

# DOCTORS FOR NEPAL

NEWSLETTER, SUMMER 2022



## A NOTE FROM OUR FOUNDER

Dear Supporter.

Whilst many of you may be winding down for your holidays, we have been busy navigating the complexities of ensuring that the medical equipment purchased through our Medical Equipment Appeal safely reaches its destination. We raised over £9000 and are delighted to announce that 3 hospitals in the most remote mountain regions of Nepal will shortly receive vital monitoring equipment (CTG machines) to ensure the safe monitoring of women in labour. We have also purchased other essentials - such as Caesarean section, and Ear Nose and Throat kits. The medical equipment was chosen after careful consideration of the needs fed back to us from our doctors and nurses working in Nepal.

We continue to expand our student numbers (as you can see below) and as of this year, we are expanding our scholarships to include postgraduate training, allowing

"consultant - level care" in the UK). They will be bonded for a further 5 years to DFN if they receive our financial support. Dr Lalit has taken up a post as an Obstetrician - Gynaecologist in the West of Nepal, and is championing our sponsorship programme. We are proud to see the positive media attention he is gaining for setting up a remote women's health camp. Read on and follow the link to the video below to see how he truly is changing the shape of women's health in rural Nepal.



For more about Lalit's work at the health camp, [click here](#)

A number of our nurses graduated earlier this year and we have chosen to support them with internships with PHASE Nepal to train them to work at a higher level as independent health leaders in remote areas. This is an example of how we are continuously responding to the changing needs within Nepal, both educationally and medically.

We hope you are able to continue the much-needed support for our work, and are as proud as we are to see the fruits of our labours.

We could not do this without your continued support, so please do get involved where you can.

Kate



## OUR IMPACT: 27 SCHOLARS

1 Qualified Consultant



6 Qualified Doctors



7 Qualified Nurses



5 Medical Students



6 Nursing Students



2 Midwifery Students



We're so proud that we have already been able to support the education of so many in the different stages of their journey. In the coming months we will be looking to take on more students who would otherwise be unable to fulfil their potential, live out their dreams and save lives in their communities.

Our model means that when our scholars qualify, by serving the remote regions that are so low in medical staff and resources, the healthcare system in Nepal is improved in a sustainable and measurable way.

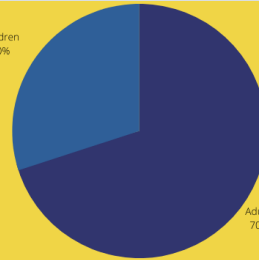
## THE IMPACT OF DFN DOCTORS IN JUST ONE MONTH (JULY 2022)

# 1032

The number of patients one doctor has treated in the outpatients department at Karnali hospital, Jumla



Children  
30%

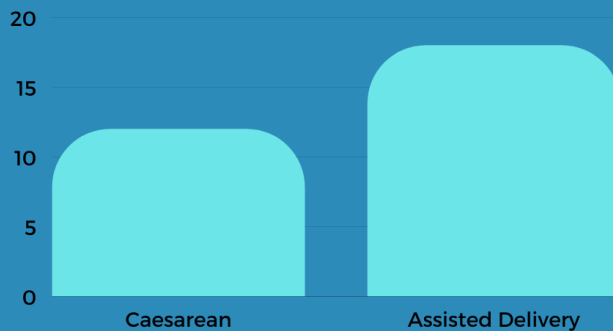


Adults  
70%

# 1

Doctor in Doti District treated **282** Patients

**30%** Of these were children



# 1 Doctor

in Doti District Assisted

# 30 births

# 0

Cases of maternal mortality in Mugu District Hospital where one of our doctors works in obstetrics

# 12

Ultrasound scans were conducted in **1 day by 1 doctor**



These numbers are amazing, but the patients our doctors help are more than just statistics. We hear personal stories of the people seeking treatment from our doctors every day.

This man has diabetic gangrene. He is in need of a limb amputation, but he is currently unable to get the surgery due to lack of funds.

Medical student Santosh treated him, dressed his wounds and addressed his pain.

The earlier gangrene is treated the better but in many rural areas people are simply not able to get to a doctor in time and the infection can be fatal. Having more medical students like Santosh go on to work in rural areas will mean preventable conditions can be treated earlier for more patients.







*'I had phone call at midnight from ER. There was a gentleman complaining (of) left sided chest pain, increased work to breath and restlessness.*

*We performed an ECG showing inferior wall MI and planned to refer to (the) cardiac centre which takes at least 10 hours by road'*



Inferior wall myocardial infarction needs timely treatment to prevent further complications. Having doctors like Prakash in rural areas means they can perform primary treatment, in this case, oxygen supplementation, morphine, nitrate, aspirin and vasopressor support, giving this and other patients the best chance to survive the long journey to see a specialist.

## EXCITING UPDATES FROM OUR EQUIPMENT APPEAL!

The funds raised from our equipment appeal have been used to purchase CTG machines, ECG machines, Caesarean Section kits and ENT kits, which are going to benefit 3 hospitals, as well as the projects of our wonderful partner Phase Nepal. After lots of work behind the scenes procuring reliable equipment and navigating bureaucracy, we're so pleased to announce they have now reached Nepal, and are in transit to their new homes! Our deepest gratitude again to everyone who donated!



## Dates for Your Diary

### Royal Parks Half Marathon

Fancy a beautiful run amidst an electric atmosphere and gorgeous views of some of London's top sights?

Want to help improve healthcare in Nepal in a sustainable way by helping to empower students to become doctors, nurses and midwives and deliver much needed, lifesaving medical care in rural areas?

**RUN THE ROYAL PARKS  
HALF MARATHON FOR  
DOCTORS FOR NEPAL!**

For more  
information  
and to sign up,  
click here



**Event: 09.10.22**

**Deadline for Entries: 26.08.22**





## Festive Storytelling Event!

We're thrilled to report that we are holding another event at the lovely Hamsey church near Lewes. This will feature captivating storytelling by our friend and celebrated storyteller Ashley Ramsden, along with other festive surprises to be revealed soon.

**Date: Saturday 26th November 2022**

Please save the date, gather your family and friends and look out for more exciting details, which we will announce in the coming weeks!



## From Our Scholars

### Jeevan Returns From his District Posting

*'I returned from Gorkha district hospital after completing the four month district hospital posting. I was posted at Amppipal hospital in Gorkha district. The posting mainly included clinical learning along with health office and administrative learning. This posting helped me provide a preview of the service I will be able to provide once I return to home district as a health officer after completing my internship'*

**- Jeevan, medical student**



### Lalit Featured in the News for Work at Health Camp



Lalit has participated in a health camp specialising in women's health, organized by a group in Surkhet. He provided health checks, and ultrasounds and educated the women on key areas of their health.

Lalit and the team were able to make use of recently ordered small, portable ultrasound machines that can be transported and used more easily outside of the hospital setting.

This novel use of equipment garnered the attention of the press and was featured in both articles and news broadcasting.

The camp even attracted the attention of the Minister of Health, who attended and was extremely impressed with the machines and the successful approaches of the team. Great work from Lalit and his colleagues!

### Neelam is a Registered Nurse.

Nursing student Neelam has aced her final year assessments for her nursing course at Patan Academy and has now reached registered nurse status.

Neelam is an inspiration, determined and and hardworking, and we are so proud of her reaching her goal. We wish her the best of luck as she starts her work experience.



### Santosh goes on Rural Posting

Having passed his board exam with good results, medical student Santosh has gone on the final posting of his course. This is at Kapilvatsu Hospital in the Lumbini province of southern Nepal. Only a few weeks into his posting, he is doing skilled work and dealing with complex cases.



Here he is assisting in a caesarean section, doing suturing. He's pleased to report that mum and baby are both doing well!

**All of your donations and support mean so much to us, our scholars and the communities in rural Nepal**

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Doctors for Nepal  
Account: 00284204  
Sort Code 30-91-25

To send a cheque:

Doctors For Nepal c/o 128 Hollingbury Park Avenue, Brighton, BN1 7JP

*Thank you*

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