

project
battambang
2018



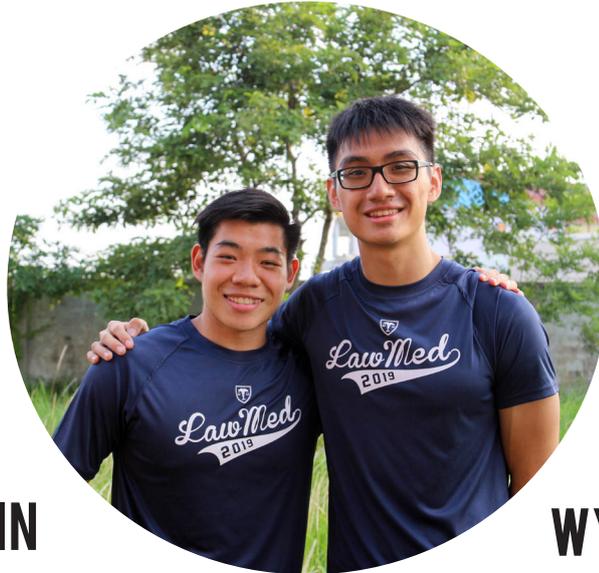
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INTRODUCTION



SHANT SIN

WYMANNTANG

Dedicated to serving the people of Poipet, Cambodia, Project Battambang will be running into its 10th year in 2019. Over the past decade, we have evolved in the ways we seek to improve health outcomes as well as engendering social change within the community we work with.

Project Battambang consistently seeks to provide free, comprehensive health screening and education to the villagers in Poipet. In hope of supporting local systems and encouraging continuity of care, our referral programmes refer patients requiring advanced care or chronic management of conditions to local hospitals with the necessary services and medication.

We see promise in empowering the local youth to engender greater social change within the community. To further this effort, Project Battambang's Light-A-Dream Scholarship (LADS) programme provides bursaries to fund the education of youths up to the tertiary level. Our education team also conducts bi-annual LADS camps, aimed at developing the character and soft-skills of our scholars. Ultimately, we hope to equip them sufficiently to give back to their community.

In order to adapt and respond to the needs of the communities we work in, our survey team is also active in engaging our partners, conducting field research, and gathering the necessary information and feedback from the villagers.

Project Battambang is the coagulation of the effort, hard work, and goodwill of all the doctors, nurses, volunteers, sponsors and students who have been part of the project. We would like to extend our utmost gratitude to all of you for your dedication and contribution to our cause.

HELLO PB FAMILY:

My name is Cheng. 2019 is my fifth year as a part of the PB family, striving in the same direction, with the same heart as all of our Singaporean friends to help our Cambodian people in the rural area of Poipet.

Poipet is far located far away from the capital of Phnom Penh and most Cambodians rarely come to visit Poipet unless they need to cross the border to Thailand. During my initial years with Project Battambang, I barely knew where Poipet was located, much less how the people in Poipet were doing and how I could go about serving them. However, joining the Cambodian Committee of Project Battambang has given me an understanding of the daily struggles the people in Poipet face, especially with regard to gaining access to healthcare.

As we serve the villagers, having them give something as simple as a smile, or even a hug in return is one of the most meaningful and touching things about this project, and I believe the members of Project Battambang feel the same way too.

I would like to thank all members of the Project Battambang family for the dedication, time and hard work you put into helping our people. I really appreciate every single one of our Singaporean and Cambodian committee members. Let us all continue on this journey and keep striving to best serve the people in Poipet.

project battambang - love above all else

-CHENG

Project Battambang 2018 Camby Head



VISION

We envision an independent community where everyone has the liberty and means to hope for and achieve a better future together.

MISSION

We resolve to improve the provision of healthcare and education through partnerships and support the local systems, and to empower youth to effect greater social awareness and responsibility within the community.

VALUES

LOVE
INTEGRITY
BENEFICENCE
RESPECT
ACCOUNTABILITY
SUSTAINABILITY

Dr Ong is a Palliative Care Physician by profession and previously the Medical Director of the Singapore Cancer Society. Keen on serving overseas communities, he firmly believes that there are many aspects beyond medical aid that each of us can contribute to help these communities

Ten years may seem like a long time but when it comes to change and developments it is but a beginning. As in any relationship, we sometimes enter into one hoping that the other would change. But experience would teach us that perhaps the wiser approach would be to allow ourselves to change first. An internal process, perhaps, from assumptions of what we think is the best or correct way, to one that is collaborative, through dialogue, transforming our impatience to understanding, a limited outlook to one that is broader, appreciating how policies or informal systems restrict and influence behaviors.

Change also comes in unexpected ways. In the past year, there has been a significant increase in business opportunities, drawing large numbers of workers from both within and outside of Cambodia to Poipet. Besides more job opportunities, this has also led to a rise in the cost of living and sociocultural tensions. The long term impact remains to be seen, but already it is evident that this will be a major challenge the team has to face in the coming years. For better or for worse, the team will need to evolve and deepen its relationship with the people of Poipet if it wishes to continue to serve them meaningfully.

DR ONG'S

FOREWORD



2011

Introduction of Light A Dream Scholarship

Introduction of Teachers' Support Programme

Formation of survey committee to find out the non-medical concerns of the villagers we served

Hired translators

2013

Introduction of LADS Camp

Health screening expanded to serve 1595 villagers

Cambodian wing of the project run entirely by student volunteers from UHS and IU



2010

Inception of Project Battambang, born from a vision of Dr Ong and 5 Year Two medical students

Provision of health screening services and health education

Served 201 villagers across 4 villages

2012

LIBRAS, our 6 guiding values, was created along with our vision and mission

Establishment of Screening Referral programme

Mobile screenings were established for patients who were unable to come to our screening sites

2014

Introduction of dental services

Graduation of 2 LADS scholars

2 Graduating doctors return to volunteer in screenings

Collaboration with SEVA Cambodia

Introduction of Participatory Learning and Action Toolkit (PLA) during surveys

2015

Eye screening services were introduced and prescription glasses were provided as required

Project Battambang Cambodian Committee established

Provision of water pots in Prey Koup

2017

Teacher's Support Programme (TSP) replaced by School Support Programme (SSP)

Health Education Day established

More robust chronic disease management system; Telehealth and prescription cards

Introduction of Door-To-Door Groundwork methodology during surveys



2016

Signed Memorandum of Understanding (MOU) with IU, formally outlining Singaporean and Cambodian committees' support for Project Battambang

Provision of supplemental water pots

2018

Expansion of dental screenings; established partnerships with two local dental clinics

Established partnership with local optic shop, Heng Optic

Implementation of SSP - funding the construction of a well and a toilet in Santipheap school

Introduction of buddy system with LADS scholars

SCREENING



Our screening committee aims to address the health concerns of the villagers through screening clinics and deliver the necessary medical services through our referral programme to increase the overall health in these communities.

OVERVIEW

During our main trip this year, we conducted mass health clinics across three different locations - Tum Nub Kor Pram, Ou'ressey Le, Mother Of Peace Kindergarten - over the span of 5 days, screening a total of 740 villagers. The clinics were made possible with a diverse team of both Singaporean and Cambodian doctors, nurses, pharmacists, healthcare professionals and student volunteers from various healthcare disciplines from the International University (IU) and University of Health Sciences (UHS).

Our multidisciplinary team addressed a variety of health problems presented by the villagers, ranging from the common cold to thyroid related pathologies, tuberculosis, suspected cases of HIV and chronic conditions such as hypertension and diabetes. For most acute cases, our doctors were able to deliver treatment and prescribe medication from our pharmacy. The clinics were also an ideal platform for the senior doctors to impart practical skills and knowledge to Cambodian medical student volunteers assisting in the consultation rooms. This was done in line with one of our project's goals to empower and encourage young local healthcare professionals. Teaching sessions were also conducted on the preparation days prior to the commencement of our clinics to further enhance the volunteers' clinical skills.

In collaboration with the UHS, Cambodian dental students also ran dental clinics concurrently, providing much needed fluoride and sealant treatment for the children.

Together with our survey team, we have gathered comprehensive health data of the villagers from the three locations screened. Beyond basic health data, detailed information such as occupation, household income and behavioural risks were documented in order to more holistically assess and identify trends in health problems and chronic disease. Thorough documentation of screening results helps us gain a clearer understanding of the overall state of health in a particular village, and subsequently draw comparisons between villages.

REFERRAL PROGRAMME

Our service delivery does not end at the line outside the pharmacy. In our attempts to reconnect the villagers back to their healthcare system such that they would be better equipped to manage chronic conditions, villagers diagnosed with conditions such as chronic hypertension were referred to the Poipet Referral Hospital, where they were registered and added into the system such that they are able to return for follow-up consultations and receive subsidised medication.



Besides the villagers with chronic conditions, villagers presenting more complex problems were also referred to either the Poipet Referral Hospital, Mongkul Borei Hospital and the Angkor Hospital for Children, with more complete facilities to address the issues presented.



Of the villagers who attended our clinic during this trip, we arranged referrals for 69 patients, of which 53 turned up to receive the medical attention they required. Through these referrals, several patients managed to undergo cataract removal surgery as well as procedures to correct their astigmatism and pterygium. The project also referred a patient with suspected cervical cancer for further assessment and treatment.

With the generous financial support from our various donors, we were able to fully cover the costs of the treatments provided, allaying their worries so that they could fully focus on their recovery.



EYE HEALTH

In 2018, Project Battambang implemented referrals for myopia. We have found a qualified optician in Poipet to assess our patients diagnosed with refractive errors before prescribing appropriate spectacles to correct these errors accordingly. A total of 13 patients have benefited from this new service and had clear vision restored. In our subsequent trip in 2019, we further strengthened our partnership with the optical shop we previously patroned to obtain a discounted price for all future referrals for prescription glasses.

In line with our objective of re-connecting the locals back to their healthcare system, we have partnered with Seva Cambodia to provide pterygium and cataract surgeries to our patients for free. Our doctors and a Seva Cambodia representative will assess the patient's eligibility for surgery fully paid for by Seva Cambodia.



DENTAL

For our main trip in 2018, our team was followed by a small group of Cambodian dental students, who are limited to simple dental procedures conducted for children who need it. However, we realised there is a significant proportion of the adults who come for our screening who need dental procedures that are not readily accessible in Poipet.

During our recce trip in 2019, we have successfully expanded the range of dental services we provide. From only being able to refer patients for tooth extractions at the local hospital, we are now able to provide referrals to Ly Heng Dental Clinic and My Smile Dental Clinic for procedures like root canals and dental fillings at prices below 10 USD. This also allows us to expand our reach beyond paediatric patients to better serve the adult community and address their dental needs.



FUTURE DIRECTIONS

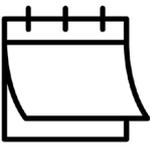
One of our main goals for the main trip in 2019 is to implement a long-term health screening programme within Poipet so that any medical problems can be picked up early and resolved before they escalate. To achieve this, our key focus will be on improving our school screenings that are being carried out yearly for Grade 1 and 5 students when they start attending school and when they graduate respectively. We hope that our screening programmes and health education curriculum can work hand in hand to instill awareness on health in the children's developing years.

We also aim to re-evaluate the effectiveness of our health screenings and screening sites. While the number of successful referral cases have increased, the number of villagers screened have dropped slightly at some of our screening sites. Currently, we are considering a rotational system amongst the villages so that we can increase the breadth of our reach, while not completely exiting any villages that may still require our assistance in the near future.

Lastly, we also hope to continue strengthening our partnership with local partners. Be it with our Cambodian volunteers, clinics or Non-Governmental Organisations (NGOs), we hope to create a stronger and more synergistic partnership so as to better serve the people of Cambodia.

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5 
DAYS

3 
LOCATIONS

740 
VILLAGERS

53 
REFERRALS



LOGISTICS

The logistics committee's work revolves around the management and booking of facilities, transport, and our labour of love, the operation of the pharmacy

In line with our project's long term goals of sustainability, we aim to work towards consistently sourcing for sustainable sources of medical supplies in Cambodia.

In 2018, a third of our medical drugs and supplies were from local pharmacies in Cambodia, as part of our efforts to support the local healthcare economy and contributing to their growth in the long run.

The remainder of our medical supplies were contributed by generous donations obtained from various hospitals and private clinics in Singapore, which were crucial towards making the pharmacy such a success.

Project Battambang is fortunate to be able to receive donations of medical supplies and logistics from our donors. Our work is made possible through their collective contributions.

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SURVEY

Survey strives to be the committee that helps to identify gaps in current initiatives and improve them, in order to benefit the local Poipet community.



OVERVIEW

In December 2018, Project Battambang implemented a number of new initiatives based on the needs of the local community, including a Chronic Diseases Booth which was integrated into public screening events, as well as a newly organised health check-up for students of a children's school in O'Russey Le under the Love Without Boundaries (LWB) educational program.

CHRONIC DISEASE BOOTH

Based on our analysis of findings in previous years, we have noticed that there has been a steady increase in the incidence of chronic diseases in Poipet. Given the insidious nature of chronic diseases due to their late onset of symptoms, coupled with their numerous debilitating complications, they are of a major concern to the population. Hence, the Chronic Diseases Booth was initiated as part of our public screening events in an effort to educate the locals in Poipet about common chronic diseases, namely diabetes and hypertension. Such cases were flagged out during the doctor's consult station, and instead of attending the routine General Education Station, the patients were referred to our Chronic Diseases Booth to allow us to deliver medical information specific to their conditions.

Posters highlighting the grave consequences of uncontrolled hypertension and diabetes were designed and displayed at our booth to help patients realise the gravity of their conditions. These were accompanied with useful tips and small changes they can make in their lifestyle to control their blood pressure and blood sugar levels. In addition, each patient was given a prescription card reflecting their measured blood pressure and blood sugar levels, serving as both a reminder of what they had learnt at our Chronic Diseases Booth, and an encouragement to adopt healthier lifestyle practices. We also hope that local healthcare providers would be able to refer to these prescription cards as a brief documentation of the patients' chronic disease history, and consequently prescribe the appropriate dosage of medication specific to their condition. Thus, the prescription card would also serve as a means to bridge local patients suffering from chronic diseases with the healthcare system in place, affording continuity of care. The success of these prescription cards will be further reviewed and assessed in future screening events, through surveying healthcare providers evaluating feedback by our patients.



SCREENING AT LWB

As part of our contribution to the development of screenings conducted by Project Battambang's Screening Committee, we have collaborated with LWB to set up a screening event for school children of the O'Russey Le village. We screened the Grade 1, Grade 5 and Grade 6 students. Some of the modalities of this two-day event included a measurement of height and weight, assessment of body mass index, tests for visual acuity and colour blindness, a doctor's consultation and dental check up segment, as well as a station for the screening and removal of head lice. Of the 93 children screened, about 36.6% were found to have low body-mass indices (height, weight or both) and over half were found with the presence of head lice. Students with more complicated health problems were flagged out by our team of doctors and the relevant information was given to LWB in order for them to follow up with these children. Moving forward, we are hoping to implement education not only for students, but also for parents and teachers of the school, to understand the importance of a having a balanced diet, and methods to manage the spread of head lice. We are also exploring the feasibility of organising an 'Education Day' in the school emphasising the importance of nutrition and hygiene, and whether these health-promoting practices should be integrated as part of a curriculum on health studies for the school.



In May 2019, we made several visits to O' Russey Krom school to explore the possibility of setting up a general health screening for the students. Due to a general improvement in the standard of health at O' Russey Le school, we are considering shifting our screening to a new school at O' Russey Krom, where the students may benefit more

from our health screening efforts. LWB has also updated us on the healthcare status of the previously screened students, and has also discussed plans with us to expand our current screening efforts to include students from their sister school in Pikar.



EXPANSION OF OUTREACH

In order to further expand the project and reach out to more locals in Poipet, we have surveyed 3 new villages - O' Neang, Soriya, Dong Aranh Village.

We went from door-to-door, taking note of the environment and surveying households in order to gain an overview of the health situation in the area. Questions we asked included relevant background information about families such as their jobs, as well as specific questions pertaining to healthcare such as common illnesses and their accessibility to a healthcare facility.

While all the respondents across the 3 villages expressed keen interest in attending a health screening by Project Battambang in December 2019, over 85% of the villagers in O' Neang indicated that they would only be able to make it for the health screening if it is held on a Sunday, given that most of the villagers work in factories from Monday to Saturday. After thorough evaluation of the data we have collected, we have finalised our plans to conduct a health screening at Dong Aranh in December 2019; an infographic highlighting the healthcare profile of villagers in Dong Aranh has been included in the next page.

STATISTICS

O'NEANG



37 HOUSEHOLDS SURVEYED



800 RESIDENTS



53% FACTORY WORKERS

16% SHOPKEEPERS

16% FARMERS

5% MOTORBIKE/TAXI SERVICE

COMMON DISEASES

63% COMMON COLD

21% HYPERTENSION

8% DIABETES

8% OTHERS (including Rashes, Heart disease, GIT Problems, Gout, Arthritis)

DONG ARANH



8 HOUSEHOLDS SURVEYED



2600 RESIDENTS



50% FARMERS

25% FACTORY WORKERS

25% OTHERS

COMMON DISEASES

38% GIT PROBLEMS

38% DIABETES

25% OTHERS (including Hemorrhoids, Hypertension, Common cold)

SORIYA



14 HOUSEHOLDS SURVEYED



1700 RESIDENTS



50% FACTORY WORKERS

21% FARMERS

15% SHOPKEEPERS

COMMON DISEASES

29% COMMON COLD

29% HYPERTENSION

21% GIT PROBLEMS

13% OTHERS (including Hemorrhoids, Hypertension, Arthritis)

FUTURE DIRECTIONS

As part of our further developments, we are looking into collaborations with other NGOs based in Poipet in order to better identify the needs of the community and improve the sustainability of the project. We are also working closely with the Screening committee to develop an online repository of information detailing the villages we have surveyed, which would expedite future efforts concerned with assessing the status of previously screened villages and the feasibility of conducting a health screening at a new village site.



EDUCATION

Project Battambang sees promise in empowering the local youth through education, in order to engender greater social change within the community and advocate for self sufficiency.

OVERVIEW

In Project Battambang, we strongly believe and advocate for the importance of education in impacting the life of an individual. Education not only allows for the acquisition of necessary knowledge and skills to ensure self-sufficiency, but also paves the way for a successful society to develop. As such, we aim to empower individuals through initiatives such as Light A Dream Scholarship and the School Support Programme. Additionally, we strive to educate and equip the villagers with relevant healthcare knowledge, such as basic first-aid and preventive measures that can be taken to better avoid the contraction of avertible diseases like tuberculosis. For Project Battambang 2019, we intend to improve on our existing healthcare syllabus by specifically targeting and addressing the needs of the villagers, as well as implementing new education initiatives to facilitate learning and personal growth of individuals.

LIGHT-A-DREAM SCHOLARSHIP

The Light-A-Dream Scholarship is a long standing initiative that invests in the education of a group of selected students with the hope that these individuals will someday contribute back to the

community and its betterment. Each year, approximately 8-10 scholars ranging from Grades 7 through 12 and even up to university, are carefully selected by the sisters of the MSSHJ based on their personal and financial needs, and are financially supported via the scholarship.

Besides helping to fund the education of these scholars, Project Battambang also seeks to equip them with important life skills and values that will be beneficial for their future, by conducting bi-annual LADS Camps that span over the course of 2 days. LADS Camp aims to empower the scholars through character development while instilling a sense of ownership towards their community.

Last December, our LADS Camp was based on the topic of 'Communication Skills', a pertinent skill required in today's context. Through a mix of engaging activities and teaching sessions, the scholars were taught about how to communicate effectively, the importance of speaking confidently as well as how to be mindful of their body language. The camps have provided a platform for the scholars to step out of their comfort zones, allowing for effective personal growth and self-development. Additionally, it also provides an opportunity for us to interact with them to gain a better understanding of their aspirations and goals.



SCHOOL SUPPORT PROGRAMME

Our 2018 main trip marked the implementation of the School Support Programme (SSP). We decided to work with Santipheap Primary School, which has approximately 250 students across 6 grades. SSP was initiated with the goal of having a more holistic and school-centric replacement of the Teachers' Support Programme (TSP) that was in place from 2011-2017. The rationale for this initiative was to channel funds towards improving the school's environment directly, in order to directly benefit the students, and to provide a more conducive environment for education to take place. This ensures sustainability, and allows us to better meet both short and long-term goals.

Based on a comprehensive set of criteria, we have since selected Santipheap Primary School as the first beneficiary of our SSP and finalised the details of our contract.

During our Recce trip in May, our team met with the principal and teachers of the school to finalise the details of our contract with the school. Our contact can be categorized into two parts - short term and long term goals.

SHORT TERM GOALS:

In order to meet the immediate needs of Santipheap, Project Battambang has agreed to fund the construction of a well and toilets within the school, and the school has since begun construction works. The total cost of both projects will be USD 2,800.

For the approval of each project, the school will come up with a proposed budget, and gets quotes from 2 separate contractors to ensure that there is no large disparity in the cost.

LONG TERM GOALS:

As for long-term objectives, we hope to work with the teachers to implement a health education curriculum. This curriculum will be tailored to each grade, each focusing on a specific health concern. The syllabus will focus on three aspects of health - physical, emotional and psychological health.

Project Battambang has decided to support Santipheap for the next 3 years. While continuously evaluating the progress the programme throughout the span of the contract's validity, we strive to continuously improve our SSP, with the ultimate goal of increasing the well-being and health literacy of the students. With that being said, much of such a programme has to be done on the basis of



trust and good communication, thus we hope to strengthen our relationship with the principal and teachers of Santipheap as we work toward the common goal of benefiting the students.

HEALTH EDUCATION DAY 2018



As a relatively new initiative which started in 2017, Health Education Day has expanded rapidly since its conception. In 2018, we visited a total of 3 schools with the purpose of improving health awareness and habits through health education. In order to customise our lessons to suit the needs of our target audience, different topics were chosen for both teachers and students to cater to their differing needs. For instance, while teachers were educated on environmental hazards in schools and ways to prevent injury, students learned about wound care and basic common illnesses such as coughs and fevers. We have since collected feedback from both teachers and students alike after our lessons to help us improve on our Health Education Day during our subsequent trips.

However, it is unfortunate that we were not able to extend Health Education Day to the villagers as the lack of venue proved to be a significant obstacle that we were unable to overcome during the trip. Nevertheless, Project Battambang recognises the importance of village education, and are working closely with the locals to source for a suitable venue, as we work to integrate village education to be a part of upcoming trips in the future.

POST SCREENING EDUCATION

Post Screening Education has been a key part of our screenings since Project Battambang's inception. This programme aims to inculcate education as part of our screenings, by ensuring that people are properly educated on the ways to improve their health and fitness. This year, after much discussion with our Cambodian committee, the themes we chose were "Musculoskeletal Problems" as well as "Gastrointestinal Problems". In light of the feedback we received from the previous year, we made a conscious decision to reimplement our previous method of using posters and slides, with our Cambodian volunteers using these materials to conduct lessons, instead of video lessons which we had chosen to do the year before.



Fortunately, the switch back was well received, with many villagers providing feedback that they had learnt many useful skills they would implement in their daily lives. Additionally, they also suggested topics that they were keen on learning about. These include chronic illnesses such as diabetes and hypertension, as well as first aid skills, which we will work to implement.

FUTURE DIRECTIONS

Looking forward, we intend to fine-tune the initiatives that we have currently, whilst coming up with new ideas to continually allow for the development of the project. For our LADS initiative, we plan to make it more streamlined, by implementing a main overarching theme in order to ensure continuity between the bi-annual camps, such that the scholars will be able to have greater takeaways. Moreover, we aim to involve the LADS scholars with the SSP, where we have plans for them to help repaint the exterior of the school, in hopes that it will pave the way for them to develop a greater sense of appreciation and love in giving back to their community. Other than implementing a new health education curriculum in Santipheap school under the SSP initiative, we also hope to broaden this curriculum and introduce it to other schools that are receptive to it, such as other LWB schools. In light of our project shifting to a more preventive form of screening, we have also decided to focus more about preventive management of diseases, to teach the students, teachers and villagers how to better react and respond to different kinds of ailments such as lice management, chronic hypertension and diabetes mellitus. In the long term, we wish to help create a more sustainable community in Poipet by increasing our efforts of educating the people to the best of our abilities.



LADS SCHOLARS



KIMBUOY, 17



MENGNAN, 19



VIREAK, 17



SOK AN, 15



KIMSING, 15



SOTHERI, 15



REAMSAY, 16



CHANDA, 16



SREYKHLONG, 17



MINGCHIN, 13



YI, 14



SREYMIE, 16



LONDI, 17



KIM HENG, 16



TOTAL EXPENDITURE = \$3700

18



SCHOLARS
(GRADE 7-12)

EST. \$35/MONTH PER SCHOLAR

\$30 TUITION FEES

\$5 ENGLISH CLASSES

Project Battambang

THE BATTAMBANG EXPERIENCE

BY: NATALIE SOH, PROJECT BTB HEAD 2018



project battambang

Light streams in from the glass window panes, voices chime together in Khmer hymn as a sense of serenity descends upon the Mother of Peace Kindergarten, MOPK as we so affectionately call it. In the months of preparation leading up to this midway point in the trip, a thought had nagged at me from the back of my mind - Why do we seem to receive more than we give, and how can we give more? In the skeptical landscape that surrounds many overseas community involvement projects, there has always been contention over the extent of help we can provide during such a short time span. As medical students, we gain invaluable insight into rural life in Cambodia, amidst the thrill of working in a foreign land with the company of friends. At the same time, we aim to help as many people as we can through our screening clinics and education programs. We come in with ambition, wanting to bring about big changes.



Day one of screening, everyone was at their stations and we were ready to begin clinics. We waited in anticipation of the large crowds we witnessed from last year. However, once the morning queue had cleared, only a few villagers streamed in periodically, much to our dismay. It was perhaps the eagerness to do more this year which made the poor turnout even more disappointing. It was perplexing, and provoked further reflection on the usefulness and relevance of acute treatment.

We split into groups and went out into the villages with our Cambodian medical students, seeking an answer for the poor turnout. Walking door-to-door, it was very heartwarming that the villagers let us into their homes so openly. Here in Poipet, people were more trusting of strangers, a beauty yet a pity that we don't experience this as often back

home. We chanced upon a man who was crippled from the waist down, he had been involved in a road traffic accident years ago. As Dr Ong examined his wasted limbs, his caretaker returned with a basket full of different medication, his daily cocktail of pills. As she recounted the accident and their fruitless pursuit of treatment across the border in Thailand, her tone was laden with sadness and her face was downcast. It was a heavy atmosphere, as we too looked upon this man hopelessly. It further illustrated how limited we were in how we could help.

However, there were a few success stories during our trip as well. For a few villagers who received prescription glasses, the joy on their faces when their sight was restored was priceless. Several children came to us wailing as we combed lice out of their hair one by one. They left with a headful of shampoo suds wrapped in a shower cap, happily chewing away at gummies we used to pacify them with. Abscesses were drained, wounds were stitched. In cases where we were unable to treat them, villagers left with at least a better understanding of their health condition. Though the outcome remained the same, at least they had closure.

A lot of times we look to screening numbers as a tangible indicator of the amount of work we've done. In retrospect, perhaps numbers served more as personal validation of our presence there, rather than as an accurate indicator of the amount of work we've done. For how can one put a value on the joy of one villager being cured of his or her disease? While a villager being cured may only be one villager to us, to the villager it is having his or her function restored, and possibly their livelihood restored as well when they are able to go back to work. Though we screened less people, we had a higher number of completed referrals this year, meaning we had followed through with

more villagers in seeking treatment at their local hospitals. On the longer timeline, we may bring about minimal improvement in the local healthcare at best. But helping the villagers who are present in this current

day and age is still a worthwhile pursuit. We provide symptomatic relief, albeit short-term, to tide these villagers through this current age, and hope that in the years to come their local healthcare system will be robust enough to support their own people, and the



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community can be weaned off foreign aid. We serve as training wheels for a shaky healthcare system still finding its footing.

The solidarity amongst the Cambodian committee is also something to behold. As week 2 came along, an unexpected change in exam schedules meant half of our Cambodian volunteers had to return to Phnom Penh. Faced with a manpower crunch and a week of clinics left to run, the Camby Comm remained stoic and thought of ways to overcome this giant obstacle ahead. Two of the Camby Comm members, Kheang and Panha, who had left after the first week had even made their way back to help. With a very lean manpower situation, we worked closely with our Camby Comm on manpower allocation. The remaining Camby volunteers had to take on more work, tirelessly helping us to communicate with the local villagers, never once complaining. Together as a team, we soldiered on. It is times like these when the importance of teamwork cannot be overstated. Both the Camby and Singapore committees are crucial for the smooth running of the project. And it is through working together that we really forge deeper bonds with our Camby counterparts, learning more about their country, culture and them as individuals. We called each other 'bong' and 'bongsrey', brother and sister respectively, more as a joke at first as we laughed at the words rolling off our tongues.

But deeper than that, it conveyed a sense of camaraderie amongst the team. We came from different backgrounds, but in Poipet we ate together, laughed together, and shared a common goal to help the local community.

It was our last night here, my teammate Kim and I rode pillion on Bondol's motorbike as we sped through the night. Wind in my face, the sky lit with stars, I watched Poipet pass me by. Convenience stores buzzed and open fires burned, just another regular night in Poipet. Vastly different from our lives back in Singapore, I was gripped by a sudden realization – albeit it was not our normal, this was their normal. We come in as a small project, no doubt with ambition and good intention to improve the lives of the people here. But perhaps, the answer to helping more is through the intangibles. Beyond screening numbers, it is the friendships that we build with the Cambodian medical students and local community that really mattered. We cannot possibly reach out to every single villager, but we can at least plant the seeds of love and care, starting from the small community here in Poipet that we've come to be a part of.

As each new batch takes the project to new heights, I sincerely hope that its new initiatives will be deeply rooted in the biggest gift that we can bring to the people of poipet, that is love.



OUR PARTNERS



MISSIONARY SOCIETY OF SACRED HEART OF JESUS (MOPK)

Sisters of the MSSHJ serve poor and marginalised communities worldwide. The Sisters in Poipet aid us in overseeing our scholarship and teachers' support programmes. They also help provide overnight accommodation and food for our referral patients.



SEVA FOUNDATION

SEVA is a non profit charitable organisation that aims to improve quality and accessibility of eye care services in marginalised communities around the globe to ensure the power of sight is within everyone's reach.



CAMBODIAN MEDICAL SCHOOLS

We are honoured to have been joined by Cambodian Medical and Dental students from the **International University of Cambodia (IU)** and the **University of Health Sciences (UHS)**.



LOVE WITHOUT BOUNDARIES (LWB)

Love Without Boundaries is an authentic international charity that provides hope and healing to orphaned and vulnerable children, and their underserved communities, through its education, nutrition, medical, and foster care programs.

OUR VOL

CAMBODIAN MEDICAL STUDENTS

Bith Chandaravisa
Chan Dok
Channkosol Heng
Cheng Chhayhor
Chea Thearith
Danet
Huon Monikavin
Kaing Seakleng
Kim Chanreaksmey
Lay Vannak
Lengchun Lim
Leng Somnang
Luk Chamnap
Meun Lida

Nhem Vannarith
Nou Sammonirith
Ou Thearith
Pao Mengsie
Pich Rathna
Roeun Sokphalkun
Sheangphak Meng
Soeng Samdy
Sokmeng Mean
Sokhang Um
Tann Sivhor
Ty Seangcheata
Vouch Chheang
Ya Sivlang



CAMBODIAN PHARMACISTS

Chhengbour Lao
Lim Souvleang

CAMBODIAN DENTAL STUDENTS

Bun Chandara
Hor Vanrida
Hean Rottanak
Senghouth Sry
Sok Lida

CAMBODIAN DOCTORS

Dr Royal Dy



UNTEERS



SINGAPOREAN DOCTORS

Dr Anne Goei Hui Yi
Dr Ang Qianbo, Joseph
Dr Chen Mei Ling Teresa
Dr Chew Ming Xuan Grace
Dr Goh Kock Heng Jimmy
Dr Ng Wei Qi Cherie
Dr Ong Yew Jin
Dr Rachel Peh Huidi
Dr Seow Hoong Wei Gabriel
Dr S Surentheran

SINGAPOREAN MEDICAL STUDENTS

Amelia Tan Rui Ying
Edwin Yeo
Isabel Sia Kai Lin
Jaryl Boey Jia Hao
Joshua Tan Xian Da
Kavin Shankar Kalaivanan
Ong Sze Chuan
Pricilla Ting
Sean Phua

NURSES

Ang Su Ling Linda
Chow Weiling

OUR



CAMBODIAN COMMITTEE

Chhun Sopheanarith
Nget Sokummonyneath
Panha Choung
Pisey Sereypich
Sereywath Sio
Sikanal Chum
Sonsen Rithysak
Sok Kimmeng
Sor Cheacheng
Sung Meng Kheang
Zoka Iy

TEAM



SINGAPOREAN COMMITTEE

Alicia Chng Li Bin
Alys Chia Zhi Qin
Aw En Yi Avelyn
Elliott Lee Ying Hao
Lim Li He Shaun
Liu Shi Yu
Natalie Tan Hynn Wei
Sin Qinxiang Shant
Tang Shao Wen Wymann
Teng Siew Feng Rachel
Teo Hong Kai, Wesley
Wang Yuxing

Chan Wei Ting
Cheryl Lim Jia En
Chloe Wong Sixuan
David Kho Ming En
Ho Yi Jie
John Tan Wen Yu
Kimberley Lim Ying Ying
Lee Rui En
Lim Xian Jie Timothy
Nicholas Goh Shaowen
Soh Hann Natalie
Zhang Siyuan

FINANCIAL REPORT

TOTAL EXPENDITURE: SGD\$30 435.12



THE 100% PROMISE

All donations and proceeds from our fundraising efforts were channeled into our educational and medical initiatives. Flights, food and accomodation for the Singaporean team were at our expenses.



SURVEY

Logistical cost of conducting various in-depth surveys of the communities, chronic health management & environment



SCREENING

Screening clinics

Quality medical & dental equipment are used
 CLINICS - \$1149.06
 DENTAL - \$41.17

Referrals (\$424.84)

For urgent medical attention or further investigations, we pay for medical bills, lodging and hospital transfer



EDUCATION

LADS (\$4113.13)

We pay for our scholars' tuition fees to allay their financial burden and conduct bi-annual camps for character building

HED (\$103.90)

Various health education materials

SSP (\$3780)

In support of Santipheap School to provide a more conducive learning environment



MEDICATION & LOGISTICS

We provide quality-assured medication and medical supplies, free of charge according to the needs of the villagers



PERSONNEL WELFARE

The food and welfare of doctor volunteers and cambodian student volunteers



TRANSPORT

Costs include the transportation of personnel, equipment and supplies



ACCOMODATION

The accomodation of the doctor volunteers and Cambodian student volunteers



FUNDRAISING

Capital spending to produce merchandise and promotional material

project battambang

OUR SPONSORS

Mr Billy Yang
Lee Foundation
Dr Tan Mak Yong
Dr Leong Sou Fong Rosslyn
Dr Thomas Lee Wing Kit
Dr Koo Yih Meng Kenneth
Dr Seah Chee Seng
Dr Liang Te Shan
Dr Chinnappan Vangadasalam
Dr Boey Wah Keong
Dr Tan Chi Chiu
Dr Jennifer Foo
Dr Quek Swee San
Dr Tan Cheng Lim
Dr Jocelyn Wong
Dr Lim Chong Teck
Dr Koh Yin Ling
Dr Goh Shen Li

Project Battambang would not have been able to continue serving the people of Cambodia without the continued support of many individuals. We would like to take this opportunity to thank all who have supported us throughout the year



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