

CLINIC NEPAL
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ANNUAL REPORT – 15th July 2008 to 14th July 2009

Thanks to all supporters

Significant events during the year:

1. Number of patients treated
2. The Clinic's Antenatal, Health Awareness and Medical Services Door to Door Project
3. Psychological Counseling Project
4. Free Health Camp in remote districts and villages
5. Sponsored specific treatments
6. Emergency aid
7. Vocational and Skills Development Training
8. Rehabilitation
9. Sponsored children
10. Kindergarten projects: -
 - a) Prabhat Bal Shichha Sadan Sukranager-5, Chitwan
 - b) Ashako Kiran Shishu shilar Kendra, Nawalparasi-1, Daldale.
 - c) Wolfgang Kindergarten, Meghauri-5, Telauli.
11. Scouts
12. Safe Drinking Water and Sanitation Project
13. Farm Project
14. Ambulance Service

1. Number of Patients Treated

A total of **7,980** patients were treated at the Friendship Clinic during the year. This figure is similar to the number of patients that visited the clinic during 2008 (8,152). The slight decrease may be due to the improved sanitation of the village, which is helping to decrease the number of gastro-intestinal problems that are attributed to drinking unsafe water, as well as poor personal and food hygiene. The Safe Drinking Water and Sanitation Project is continuing to drill wells and install latrines to give local people access to safe drinking water, and improve their knowledge about good hygiene. The health education delivered by the clinic staff also provides information about other health related issues, such as mental illness, which local people know very little about.

The total number of patients (7,890) does not include sub-projects of Clinic Nepal. Many Health Camps have been successfully run in numerous areas of Nepal including Meghauli, Sukranaga, Jagatpur, Gardi, Bagauda, and Ayodhapuri.

Clinic Nepal is training volunteers and part time staff to take responsibility for various roles in the running of the clinic. Increasing the number of volunteers and staff will improve the efficiency of the service provided by the clinic, and number patients that can be treated, particularly during events where there is a high volume of patients, such as the free health camps.

2. The Clinics Antenatal, Health Awareness and Medical Services Door to Door Project

The Clinic continues to provide free pregnancy tests to women

The Clinic is still running the door to door (home visit) antenatal and health awareness project, which takes place three days per week and offers expectant mothers advice about pregnancy, the birth, health and hygiene, as well as the monitoring of the expectant mothers health. The midwife currently visits approximately 120 to 160 patients each month, and many patients report that they find this service extremely beneficial and urge it to continue.

The clinic also runs an antenatal service once a week, where pregnant women visit the clinic to receive iron injections, monitor their health and weight gain. A gynecological doctor attends the clinic for this weekly service.

3. Psychological Counseling Project

Mr. Aaita Ram BK works at the Clinic four days each week, and provides counseling to approximately 55 patients each month. The patients that receive psychological support are usually referred for counseling by clinic staff, after visiting the Friendship Clinic Nepal complaining of physical symptoms.

4. Free Health Camp in Remote Districts and Villages

The number of free Health Camps run by the clinic has increased during to past year, with 13 camps being successfully completed. Each Health Camp carries a large volume of medicine and aims to provide both medical examination and treatment to many rural communities that are otherwise isolated from medical services. The Health Camps are beginning to access extremely remote areas which for example, can only be accessed by a days walk.

In previous years the Health Camps provided a service to those aged between 0 and 10 years, and above 60. This has now changed and the service is provided to all people irrespective of age.

Below is a table showing the details of each Health Camp:

Date	Number of days	Location	Number of patients
12 th August 2008	1	Jagatpur	266
13 th September 2008	1	Divyanagar	389
11 th October 2008	1	Jagatpur	60
14 th October 2008	3	Gardi, Seruwa, Madi	892
17 th October 2008	1	Gardi, Jeevanpur, Madi	300
18 th October 2008	1	Bagauda, Madi	430
19 th October 2008	5	Ayodhapur, Kharkatta, Madi	1701
26 th March 2009	3	Gardi, Seruwa, Madi	195
29 th March 2009	1	Gardi, Jeevanpur, Madi	80
30 th March 2009	1	Bagauda, Madi	105
31st March 2009	2	Ayodhapur, Kharkatta, Madi	203
2 nd April 2009	1	Dachien, Ayodhapur, Madi	179
3 rd April 2009	2	Ayodhapur, Kantipur, Madi	146
		Total:	4,947

5. Sponsored Specific Treatments:

The listed patients below visited us with their medical prescription in our clinic or in the health camp. We found that they already had been diagnosis years ago to replace valves in their hearts this needs open heart surgery but due to the lack of money patients were not able to do the operation. They were losing hope day by day but luckily they came to our health camp where we heard their painful stories. We managed to bring them from Madi to Kathmandu and pay for their transportation, accommodation and all the medical treatment.

With your help we have been are successful to undertake their open-heart surgery and heart valve replacement in Gangalal National Heart Centre in Kathmandu.

List of patients:

Sukhiram Mahato - Adult
Binod Prs. Bhusal - Adult
Yam Narayan Mahato - Adult
Parbati Mahato - Girl

6. Emergency Aid

During the monsoon season (June, July, August) a neighboring village was largely damaged when the Narayani River flooded. As a result, many houses and crops (necessary to provide enough food for the year) were destroyed. The people of the village affected by the flooding were seeking donations to build a stone wall/dam to stop this re-occurring in the future. Clinic Nepal donated £650 (Nrs.65000) to enable the village to build the dam.

7. Vocational and Skills Development Training

During 2008 Clinic Nepal has sponsored 14 students to undertake vocational or skills training: Two students continue to study pharmacy, and are in the final year of the 3-year course, and three students continues to study towards their midwifery qualification. The other students are studying as follows: one Community Medical Auxillary, one Staff Nurse, one Lab Technician, one cook training, one craftsman, one travel and tour, one Montessori, one civil overseer and one is undertaking a computer course.

8. Rehabilitation

Moti Bhote and Sukmaya Bhote are indigenous people. They spend their life as fishermn without their own land and no permanent place to stay. Because of these reasons we bought them some land and build a small house for them.

9. Sponsored Children

During the academic year of 2008-09 Clinic Nepal sponsored 105 children from deprived families. The children are studying in different schools located in Chitwan Nawalparasi area and Kathmandu.

10. Kindergarten Project

- a) Prabhat bal Kshichha Sadan, Sukranagar, Chitwan
- b) Aasha ko Kiran Sishu Shihar, Kendra, Daldale, Nawalparashi.
- c) Wolfgang Linke Kindergarten, Meghauri, Telauli

In Prabhat Kindergarten there are 37 children of which 21 are boys and 16 are girls.

Aasha Ko Kiran Child Care Centre has 80 children 47 boys and 33 girls.

In Wolfgang Linke Kindergarten 46 students are involved 30 of which are boys and 16 are girls.

Education programmes of the kindergartens include health education, primary care, and each day a hot meal is provided for every child. Once a month we meet with the mothers as well as the children to introduce them to the same topics followed in order to create an environment for education and forward thinking and thus encourage the possibility for the children to go to school afterwards. At least three teachers are working in each kindergarten school.

11. Scouts

There are three scout troops in different sections: they are called Sagarmatha, Dhaulagiri and Macchapucchare. More than 25 boys and girls participate in these groups. They meet twice a week, Friday and Saturday, to teach the children diverse processes of daily life and scouting knowledge. The teacher is Mrs. Indira Napit.

12. Safe Drinking Water and Sanitation Project NEWAH / Water Aid

The Prasadhap, Telauli safe drinking water and sanitation project was completed this year with 656 householders benefitting from this project. Two hundred and ninety six latrines were constructed and 16 tube-well and one well were installed.

Projects Sisabash and Jitpur were our first projects starting some years ago. Some installations were not hygienic enough so we decided to improve them and therefore we reconstructed 250 latrines over the past year.

On 20th April 2009, there was a grand festival in Meghauri VDC area in Western Chitwan to celebrate the area being declared as a “No open defecation zone”. The programme was organised by Clinic Nepal and the VDC. In a temperature of 40 degrees, two bands, the students of the local schools, the members of the VDC, the staff of Clinic Nepal and local villagers celebrated with the chief guest, the Local

District Development Official. There are 2,861 households with a population of 16,545 in Meghauli VDC area. Before the start of this project there were only about 400 toilets in existence. Now all 2,861 households have toilets. Also pumps and wells for clean water have been established with each pump serving five to ten households.

13. Farm

Aashaban Farm has 10 goats and five cows. We sold two goats and milk, further we are growing paddy and lentils. We are also constructing a shed this moment. Sales from the farm are one of the income sources of Clinic Nepal. The farm project especially supports the child care centre which helps to reduce malnutrition among children. This project supports to sustain the organisation. Overall the farm is progressing very well.

14. Ambulance Service

The service started on 10th July 2008. We are providing this service with a minimum charge. The beneficiaries 20% were used by women in difficult labour situations, while the remaining 80% were used for those in serious pain, blood pressure, accidents, injuries from wild animals (rhinoceros, tigers, snakes bite). In this year 512 patients benefited from the ambulance service. Among them 19 people who weren't able to afford the minimum charge, and thus we provided the service to them for free.

The ambulance is not only carrying the patients but is also used for carrying medicine and the medical team to the health camps.

Thanks to:

Clinic Nepal staff and volunteers local and overseas, donors and individual sponsors and kind supporters.

GB group UK, Water Aid UK (NEWAH) Integral Yoga centre Gibraltar, and AMWA. US

Our sister supporting organization Friendship Clinic Nepal, Bristol, UK, Clinic Nepal Gibraltar, Klinik Nepal Hagen and Friendship Clinic Nepal Freiburg, Beveloon Club of Munzen e.V. Germany, Vida Util Barcelona, Spain and Clinic Nepal Inc. Ga. US

Members of Clinic Staff

- Singh Kunwar-----Clinic Operations Manager
- Ram Bhandari-----Buildings and Projects Manager

- Sunil Paudel-----International Representative
- Aaita Ram BK-----Health Visitor
- Raju Mahato-----Laboratory Technician
- Sahadev Aryal-----Caretaker
- Ashramiya Majhi-----Cleaner
- Yamnath Adhikary-----Animal care taker
- Indira Parajuli-----Pharmacy helper
- Amit Bhusal-----Receptionist
- Dhan Bahadur Chhetri-----Ambulance driver
- Tulsi Thapa Magar-----A.N.M

Hari Bhandary
Chairman and Founder of Friendship Clinic Nepal,
Meghauli, Chitwan,
Nepal