



28 November, 2019  
The Lake Clinic Report  
*August, September, October 2019*

## ABOUT THE LAKE CLINIC

The Lake Clinic (TLC) was founded in 2007 by Executive Director Jon Morgan in order to serve the severely isolated and impoverished floating villages on the Tonlé Sap. In twelve years, we have grown to service more villages, host five floating clinics, and a fleet of boats to get the doctors and nurses to where they need to be each and every week.

Our work seeks to mitigate the detrimental impact of preventable illnesses through early diagnosis of disease, treatment on an out-patient basis, referral to a hospital (and assistance in transportation to the hospital) when necessary, as well as in-home health and sanitation education.

TLC provides services to a total of nine villages

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### PROVIDING CARE WHERE IT IS MOST NEEDED

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each month that have a combined population at last count in 2017 of 9,674 adults; however we believe that this number is higher due to the nature of the census collection.

Each week, two teams of clinical and outreach staff travel from Siem Reap to the lake and the river to care for our patients. One team is at the river clinic and the other team goes to the lake clinics and alternate

between the 4 clinics on the lake every week. Each village is served once a month and many times our team will divide and meet recurring patients in their home if their care requires it. Each team spends 2 nights and three days on the clinic each week before returning to Siem Reap.

# SERVICES RENDERED

In the second quarter of this project The Lake Clinic Team has been to eight out of nine villages that we serve, this is due to the water level being too low to reach one of our villages by boat. Data for each village is as follows:

Description	Kscarchiros	Moat Klas	Steung Chrove	Peam Bang	Balat	Don S'Doung	Pek Chikrey	Kampong Trolach	TOTAL
Number of Clinics Held	48	12	10	10	3	7	5	1	96
Total Clinical Patients*	1,079*	327*	284*	230*	73*	196*	83*	77*	2,349*
Total Clinical Cases	1,854	509	434	363	103	309	134	141	3,847
Total Dental	32	11	12	0	1	6	0	7	69
Total ANC	16	27	8	6	1	14	4	4	80
Total Birth Spacing	14	12	6	6	1	4	1	2	46
Total Vaccinations	295	102	21	49	22	67	6	13	575
Total Health Education	1,026	304	446	211	49	167	86	66	2,355
Total Home Care	12	1	-	-	-	1	-	-	14
Total Mother's Clubs	18	5	10	5	10	27	9	-	84
Total Outreach Education	366	57	80	48	17	27	14	33	642
Total Students in School Checks	-	-	-	-	-	-	-	-	-
Total Water Filters	23	31	22	17	9	37	20	4	163
Total Measuring	104	22	15	15	18	37	17	21	249
Total Floating Gardens	75	21	8	4	3	7	6	2	126
<b>TOTAL</b>	<b>3,835</b>	<b>1,102</b>	<b>1,062</b>	<b>724</b>	<b>234</b>	<b>703</b>	<b>297</b>	<b>293</b>	<b>8,250</b>

\*Patients not counted toward overall total of services provided.

# CASE STUDIES

*\*Names have been changed for privacy*

## BIOSAND FILTERS - DON S'DOUNG

Khom Nem\*, 38 years old, lives in Don S'Doung Village on the Tonlé Sap. Nem has lived her entire life on the lake as did her family before her, and is now raising two teenage daughters in the village.

Throughout her life Nem and her family has always used water direct from the lake to use for cooking, washing dishes, cleaning vegetables and fish, and when the water is high during the wet season they drink directly from the lake as well. When the water levels are low Nem purchases drinking water from the sell everything shop and spends 15,000 Riel (\$3.75/USD) a week to purchase the water. TLC's outreach team explained to Nem that even when the water level is high, the lake water should not be used for drinking without filtration. It still contains E-coli and other harmful bacteria.

Nem told TLC, "My family and I have always had diarrhea, stomach aches, and headaches, and we can't afford 15,000 Riel to buy drinking water each week. That is a lot of our money." The Lake Clinic then offered to install a biosand filter for Nem and her family. In August 2019, TLC's staff went to her home and taught all three of the family members how to use and how to clean the filter. The staff explained how important it was to keep using the filter, even when the water is high and looks cleaner.

The family has been using the biosand filter for nearly three months now and said, "We were so surprised by using the filter. We are happy because it saves us money, my health has gotten better and I don't have diarrhea or as many stomach aches as before. We only use water from the filter now."







## FLOATING GARDEN - STEUNG CHROVE

Mrs. Thorn, 53 years old, is the matriarch of her family home. She lives with 5 other family members, including her daughter and son-in-law, and their three children - the youngest being her 4 year old grandson.

Their floating home is in an undesirable area of the Steung Chrove village, closer to the canal than the center, and their home regularly gets stuck on the muddy lake bed during the dry season. Their family's main food source is rice and fish, and they purchase vegetables two or three times a week from the floating vendors who travel up and down the village selling from their boats.

For the past two years the dry season has been worse than in the past and the family's home was not accessible to the vegetable vendors. After the first season without access to vegetables, Mrs. Thorn asked TLC for help. She wanted to be able to grow vegetables so she could feed her large family even when they were not able to buy them.

While TLC usually works to create floating gardens, knowing that their home ends up on dry land this would not work for the family.

Instead, TLC brought seeds and soil and repurposed containers to turn them into planters. The outreach staff worked with Mrs. Thorn to identify where the plants would get the most sunlight and hung the planters on the side of her home in order to maximize the space.

Now Mrs. Thorn's planters are in full bloom and she has a wide variety of vegetables including water spinach, morning glory, herbs, and small squash available for her family. She now sells the excess to her neighbors and has created a new revenue stream and more independence for herself.



## MEASURING AND MALNUTRITION OBSERVATION - KSCARSHIROS

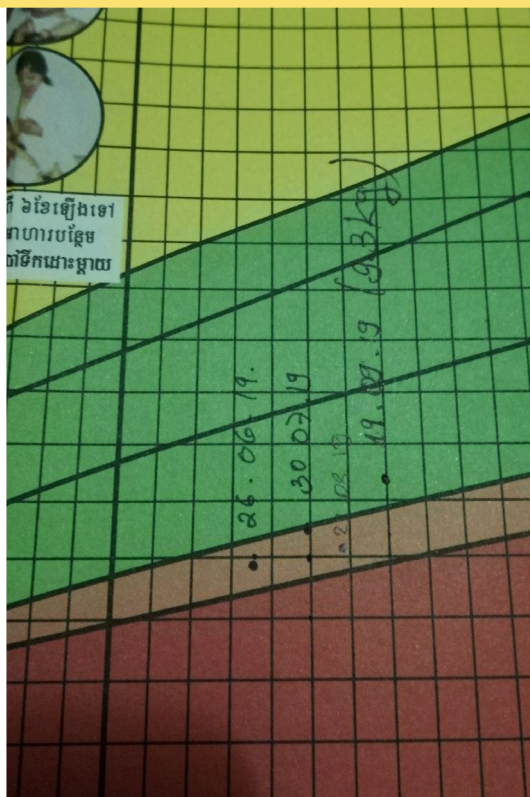
Seang Heak\*, 19 months old, is the second son in his family. His mother is 33 years old and his father is 35, and he has a brother who is 5 years old. The family lives in Kscarshiros along the Steung Sen river and has been patients of TLC since The Lake Clinic arrived in the village.

While the family knew and trusted TLC, Seang Heak had never been sick and hadn't ever needed to come to the clinic for himself. In June 2019, the outreach staff was going from house to house in the village checking nutrition levels of children and taking their measurements. The staff decided the Seang Heak looked very small for being 14 months old and took his measurements. Using the Cambodian government charting system, colloquially known as the yellow card, the staff member charted Seang Heak in the "Orange Range" meaning he was malnourished.

First the staff asked his mother a series of questions including, how much does he eat? What does he like to eat? Does he not everything on his plate when you serve him?

The mother replied that he only eats a little - he won't eat at every meal time and will only pick at his food. He also did not like vegetables and would not eat them. His mother also told the staff that she gives him a time limit on how long she leaves the food in front of him.

Our staff instructed the mother on foods that there are a wide range of foods available in her village. They provided education on the need for protein and healthy foods in his diet, including eggs, pumpkin, sweet potato, and banana. They also gave her suggestions on how to prepare the food because she wasn't sure how to cook some of the new items. With some encouraging and consistently checking in on the family, in just 3 months Seang Heak grew and crossed into the "Green Range" in September 2019.





## CLINICAL CASE - KSCARCHIROS

Nita\*, 13 months old, was the victim of a flash burn after an aerosol can fell into the cooking fire inside of her family's home. Nita suffered from superficial and first degree burns all over her body.

Nita's family had just moved to Kscarchiros and had not been to The Lake Clinic before. During the weekly house to house visits, one of TLC's midwives saw Nita in her home. This was a 6 days post burn (the photo on the right).

The mother had been tending to the burn by washing it with pumped river water or well water but the child had not been taken to a doctor to have the wounds checked or debrided.

The midwife tried to convince the mother to bring the child to the clinic for The Lake Clinic doctors to check her burns and treat them accordingly but the mother did not think that it was necessary as they were beginning to heal.

Once back to the clinic the midwife who found the child showed pictures to the doctors and nurses, as well as sent to the other doctors and nurses who work for The Lake Clinic.

The group consensus was that the following day one of the doctors working at the river clinic that week would travel to the home of the baby and check her wounds.

The next day, Dr. Phirom went with the midwife back to the home of the child. After observing her wounds, the doctor provided the mother with a burn cream and an antibiotic to treat the area on her arm that was had early stage of infection and told her that if the infection got worse she needed to take Nita to the hospital immediately.

The next week, the doctors went back to check on Nita and her wounds were almost completely scabbed and no longer open and exposed. For the following month the TLC continued to check in on the baby and ensure her burns healed perfectly.





