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DOCTORS FOR NEPAL

Dear Supporter.

As 2019 draws to a close, we have much to reflect upon and celebrate from this year. When I visited Nepal in June, I introduced our students and doctors to “placement reports” which are now giving us a much clearer insight to the fantastic work they are carrying out. But also, a better understanding of the challenges they are up against, and the work that still needs to be done to reduce health inequality in Nepal.

We have spent much of the year setting up the Karnali Project – geographically focused scholarships in the far west of Nepal. All our new nursing and midwifery students will study at the Karnali Academy – in doing so, we are supporting the Nepalese Ministry of Health in its drive to de-centralise medical education from urban Kathmandu. We are extremely pleased to welcome our Nepalese administrative team, who have worked tirelessly in helping us select the new students.

Of course none of this work is possible without your generous ongoing support, and we do hope that you will help us expand our projects in 2020, to ensure we can continue to improve healthcare in remote areas of Nepal. You will see that we have plenty of exciting ways to get involved, so why not jump on your bike for the Coast to Coast challenge, or come and join us on March 19th for a Nepalese evening in Brighton?

Wishing you a very happy festive season.

Dr Kate Yarrow
Chair and Founder

EVENTS 2020: Get involved!!

Brighton Half Marathon 2020: 5 free places up for grabs. For a place contact cesca@doctorsfornepal.org ASAP

London Marathon: To sponsor Emma, our first ever London Marathon runner, please click [HERE](#)

Fundraising Gala Evening, March 19th 2020, Brighton

Please come to this fun and exciting event at Proud Brighton, for an evening of Nepalese music, food, amazing auction prizes, surprise guests and much more!!

For tickets, please contact cesca@doctorsfornepal.org

remains place holders on this training program and will be along the way. For more information click [HERE](#) and to register for a DFN place contact cesca@doctorsfornepal.org

DFN Christmas cards for sale: 8 cards per pack (1 design per pack)

Price: £5.00 (plus p&p) [BUY NOW](#)

LATEST NEWS

DFN currently supports:

- 6** medical students
- 8** nursing students
- 3** midwifery students (shortly to be selected)
- 1** doctor in post-graduate education

DFN has also sponsored 4 medical students who have now **completed** their undergraduate training - **ALL** have returned to work in their districts as doctors!

DOCTORS: Our 4 graduated doctors are working extremely hard and are undertaking their “bonded” periods with DFN. It is fantastic to learn of the positive impact they are having on the health of their communities.

Meena’s Story: One of many such examples of how our doctors are now changing the lives of patients in their districts is the wonderful story of how Dr Meena saved the life of a mother and baby in a hospital in the mountains, having to operate by torchlight and generator driven light and with no electrical instruments. She performed an emergency night-time Caesarean Section on an unwell woman who had been in labour for over two days. It was extremely difficult to arrange blood for transfusion (staff had to donate blood) plus they had to travel in from their mountain homes. Fortunately, due to Dr Meena’s medical training, she was able to successfully deliver the baby. We are happy to report that mother and baby are now doing really well.



Dr Nahakul has successfully gained another year’s employment in Manma hospital in Kalikot district, which includes 10 weeks of training to become an Advanced Skills Birth Attendant. This will enable him to also do complex deliveries and Caesarian Sections. He is finding that he is particularly popular with the locals – who all ask to see him for treatment, as he is known and trusted; one of the fantastic benefits of medics returning to their own villages.

Dr Lalit is now half way through his post graduate training in Obstetrics and Gynaecology at the University of Cairo, and we are extremely proud to announce that this week he passed his all-important (and extremely tough) part 1 exams. He is well on his way to becoming the first ever postgraduate trained doctor for his district.

UNDERGRADUATES:

All of our students continue to study hard and flourish in their academic and extra-curricular activities. Second year medical student, **Santosh**, recently went on a rural posting to Makawanpur District, where he contracted the potentially fatal infection Dengue fever. It was a stark reminder that our doctors are as vulnerable as their patients to the endemic diseases, and effects of basic living conditions. Fortunately, he made a good recovery, and is happily continuing his studies.

Purna (4th year medical student), recently went on a month-long placement to a Primary Health Care Centre in Makawanpur, about 180km from Kathmandu.

Purna says *"This man is from a very poor economic background and lives about 6km from the PHCC but has to come into our Health Centre for his wound to be cleaned and dressed regularly. That's what I'm doing in the picture."*



Yuna – one our 3rd year nursing students says *"Namaste! I have learnt many things in this year in comparison to past years, and I am loving this process of learning"*.



WELCOME:

We have awarded 3 more nursing scholarships at the Karnali Academy of Health Sciences in the west of Nepal, and by mid-December we will have selected our first-ever midwifery students. None of these students would be able to study without your financial support.



Sita

Niruta

Haridevi

We are delighted to welcome **Dr Richard Howell** to the board of trustees, and **Sumi and Sangita** as our dedicated administrative team in Nepal. They work 2 days a month for the charity and are based in Kathmandu.

THANKS TO:

- Half marathon runners, Heather, Emily, Nic and Alex who raised just over £2,000 between them
- Texel – for generously funding the Karnali Project

- Kath Church for her work as a trustee

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- To make a donation click the button above
- 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

Account: 00284204

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