

**The program for promotion
of preventive medical care system
in Myanmar**

**Final Report
Summary**

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Japan International Cooperation Agency (JICA)

Social Medical Cooperation Sanshikai

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1. Purpose

The purpose of this program funded and supported by JICA is to disseminate the effectiveness of preventive medical care system through medical checkup in Myanmar by Sanshikai, the experienced Japanese hospitals and medical checkup clinics. Periodical medical checkup will contribute to reducing risks of diseases, especially the serious cases, and the substantial medical expenses.

2. Activities

This program consists of two components;

1) Seminars in Myanmar

a) Participants

- i) Officials of Ministry of Health (MOH)
- ii) Medical professionals such as doctors, nurses and paramedics
- iii) Company owners

b) Main contents

- i) The importance of preventive medical care system
- ii) Benefits of preventive medical care system through periodical medical checkup especially for company owners and their employees.
- iii) Outline of Japan's preventive medical care system, medical care insurance system and their historical background

Notes:

The reasons for including company owners in manufacturing sectors are 1) the companies' responsibilities and benefits for keeping their workers healthy, 2) to reach out mass population for efficient promotion of preventive medical care system, and because 3) for Sanshikai to consider them as potential clients for its medical checkup clinic.

- 2) Research on the demands for medical services including establishing medical checkup clinic in Yangon for the corporate owners and the employees

3. Outline of this program

Activities in Myanmar or Japan	Mon- th	Durat -ion	City	Contact persons	Objective and outline of activities
First trip to Myanmar	Nov. 2014	Two Weeks	Yangon and Nay Pyi Taw	<p>Officials of Ministry of Health=MOH (Dr. Myint Han and Dr. Moe Khine) of Department of Health at that time)</p> <p>Top executive members of UMFCCI, Myanmar Industry Association, Japanese Chamber of Commerce</p> <p>Executives of the local firms and expats of the Japanese firms</p>	<p>○ To hold kickoff meetings with the organizations listed in the left column to request cooperation to the seminars planned to hold in Yangon and Nay Pyi Taw.</p> <p>○ To visit the local and foreign firms in Yangon to invite the management and expats to the seminar besides marketing the planned medical checkup clinic in Yangon in 2015.</p>
Second trip to Myanmar	Jan 2015	One Week	Yangon and Nay Pyi Taw,	<p>MOH officials (Department of Health Planning, Department of Health)</p> <p>Owners of the local firms and expats of foreign firms</p>	<p>○ To hold seminars to officials Ministry of Health to disseminate the importance of preventive medical care system and benefits of it through periodical medical checkup (expected number of participants: 50 per seminar)</p>

					<p>○ To visit the local and foreign firms in Yangon to invite the management and expats to the seminar besides marketing the planned medical checkup clinic in Yangon in 2015.</p>
<p>Invitation to Astugi Japan</p>	<p>Feb. 2015</p>	<p>Three days</p>	<p>Astugi Japan</p>	<p>Three MOH officials in charge of preventive medical care system</p>	<p>○ To invite MOH officials to the Sanshikai medical checkup clinic in Atsugi, Japan with activities including practical experience of Japanese medical checkup and its operation.</p> <p>○ To visit the relevant organizations in Japan in order to learn the policy of preventive medical care system and health insurance system.</p>
<p>Third trip to Myanmar</p>	<p>Mar 2015</p>	<p>Two Weeks</p>	<p>Yangon and Nay Pyi Taw</p>	<p>Medical professionals such as doctors, nurses and paramedics of Yangon General Hospital</p> <p>Executives of the local firms and expats of the Japanese firms</p>	<p>○ To hold seminars to medical professionals listed in the left column to disseminate the importance of preventive medical care system and benefits of it through periodical medical checkup (expected number of</p>

					<p>participants: 50 / per seminar).</p> <p>○ To visit the local and foreign firms in Yangon to invite the management and expats to the seminar besides marketing the planned medical checkup clinic in Yangon in 2015.</p>
Forth trip to Myanmar	May. 2015	Three Weeks	Yangon and Nay Pyi Taw	<p>Owners of the local firms and expats of foreign firms</p> <p>MOH officials (Department of Health Planning, Department of Health)</p>	<p>○ To visit the local and foreign firms in Yangon to invite the management and expats to the seminar besides marketing the planned medical checkup clinic in Yangon</p> <p>○ Hold the seminars of preventive medical care system for the Japanese residents and local expats (expected number of participants: 5 to 10 per seminar)</p> <p>○ To report and conclude the program to MOH and hold the seminar to the MOH officials who could not attend the previous seminars.</p>

4. Project member

Following are the project members.

- Takahiro FUKUHARA, project leader, head of administration, Tomei Atsugi Medical Satellite Clinic (TAMS)
- Mr. Kentaro SAEKI manager of administration, TAMS
- Dr. Naoki NOMURA, lecturer of the seminar, vice chairman of Sanshikai
- Dr. Nozomu NAKAGAWA, lecturer of the seminar, director TAMS
- Ms. Yukiko HIYAMA, head of nursing service of internal department, Tomei Atsugi Hospital
- Motoo MURATA, project coordinator, director, Daiwa Institute of Research Ltd.

5 Seminar

Sanshikai held the seminars disseminating the importance of preventive medical care system and benefits of it through periodical medical checkup for the staff of Ministry of Health, doctors and nurses of General Hospitals of Nay Pyi Taw, Mandalay and Yangon in January and March 2015.

In May 2015 Sanshikai held the seminars regarding preventive medical care system and how to cope with infectious disease for the Japanese residents in Yangon, executives of local firms and some of medical doctors who did not attend the seminars for the general hospitals.

- (1) Seminar for the staff of ministry of Health, Nay Pyi Taw General Hospital (joint seminar with MOH) and Mandalay General Hospital
 - ① Content of the seminar
 - Introduction of Sanshikai (Mr. Fukuhara)
 - Concept and actual operation of Preventive medical system (Mr. Saeki)
 - Advanced cases of catheter intervention (Dr. Nomura)
 - ② Date and place of the seminar
Afternoon time (13 : 00~15 : 00) of 13 January 2015 in the conference room of Ministry of Health at Nay Pyi Taw and Afternoon time (13 : 00~15 : 00) of 16 January 2015 in the conference room of Mandalay General Hospital

Seminar at Ministry of Health



③ Number of attendants

About 50 staff both in Nay Pyi Taw and Mandalay. Dr. Myint Han, director general of department of health of MOH at that time (currently department of medical services) gave the opening remarks in Nay Pyi Taw

Seminar at Mandalay General Hospital



(2) Seminar for Yangon General Hospital

① Content of the seminar

- Introduction of Sanshikai (Mr. Fukuhara)
- Introduction of Tomei Atsugi Medical Satellite Clinic (=TAMS) specialized in medical checkup) (Mr.Saeki)
- Individual Health Counselling

② Date and place of the seminar

Afternoon time (13 : 00~15 : 00) of 17 March 2015 in the conference room of Yangon General Hospital

③ Number of attendants
About 50 staff

(3) Seminar for the Japanese residence in Yangon and executives of the local firms and medical professionals

① Contents of the seminar

- Introduction of Sanshikai (Mr. Fukuhara)
- Introduction of Tomei Atsugi Medical Satellite Clinic (specialized in medical checkup) and periodical medical checkup (Mr.Saeki)
- Practical way to prevent bedsores (Ms.Hiyama, head of nursing services, internal department)
- How to cope with infectious diseases (Dr. Nakagawa, director, TAMS)

② Date and place of the seminar

Afternoon time (13 : 00~15 : 00) of 7 May 2015 for the Japanese residence
For executives of the local firms and medical professionals at the same
time of May 8 at the conference room of Republic of Union of Myanmar
Federation of Chamber of Commerce and Industry (UMFCCI)

③ Number of attendant

10 persons for the Japanese residence and 5 persons for executives of the
local firms and medical professionals

Seminar for the Japanese residence



6. Training program for the professional staff of Ministry of Health at Sanshikai

Sanshikai invited three staff doctors of Ministry of Health to the Sanshikai hospitals in Atsugi city. Following is the outline of the program

(1) Invited staff

Dr. Myint Myint Aye, deputy super intendent, Yangon General Hospital

Dr. Kyaw Kyaw Lwin, consultant dental Surgery (JR), Yangon regional department, Ministry of Health

Dr. Myat Noe Htin Aung Myint, department of health, ministry of health

(2) Schedule

22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
	Arrived at Narita airport at 6:45 by NH914	9:30-10:00 Meeting with the chairman	9:30~11:30 Visit to putpatient services of Tomei Atsugi Clinic	Hotel check-out
	Arrived at Narita airport	10:00-12:00 Visit to the wards of Tomei Atsugi Hospital ①	12:00-13:30 Lunch	Left Narita at 11:45 by NH913
Left Yangon at 21:10 by NH913	Hotel check-in at Atsugi and lunch 13:30~16:30 Visit to Tomei Atsugi Medical Satellite Clinic (Learning actual operation of medical checkup)	12:30-14:30 Lunchon seminar (Introdution of highly advanced operations) 15:00-17:00 Visit to the wards of Tomei Atsugi Hospital ②	14:00-16:00 Visit to Atsugi City Health Center (checkup of Infancy, inoculation, checkup operations)	Arrived Yangon at 17:10

(3) Training course

① Tomei Atsugi Medical Satellite Clinic (specialized in medical checkup)

- Outline of the clinic
- Operation of medical checkup including tariff setting, and pubic medical insurance and checkup programs
- Operation of medical equipment including the chest X

② Tomei Atsugi Hospital

- Outline of the hospital including the design and concept as the Specialized hospital for acute phase

- Actual operation of wards including emergence department and the ambulance car
 - Site visit to operation rooms
- ③ Tomei Atsugi Clinic
- Actual operation of outpatient services
 - Cooperation with Tomei Atsugi Hospital
- ④ Workshop on highly advanced operations
- Excision of mediastinal tumor with hanged fracture of the sternum
 - Carotid endarterectomy
- ⑤ Visit to Atsugi City Health Center
- Outline and operation of checkup of Infancy and inoculations
 - Operation of city-wide medical checkup
- ⑥ Lecturers from Sanshikai
- Dr. Naka, chairman
 - Dr. Nomura, vice chairman
 - Tomei Atsugi Hospital
 - Dr. Sugiyama, Director
 - Dr. Kono, deputy director
 - Ms. Ito, head of nursing service
 - Tomei Atsugi Clinic
 - Mr. Akiyama, head of administration
 - Tomei Atsugi Medical Satellite Clinic
 - Mr. Fukuhara, head of administration
 - Mr. Saeki manager of administration
 - Ms.Khet Chitsusan, administration

7. Achievement of this program and future plan

- (1) Dissemination of preventive medical system through seminars Our seminars made it clear that early finding of lifestyle diseases including diabetes make the duration and costs of treatments much shorter and cheaper. This is the good

example showing how preventive medical system is effective and crucial. The majority of the professional staffs of Yangon and Mandalay General Hospital already seemed to understand this notion. However, some of the seminar participants of MOH questioned the example of effectiveness of preventive medical system. Even a medical doctor working in the private sector confessed that he thought “medical checkup” was only done when he became sick. Both of them did experience periodical medical checkup. This JICA program is just the beginning to start to disseminate the notion of preventive medical system to the public and even some of the local medical professionals.

(2) Feasibility study to establish medical checkup clinic in Yangon for the corporate executives and the employees

① Japanese firms

Japanese firms in Yangon already understand the importance and obligation to execute the annual periodical medical checkup. Once Sanshikai opens the medical checkup clinic they at least pick up our medical checkup center as their choices for their employees

② Local executives

Many Myanmar executives go to Bangkok and Singapore for both sightseeing and periodical medical checkup. However, company owners including chairman and the top executives of Myanmar Industry Association of UMFCCI will prefer local medical checkup clinic to going to hospitals in Bangkok and Singapore. Sanshikan thinks that there are certain demands by ① and ② in order to maintain the management of the clinic.

③ Employees of local firms

Sanshikai cautiously selected around 15 local firms to visit and explain the plan to open the clinic based on the business connection with Japanese firms including Daiwa Institute of Research Ltd, our project coordinator and the published list made by SME Agency of Japan for business matching between Japanese firms and Myanmar firms.

They welcomed us and understand the effectiveness of periodical medical checkup with their own expense and agree to consult the tariff structure. They are commonly positive to offer the welfare benefits to their employees. Only one firm currently

executes the periodical medical checkup. Food manufacturers including this firm with more than 1,000 employees fully understand that periodical medical checkup is crucial to maintain the quality of their product from the hygienic point of view.

However, these local firms are considered to be minority. Some of the firms declined to meet us. The reason seems to be that medical checkup simply pushes up their operational costs without the visible short term return.

Sanshikai considers that the mandatory periodical medical checkup for larger firms will be the first step to promulgate periodical medical checkup. Meanwhile, as the top executives of Myanmar Industry Association and Myanmar Pharmaceutical & Medical Equipment Entrepreneurs' Association express their support to open the clinic, Sanshikai will continue to visit the local firms to disseminate preventive medical system and our plan to open the clinic

(3) Training program for the professional staff of Ministry of Health at Sanshikai

The three staff of MOH effectively went through our training program to put emphasis on hospital management of each ward and area including actual operation of medical checkup with tariff setting, and public medical insurance and checkup programs. Sanshikai assumes that they will be the core persons of promulgate preventive medical system and cooperate to with them in the future.

Besides the official JICA program, Dr. Myint Han, director, department of medical services of MOH and Dr. Moe Khine of the same department visited Sanshikai personally during their official trip to Japan in April 2015 and met Mr. Naka, chairman of Sanshikai and Dr. Nomura vice chairman and discussed the future plan by Sanshikai in Myanmar.

(4) Others

① Agreement to form joint venture

Sanshikai agree to set up joint venture medical firm with Success Language Academy (Managing director and principal Mr. Sayar Arthur). Mr. Arthur understands the ultimate purpose of this firm will be social contribution not profit taking. The details of the firm including percentage of investment and schedule to set up the firms are to be decided later. Kenko Kagaku, manufacturer of health equipment and Happy Field, a trader of medical equipment will join to invest in this

firm.

② Social Security Fund (SSF)

Both almost all of the Japanese and the local firms expressed the strong dissatisfaction about low level of medical services offered by Social Security Fund (SSF) which is mandatory for all firms registered in Myanmar. Medical checkup with limited inspection items is complimentary at SSF designated labor hospitals and more items are to be offered if the employee would like to at General hospitals on a-pay-first-and-refunded basis. However, the results of the checkup are not trustworthy at all according to the hearing with local and Japanese firms. At this moment the utilization rate of labor hospital and other SSF-designated hospitals seems to be low due to their poor reputation. There is paradox that once the medical services of these hospitals will be improved, SSF might turn to the deficit once due to the increased utilization rate. In order to avoid this paradox it is highly recommended to introduce mandatory periodical medical checkup gradually from the large firms (2,347 firms in Yangon according to the ministry of industry) to SMEs at the nominal charges. This will cut the medical expense publicly and personally.