



Team of volunteers with translators at Battambang hospital

GBF's Cambodia Humanitarian Mission Report 1st to 8th August 2018

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reviewed & completed by Lapy Long

In 2018 the Si Yuan team (Delphine & Paul) and Lapy returned to Cambodia to provide acupuncture to the local community. While this was their third year in Cambodia it was the first year under the formalization of their humanitarian project, Global Balance Foundation (GBF).

They were assisted by seven volunteers from Europe and Australia: four acupuncturists (Angie, Isabel, Junji, Sue) and two assistant acupuncturists (Jenny, Teresa). In addition, Reasmey Roeung from Institute of Technology of Cambodia helped GBF to find in last minutes, fairly good translators. They were students from the Pannasatra University of Cambodia (Battambang branch); an important role which made the process of treating runs smoothly.

The mission team and student translators worked two shifts (8:00am-12:00pm and 2:00pm-5:00pm) and every afternoon the Si Yuan team trained the hospital doctors the Si Yuan Balance Method in order that patients could continue treatment after the mission team left.



For the six day mission the team worked from a dedicated treatment room at a local Battambang hospital with the hospital staff and Naly Long ensuring there was efficient patient flow and, providing refreshments to the team; a popular fruit for the team was mangosteens, some of whom had never tried this fruit before commented on the similarity of garlic – that is its look, not taste which is sweet with slight sourness and such is their deliciousness they are considered the ‘Queen of Fruits’.



Locals found out about the mission from radio announcements and some of the student translators posted on Facebook; those being treated also communicated with their relatives. As the days passed word quickly spread and at the start of each shift the mission team was greeted with a long queue of people waiting for treatment. Some patients travelled for three hours to receive treatment thus the mission team was grateful to the vital role of Naly and the hospital staff in providing a patient system which ensured all people who came were treated. The locals were very appreciative of the treatments and a few brought local delicacies for the mission team; a lovely surprise and welcome delight for the team.



As part of the mission, the acupuncturists collected data on the patients who received treatment and the assistant acupuncturists collated the information and have provided a brief overview of the results.

The seven acupuncture volunteers had an amazing experience which allowed them to hone their Balance Method skills and are grateful for the opportunity provided by GBF. On a final note, a big thank you to Lapy & Naly who ensured the team was looked after and well exceeded their catering expectations by ensuring we had delicious local cuisine.



During the weekend, we did some sightseeing visiting various places like durian and pepper farm or Buddhism temples. We stayed in a resort in Pailin and because of the monsoon season we were almost the only guests and enjoyed the food and private karaoke. As it was raining we couldn't visit the Blue Mountain with waterfalls. However we enjoyed visiting a natural cave and canoeing in a pond to find the lotus flower.





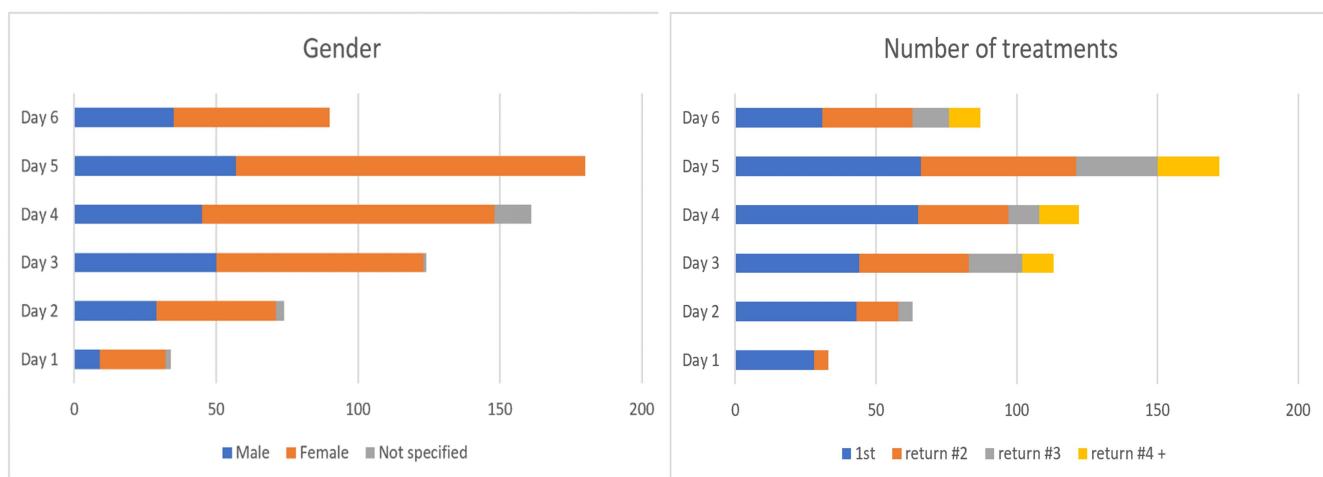
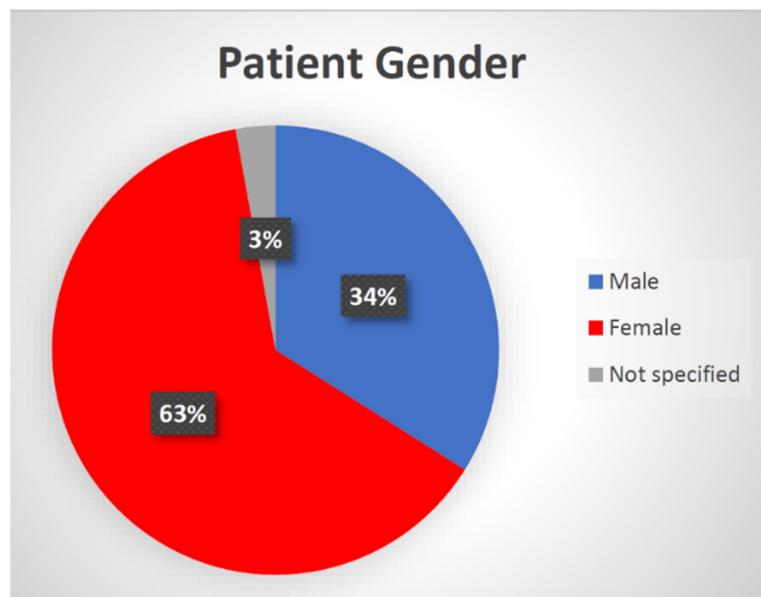
2018 Patient Data

Patient Demographics

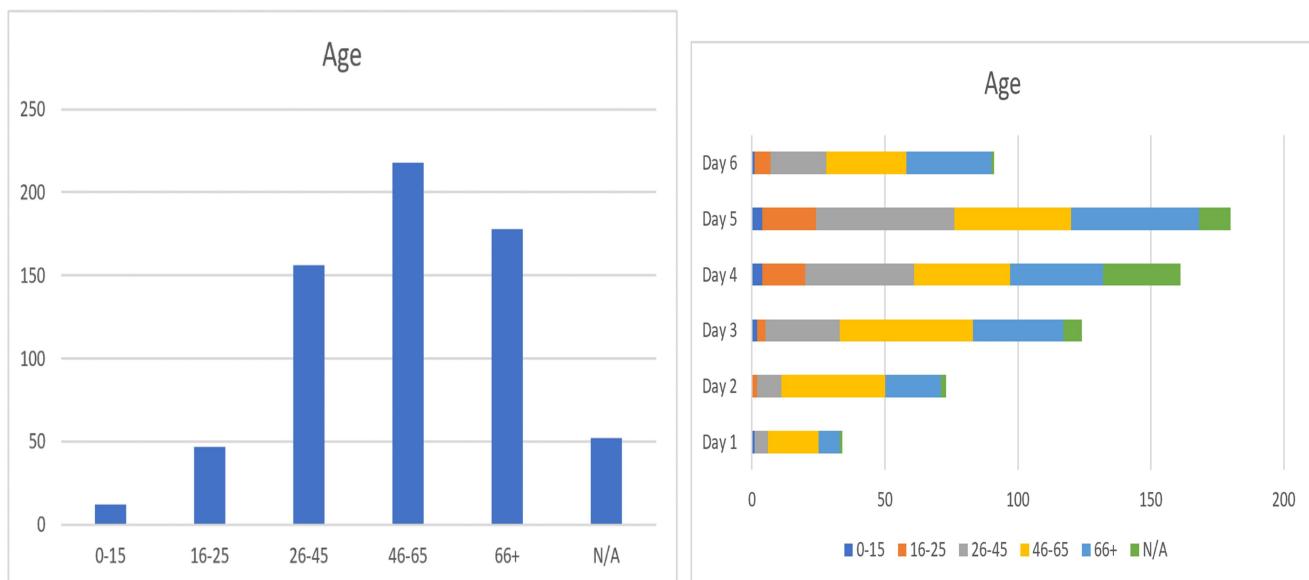
Over the six days, 663 patients were treated:

- 417 females, 225 males and 19 unspecified.
- On day 2 there was just under twice as many people as the first day.
- By day 3, there were three times as many people as there was on the first day and
- Day 5 this had increased to more than five times the number of people than on day 1.
- The patients decreased on day 6 due to restricting the number of people being treated, yet there was slightly more first time visits on this day than day 1.

As some treatments were done off records, consultations provided were more than 700 consultations done.



- The most common age range was 46-65 years, followed by 66+.
- For the first three days the most common age range was 46-65 years.
- The two most common age ranges (46-65 and 66+) were consistently high during the 6 days. There were a number of patient ages were not recorded and these show as N/A.

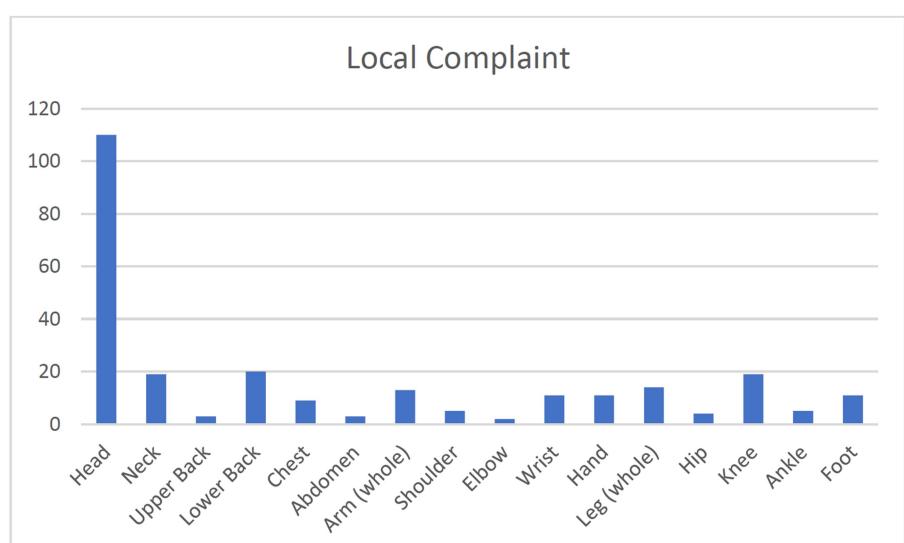


Complaint

Of the complaints there was 38% local, 32% both and 30% internal.

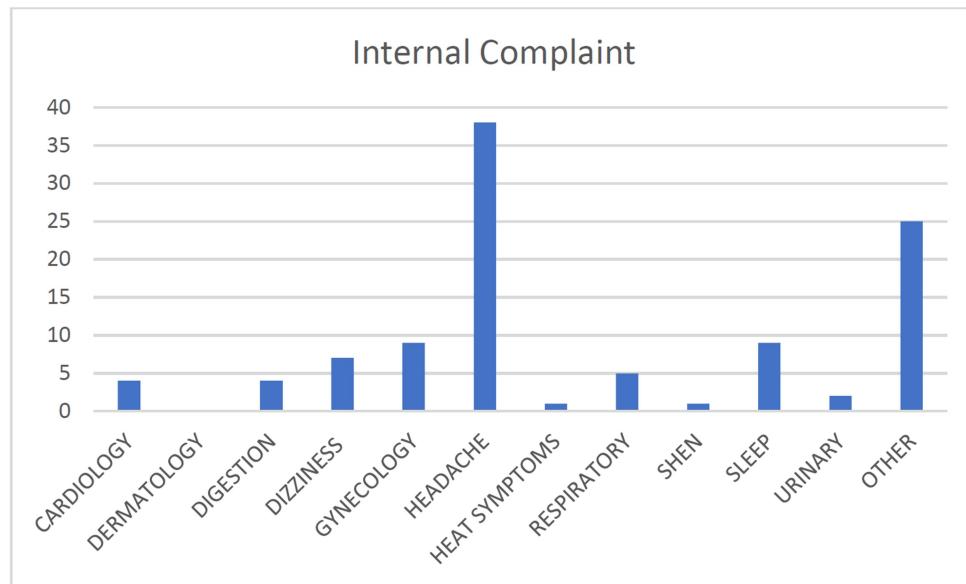
Local Complaint

- Head complaint was the most common local complaint (110) and with
- Low back (20) only being slightly higher than
- Both knee and neck (19).
- A majority of the patients had pain in more than one part of the body.



Internal Complaint

Headache (38) was the most common internal complaint and then other (25).



Treatment Strategy

Local treatment 75% and global 25%.

Point selection

- All practitioners used scalp acupuncture and this was the most frequent selection included in a treatment.
- However, practitioner preference did play a part as one practitioner treated 126 people and utilised scalp 49 times whereas another practitioner treated 121 patients and utilised scalp 82 times.
- Yet meridian conversion (11), seasonal balance (23), 5 elements (17) was utilised by one practitioner and one practitioner did not use any of these strategies.
- All practitioners successfully reduced the pain level despite the variants of the point selection employed.

