

# VIETNAM HEALTH CLINIC

UNIVERSITY OF WASHINGTON/SUMMER 2009/VOLUME 01

## Our Mission

The foundation of Vietnam Health Clinic is based upon the belief of equal opportunity healthcare. Embracing this idea, a small group of students made it their mission to deliver fundamental healthcare to the rural provinces of Vietnam. This group of students' passion, creativity, and grass root efforts are the building blocks that will help Vietnam Health Clinic achieve success and longevity.

### EARLY SUCCESS

Although just established in 2008, VHC has already achieved its share of success this past summer with their medical venture to Vietnam. VHC's first trip to Vietnam proved to be more successful than ever imagined by the group's founders. In collaboration with Wellness Global Foundation, and with the support of numerous generous sponsors and donors, VHC was able to provide free healthcare and medicine to hundreds of patients in many rural provinces of North and South Vietnam.



## Wellness Global Foundation

The Wellness Global Foundation is a non-profit organization that supports the medical and educational growth and training in Vietnam. Its goal is to develop and implement innovative medical programs such as heart surgeries, kidney transplants and rural primary care clinics. It will also foster medical education and infrastructure (international

medical conferences) in Vietnam. Special thanks to Dr. Toan Nguyen (President), Dr. Kim Bui Hai (Co-Founder) and Kim Behan (Secretary) for helping Vietnam Medical Clinic be a part of Wellness Global Foundation. Our group was able to have successful mission trips to North Vietnam to set up clinic in Thai Nguyen and Ha Noi.



**DATA ENTRY:** Scott, Krisna, Shayla, and Ngoc-Diep put in patient information into a database that Jemma programmed for the trip.



**TRIAGE:** Minh, Phong, My-Linh, Michael, Michelle, and Bryan wait for patients to come in to measure their weight, temperature and blood pressure.



**AT THE AIRPORT:** Our group transported medicine and medical supplies from Seattle to Vietnam ourselves.



## BOARD

**Chair:** Hong-Yen Chau

**Finance:** Tram Le

**Secretary:** Thao Tran

**Advisor:** Scott Fung

**Lead Physician:**

Thuy-Tien Le, D.O.

**Committee Leaders:**

Danh Ngo, Linda Hoang &

Dan-Vy Le

**E-mail:**

[VNHealth@gmail.com](mailto:VNHealth@gmail.com)

## Inaugural trip - July 2009



## Participants

### Volunteer Statistics

38 total

Vietnamese	79%
First time in Vietnam	25%
Health Professionals	16%
Students	84%
First medical trip	79%
LOVED the trip	100%

### NOTES FROM THE CHAIR

It started back in late 2008, a group of ambitious students decided that they wanted to improve the healthcare conditions in Vietnam by providing free healthcare and medicine. A short time later, this group had grown to more than thirty plus committed volunteers and health professionals. Moving forward, these dedicated volunteers spent a large portion of their time fundraising, acquiring low cost medicine, and planning out the logistics of the medical trip. All of their efforts culminated in a trip that without a doubt changed their lives. Many of the volunteers had either not been to Vietnam or have not been back for an extended period of time. As a result it really opened up their minds when they were able to observe the lifestyles of a third world country and then contrast it to their own lives back in the US.

Despite the rigors of working in a clinic, and the challenges of being in a foreign country, everyone returned very satisfied with their experience. With the trip being so successful and gratifying, everyone is definitely looking forward to the next trip. Now that we have completed our inaugural trip and have become familiar with the process, our expectations for the next medical mission will be much higher. We hope to serve even more patients and provide a larger variety of medicines; all still for free. But in order to meet these expectations, we would require even more support from our sponsors and donors. This year we will be collaborating with Youth Health Alliance, a non-profit health awareness organization. Hopefully, with the assistance of Youth Health Alliance and the support of our awesome sponsors and donors, we will be able to pull off an even more successful trip this coming summer.

## NUMBERS

People we  
served

860

Villages we  
visited

5

Days of the trip

15





## Youth Health Alliance

The Youth Health Alliance is dedicated to promoting health awareness to the youth of our community by means of providing information concerning health related issues. We achieve this goal by providing informational material in the form of brochures, presentations and educational videos. These prompts will be presented, as well as distributed to the community, including, schools, hospitals and public facilities. We support and encourage advocacy, research in illnesses/diseases affecting youths both directly and indirectly, education of health awareness and participation in fulfilling our mission. [www.YHALive.org](http://www.YHALive.org)

## HEALTH PROFESSIONALS



\* Clockwise: Dr. William Gould, Dr. Yen Nguyen, and Dr. Thuy-Tien Le.



"Probably the most enjoyable two weeks I ever spent overseas. We were treated by the medical staff of the various clinics with respect and dignity, and I felt friendship." - Dr. Gould

## CLINIC: WHAT DID WE DO?



"Reflecting back on Vietnam, the experiences from our trip definitely renewed my energy, my passion, along with my motivation to pursue future study in the health care field."



Triage: Hong-Yen and Joe prepare to take a blood sample from a patient to test his glucose level.



Doctor Consultation: Linda and Thao interpret for Dr. Vogelmann in consult.



Triage: Amy and Nguyen measure blood pressure and temperature on patients.



Pharmacy Consultation: Minh and My-Linh teach patients on the use of their medication.

### Impact

"I am very honored to come back to Vietnam and be able to contribute in helping the health of the poor, sick, and old people of Vietnam. I was amazed... still am at how much of an impact we made in each of the patients we saw each clinic day and how long they were willing to wait (2+ hours) to be seen by the doctors."



# Making it happen



## FUNDRAISING

To kick off our fundraising efforts, we planned the Tam Long Vang Benefit Dinner and Auction at the Tea Palace Restaurant in Renton. Filling up more than 22 tables, our benefit dinner was a fundraising success and a great introduction of Vietnam Health Clinic to the community. The event was packed with great performances, delicious food, a fabulous fashion show, and two exciting auction segments. Thanks to the generosity and support of our donors and sponsors in attendance that night, we were able to reach half to our fundraising goal.

We were also supported by many student groups on the University of Washington campus. The Vietnamese Student Association at UW donated a portion of their proceeds from the

7th Hoa Khoi Lien Truong (a pageant show) to our organization's goal. The support of the student organizations on campus has greatly helped us move towards our goal.

Another one of our major fundraising functions is the Harvesting Hope Benefit Dinner and Auction at the Basil & Chives Restaurant in Monroe, Washington. Thanks to the generosity and efforts of the Huynh family, we had a great attendance for this event, and was able to further promote the purpose of our organization.

All of our fundraising events have been met with great success, but it could not be done without the support from our donors and sponsors and the countless efforts put forth by our dedicated group of volunteers.



## SAVE THE DATE!

**APRIL 10th, 2010**

### "Hãy Nhớ" BENEFIT AUCTION & DINNER

Please join us for our upcoming benefit auction and dinner next April. There will be variety of entertainment and performances.



Clockwise: Kevin, Danh, and Jen work hard during clinic.

## HOPE

"Learning about the patients' struggles through their heart-wrenching, yet inspiring stories reassured why we had worked so hard planning the year prior to the trip. Nothing could ever replace the glimmer of hope you sense from the mother who is worried about her daughter's heart murmur, or the smirk you get from an older patient who has been smoking for four decades after advise him to quit."

## AMBITION

"Though our mission started as a young group of undergraduate students who had dreams probably more ambitious than feasible, the presence of our small group let the villagers know that our parents, who left Vietnam with hopes a better life, taught us to cherish and give back to our home country."

## CULTURE

"We provided Vietnam with our care, support, knowledge, education, and energy with a mighty force of 100%, PLUS! => In return, Vietnam gifted us with its culture, history, people, and first hand experiences that can never be retrieved elsewhere."