

SHECHEN CLINIC - NEPAL

Medical and Social Services for the Poor in Kathmandu



LOCAL CONTEXT

Nepal is the poorest country in Asia and the 15th poorest in the world.

The population in the city of Kathmandu has quadrupled in the last 20 years and the overcrowded suburb of Boudhanath has not escaped this exponential growth.

Political crises as well as widespread poverty are at the root of an acute public health problem that touches more than half of Nepal's population.

The local population in Boudhanath, including Tibetan refugees and people from the mountain regions, find themselves lacking basic health and medical care.

PROJECT STRATEGY

Offer the local Nepalese and Tibetan populations who are vulnerable and without resources, basic medical care and quality social services.

Using a unique multi-disciplinary medical approach:

- ↳ Permit the local population to benefit from diverse primary health services in one local health center.
- ↳ Allow different communities to be treated and cared for according to their own traditions.

Project Manager: Karuna-Shechen via the Shechen Clinic

Location: Boudhanath (a particularly poor area of Kathmandu), Nepal

Sector: Health / Social

Direct Beneficiaries: 40,000 patients per year

Annual Operating Budget: \$354,130

PROJECT GOALS

- Provide basic varied health care as well as long-term medical coverage for approximately 40,000 people.
- Offer palliative care end of life services for people living in poverty and provide them moral and psychological support.

PROJECT DESCRIPTION

Since 2000, the Shechen Clinic has offered quality medical services to the local population according to a multi-disciplinary approach.

In 2004, palliative care services were added, including residential visits for patients wishing to die at home.

A sponsorship program provides school tuition for 48 children of impoverished or deceased patients to attend school.

Patients can also benefit from social services, including free psychological consultations for women and children who have suffered violence and abuse.

DIRECT BENEFICIARIES

40,000 patients per year from Boudhanath and its immediate surroundings.

INDIRECT BENEFICIARIES

The health of individual family members benefits the whole family by easing concern and worry and economic pressures.

Free health care allows the family to invest in education or to provide for other needs.

EXPECTED RESULTS (annually)

- More than 40,000 consultations or services rendered,
- A 95% annual occupancy rate in palliative care services,
- More than 2,000 children and adults participating in hygiene and health prevention campaigns organized by the clinic,
- Free medical and dental care as well as health information session offered to more than 2,000 children, thanks to medical and dental camps organized in local schools.
- Sponsorship of 48 children of impoverished or deceased patients, covering their tuition fees and allowing them to benefit from quality education.

SERVICES OFFERED AT THE SHECHEN CLINIC

- Allopathic, Homeopathic, and Tibetan Medicine
- Medical laboratory
- Pharmacy
- Gynecology and mother and child health
- Prevention and treatment of Tuberculosis according to the DOTS program
- Dental care and laboratory
- Minor operations, care provided by nurses
- Radiology and Ultrasound
- Acupuncture and Physiotherapy
- Psychological consultations and social services
- Sponsorship program for 48 children

SECONDARY GOALS OF THE CLINIC

- Increase the quality of care offered to patients in the clinic and in palliative care,
- Use innovative approaches and appropriate technology to improve the level of services offered to the patient and the community as a whole,
- Develop awareness within the family and the local community about prevention, health, and hygiene,
- Reinforce the collaboration between the clinic and its local partners (hospitals, clinics, schools, monasteries, and so on).

FUNDS NEEDED

Karuna-Shechen is raising funds for the annual operating budget of the Shechen Clinic,

Annual Operating Budget: \$354,130 USD

Karuna-Shechen provides annual operating budgets by department by request.

To receive more information about this project, please contact one of Karuna-Shechen's branches.



PROJECT MANAGER: KARUNA-SHECHEN

Karuna-Shechen is a humanitarian organization that implements health and education projects in the Himalayan region.

Founded and directed by Matthieu Ricard and inspired by the ideal of compassion (*karuna*) in action, the organization is deeply rooted in the traditions and values of the communities it serves.

Since 2001, Karuna-Shechen has initiated and developed 111 projects in India, Nepal and Tibet, propelled by the conviction that access to basic health care and education is a right for all.

www.karuna-shechen.org

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