staff. We hope to continue expanding our reach and care delivery to those in need in the upcoming year.

### Chronic Disease Management Project

The number one cause of death in Viet Nam is cardiovascular disease. Untreated hypertension and diabetes are a huge problem in Viet Nam – a quarter of hypertensives are diagnosed after they have had a stroke.

Our chronic disease project has come a long way since the days of riding our motorbike between clinics in rural Viet Nam daily trying to teach our hypertension and diabetes protocols. We partnered with the World Health Organization (WHO) and Minister of Health in Ha Noi and piloted our management protocol in 2011 and 2012. After one year, we presented our results in Ha Noi showing



The essentials for chronic disease management

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*Improving the  
Standard of  
Healthcare in  
Viet Nam*



## Chronic Disease Management Project (*cont.*)

significant improvements in blood pressures and blood sugars at a low cost. Physicians in our project consistently educated patients on health and lifestyle changes and used appropriate medications. The pilot was a success.

Though we are still working with the WHO and MOH to develop national guidelines for the management of chronic disease, we have shifted focus a bit.

The pilot was conducted in an area with a moderate amount of resources. To strengthen the protocol, we decided to test it in a more rural and resource-poor setting. In late 2012, we implemented our program in Quang Nam. We held training symposiums for the physicians and nurse-practitioners in Thang Binh Province. Our staff provided our modified health booklets and supplied them with medications for cardiovascular disease, diabetes and hypertension. We then made regular visits to work alongside the staff to train them. After a year of work, we have shown that our model is effective even in resource-poor rural clinics.

We are now working with the Department of Health in Quang Nam province to continue the expansion of our model to cover more of this province (population 1.2 million). In the meantime, we continue to work on adapting our program for national use. The WHO is using the protocol we developed with them in two more pilot areas. As chronic diseases are the number one killer in Viet Nam and currently under-managed, we are working hard to push these changes.



## Pediatric HIV

We now care for 19 children with HIV. Our work with these families centers around three areas: facilitating access to medications for their disease, financial support and psychosocial support. All of our children have been seen either in the HCMC PEPFAR clinic or the pediatric HIV clinic in Quang Nam and a number of them are on medications to combat the disease. We provide monthly support to the poorest of the families. Since one or both of the parents have HIV, many of these children are orphaned and living with grandparents or relatives. The diseases of the surviving caregivers combined with the strong stigma associated with HIV make it very difficult to find work and many of them live in abject poverty.

Our staff recently held a two-day outing to the Bana Hills with our families. Due to the social isolation they live in, they rarely get to connect with others about the hardships of caring for these children. During the Bana Trip, families formed bonds and shared stories. By the end of the trip, the children were walking arm in arm and having a great time. See our blog on that trip here: <http://hoianfoundation.blogspot.com/>.

We have done one successful school reintegration session – a 2-day training seminar for teachers and families so that schools will allow a child with HIV to attend. We have another program planned for another one of our children later this year.

## Nam Giang Health Improvement Project

Nam Giang is a very poor district in our province on the border of Laos. Its population is predominately minority tribes and they are plagued with problems relating to hygiene and infectious disease. We spent time up there assessing the health delivery system and conducting clinics with doctors and nurses from St Anthony's Hospital in Denver, Colorado. We learned that the main diseases they are dealing with are infections (skin, lungs, eyes and gut). This illustrates the poverty there as compared to the rest of the country, which is fraught with chronic diseases such as diabetes and hypertension.

We are implementing an intervention program to improve health knowledge of those living in Nam Giang. We have done initial assessments of the village workers (those in charge of the health of the village) as well as the knowledge and living conditions of the minority tribes in the area. We are teaming with other groups in Viet Nam to deliver training on basic health and hygiene. This will be followed up by training of the physicians and working to increase the capacity of the health centers to deliver quality care to the citizens. Our long-term goal is to decrease disease burden by increasing the knowledge and capacity of the people and systems already in place in Nam Giang.



## Cardiac Disease

Our cardiac project continues to do well thanks to support from the **Griffin Foundation** and others. We support patients with various heart conditions – congenital defects (oftentimes undetected until they develop heart failure as an adult) and acquired defects (from rheumatic fever, a strep infection of the throat that affects the heart valves). We work with them to get surgery in Da Nang and follow them after the procedure. The average surgery costs around \$1000, which is significantly more than the average Vietnamese person can afford. Prior to our assistance, many would sell their homes and bikes and often try to borrow from the “black market” which would put their whole family in debt. If they couldn't get enough money, they would either be incapacitated or die from their condition. With one less adult worker in the family, this would ensure ongoing and worsening poverty for the remaining family members. We determine their ability to contribute by doing a financial assessment and cover the remaining balance. For these people, there is no other resource to help them get what ends up being a life-saving procedure.

We have done over 60 surgeries so far and had great results. All of our patients have survived the procedure and most have returned to working full time. The requests for help continue to increase and we are continually looking for funding for these life-saving procedures.



*Ho Cong Su after his valve surgery in Da Nang Hospital*

**Hong Co Su** is a 44 years old man, living in Quang Nam with 3 children. His wife died 4 years ago. He does odd jobs to earn money to support his children. He had mitral valve insufficiency and stenosis for a long time. His disease progressed and he was unable to work (relying on relatives to help support his children). They get a small amount of money from the government for support.

The cost of surgery was 80M VND (\$4000 USD). His insurance covered 30m and they borrowed 20m from relatives. His daughter met with us to ask our help. We covered the remaining amount.

The surgery was completed and he is back at home recovering. He will be back at work soon to continue to support his children.

Hoi An Foundation  
PO Box 181182  
Denver, CO 80218

Viet Nam Address  
P.O. Box 31  
Hoi An Post Office  
Hoi An, Quang Nam  
Viet Nam

**Phone:**

+1-720-236-3877 (USA)  
+84 (0) 93 555 2129 (VN)

**E-Mail:**

[info@hoianfoundation.org](mailto:info@hoianfoundation.org)

**Web Site:**

<http://www.hoianfoundation.org>

*“When we give  
cheerfully and  
accept gratefully,  
everyone is blessed”*

*Maya Angelou*



## New Projects and Partnerships

We are now responsible for managing the non-communicable diseases for the adults at an adult shelter in Hoi An (a place for those without families, the disabled and the mentally ill). We continue to staff the CHIA pediatric clinic as well as doing evaluations for children at the KIANH center and the Children’s Home.

We recently visited projects funded and managed by Geoff Shaw and Project Indochina in Kampot, Cambodia. We are looking at ways to provide help at a wonderful clinic there that Geoff started to manage the care of the poor people in this area.

## New Staff

We are very fortunate to have **Hayley Tristram** with us from Australian Volunteers International (AVI). She has a degree in Social Science and Psychology and has worked as a counselor, community development worker and a Health Promotion Consultant. She will be helping to manage and develop our projects. We are also happy to have **Le Thi Hoang Yen** join the team. She was working at a restaurant in town and wanted to have a greater impact on the community. They both are already doing a great job in helping expand our work in Quang Nam.

## Name Change...

We have decided to change our name to **Vietnam Health Improvement Project (VNHIP)**. This name is more representative of our goals. The only change will be the website. All project and staff will remain the same. Look for the change in the next few months



## Gifts With Impact Lives

If you are looking to give a gift, why not consider doing something different? You can make a donation in the name of a loved one and we will send them a letter thanking them and informing them where their money is spent. You could also give donations in lieu of gifts for the holidays or even for a wedding. Your precious donation can make an enormous difference in the life of someone less fortunate.



## MANY THANKS TO...

*Brant and Emily Wommack and all their friends and family that donated for their wedding*

*The Griffin Foundation for their generous donation to our cardiac program.*

*Australian Volunteers International for providing us Hayley Tristram*

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*Jerry and Nadine Popham*

*Ryan and Carrie McGhan*

*Matt and Loren Solomon*

*Our hard working staff in Viet Nam  
– Hayley, An, Yen and Quyen*

