

DOCTORS FOR NEPAL

NEWSLETTER APRIL 2020

Dear Supporters,

I returned from a trustee visit to Nepal less than a week before the UK went into full lock-down measures to try and restrict the spread of COVID-19. Within a matter of days, all of our lives have undergone unimaginable changes; geographical isolation, food shortages, the risk of life-threatening infection, and worryingly - restricted access to the healthcare that we usually so take for granted. In a moment of quiet reflection, I noticed that the self-isolation we are experiencing here in the UK is bringing us a little closer to the "normality" of life in Nepal. Perhaps a lesson to us all - of the hardship that millions have to endure on a daily basis, even before the additional threat of this invisible viral enemy.

As of today, there have only been 5 confirmed COVID cases in Nepal; whether or not this is an accurate representation of the actual number is a different matter. But what we do know, is that if COVID takes its hold on Nepal, and spreads to the western regions, it could be absolutely disastrous for these remote communities. Our doctors are having to work without proper personal protective equipment (PPE), and in poor hospital infrastructures with limited facilities to cope with critically unwell patients.

As a charity, we will do whatever we can to help support our team in Nepal through these challenging times. It is vital that our students are able to continue with their education, in order that they can help with this and any future medical challenges that Nepal may face. Fundraising is particularly difficult for us without the marathons, dinners etc, so we ask that you dig deep over the coming months to ensure that we are able to continue with our work.

Please do keep safe - and thank you for your support.

From,

Dr Kate Yarrow, Chair and Founder, DFN

HOW YOU CAN HELP

- Set up a **monthly standing order** (or consider increasing if you already have one) SEE BELOW FOR DETAILS
- Do an **"Isolation challenge"** - why not run a 10km from home, or cycle 20 miles at the weekend? Just set up a JustGiving page and get your friends and colleagues to sponsor you! For help in setting up your DFN JustGiving fundraising [CLICK HERE](#)
- Bid in our fantastic forthcoming **online auction!** WATCH THIS SPACE
- **Sponsor a student** (donate on-line or send a cheque) SEE BELOW FOR HOW TO DONATE
- **Donate** funds to help our students and doctors through the COVID-19 outbreak (masks, PPE)

You may have seen that we had to postpone our charity auction and dinner, and Dr Lalit's first ever visit to the UK. This was extremely disappointing for him and us - but we plan to hold a bigger and more exciting event later in the year, and do hope that you will make the extra effort to join us and him for what will be a happy celebration!

NEWS FROM OUR DOCTORS AND STUDENTS



Dr Nahakul in "home-made" PPE seeing a patient at Kalikot district hospital

News from **Dr Nahakul** - Kalikot district hospital

"We have established health desk at district entry point, and all the people have to fill in their personal details and go through an initial health check. We have also established an isolation ward in the hospital, and are running regular training exercises and drills in case of positive cases."

Dr Prakash has completed his internship and is awaiting deployment to his district hospital (likely to be postponed due to COVID-19).

Apsara and **Kamal** are eagerly awaiting the results from their finals! so we are hoping to have 2 further Doctors For Nepal in the coming few days!!



Some of the students with Dr Richard and Dr Kate on recent teambuilding day in Nepal



Some of the students meeting Dr Richard and Dr Kate outside Patan Academy of Health Sciences, Kathmandu



Dr Meena takes the temperature of a patient at Mugu District Hospital

TO DONATE

- To make a donation via our website: [CLICK HERE](#)
- To make a donation via JustGiving [CLICK HERE](#)
- To set up a regular monthly standing order with your bank, please donate to:

Doctors for Nepal

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THANK YOU

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