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Summer Newsletter August 2018

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# DOCTORS FOR NEPAL



1st year medical student Santosh (2nd from left) out in the community

**Dear Supporter,**

There has been plenty of activity within DFN so far this year, and I hope you will enjoy reading the wonderful updates from our ever-grateful students in Nepal. We are pleased to announce that we have taken on a new nursing student who was unable to complete her training without our support. We have also expanded our

of those in remote Nepal.

We cannot do any of this important work without your support, so please do get involved where and when you can.

Wishing you a happy summer.

**Dr Kate Yarrow**, Chair and Founder, Doctors for Nepal  
and the DFN team

## UK MEDICAL ELECTIVES

A group of 4 medical students from Brighton and Sussex medical school have just completed a 5 week “elective” working alongside one of our newly qualified doctors, Nahakul, in the remote district Kalikot. They were all very surprised to learn that for two months Nahakul was the only doctor at Manma, despite being only 2 years on from qualification.



*(Brighton medical electives with Dr Nahakul second from right)*

*“Here the doctors would deal with everything from obstetrics to paediatrics, geriatrics to orthopaedics. The doctors would send their patients off for the limited tests available, always thinking carefully about the bare minimum the patient needed so the*

*patient would not have to spend any more money than they needed to, a crucial skill when most patients are subsistence farmers. Tests available included some very basic blood tests, an X-ray that made bad quality films, and an ultrasound scanner. Anything else required the patient to be transferred to the nearest big hospital, 5 hours on an incredibly bumpy road in a busy, hot bus. Experiencing health care in rural Nepal was an incredibly interesting experience. In the UK we have a plethora of investigations and seniors and other specialist teams always close by. In Kalikot the*

*extremely impressive. Dr Nahakul was one of the warmest, friendliest, happiest people we have ever met and we thoroughly enjoyed spending time with him. Thank you Doctors For Nepal for helping us have this experience! “ Steph Mulhern*

## DR LALIT NEWS



*(Lalit leaves Rukum District Hospital for Egypt)*

Lalit has just completed his 4 years commitment to DFN to work in a remote area of Nepal. We are extremely pleased to report that his work has significantly contributed to healthcare in remote Nepal, and to date he has undertaken over 200 Caesarean sections, saving the lives of many mothers and babies. He is now also a skilled vasectomy surgeon, and has over 1,000 procedures under his belt – a significant contribution to long-term contraception. Unfortunately Lalit was unable to secure postgraduate training within his home country, but thanks to generous donations we are now able to help Lalit with his postgraduate studies in Obstetrics and Gynaecology at Cairo University, in Egypt, where he has just taken up one of a handful of government scholarships. This scholarship includes a bond to serve back in Nepal for five years upon completion of his training. He is also bonded with DFN to serve a minimum of 4 of those years in a remote rural area – in doing so, bringing his expertise to thousands of women and babies. We wish Lalit well in his postgraduate studies, and look forward to hearing updates as he progresses through his training.

## MEDICAL STUDENT NEWS



services on offer to patients

residential health post placement in Makwanpur district in June. He was tasked with carrying out community-based learning and education at a healthpost, where he assessed the overall health of the community. He collected data regarding the limited facilities available, and also found out more about the day-to-day challenges his patients face. He concluded that the health post was playing a vital role in maintaining the rural community's health. He has learnt many new communication skills, but above all, he feels that he has gained more experience in being totally self-motivated in a difficult environment.

**Purna** (2<sup>nd</sup> year) has just sent us a lovely email as follows:

*"My result of CBSE (comprehensive basic science examination) has been published. I passed it successfully with good marks. Basic science itself is the toughest exam. Now my clinical science block has started. In my village my whole family are well including my Mum and Dad, and it's paddy planting time so everyone is busy with that. Now that my hospital posting is starting means I will be exposed to a clinical setting. I am so happy to get these opportunities to treat patients. Thank you so much for your kind support in fulfilling my dream! Thank you my next family!!"* Purna



**Santosh** (1<sup>st</sup> year) has been studying at PAHS now for the past four months during which time he's completed the first part of his foundation block. Santosh is extremely grateful for the support Doctors for Nepal has given him by providing him with a laptop and accommodation. *"The accommodation and laptop provided by you to me has played a vital role in my education. Since our learning topics are sent through email to us, we need to spend a lot of hours on the laptop and every Friday I need to make presentation. ...Finally I would like to thank, from the core of heart, to DFN for giving me the platform to show my ability and capacity in front of others."* Santosh

**NURSING STUDENT NEWS**

We are pleased to announce that we are now supporting a 5<sup>th</sup> nursing student – **Yuna Shahi**, who is a 2<sup>nd</sup> year student at Patan Academy Nursing college. Her father was sadly killed in an accident working in Dubai, and without our support she would have been unable to complete her studies.

We can also share the news that two of our nurses, **Binita** and **Apsara**, have passed their first year exams in Kathmandu with excellent results. We are very proud of their hard work.

**Kriti** and **Prabha**, continue to work hard in their 1<sup>st</sup> year of studies at Jumla nursing college in the far west of Nepal. We plan to expand our nursing scholarships to include midwifery – in the first degree of its kind in Nepal.

**FUNDRAISING NEWS:** our Summer Fundraising Concert was a huge success at the end of June, and we are extremely grateful to Julia Bishop and her baroque chamber orchestra from the University of Chichester, soprano Ana-Marie Rincon and harpsichordist Howard Beach, for playing so beautifully and as a gift to Doctors for Nepal. We took just over £1,000 in tickets sales, donations, sale of Nepalese goods and refreshments, and we are very pleased that three new standing orders were taken out. We try to encourage our donors to take out standing orders because we can then judge exactly how much money is coming into the charity on a month-by-month basis.

**FUTURE EVENTS – BRIGHTON HALF MARATHON 2019** we have 5 places to give away in this annual event. Every year we have a fantastic small team of runners who fundraise on our behalf in return for free entry into this very popular event. 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

## 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 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

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*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.*

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