

*Medical Facilities*Centre Medical  
Vientiane

In and out patient facilities are basic all over the country. In the capital city and a few tourist resources international clinics can stabilize seriously ill patients to a certain extend, local hospitals can only offer very basic medical care. The French Embassy in Vientiane collaborates with a private “Centre Médical” open also for foreigners. In most of the emergency cases an evacuation by ambulance to Udon/Thailand has to be organised. Most of the common medicines are available in a few international pharmacies.



Mahosot Hospital

*Vaccinations*

Immunisation against tetanus, diphtheria, poliomyelitis, hepatitis A and B is recommended. In case of extended stay or exposed situations (rural areas, backpackers, jogging, hunting) an additional protection against typhoid fever, rabies and Japanese encephalitis could make sense. A compulsory vaccination is only necessary when arriving from yellow fever endemic areas.

*Infectious Diseases*

diarrhoea, sources

*Diarrhoea* is common all over the year, in many cases the originating parasites can't be determined although there are regularly cases of *cholera* notified. During and after rainy seasons *dengue fever* (urban areas) and *malaria* (rural environment) are much more frequent. All over the country the malaria risk (60% pl. falciparum, multi resistances) is high, although Vientiane and areas at an altitude over 1000 m are

considered free of malaria. The protective measures against mosquito bites are therefore quite important. As prophylactic treatment Malarone or Doxycycline is recommended, because of the increasing resistances Lariam should not be taken any more. Less common is *Japanese encephalitis* (rural areas), *rabies* and *bilharzias* (swimming in rivers, lakes). The *HIV* prevalence has increased during the last years but is still estimated under 1% of the total population. In 2007 Laos has reported 2, cases of human *H5N1 infections (bird flu)*, since then there are only sporadic cases in animals. Pandemic *Influenza A/H1N1* is known since June 2009 although numbers have dropped over the last weeks. *Seasonal Influenza* occurs all over the year, epidemics are unknown.



HIV prevention

## Hospitals

<b>Vientiane</b>	
<b>name</b>	<b>Mahosot Hospital</b>
<b>type</b>	public, 450 beds
<b>address</b>	Sethathilath Road, Ben Koanyot
<b>contact</b>	tel. +856 21 214022, email: s_bounghong@yahoo.com
<b>ICU</b>	12 beds, only very basic equipment
<b>surgery</b>	6 theatres, no cardiac surgery
<b>diagnostic</b>	CT, X-Ray, ultrasound, ecg
<b>ambulance</b>	public ambulance service
<b>remarks</b>	central hospital, focus cardiology, overcrowded



<b>Vientiane</b>	
<b>name</b>	<b>Mittaphab (Friendship) Hospital</b>
<b>type</b>	public, 150 beds
<b>address</b>	Phontong Road, Ban Phonsavang
<b>contact</b>	tel. +856 21 413663/416443/710003, fax: +856 21 710663, email: amfatov@laotel.com
<b>ICU</b>	12 beds, basic equipment
<b>surgery</b>	6 theatres, focus trauma
<b>diagnostic</b>	X-Ray, ultrasound, ecg, CT
<b>ambulance</b>	public ambulance service
<b>remarks</b>	central trauma hospital, overcrowded



<b>Vientiane</b>	
<b>name</b>	<b>Setthathirath (Japanese) Hospital</b>
<b>type</b>	public, 175 beds
<b>address</b>	T 5 Road, Ban Donekoy
<b>contact</b>	tel. 856 21 351227/351158/351135, Fax: +856 21 351160, email: khampe@laotel.com
<b>ICU</b>	6 beds, very basic
<b>surgery</b>	2 theaters, basic equipment
<b>diagnostic</b>	X-Ray, ultrasound, ecg
<b>ambulance</b>	public ambulance service
<b>remarks</b>	center for infectious diseases (HIV included)



## Vientiane

**Geographical Data:** Vientiane, population 0,5 million, capital of Laos; altitude 165 m

**Climate:** 13,9° C to 33,9 °C average annual temperature; 1.716 mm average annual precipitation; 108 rainy days per year, 71 % to 86 % average humidity; climate: November - April (dry season), May - October (rainy season)

**Environment:**

**Water:** no drinking water, filtration and boiling necessary

**Food:** basic food available, consumption of raw fish and meat is risky; fruit and vegetables should be peeled or cooked

**Air:** dust during dry season

**Others:** --

**Specific health risks:** diarrhoea, hepatitis A and B, dengue fever (rainy season), malaria (in rural areas, 60 % pl. falciparum), rabies; rare: bilharzias (south), Japanese encephalitis (rural environment)

**Prophylaxis:**

**Vaccination** compulsory no compulsory vaccination  
only if travelling from yellow fever endemic areas

recommended	standard	tetanus, diphtheria, poliomyelitis
	less than 3 months	+ hepatitis A
	long stay	+ hepatitis B, rabies, Japanese encephalitis

**Others:** malaria prophylaxis when travelling to endemic areas (Malarone, Doxycyclin)

**Medical Facilities:**

**Regional medical clinic:** German Embassy Jakarta, Dr. Klinnert, tel.+62 21 3928855

**Contact physician:** Dr. Philippe Schmidt (surgeon), tel. 312574, fax: 315398, HP: 2419940

**Other physician/dentists:** Dr. Mark Hampson, Australian Embassy Clinic, tel. 413603, fax: 414700  
Dr. Jean-Marie Hospied, Centre Mèdical, tel. 214150, HP: 20 6554794

**Hospitals:**

Mahosot Hospital, tel. 214018/214022 (International Clinic)  
Mittaphap Hospital, tel. 710002-6, fax: 710663  
Setthathirath Hospital, tel. 351135/351156/351158, fax: 351160  
AEK Udon International Hospital, Udon Thani, Thailand,  
tel. +66 42 342555, Fax: +66 42 341033

**Air ambulance service:**

Dt. Rettungsflugwacht, Stuttgart, tel. +49 711 701070  
SOS International, Bangkok, tel. +66 2 2057777, fax: +66 2 2657151  
Medical Wings, Bangkok, Tel. +66-2-5354735, Fax: +66-2-5354355

