

HEALTH

Junior

messenger



march 2007

- 2-3 Plan of Umpiem IPD
- 6-7 a Day in IPD
- 8 The Blood
- 9 The Making of Drugs
- 10-11 The Canopy raft
- 18-19 Medecines without Drugs
- 21 The X-Ray
- 22-23 The Operation Theatre
- 24 The Generator
- 25 The Microscopic World

Technique & Knowledge



The Jobs

- 4 the Hospital Director
- 8 the Lab Technician
- 9 the Pharmacist
- 14 the Medic
- 14 the Nurse
- 14 the Midwife
- 15 the VCT Counselor
- 15 the Psychocaregiver
- 16 the Administrator
- 16 the Logistician
- 16 the Cook
- 16 the Cleaner
- 21 the Patient House Staff

Fun & Recreation

- 5 Drawings - Hospital of Tomorrow
- 12-13 Comix
- 17 Children's Rights
- 26 Game

E d i t o r i a l

Most of you have already been to the hospital, for a simple consultation because you were sick and needed to see a doctor, or for hospitalization if you needed more care.

The hospital might look familiar to you: you know you will get helped by nurses, medics and doctors, and that you will receive medicine. But this is only the visible part. We would like to take you backstage, and show you what people usually do not see. We will show you the pharmacy, and explain the history of tablets. We will present you the different people that make the hospital work, the medics and nurses of course, but also the director, the midwives, the lab technicians, the cooks, the logisticians... You will discover in this magazine the Umpiem Hospital, in all its detail. However, most of it will be the same as in the hospitals of other camps, or in the migrant clinics such as the one of Dr. Cynthia. This overview of the hospital-world will help you understand which services you can access: the dental or the eye care, the mental health, the HIV counseling. You will learn more about blood analysis, X-Rays and operating rooms.

Let's go for a day in the hospital, and enjoy the discovery.

[+] UMPIEM HOSPITAL + အရင်းပြင်ဆင်မှု

SUPPORT

- 14 Pharmacy
- 15 Administration
- 16 Polyvalent Consultation
- 17 Kitchen
- 18 Dining Room
- 19 Logistics Room
- 20 Stock



O.P.D.

- 21 Lab
- 22 HIV Counseling
- 23 OPD Consultation Room
- 24 Mental Health Counseling
- 25 Dressing Room
- 26 Waiting Room

27 Tuberculosis Ward

28 Morgue

I.P.D.

1 Polyvalent Consultation

2 Diarrhoea Ward

3 Chronic Ward

4 Pediatric Ward

5 Pregnant Women Ward

6 Delivery Room

7 Nurse Rest Room

8 IPD Pharmacy

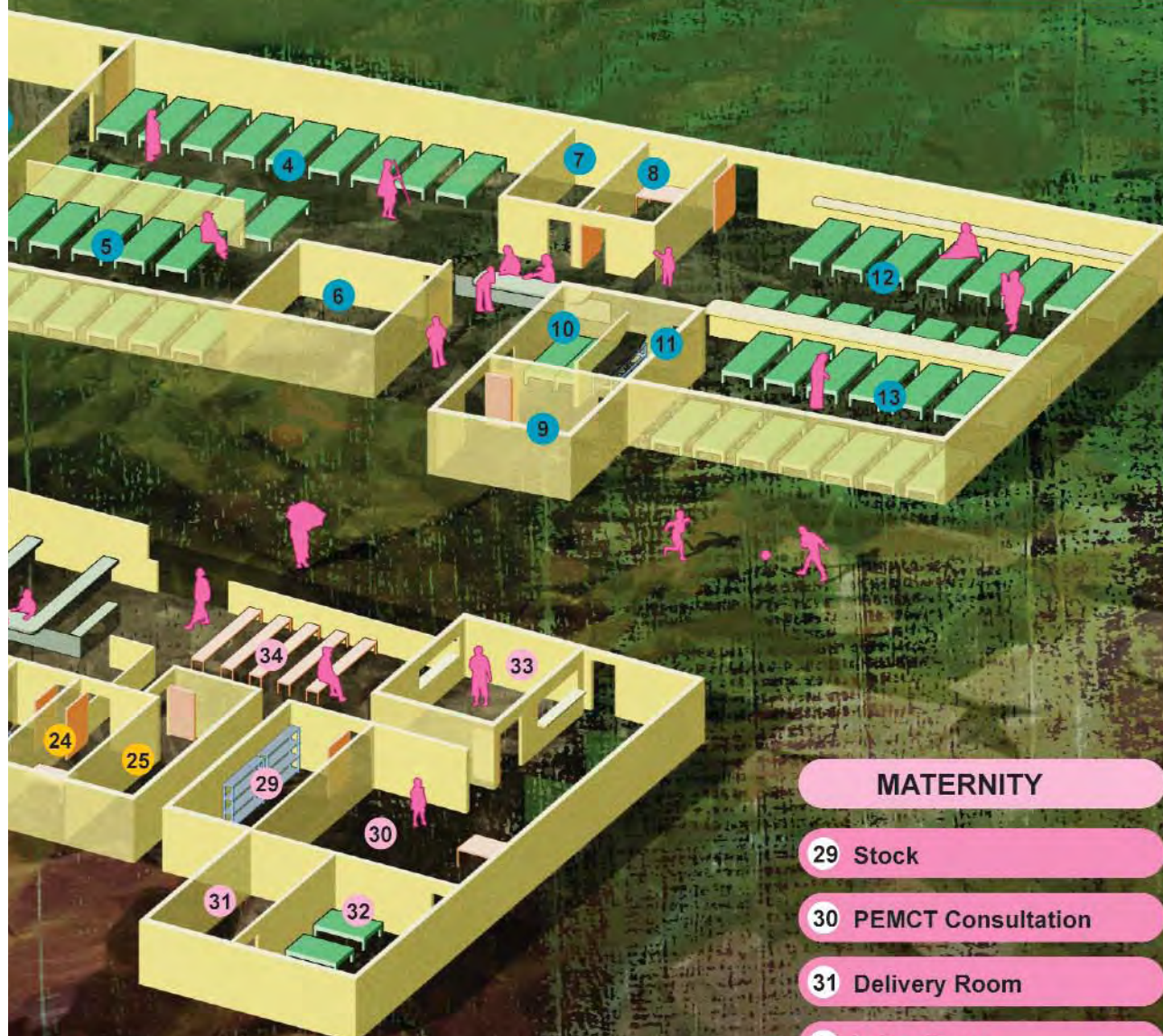
9 Emergency Room

10 Medics Resting Room

11 Dressing Room

12 Male Ward

13 Female Ward



MATERNITY

29 Stock

30 PEMCT Consultation

31 Delivery Room

32 Labor Room

33 Pharmacy

34 Waiting Room

သီဟိုဠ်- Umpiem Hospital Director Thi Htoo, အနုပညာပြပေးသူရဲကောင်း

When she walks in the streets of Umpiem, everybody knows who she is, and she receives many greetings: "Hello, do you remember me, you cured me last year?". But she sees so many patients everyday that she cannot remember all of them.

Thi Htoo chose the medical field when she was 16, and was later trained by Aide Medicale Internationale (AMI) in Karen State. She has been a medic for nearly 20 years now.

She remembers the beginning, at the end of the eighties - "It was a small project at the time. Medicines were directly brought from France and we did not have much stock".

After leaving Burma, she worked with MSF for a decade, in Mawker camp. "It takes time to become a good medic. Time and guidelines!"

What she prefers is the deliveries, and the visits to the hospitalized patients. But she doesn't have much time for this now. In 2001, she was appointed hospital director in Umpiem, and she now shares her time between her work as a medic and the management of the hospital.

"Many patients want to see me, because they believe I can help them better, but I do the same as the other medics.

My tasks include staff management, which is a pleasure, but I also have to attend different meetings, and that's what I like less.

I hope that if one day we can go back to our homeland, all the medics that were trained here will be able to bring their knowledge and contribution to our community."



မင်းသိန်း • အနာဂတ်ရုံဆေးရုံ

Drawings • the Hospital of Tomorrow

TUNKYI, 13



4 standard, Hsa Thoo Lei

TA PRER, 14



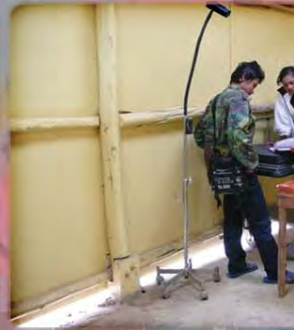
4 standard, Hsa Thoo Lei

LAH PWAI DOH, 15



8 standard, Hsa Thoo Lei

ဆေးရုံတိုင်းရက်စက်စွာ 2007



01

It's the beginning of the day. The consultations start

02

After their consultation, the patients receive their medication

03

The to c



06

In the maternity, pregnant women come for pre-natal consultations

07

The midwives team is here to do consultations and provide counselling

08

A p rec



11

The lab technician takes a blood drop that will be analysed in the laboratory

12

The colour of the blood is verified to diagnose anaemia

13

Lat It's for

11

12

13

Y IN THE HOSPITAL



The medical team gather to discuss cases

04

The medical team visits the hospitalized patients one by one

05

Check of the vital signs (body temperature, pulse rate, respiration rate, and blood pressure)



Pregnant women receive medication

09

To kill all the germs, the material is sterilized in special machines

10

Once sterilized, it is ready to use for the dressing



In the afternoon, at dinner time the patients

14

The nurses perform a last ward-round

15

As the end of the day comes, the hospital gets quiet



စလိုဘဲအနီးကျမ်းကျင်သူ the LAB TECHNICIAN

The laboratory technician performs the different biological tests that the medics need in order to make their diagnosis or their treatment.

He uses special devices, such as the microscope or the centrifuge, and various products to make the tests.

Composition of the Blood:



Plasma. This liquid represents half of the blood volume, and consists mainly of water.

White blood cells and Platelets

Red blood cells

Platelet. They participate to the blood clotting, the mechanism of closing of the wounds.

White Blood Cell. They are our internal police, and defend our organism against infections.



Blood vessel. Elastic tube through which the blood circulates.

Red Blood Cell. They transport the oxygen to all the parts of our body.



ဆေးဝါးကျွမ်းကျင်သူ the PHARMACIST

Saw Augustin, the Umpiem pharmacist, manages a store of 200 different items: medicines, needles, disinfectants, bandages, scissors...

Every week, he supplies the hospital and the consultations with 10,000 tablets of Paracetamol, 6,000 tablets of Amoxicillin, 900 syringes, and more than 5,000 bandages.

Nowadays, we have a whole range of medications, which generally come in the form of tablets, produced by pharmaceutical companies. But do you know how these medicines were created or discovered, do you know their story?

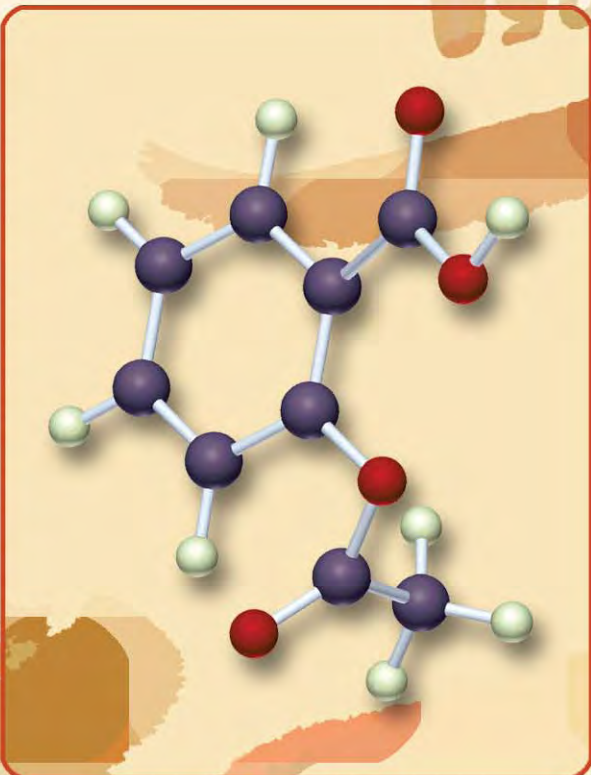
ဆေးဝါးပေါ်စပ်ခြင်း the Making of Drugs

The natural world is a vast chemical library. Each plant is like a small factory that produces some specific substance. People have discovered, since ancient times, that some of these substances possess healing properties. For example, the infusion of bark from the willow tree was prescribed more than two thousand years ago as a pain reliever.

Modern researchers dip into this natural pharmacy and isolate the active molecules within the plant.

The active substance of the willow was isolated in 1825, and called "Salicin". Research is then conducted in order to synthesize these molecules artificially to allow their production at an industrial level. Modern aspirin, created in 1999, is in fact acetylsalicylic acid, meaning the artificial reproduction of the active molecule contained in the bark of the willow tree.

Scientists now look for new plant species in deep rainforests, as this is where the medicines of the future lie, awaiting their discovery.



Molecule of acetylsalicylic acid



the canopy raft

High above the ground, within the crowns of the giant rainforest trees, is a world in which animals live out their whole lives without ever coming down to the ground. To those with the skill to reach it, this world is revealing more about life than any other habitat on the planet.

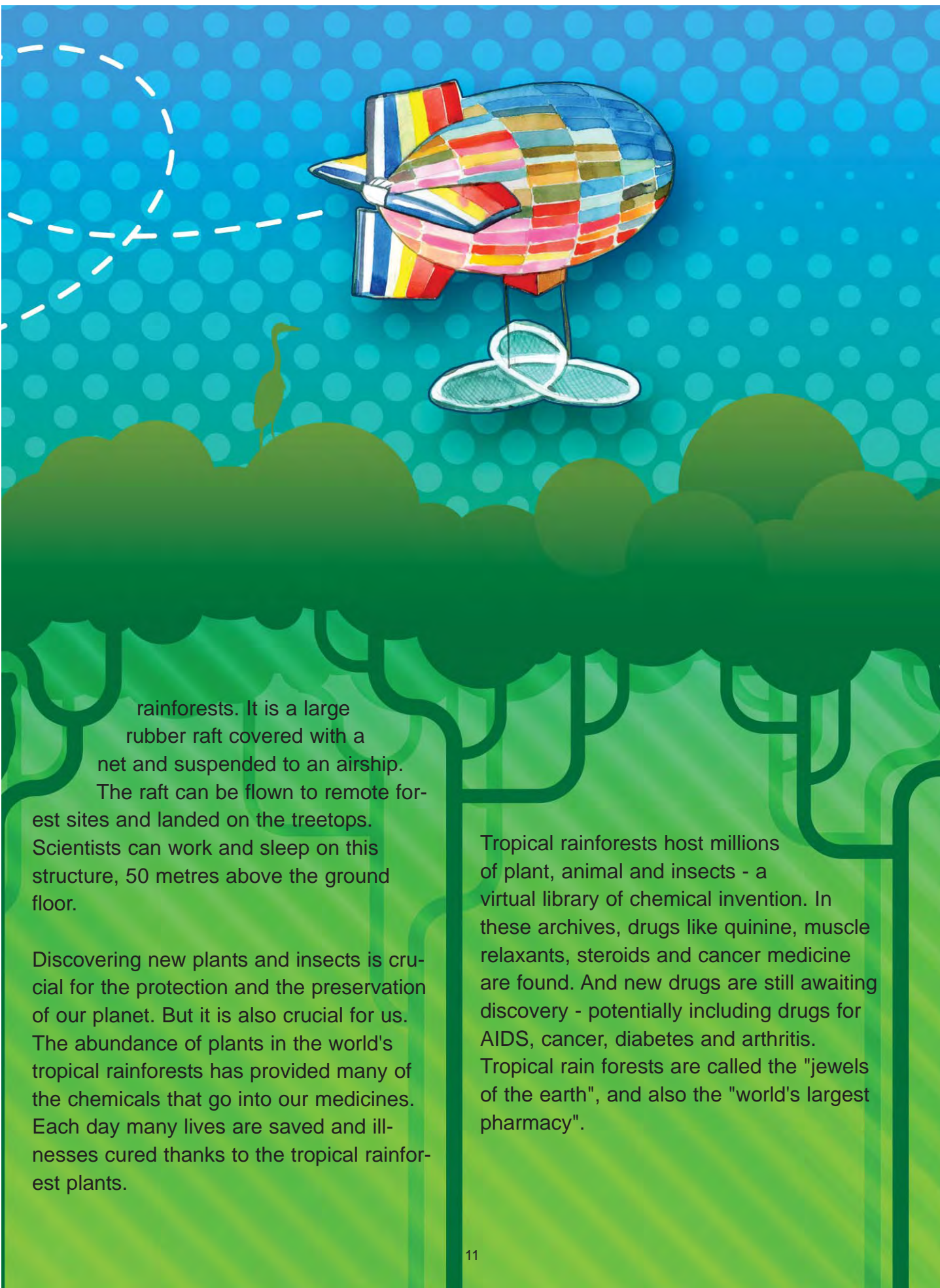
Primary tropical rainforest is vertically divided into at least five layers: the overstory, canopy, understory, shrub layer and the forest floor.

An estimated 70-90 percent of life in the rainforest exists in the trees, above the shaded forest floor.

Among the 10 million plus species thought to exist on this planet, a mere 2 million are known to science. The others dwell in inaccessible locations-deep-sea vents or hard-to-reach tropical treetops.

To discover new species in the very deep forest, researchers use "canopy access techniques". The canopy raft is one of them.

The canopy raft was designed to explore the unreachable tree tops of the deeper

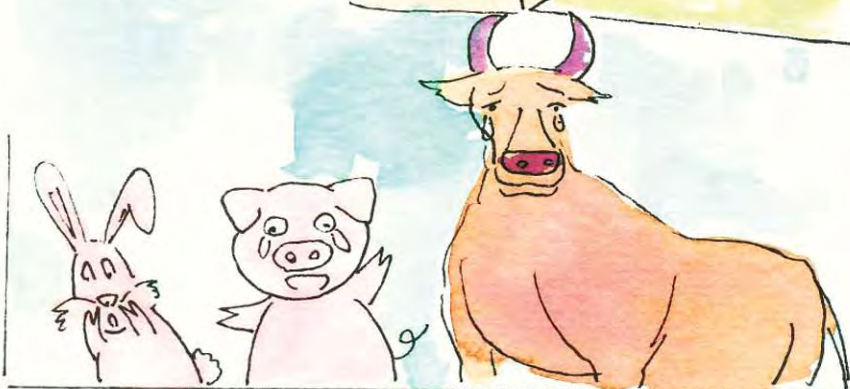


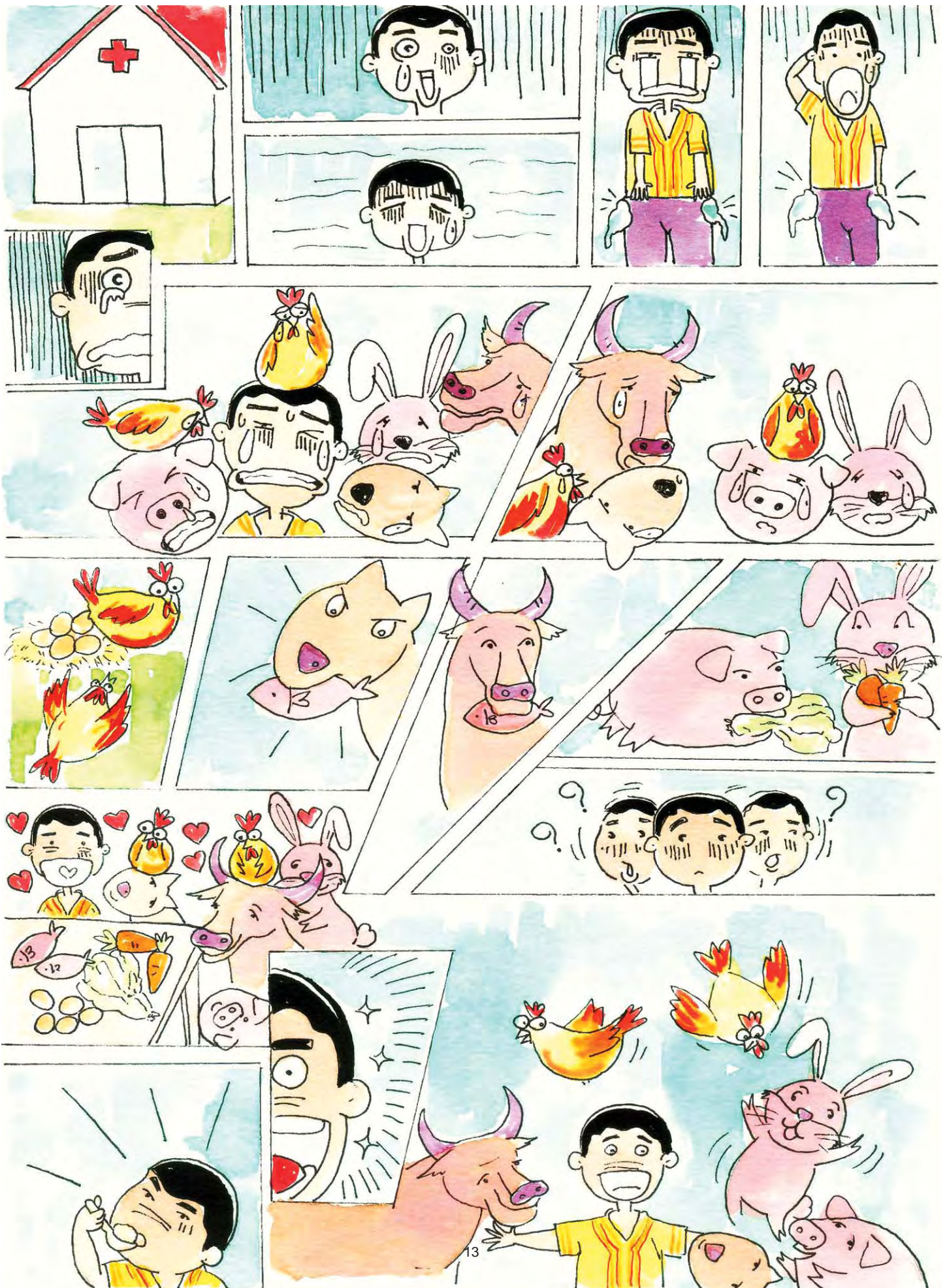
rainforests. It is a large rubber raft covered with a net and suspended to an airship.

The raft can be flown to remote forest sites and landed on the treetops. Scientists can work and sleep on this structure, 50 metres above the ground floor.

Discovering new plants and insects is crucial for the protection and the preservation of our planet. But it is also crucial for us. The abundance of plants in the world's tropical rainforests has provided many of the chemicals that go into our medicines. Each day many lives are saved and illnesses cured thanks to the tropical rainforest plants.

Tropical rainforests host millions of plant, animal and insects - a virtual library of chemical invention. In these archives, drugs like quinine, muscle relaxants, steroids and cancer medicine are found. And new drugs are still awaiting discovery - potentially including drugs for AIDS, cancer, diabetes and arthritis. Tropical rain forests are called the "jewels of the earth", and also the "world's largest pharmacy".





19 medics work in Umpiem hospital. They are responsible for the treatment of the patients.

When arriving in the morning, the medics start visiting the new patients to diagnose their disease and decide which treatment they need. Then, they check the progress of the other patients, to verify how their situation evolves thanks to their treatment.

Becoming a good medic takes time. After the training, at least two years of practice is necessary to really become familiar with the different techniques, diseases, and medicines.

၆၁၀:၂၂၂ the MEDIC



the NURSE ၇၇:၇၇:၇၇

The 34 nurses of Umpiem continuously look after the patients. Throughout the day, the nurses monitor the condition of the patients and give the medicines prescribed by the medic. Whenever a patient needs help or advice, they are here to take care of him.

Thoo Leipaw - Nurse

I like the contact with the patients. I regularly verify that they are fine by checking their temperature or blood pressure.



the MIDWIFE ၈၈:၈၈:၈၈

Midwives take care of pregnant women and babies. Their tasks are various: nutrition, immunization, home visiting, consultation, counseling and performing delivery.

Naw Paw Hsee - Midwife

I was a medic, but I changed to midwife in 2001, and I like it. We deliver the babies of 30 women each month. Sometimes it is hard work, because deliveries can be very long.

Saw Lay Thu - Psychocaregiver

I like my work because I feel like I really help people who feel sad, lonely or afraid. Sometimes, I have to go to their homes to support them. They are happy because somebody takes care of them and they can speak freely with me.



စိတ်ပိုင်းဆိုင်ရာ the PSYCHO CARE GIVER ကျန်းမာရေးပြုစုစောင့်ရှောက်သူ

Patients usually go to the hospital because they are not feeling well. But actually some of them suffer because they face too many problems and get tired in trying to solve them without being suc-

cess-ful. They are not always able to recognize what happens to them. That is why they discuss with Psycho-care givers, who help them understand the situation and make good decisions to get better.



"VCT" is a service where you can receive free information about HIV and sexually transmissible diseases. The 6 counsellors are here to answer the questions about HIV/AIDS transmission and provide information about prevention and condom use. They can propose free and anonymous testing for HIV, together with pre and post-test counselling.

True Tender Toll - Counsellor

I joined the HIV counselling team 5 years ago, after finishing school. I answer peoples' questions, and thanks to my experience I can provide advice.

More and more people are coming for a test. This is good: my aim is to decrease the transmission of HIV/AIDS and STDs. Regularly I visit people at their home, and sometimes we gather two or three families, to share their experiences.



ကျွန်ုပ်တို့၏အသံမှဆွေးနွေးပညာပေးသူ the VCT COUNSELOR

the COOK ထမင်းချက်

Preparing rice, curry and soup for more than 50 persons everyday, it's like working for a big restaurant!



Saw Dee Dee - Cook

I feel proud because I can help the people. Whenever the patients cannot come to get the food at the dining room, I love to go and to give them.

I use charcoal, and staying besides the stove all day can be very hot!

Among other tasks, he is responsible for the administration of the human resources: planning of staff holidays, registration of sick leaves, recording the rotations between teams...

the ADMINISTRATOR အုပ်ချုပ်ရေးမှူး

Nay Tha Poe

- Administrator The hospital needed an administrator to replace someone who left for resettlement. After finishing my post-ten degree, I applied and succeeded in getting employed.

Naw Paw Hsee, experienced cleaner.

There is a lot to do but I like it: I contribute to the community. When patients smell the clean and fresh air, they feel better.

But sometimes I get angry when the patient spit on the walls instead of using the pots!

the LOGISTICIAN ထောက်ပံ့ဆောင်ရွက်မှုမှူး

The logisticians maintain the building and do all the construction. They can make beds, build a new room, or fix the electricity. They need to know carpentry, mechanics, and water systems.

The 6 cleaners keep the IPD nice and clean. They sweep the floor, clean the spider webs, water the plants, wipe the walls, wash the clothes and mosquito nets for the patients and pick up the rubbish...

သန့်ရှင်းရေးအလုပ်သမား the CLEANER



CHILDREN'S RIGHTS ကလေးတို့ရဲ့ပိုင်ခွင့်

Humm...

Hey Doc, you find me nice?

Pfff... appearance is nothing.

Importance is inside. Have that!

Stunning!

Children have the right to education.

မဆေးဝါးမယူဘဲသက်သာမှုရစေ Medicine without drugs

Drugs are powerful substances that can help the healing of your body. But throughout time and continents, men have developed other kind of treatments, not based on medication. Aspirin or antibiotics are effective, but human contact and words can also help.

Acupuncture

China has developed a system of medicine which differs from western medicine.

Illness is considered to be caused by disruptions of the body's energies. If we manage to equalize these energies, the well balanced body will then get back its strength and heal itself.

According to Chinese medicine, the flows of energy circulate throughout the body along meridians. Acupuncture is a technique that consists of inserting metal needles at specific points along the meridians. This restores the balance of the energy flows.

Mental Health

When you hear about "mental health", you usually think about "crazy" people, hearing things that don't exist and having strange behavior.

But these are only extreme distur-

bances. Anybody can develop a mental health problem, after having faced a very difficult event or because of too many problems.

There are many signs to see that somebody is suffering: the person is restless, irritable, has sleep and eat problems, feels sad or angry most of the time, thinks too much about his problems, or doesn't enjoy normal activities anymore. Many people express mental health problems through body pains: chest pain, difficulties in breathing, dizziness and headaches are common among people suffering from stress because as they are very nervous, their body is tense.

It is possible to cure these problems through relaxation exercises, creative activities, counseling, and sometimes medication. The mental health helper is here to assist people that would like counseling.

Massages

Another technique developed to assist in bringing back balance to the flows of energy is the massage. There are various styles of massage - Chinese, Thai or Burmese massage are different, but all have a therapeutic effect.

Massage has its limitations, and it is dangerous to rely on it in lieu of proper medical attention. But they can stimulate the body's natural healing process, and thus can be an invaluable adjunct to any other form of treatment.

Dr. Cynthia's Clinic / ရခိုင်ပြည်သူ့ဆေးရုံ:



Each camp has a hospital. Outside of the camps, the Mae Tao Clinic provides the same services to migrants.

The Mae Tao clinic was established 18 years ago in Maesot by Dr. Cynthia. Nowadays, 2000 patients come each week for consultation or hospitalization.

One hundred medical staff is needed to run the clinic, with support from another one hundred administrative and logistic staff.

In addition to general health consultations and hospitalization, the clinic provides eye and dental consultations.

The prosthetic workshop has the capacity to make

artificial legs for disabled people.

Women can come to deliver the babies safely and receive pre and post-natal counselling.

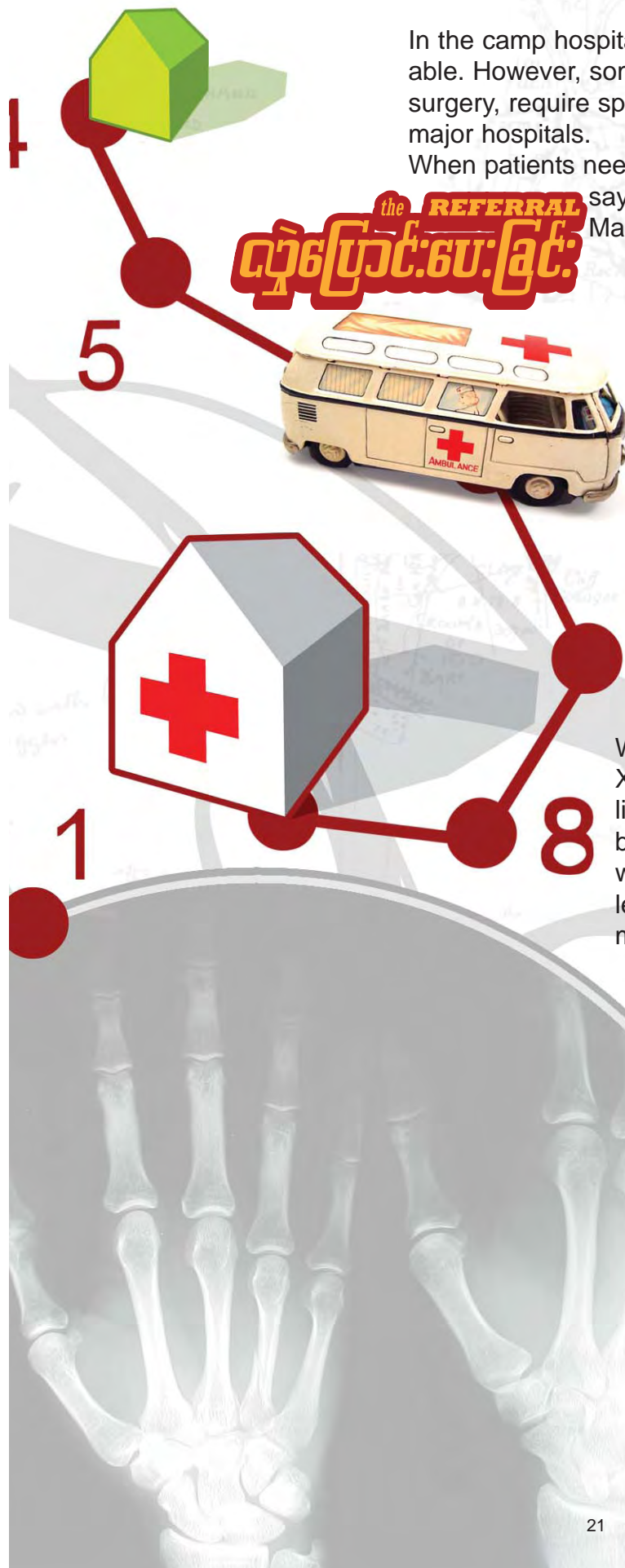
The laboratory tests for malaria, so if you have any doubt, do not hesitate to come for a rapid check.



The doors of the voluntary counselling and testing service are also opened for everybody.

Note that the normal consultations (when there is no emergency) are opened from Monday to Saturday, 8 am to 4 pm. Hospitalization is opened everyday.





In the camp hospitals, most of the medical services are available. However, some specific interventions, such as X-rays or surgery, require specialized equipment that is only found in major hospitals.

When patients need these interventions, they are sent (we say "referred") to hospitals of cities such as Maesot or Chiang Mai).

the REFERRAL
လွှဲပြောင်းပေးခြင်း

At the airport, to ensure the safety, the police uses X-Rays to look inside the luggage without having to open them.

လိုက်ဖန်
the X-ray

Doctors do the same. Sometimes they need to look inside your body, but of course they don't want to open it. They also use X-Rays.

What are x-rays?

X-rays are of the same nature as the rays of light that we can see with the naked eye: both types are made up of electromagnetic waves. The only difference is in the energy level, or strength, of the rays; x-rays hold more energy than light rays so they can penetrate through certain materials.

How do x-ray machines work?

The X-Rays pass through soft tissues such as the skin and muscles, but they are stopped by stronger ones like the bones. The passage of the rays through a body placed in front of a photographic film produces an image: where rays go through the body the film is exposed and becomes dark, elsewhere it remains clear.



Maybe you have heard about the operating room before, or you know someone who had an operation. It sounds mysterious and interesting. But what's it really all about?

The operating room is where surgery takes place in a hospital. Having surgery is also called having an operation. When someone has surgery, a special doctor called a surgeon works on or inside the body to fix something that is wrong.

Most of the time, a surgery repairs some-

thing in the body, removes what is ill or damaged, like the removal of the appendices, or replaces a defective element. It can also be used by the surgeon to find out the cause of a problem. Surgery is sometimes done in an emergency to save the life of someone, for example after a severe accident.

An operating room is full of specialized technical equipment, used to monitor the state of the patient or to assist with the surgery. Everything that enters the Operating Room





must be sterilized, in order to prevent the presence of germs. To keep the operation theatre germ free, the people who work there wear caps over their hair and masks over their mouths and noses to avoid spreading germs. They even wear gloves and booties over their shoes! They might all look alike, but everyone in the room has a different job.

One good thing about surgery is that you usually get to sleep through it. The anesthesiologist will give the patient medicine that help him relax, fall asleep, stay asleep until the operation is over, and keep no memory of the event. The medicine also prevents you from feeling any pain while the operation is happening and afterwards.

After an operation, patients are brought to a "wake-up" room, and that's exactly what they are doing there - waking up! A nurse is here to check how they are doing as they wake up.

Once the patient is fully awake, he is moved to a hospital room, if he needs to stay overnight.

Even if one may feel great right after a surgery, the nurses and doctors will recommend you to take it easy, as rest is an important part of getting better.

Sometimes after an operation, recovery takes some time and people need exercises for re-adaptation.

Surgery in Maesot hospital



the generator

Electrical Generator

To have light in the evening, the Umpiem hospital produces its own electricity. The machine used to produce this electricity is the generator.

An engine-generator (usually called "generator") is made from a simple engine, like a car or a truck engine. Instead of spinning wheels, like in a car, the engine is used to spin a part of the generator, producing electricity.

What is an electric current?

An electric current is a flow of charge particles (such as electrons) through a conductor (such as a wire). The energy made available by this flow can be used to run a motor.

How does a generator work?

The generator works like an electric motor in reverse. Instead of applying electricity to it to make it spin, when you spin it, it makes electricity.

The engine spins an armature (a coil made of windings of wire) between the two poles of a magnet. Each time the armature crosses the magnetic field of the magnet, an electric current goes through the coil.

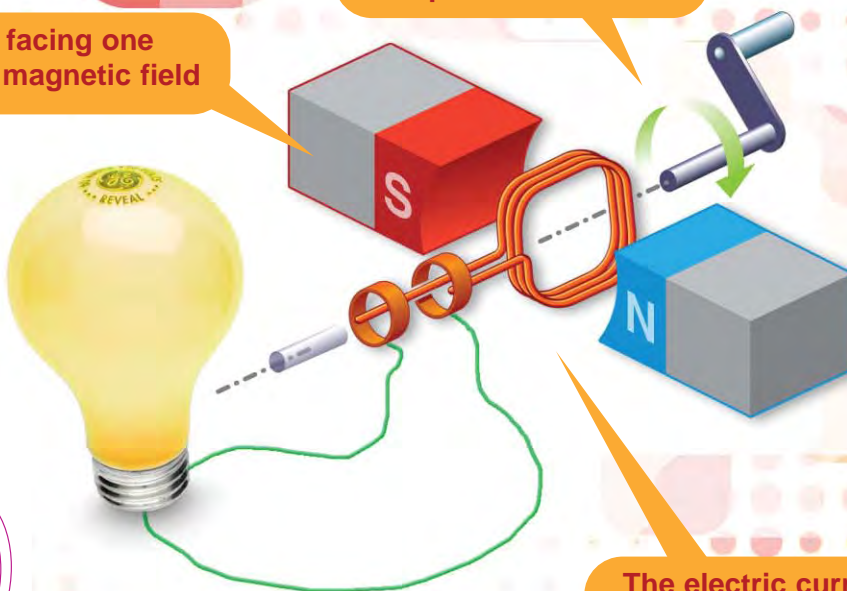
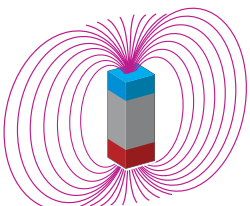
This current then travels through the wire to the electric devices of the hospital (lamps...)

Two magnets facing one another create a magnetic field

The engine is used to spin the armature.

magnetic field between the poles of a magnet

The electric current generated goes through the wire



the MICROSCOPIC WORLD

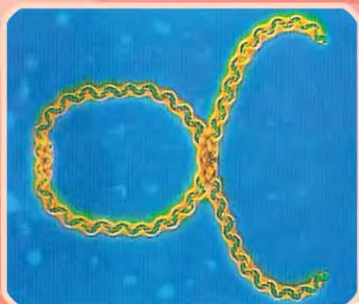


their way to the egg
Sperms travelling on

Can you guess what these
microscopic things are? find
out the answer using a mirror.



the skin surface.
2west globs onto



A Bacteria * 33'000

Two Plasmodium Falciparum
(Malaria) invading a red blood cell
* 2'000



READERS' MAIL ★

Questions
from Number 1 high school, Umpeim

What is IPD? Day Nay Paw, 15

"IPD" is the way medical staff calls the hospital. IPD stands for "In-Patient Department" (In Patient Department): the department where patients stay overnight. The department where people come for a simple consultation and then leave is called OPD "Out Patient Department" (Out Patient Department). You can also say "The Consultation".

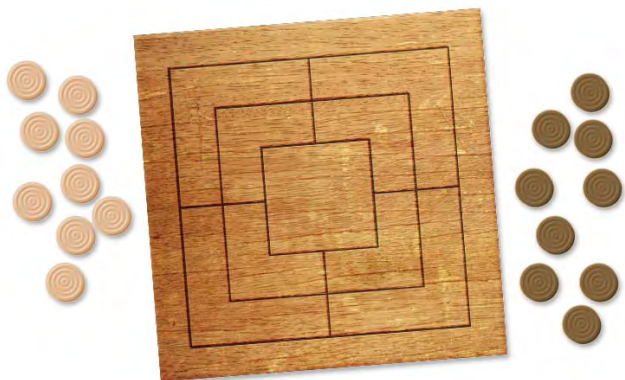
Can the kids have the same disease as the dad or mum? Eh Khu Kaw, 16

Some children may have the same diseases as their parents for various reasons.

- Some diseases are hereditary: they are transmitted genetically from parents to their children.
- Haemophilia is an example.
- Some diseases, like HIV, can be transmitted from the mother to the baby during pregnancy or during breastfeeding. But the use of medicines can prevent it.
- Some infections, like flu, are simply transmissible, meaning that it can be transmitted from one person to another, including within the same family.

လူကိုးယောက်တိုင်ဆက်ကပြီ Nine Men's Morris

Each player starts with nine pieces.



2nd phase - Moving

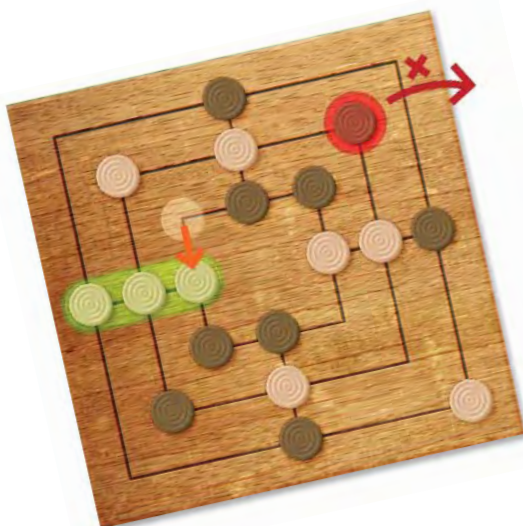
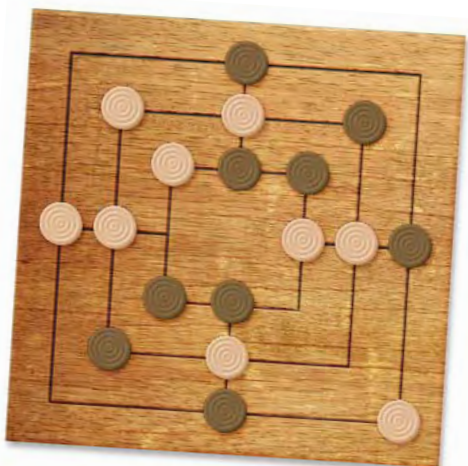
In a move, a player slides one of his pieces along a line to the next empty intersection.

Capture

During both placing and moving, each time a player aligns 3 pieces in a row, he makes a "mill" and can remove the opponent's piece of his choice, but always choosing preferably one which does not belong to a mill.

1st phase - Placing

Players take turns placing their pieces on empty intersections, until all pieces have been placed.



End

A player wins when:

- The opponent has only 2 pieces left
- The opponent cannot move

NOT FOR SALE

Health Messenger Junior is a quarterly publication of the French NGO *Aide Médicale Internationale*, realized in collaboration with UNICEF and ECHO. It aims at sensitizing children from school standards 6 to 10 living along the Thai-Myanmar border to major health issues, providing them with lifeskills and opening them up to other perspectives.

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