



## Operation Nightingale – a life saver

When Awareness Cambodia first started working in Kampong Speu to say the medical resources were stretched was an understatement – there were just three qualified and trained doctors serving the healthcare needs of thousands of patients at 22 provincial health clinics! So in 2006, we started Operation Nightingale to help address the pressing medical needs of not only the children in our care, but also the greater local community.

Working in cooperation with Cambodia's Ministry of Health, Operation Nightingale took on responsibility for Awareness Cambodia's first weekly medical clinic. Over the next 12 years, Operation Nightingale continued to grow and we now operate seven health clinics – staffed by around 70 medical professionals including well-trained Cambodian doctors – within the Kampong Speu Province all year round.

Over the past year, our Operation Nightingale doctors have treated approximately 4,000 patients through our seven Awareness Cambodia health clinics. In addition to these health clinics, Operation Nightingale also conducts fortnightly clinics dedicated to women's health in the Kampong Speu region. Medical professionals also visit Sunshine House each week to ensure the health and wellbeing of staff and students in our Child Development programs.

For many patients throughout the Province, our Operation Nightingale doctors, nurses and allied health professionals are the sole source of medical care and health education available – making Operation Nightingale an invaluable community service. In addition to providing primary medical care services, our Operation Nightingale team offer free medical testing, write referrals, dispense pharmaceuticals and supply spectacles.





Each year, Operation Nightingale hosts a volunteer international medical team comprising of doctors, nurses and allied health workers. Together with the international team, our doctors travel out to remote areas of Kampong Speu, where there are no existing health services, to provide medical care and treatment to an additional 800 patients.

Education is also a key focus of the Operation Nightingale team. Health centre patients are educated about diet and physical exercise, along with hygiene and self-care advice. Women are provided with information to aid in the early detection of breast and

cervical cancer, and other women's health matters. In addition, Operation Nightingale provides mentoring and volunteer opportunities for six medical undergraduate students who are part of Awareness Cambodia's medical scholarship program.

Over the years, Operation Nightingale has formed strong links with a number of Australian medical professionals, universities, hospitals and medical supply companies to help create a truly holistic in-country service. In 2018 the team is continuing to work with senior Australian nursing educators and a major public hospital in Phnom Penh to introduce nursing education programs, assist in upskilling health care workers and improve the provision of health care in Cambodia. Operation Nightingale is continuing to expand to meet the growing needs in



the Kampong Speu Province and a proposal is in place to introduce a Family Planning Clinic, which we hope will be up and running by the end of this year.

Our goal is to provide quality health care to our patients, ensure our staff and students are well trained and ultimately make a positive impact upon the public health system in Cambodia.

**Awareness Cambodia Inc (ABN 69 234 355 895)**

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[www.awarecam.org.au](http://www.awarecam.org.au)



## Training for Midwives & Nurses in Cambodia



During the months of October and December 2017, training was provided for 30 nurses and midwives from seven health clinics in the Kampong Speu Province that are overseen and run by Operation Nightingale. The training took place over three days in the purpose-built training room at the Awareness Cambodia Phnom Penh complex. The focus of the sessions was women's health and the participants were provided with information and practical skills related to breast and cervical cancers. The nurses and midwives expressed a sincere gratitude for the training

and information that will now assist them in their work within their local communities to provide information, detect early stages of cancer in women, and be able to provide referrals for appropriate treatments that are available.



Breast and cervical cancers are the leading two causes of death for Cambodian women. Awareness Cambodia is committed to raising awareness, prevention and early detection of these cancers across our Operation Nightingale health clinics.

Operation Nightingale is so grateful to Wen Giving which provided the funding that enabled this much valued training to take place. Together, we hope to see the incidence of death from breast and cervical

cancers significantly reduced amongst the provincial women in Kampong Speu.

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## Breathing easier, living better thanks to Operation Nightingale.



For two weeks in September 2016, a team of international volunteer doctors, nurses and allied health professionals joined the Awareness Cambodia Operation Nightingale team to assist in providing medical services in remote regions within the Kampong Speu Province where there are no existing health clinics. At one of these remote clinics, a 35-year-old female presented who, at the age of 18, had been diagnosed with asthma. Since this diagnosis her symptoms had been ongoing as she had received no treatment and, consequently, she was unable to work – which put a strain on her family and household. After hearing about the clinic being run in her village by Operation Nightingale, the patient came to the clinic and for the first time received treatment for her asthma. As a result of the treatment provided, her symptoms have dramatically reduced and she has been able to receive follow-up care by our Operation Nightingale Medical Director, Dr Chenda. On a recent visit to a Operation Nightingale clinic, the patient reported that she is now able to work in her family's rice field and complete her household chores. As an indication of the massive improvement in her health that our

treatment has provided, she reported that in the most recent harvest (November-December 2017), she was able to join in harvesting the rice with her family without shortness of breath. She is incredibly grateful for the difference that our care has made to her life and her family, and wants to thank Awareness Cambodia and all the volunteers and donors that support the Operation Nightingale program and clinics.

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All donations over \$2 within Australia are tax deductible.

There are a number of ways that you can make a difference to the lives of the children in our care and their community. Please visit our website to see how you can partner with us in 2018 to “rebuild the children of Cambodia”. [www.awarecam.org.au](http://www.awarecam.org.au)

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Awareness Cambodia  
Rebuilding the Children of Cambodia

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