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Christmas Newsletter December 2018

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# DOCTORS FOR NEPAL

**Dear Supporter,**

As 2018 draws to a close, and you prepare for festive celebrations with your families and friends, please do take a minute out from your busy schedule to read and reflect on our news from Nepal. So much has been achieved through your support, but there is still the huge need for us to continue to strive towards our mission to improve healthcare in the remote mountains of Nepal.

We are extremely proud that all of our fully qualified doctors have continued to work back in their remote districts of Nepal – serving their communities and providing a much-needed service, where healthcare is all but non-existent. Each of them face significant challenges on a daily basis; some patients access care too late – as the journey to hospital can take so many hours or days. The hospitals they reach are desperately under-resourced. But despite this, our doctors' skills and perseverance have saved many lives. Particularly rewarding are the numerous stories from Lalit, Meena, and Nahakul – all of whom have been directly involved in saving women's and babies' lives in the most difficult of circumstances; with no power, no blood banks, without senior help, and with the potential ramifications of the loss of the communities' trust. They deserve our congratulations, but also our ongoing support to allow them to grow and flourish in their careers as Doctors for Nepal.

This year we are pleased to be supporting Dr Lalit with his postgraduate studies in

as a specialist will further his ability to save lives, impart his skills to others, and lead his community to an improved state of health.

DFN now supports 7 undergraduate medical students at Patan Academy of Health Sciences in Kathmandu. We also support 5 nursing students, some of whom are training in Jumla – in the far west of Nepal. We see this as a positive step in encouraging and advocating higher education in the most remote and neglected areas of the country.

We are really excited at the prospect of commencing midwifery scholarships in 2019, but will need to raise extra funds over the coming year to initiate these additional scholarships. So please do see our ideas below of how you can get involved with fundraising.

As our band of doctors, medical and nursing students grow, we must ensure that they can continue to thrive. Simple things, such as the opportunity to visit their home districts every year, are the essential building blocks to success when they return to serve their communities, as these relationships must be nurtured and maintained. What may seem a small donation to you really does go a long way in financing education in Nepal, so please do continue with your generosity.

Have a wonderful Christmas and a very happy New Year, and thank you again.

From,

**Dr Kate Yarrow**, Chair and Founder, Doctors for Nepal

## TRUSTEE VISIT TO NEPAL

Two of our trustees (Kate Yarrow and Nigel Lewers) and Cesca Eaton, our UK Operations Manager, have just returned from a very successful short trip to see our medical and nursing scholars in Nepal.

It is very important for us to stay connected with our “DFN family” in Nepal, and the time we spend with them each year, face-to-face, is absolutely invaluable. We held



from remote hospitals. Plus, the use of social media, and logging of cases to show productivity. Each student was filmed for new fundraising footage – please do check our website in the New Year to see clips:

<http://www.doctorsfornepal.org>

## NEW STUDENT NEWS



We are extremely pleased to welcome our newest medical student – Santosh, and nursing student – Yuna, to the DFN family. Both signed their agreements with DFN and PAHS. Santosh, DFN's youngest student at 18, is already showing huge promise and is very popular with his fellow students. We took on Yuna in her 2nd year of study, when her father was killed



in a labouring accident in the United Arab Emirates.

Without the support of DFN she would not have been able to complete her studies, so she is extremely grateful for the help we are able to provide. We wish them both well in their studies.

## DOCTORS' NEWS

Lalit continues to work extremely hard with his postgraduate studies in Cairo, Egypt, although he is still finding communication extremely difficult. *"All communication in the hospital is in Arabic, so it's hard for me to always understand what is being discussed! I am learning a bit of Arabic now and can understand a lot more."* He works very long shifts in the hospital; sometimes as long as 30 hours with no rest. We asked him what he does on his day off: *"I buy ingredients, cook, eat the food then*

*lot!"*

Meanwhile, Dr Nahakul is still working in his remote hospital in Manma, Kalikot District, where he has recently dealt with a case of interlocking twins. A pregnant lady came to the hospital, carried in a basket by her family, after a 2 day walk; she was 33 weeks pregnant. Unlike in the West, she had not had a scan, so was completely unaware that she might be carrying twins. Dr Nahakul was the first person to scan the lady. He noticed that the baby had two heads but only one heart and other organs. *"I was the only doctor in the hospital at the time and I had never seen interlocking twins before. When my colleague came on duty, we had to decide what to do with the pregnant lady and the babies. I managed to stem the lady's bleeding and because we only have very limited equipment in our hospital, I recommended that she transfer to a bigger hospital in the valley. I arranged a helicopter to take the lady to the valley hospital, where she will stay until the doctors decide what to do. Unfortunately, the most likely outcome is that they will have to allow one baby to die to save the other one."* Dr Nahakul

Dr Meena is also hard at work as one of only 3 doctors at her remote hospital in Mugu district. Meena hopes to gain a long-term contract in the hospital so that she can make a difference on a more senior and managerial level. Since September she has carried out 4 Caesarean sections – all with successful outcomes.



All of our doctors continue to carry out lifesaving work and Nahakul sums it up beautifully: *"The villagers remember me as the fun-loving little boy running around playing with a sock ball, and now I am their doctor. They are very happy to be*

*on a different level to a doctor who does not come from my village. I would like to thank all the donors who have helped me to continue my work as a doctor. I promise to work very hard and would like to spend the rest of my life practicing medicine in my remote village. Thank you from my heart!" Dr Nahakul*

## FUTURE EVENTS

**Brighton Half Marathon 24 February 2019** – we have 2 free places left to give away.

If you would like to run and raise money for DFN please contact [cesca@doctorsfornepal.org](mailto:cesca@doctorsfornepal.org) for more information.

**Charity Bike Ride Summer 2019** – we are planning a charity bike ride in beautiful North Yorkshire. To take place over a weekend, we aim to climb the equivalent of the height of Mount Everest on a bike. If you would like more info on how to join in and to raise funds for DFN please contact [cesca@doctorsfornepal.org](mailto:cesca@doctorsfornepal.org).

**Royal Parks Half Marathon 13 October 2019** – we will be purchasing 5 places in next year's Royal Parks Half Marathon. If you would like to run and fundraise for DFN please contact [cesca@doctorsfornepal.org](mailto:cesca@doctorsfornepal.org) for further information.

If you would like to **host a fundraising event**, don't forget we have our film *Namaste* – which can be used for film screenings. Also you may wish to invite one of our trustees as a speaker. Please contact [cesca@doctorsfornepal.org](mailto:cesca@doctorsfornepal.org) for further details.

## TO DONATE

- To make a donation via our website: <http://doctorsfornepal.org/donate/>
- To make a donation via JustGiving: <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

*Please raise free funds for us when you're shopping online! It doesn't cost anything extra and it's really quick and easy. Just head to*

*<http://www.easyfundraising.org.uk/causes/doctorsfornepal> and follow instructions.*

*Or when you next eat out at a restaurant, why not book your table through ChariTable Bookings (participating restaurants only), and the restaurant will donate £1 for every diner to your chosen charity, at absolutely no cost to you. Click here <https://charitablebookings.org/> to find a participating restaurant near you and start donating today.*

THANK YOU

UK Registered charity number 1133441



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