

DOCTORS FOR NEPAL

NEWSLETTER Summer 2017



Dear Supporter.

This year has so far been an extremely busy one for our teams both in the UK and Nepal. In January, we welcomed our **ninth medical student** Jeevan, who wowed us with his incredible drive and enthusiasm to study to become a doctor. He is from Kalikot district (where several of our students are from) and is settling in well to medical school life. Our other students are all working hard for exams (see their personal news below), and it was great to see how they have formed such a close “DFN family” on our trustee visit in April. We are proud to see them growing and maturing, readying themselves for life as rural doctors.

During the visit I, along with fellow trustee Nat, visited Kalikot district with newly qualified Dr Nahakul, who proved himself to be a level-headed, eloquent, and calm natural leader. Whilst in Nepal, we established a process for providing nursing scholarships to the Karnali Academy of Health Sciences (KAHS), in remote western Nepal, which will enable students to study much nearer home; and also a process to support the educational sector outside urban Kathmandu. These scholarships will commence in 2018. In the meantime, we are pleased to announce that applications open next month for a new nursing and midwifery scholarship at Patan Academy of Health Sciences, Kathmandu (PAHS).

The biggest challenge we currently face is the complexity of enabling Dr Lalit (our first graduate) to enter into postgraduate education. For him to gain the vital additional knowledge and skills to work in a challenging remote environment, he needs to undertake a 3 year MDGP course. Despite the government’s pledge to provide free training, most teaching hospitals still charge nearly £30,000 per place - a figure that is well beyond Lalit’s budget. **DFN is looking for supporters to help Lalit** through this vital training programme. Fortunately, our other students are somewhat protected, in that they study at PAHS, which is developing a postgraduate course which discriminates towards those serving in remote areas.

Your support could not be needed more, so please do continue helping our students and doctors to reach their educational goals, so that they can return to remote areas to serve the patients who so need their help. Our students literally cannot afford to buy rice – so even the smallest donations help them by providing food and lodging. Perhaps set up a standing order; this enables us to predict how many students we can support year-on-year. Our **new website** was launched this week with fantastic fundraising ideas and support – do check it out: <http://doctorsfornepal.org/>

Thank you again for your ongoing support,

Dr Kate Yarrow (Chairman) and the board of trustees

NEWS FROM OUR STUDENTS AND DOCTORS

NURSING STUDENT NEWS: On our recent working visit to Nepal, Kate, Nat (Trustee), Lalit and Meena met up with our three new nursing students, Kalika Thakuri, Apsara Jirel and Binita Rai. All three students are in the first of their three year nursing degree courses in Kathmandu.



"I have just completed a 6 week clinical rotation where I learned about how to care for the chronically ill patient: oral hygiene, back care, bed making, and admission and discharge of patients."

Kalika, 27, from Kavre district

We have collaborated with PHASE Worldwide, an NGO that aims to empower isolated communities through health, education and livelihood opportunities. Our nursing students were all auxiliary nurse midwives (lower level of health worker) with PHASE, and we are sponsoring their studies to become nurses; they will then return to remote areas to practice nursing for a minimum of 2 years. We feel it is important now to branch out from our main aim of supporting medical students to train as doctors, and we will be expanding these opportunities to train as nurses, to a medical institute in the west of Nepal (Karnali Academy) in 2018.

NEWS FROM NEWEST DFN MEDICAL GRADUATES, MEENA AND NAHAKUL: Whilst in Nepal, Kate and Nat also met up with our newest DFN doctors, Meena and Nahakul, who are both currently working as interns (junior doctors) for their obligatory foundation year in Patan Hospital. It was extremely rewarding to see them finally working as newly qualified doctors in the hospital.



"I'm really looking forward to going back to my village and working there as a doctor.

6 years ago I was just a boy who had many dreams like others, but I couldn't help people in the way I wanted to. After having completed my training here at Patan Hospital, I can now help people in the way I want to help them. Now I can go back to my people, I know them very well so I can help them." Dr Nahakul

LALIT is now working for the Nick Simmons Institute in a hospital in the rural east of Nepal. He needs to expand his knowledge and skills to work at a more advanced level in the remote areas, so he is desperate to gain entry into postgraduate training. He faces a real up-hill challenge to win one of the very few free postgraduate places available in Nepal, as they are hugely over-subscribed; the rest are extortionately expensive (£30,000), so Lalit is hoping that he can raise the money to study. We are trying to gather enough supporters' help to be able to sponsor Lalit's further education. It will hugely benefit healthcare in rural Nepal, and Lalit would commit to a further 5 years working as a doctor in rural Nepal. **Please contact cesca@doctorsfornepal.org** quoting "Lalit's Fund" if you are interested in sponsoring Lalit to improve and save more lives in rural Nepal.

NEWS FROM OUR MEDICAL STUDENTS

We now have 6 current medical students as we welcome **Jeevan Pendey** who is the recipient of the 2017 DFN medical scholarship. Jeevan comes from Kalicot in western Nepal, where his father is a farmer and his mother a housewife. Jeevan was very excited to be given a scholarship by DFN: *"I feel so happy to become a part of this DFN family. So much thanks for choosing me, thanks for trusting and promising to help me."* **Dhanendra** has succeeded in passing the first half of the re-sit exams for his



first year of study. He faced huge challenges during this first year as he struggled with his English, but he is now progressing well and we are hopeful that he will pass his next batch of exams and gain entry into pre-clinical years. We wish him luck.

To **Apsara, Kamal, Prakash and Purna**, we would like to say a huge well done for continuing to thrive and flourish in their studies, as they edge nearer to become our next Doctors for Nepal. We are immensely proud of each and every one of them and are extremely grateful to all our supporters who are making it possible for them to achieve their dream of becoming a doctor.

AMAZING FUNDRAISING EFFORTS We would like to extend a **BIG thank you** to all our supporters who continue to fundraise for Doctors for Nepal. In particular we would like to thank:

- * TEAMDFN made up of 20 people who all walked 20kms in JustWalk in aid of DFN, raising a staggering **£4,122.27**
 - * All the runners who ran for DFN in this year's Brighton Marathon and Half Marathon. Between them they raised over **£3,000**. Thank you Charlie Barker, Abby Medniuk, Emily Simmons, Kiersten Simmons, Effie Love, Becky Murdock, Sarah Stockwell, Harriet Jordan, Valentina Maccario and Sasha
 - * Beatrice Lewers, William Audland, Max Arthur, James Beeton and Katherine Ettridge, just some of a group of intrepid lawyers from 12KBW and BLCLaims who completed a 24 hour Everest climb at their local climbing wall, raising over **£900**.
 - * Philip and Rosie Wiltshire who opened their beautiful garden in aid of DFN raising **£332.85**
 - * Martin Donaldson and the Nailsea Rotary Club who screened our documentary, Namaste, a Himalayan Journey, and will be holding a fundraising evening in aid of DFN.
 - * Pam Flynn and Gareth Taylor for organising a screening of Namaste, a Himalayan Journey, in Levenshulme, Manchester.
- None of the above would have been possible without some amazing efforts and your ongoing support. We are currently planning a huge fundraising push, so please keep in touch via our new website, Facebook and Twitter.

If you would like to get involved you might like to **sponsor a particular medical or nursing student**:

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| £20 buys 9 days of student board and lodging | £50 buys 3½ days' medical student tuition. |
| £100 buys 7 days' medical student tuition | £500 buys 1 month's medical student tuition |
| £1000 buys 1 year's nursing student tuition | Any amount large or small makes a huge difference |

UPCOMING EVENTS

We always welcome approaches from people to run for us in marathons and half marathons, fun runs and park runs. We currently have **TWO PLACES** up for grabs in **next year's Brighton Marathon**, and we have two places in the **Manchester Half Marathon**, October 2017 and the **Royal Parks Run** in London, October 2017. If you would like one of these places and to run for DFN please contact cesca@doctorsfornepal.org.

Why not hold your own **screening** of our award-winning documentary **NAMASTE, A HIMALAYAN JOURNEY?** We can supply you with the film and other DFN material for your screening. It's incredible how much money can be raised when you hold a more intimate personal screening of this moving documentary.

Don't forget our **ONLINE SHOP** <http://doctorsfornepal.org/dfnshop/> where you can buy your very own copy of NAMASTE, and purchase our **GIFT CARDS**. We are currently expanding the shop to include DFN t-shirts and hoodies, and hopefully the opportunity to buy locally sourced Nepalese goods.

We hope that you will consider continuing to support us over the coming year - <http://www.doctorsfornepal.org/donate/>

With much gratitude and kind regards, Doctors For Nepal

TO DONATE: Text DFNL13, and the amount you wish to donate (£'s) to 70070 or

please visit: <https://www.justgiving.com/doctorsfornepal>

To set up a regular **monthly standing order** with your bank, please donate to: Doctors for Nepal

Account: 00284204 Sort Code 30-91-25

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