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Lates news from DFN doctors and students coping with
Covid-19

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DOCTORS FOR NEPAL



Dear Supporter,

Nepal continues to experience rising numbers of COVID infections; a situation that will likely get worse as it moves into the bitterly cold winter.

Our team in Nepal have been greatly affected by the pandemic, and we strive to support them through these unimaginably difficult times. Thanks to your help, we successfully raised over £2000 to send PPE to some of the remote mountain hospitals, and we will continue to monitor and respond to their needs as the situation develops.

Medical and nursing colleges sent all classes home at the beginning of lockdown, and our students have been desperately trying to keep up with their studies via online learning - often with limited internet access. They are expected to help out with daily chores in the family home, such as tending to crops and animals. Worryingly - many of our students have been personally affected by COVID - and share their stories with you below.

Your support is needed more now than ever - to enable our doctors, nurses and midwives to deliver the healthcare so desperately needed during the pandemic. Fundraising has become

monthly standing order - which offers stability and security to our work. Also check out our fabulous online shop [HERE](#)- perfect for your Christmas gifts; 100% of funds raised go to DFN.

Thank you again for all of your support. With season's greetings from us all here at Doctors For Nepal.

Dr Kate Yarrow

Chair and Founder, DFN

DFN CURRENTLY SUPPORTS:

- 4 medical students (studying in Kathmandu)
- 2 midwifery students (Studying in Jumla - far west Nepal)
- 1 postgraduate medical degree (studying in Cairo)
- 9 nursing students (studying in Kathmandu and Jumla)

GRADUATES FROM DFN SCHOLARSHIPS:

- 5 doctors and 2 nurses

They currently work in the following districts: Kalikot, Mugu, Jumla, Humla, Doti, Kathmandu.

COVID CHALLENGES FOR OUR DOCTORS, NURSES AND STUDENTS IN NEPAL:

- *Geographical isolation*
- *Limited senior support*
- *Community fear of Covid*
- *Attacks on the doctors*
- *Fall in attendance rates at hospitals*
- *Risk of both catching and spreading Covid*
- *Poor network connection for online learning*
- *Limited electricity supply*
- *Unable to undertake clinical "bedside" learning*

IN THEIR OWN WORDS:



*“Community people started to think of our hospital as a Covid hospital, and patient flow decreased significantly since then... We don't want to limit our services because of Covid - and want to provide services as smoothly as possible”. **Dr Prakash***

***Dr Meena** with newborn baby she resuscitated after a difficult delivery.*



*Nursing student **Yuna** hands out food to street children in Kathmandu.*

***Dr Kamal** in full PPE with his mother in Covid ward. She has now recovered.*



"In this pandemic I have done lots of thing for my community. I provided information



about corona virus and how we can be prevent ourselves from becoming a COVID patient. I try to put my medical knowledge into reality. I hope in the future that I can have a big impact on society; for this I would like to thank DFN". Santosh (second year medical student)

DOCTORS FOR NEPAL WEBINAR 2021 A free, open-to-all LIVE webinar

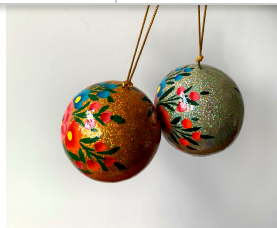
We are planning our first ever LIVE interactive online webinar, open and accessible to all.

This will be a unique chance to meet Doctors For Nepal's founder, Dr Kate Yarrow, and hear from UK and Nepalese medical experts, and some of our doctors and students LIVE from Nepal. The webinar will focus on a particular area of medical practice and is designed to provoke discussion and raise awareness about the challenges and changes experienced both Nepal and the UK. Final date and speakers to be confirmed. The webinar will be FREE to join, but we will be asking you to support Doctors For Nepal in these unprecedented times.

Now more than ever, we need your help to continue our work of bringing healthcare to the most rural and impoverished areas of Nepal. We will be encouraging you to fundraise on our behalf, with a number of suggested, fun fundraising tasks, or to simply make a donation. More information to come on www.doctorsfornepal.org

CHRISTMAS SHOPPING WITH DFN

DFN SHOP: We are selling some beautiful handmade Nepalese goods which make perfect Christmas Gifts. [CLICK HERE](#) to purchase 100% cashmere scarves, baubles, gloves, hats and much more.



EASY FUNDRAISING: Please raise free funds for us when you're shopping online! It doesn't cost anything extra and it's really quick and easy with Easy Fundraising. [CLICK HERE](#) and follow instructions.

AMAZON SMILE: Or if you shop online at Amazon, you can donate 0.5% of your eligible purchases to Doctors For Nepal via Smile Amazon. To start shopping [CLICK HERE](#) and follow the instructions, choosing Doctors For Nepal when asked to select your charity. It's that simple!

Happy Christmas shopping!

TO DONATE

- To make a donation via our website: [DONATE HERE](#)
- To make a donation via JustGiving: [DONATE HERE](#)
- To make a donation by text: Text DFNL13, and the amount you wish to donate (£'s) to 70070
- To set up a regular monthly standing order with your bank, please donate to:
Doctors for Nepal
Account: 00284204
Sort Code 30-91-25
- To send a cheque: Doctors For Nepal c/o Flat 1, 87 Enys Road, Eastbourne BN21 2DX

THANK YOU

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