PROGRAM BUDGET

- **Each participant contributes to the mission by paying for their own air fare as well as in country expenses.** The additional financial assistance from our donors is used to purchase medicine and medical supplies, fund our trip and donate to charity organizations and clinics in Viet Nam. Below is the estimated cost of the project.
- **VNMAP** offers a Leadership Initiative Grant to recognize team members who shows high level of leadership and dedication to VNMAP's goal. To learn more about this grant, please contact our institutional representatives, or our public relations at huan.tran@vnamp.org

We hope that you will consider joining us to help the poor in Southwestern Vietnam in reaching their maximum health potential. Application forms are available online at www.vnmap.org.

DONATIONS

If you would like to make a donation by check, please write a check payable to VNMAP and send it to Viet Nam Medical Assistance Program, P.O. Box 7424, Gaithersburg MD 20898.

If you wish to contribute online, you can go to our website at www.vnmap.org/donation. Thank you!

www.vnmap.org

2009-2010 VNMAP

VNMAP

VIET NAM MEDICAL ASSISTANCE PROGRAM

2010 Medical Mission

ABOUT VNMAP

VNMAP program was initiated, organized, and implemented by health professional students who believe in good quality health access for the poor, want to extend their services to those people, and have the desire to enrich medical and cultural experiences.

This year the VNMAP team consists of physicians, pharmacists, medical students, and volunteers. We will travel to the rural regions of Southwestern Viet Nam to provide health care to ethnic minorities **June 14 – 29, 2010**. Below are more information about the regions where we serve, our planned activities, and our expenditures.

THE MEKONG DELTA

The Mekong delta encompasses 39,000 square kilometer of southwestern Vietnam. Much of this area is covered by water, specifically the Mekong River. Broken into 13 provinces, the Mekong Delta carries an estimated population 13.5 million people (2004 estimation). This population comprise largely of Vietnamese with Kinh (Viet), Khmer, and Hoa (Chinese) ethnicity. In 2010, VNMAP will be focusing our efforts on some of these provinces. Life in the Mekong delta is ubiquitously tide to the river, this Interaction gives rise to water facilitate acute transmittable diseases which puts the population around this area at very high risk.

OUR ACTIVITIES

SERVICE

Health education
We will create and implement educational programs to help the residents to understand different health topics. The programs will focus on the prevalent health concerns in the Provinces of Southwestern Vietnam. Our educational program will include information on infectious diseases such as Dengue fever, tuberculosis, HIV, and hepatitis. We will present residents with important information on modes of transmission, symptoms, treatments, and prevention for each disease. Also, we will also focus on nutrition, first aid, and occupational health.

Health care
As a team of health professionals, we are glad that we will be able to use our skills to provide basic healthcare for the residents. The medical students will take histories and do preliminary physical examinations, then present their findings to medical physicians. The physicians will make the diagnoses and provide treatment. In addition to providing healthcare, we hope that we can also donate medical supplies to the clinics in those areas.

EDUCATION

Culture and Medicine
Cultural competency has been acknowledged as one of the most important skills that physicians can use to provide outstanding medical care to patients. During this trip, the doctors and the medical students will have the opportunity to interact with people that have different cultural backgrounds. Participants will have the chance to learn how to deal with these situations and apply what they learn through the trip in their future practice. The program is a meaningful learning experience for everyone involved.

International Health
With the increase in the interest in international health, this trip is also a great opportunity for medical students to familiarize themselves with tropical medicine and infectious diseases. Also, by serving in different clinics, students will learn about the healthcare system in Viet Nam.

Public Health Research
Health prevention is an important aspect of medicine. Understanding how people's lifestyle and environment affect their health can benefit not only the residents in the area, but this analysis can also assist the government in developing programs to eliminate health risks. The studies conducted by our group will focus on the correlations between the residents' daily habits (i.e., dieting, sleeping pattern, etc.), their environment (i.e., location near the water, farmland, etc), and their health status. Based on this information, educational programs can be created to influence the residents' behavior which ultimately helps them protect their health. This study can also potentially relieve the burden of health expenditures that the government and residents are faced with.