



# Shechen Clinic

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Nepal

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REPORT

May/June/July/August 2006



**1. Statistics**

<b>2006</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>August</b>	<b>Total of consultations per service from May to August 2006</b>	<b>Total of consultations 2006</b>
<b>Patients receiving general daily allopathic medical care</b>	826	1,483	1,703	1,748	<b>5760</b>	10391
<b>Reproductive Health and Family Planning Center</b>	883	245	226	232	<b>1586</b>	5155
<b>Pathology laboratory services</b>	703	606	705	745	<b>2759</b>	4919
<b>Patients being treated for Tuberculosis (program DOTS of the World Health Organization )</b>	674	511	396	531	<b>2112</b>	4183
<b>Homeopathy</b>	236	294	266	275	<b>1071</b>	1721
<b>Tibetan Medicine</b>	285	230	436	551	<b>1502</b>	2688
<b>Orthopedic care</b>	52	48	0 (holidays)	54	<b>154</b>	275
<b>Dental clinic</b>	1,080	876	898	939	<b>3793</b>	6580
<b>Dental Prosthesis/ Dental Laboratory Services</b>	36	36	56	35	<b>163</b>	278
<b>Total of consultations</b>	<b>4775</b>	<b>4329</b>	<b>4686</b>	<b>5110</b>	<b>18900</b>	<b>36190</b>
<b>Patients referred to other services (hospital, clinic, etc.)</b>	0	17	16	18	<b>51</b>	88
<b>Hospice patients (calculated by night)</b>	164	126	108	203	<b>601</b>	1251

## 2. Clinic Staff

### • Training in Infectious Disease and AIDS given to the Clinic Staff

Dr. Basu Pande, a specialist in infectious diseases who is responsible for this unit at Teku Hospital in Katmandu, conducted several training sessions (more than 12 hours total) for all our medical staff who work directly or indirectly with AIDS and hepatitis patients. This training has without question improved the quality of care given to our patients as well has increased the Staff's awareness of the necessary safety and preventative methods needed to protect themselves.



*A part of the Clinic's team*

The non-medical staff, including guards and maintenance staff, also benefited from two-hour "sensitization" (this is not really the right word so it is in quotes) sessions on AIDS and hepatitis. Various teachers from Pegasus school (where most of the children we help are educated) have joined the training... They will this disseminate information among their families and friends and share their increased awareness of the stigma that exists against people with these diseases.

### • Trainings given by the Clinic

The Clinic is committed to regularly train monks and nuns from remote mountainous areas in basic emergency health care. People in these areas have no access to care and, due to the very difficult life conditions, no doctors or nurses are willing to live there. At the request of various monasteries and villages, the clinic's team has trained four young nuns for two months. They have now returned to their villages and monasteries with medicine and basic medical knowledge that will certainly save lives.

The Department of Tibetan Medicine supervised by Amchi Ngawang has conducted a program of visits and workshops with a group of seven Bhutanese doctors sponsored by their government. This three-day program has contributed to an exchange of practices and experiences between countries and has helped to define the perspectives for the future of this medical system still little known in the West. This department has also conducted

training on basic principles of Tibetan medicine for a number of monks from Shechen Monastery. This training will be repeated in the future.

• **The volunteers**

→ We warmly thank Delphine Michel (dentist surgeon), Gabrielle Guster (nurse), Tiphaine and Catherine (social helpers), Vanessa Vital and Matthieu Simonetti (dentist surgeons), Lone Norup (G.P.), Céline Egli and Julie Bernhard (dental hygienists) for their support, kindness, and presence during the last months.

→ At present, our volunteers include two nurses: Marie-Laure Bilaz and Sabrina Morin. We always need additional medical and dental volunteers.



*On the left, a Danish volunteer doctor, Lone, in consultation with the Clinic's medical supervisor, Dr Sharma Dipendra. On the right, a French nurse, Sabrina, is helping Dr Gawali, the Clinic's homeopathic doctor and one of our nurses., Chime.*

3. **Highlights of the last four months:**



*Furgyalmu, Chief Nurse and Mailo, French volunteer nurse*



*One of the hospice nurses, Padma, caring for an elderly woman paralyzed due to a stroke.*

• ***The Clinic's social services and motivation:***

The Clinic's social service team provides more than financial support; it also accompanies patients through difficult procedures and when they need to be admitted to hospital. The team follow-up on their cases, listens to them, advises them, and constantly negotiates the best options for them. As most of the beneficiaries are illiterate, this service is essential in order for them to receive proper medical help.

To cite a few major examples during the last few months, the Clinic's medical and social teams have enabled:

- An operation to remove cataracts from a blind infant aged 4 months. We thank Dr. Ruit, who performed the child's operation free of charge. The Clinic paid for medications. The operation on the first eye was successful, and the second operation will soon be performed.
- A gall bladder operation for a nun who lives in a remote area and found the lowest possible fee to make this possible.
- Negotiated a skin graft and follow-up care for an HIV-positive patient who had been refused treatment by many clinics. Without this operation, the patient, who lived on the streets, would have his arm and died of gangrene. Because it does not offer surgical services, the Clinic arranged for this surgery at one of the local hospitals, but provided pre- and post-operative care.



*Before the graft.....*



*After the graft.....*

- Home follow-up for a patient with multiple drug resistant (MDR) tuberculosis. This type of patient is too contagious to be cared for at a hospital or even our hospice. Therefore the Clinic's team set up an oxygen system at the patient's home and assured medical follow-up. The patient has since died.

*The social service team encourages blind patients to continue their income-generating activities.*



- *The process of upgrading our computer systems* is continuing with a computer inventory system for the allopathic pharmacy and the creation of a database system for collecting information about sponsored children and families. Local staff will be trained to use these new tools.



• *Decorating the hospice:* The warm atmosphere created by your hospice team is now reinforced by beautiful traditional wall paintings by the students of the Tsering Art School of Shechen Monastery. This project was financed by clinic's volunteers and the families of several patients. The patients continually tell us that these paintings help them to maintain a calm mind.

#### **4. The principal difficulties facing us during the last quarter**

For the most part, the political situation of the last four months has been calm. The Clinic's work has not been disturbed to date, but the political situation remains unstable.

The growing number of hepatitis cases (mostly type B) is a continual challenge for the Clinic. Because the only method of stopping the epidemic is systematic vaccination, the Clinic tries to vaccinate the greatest number of patients possible. We ask your help in obtaining the necessary funds needed to purchase the expensive vaccines. Tuberculosis—especially MDR cases—is widespread and another significant challenge.

#### **5. The principal challenges of the next four months**

- Organizing blood donations at the Clinic.
- Installing a three-phase incinerator to destroy the Clinic's contaminated or toxic waste before it gets into the ecosystem.
- Pursuing dental education projects for children and the young monks of nearby schools and monasteries.
- Vaccinating 300 adults against hepatitis B.
- Beginning an immunization campaign for very young children. The Clinic has applied to Nepal's Health Ministry to get free vaccines (BCG, DPT, polio). If this application is successful, the Clinic will launch a vaccination campaign for newborns. This project is linked with the Clinic's reproductive health services; after following up the mother's pregnancy, children can be protected.
- Launching an education and literacy project for 125 parents in collaboration with a Pegasus school, whose teachers will undertake literacy classes. The Clinic's medical and dental teams will undertake health education regarding family planning and contraception, TB, nutrition, HIV-AIDS, and so on. This project will last six months, and include sensitizing parents of teenagers about issues linked to their children.
- In partnership with schools, orphanages, etc., the Clinic's external network is growing. The Clinic will sign agreements with schools to enable exchange of services.
- The Clinic also works to find income-generating activities for the parents of sponsored children. In collaboration with Pegasus school, this effort will result in writing a project proposal to raise funds.
- The Clinic is creating a psychosocial unit supervised by Carisse Busquet, a French psychologist fluent in Nepali, who will follow-up on families helped by the Clinic concerning their external difficulties.
- Follow-up on sponsored children in coordinating with their teachers and the directors of their schools.

## **6. Our principal goal for the next four months**

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- Installing a three-phase incinerator to destroy the Clinic's contaminated or toxic waste before it gets into the ecosystem.
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- Vaccinating 300 adults against hepatitis B.
- Beginning an immunization campaign for very young children. The Clinic has applied to Nepal's Health Ministry to get free vaccines (BCG, DPT, polio). If this application is successful, the Clinic will launch a vaccination campaign for newborns. This project is linked with the Clinic's reproductive health services.
- Launching an education and literacy project for 125 parents in collaboration with Pegasus school, whose teachers will undertake parent's literacy class. The Clinic's medical and dental teams will train in health education regarding family planning and contraception, TB, nutrition, HIV-AIDS, and so on. This project will last six months, and include how to inform parents of teenagers about issues linked to their children'.
- In partnership with schools, orphanages, and so on, the Clinic's external network is growing. The Clinic will sign agreements with schools to enable exchange of services.
- The Clinic will work to find income-generating activities for the parents of sponsored children.
- The Clinic is creating a psychosocial unit supervised by Carisse Busquet, a French psychologist fluent in Nepali, who will follow-up on families helped by the Clinic.
- Follow-up on sponsored children in coordination with their teachers and the directors of their schools.

## **7. Major events of the past four months**

- ***Vaccination of 200 children against hepatitis B, typhoid, meningitis, measles, and rubella:*** In Nepal, not all vaccinations are free. Notably, vaccines against hepatitis B, which each year infects and kills thousands of people, must be paid for. The Clinic has vaccinated 200 children, including 80 young monks, against these five diseases free of charge. We hope to obtain further funds to allow another such campaign.

*The waiting for a vaccination can be stressful!*



*Some cry...*



*and some laugh...*

*•Educating children about dental hygiene:* The Clinic's dental services have also started an educational campaign. To date, 75 children have attended a half-day program during which they received free toothbrushes and toothpaste. This program was a great success and will be conducted again soon.

*And now the teeth...what a day!!*



**8. In conclusion, a few words about one of our services: the making of Tibetan medicines**



*Part of the Tibetan medical team supervised by Amchi Ngawang Thinley (on the extreme right).*

This service, made up of three Amchis (specialists in Tibetan medicine) trained in the oldest and most traditional system of Tibetan medicine (9 years of study) is supervised by Amchi Ngawang Thinley. During the last five years, more than 30,000 patients have had medical consultations. The results have been excellent, often surprising.



*Part of the factory's team, with its manager Amchi Sanga in the center*



The team is working to devise new treatments and to do research on the combined effects of Tibetan and allopathic medicine on certain pathologies like diabetes and high blood pressure. The Tibetan medicine team also regularly consults outside of the Clinic—in Tibetan refugee camps and in isolated meditation centers, and so on. The Tibetan medical system has a long history of success in Nepal, and in the coming months the Ministry of Health is expected to appoint an advisor on Tibetan medicine.

**For further information, please contact :**

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***Your contribution is invaluable....***

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