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QUARTERLY REPORT

January - March 2010



Director's letter

Dear Friends and Partners,

We are happy to present our first quarterly report for 2010, and welcome this new year with renewed enthusiasm for our activities and readiness to meet the challenges that may arise.

Our first “challenge” was the recruitment of a new Medical Officer. At the beginning of February we hired Dr Rupkaswor Man Joshi to fill that position. He is doing very well and is establishing a close rapport with his patient.



Dr Joshi has worked in a private clinic as a general practitioner. He gained experience in ENT (Ear, Nose and Throat) in Bir Hospital in Kathmandu

Another challenge is the recruitment of a new Medical Director. We were not happy with the work of the first candidate we retained on a trial basis, and we are now actively searching for a person to fill this position.

As we look forward to 2010 we feel confident that we will be able to successfully meet all challenges and provide outstanding care to our patients and community.



Dany Laigret
Director
Shechen Clinic

1. Successes and important events of the last three months

a. Staff Training

The clinic has implemented a program of regular training sessions for its staff. The program includes training in:

- **C.P.R.** A volunteer medical doctor in Cardio-Pulmonary Resuscitation (CPR) provided a refresher course to our staff in February.
- **Training in diabetes.** In March, Dr Preete, our female family physician, attended a training course in diabetes at Patan Hospital. **Astha Nepal** will

come to the Clinic in April to provide further training to our staff. This will be followed by two diabetes camps at the clinic to raise awareness among the population around Boudhanath afflicted by diabetes on the seriousness of the disease and the importance of diligent and appropriate care, including self-care and lifestyle choices.

- **Training in women's health.** We were fortunate to have a volunteer gynecologist facilitate a training session for the clinic staff in women's health; the training was open to all our staff. Patients also joined some of the staff group at the training. We divided the women and men into two separate groups to allow for free discussion, as topics ranged from anatomy, to menstruation and reproduction.



Our "didis" benefitted from the training...and our medical staff too!

b. Training for school children

The volunteer gynecologist provided similar training to the teenagers at the Pegasus School, where many children are sponsored by Shechen Clinic. The teenagers had an opportunity to ask many questions during the course.



Boys and girls alike asked lots of questions

c. A new service at Shechen Clinic



In February, we opened a new operation room for minor surgical procedures at

Shechen Clinic. Patients will no longer need to be referred to the hospital for minor procedures that can now be performed on site by our general medical practitioner and gynecologist.

d. **Other new services**

- **Physiotherapy.** In the beginning of March, we began to provide physiotherapy treatment to our palliative care patients and outpatients. There is a real need for physiotherapy services in the Boudhanath community and an increasing number of patients came for treatment from our physical therapist. She will be with the clinic for three months and will assess the overall need for this service. We anticipate being able to offer a sustained program of physical therapy through a continued volunteer pool.
- **Orthopedic consultations.** Dr. Pierre Soete, an orthopedic surgeon from Belgium, who has helped at the clinic for many years, returned to Nepal this past year. He offered to perform orthopedic consultations throughout his three months stay in Nepal. He is well-known by our patients and his return was warmly welcomed. He communicates fluently in Nepali, which is very much appreciated by our patients.

2. Challenges of the past three months

- a. **The Out Patients' Department.** Finding a new Medical Officer proved to be a challenge. Now that Dr Joshi has been working the number of patients has slowly been increasing.
- b. **The Women's Health Center.** During a few weeks at the beginning of the year, our current gynecologist was able to come to work consistently causing a slight disruption in consultations. She has now returned full time to the satisfaction of her patients.
- c. **The Diabetes Clinic at the Shechen Clinic.** Dr Pradeep, the Director of a new Diabetes Center at Patan Hospital, offered to train our staff until we hire a new Medical Director. He also offered to come in April to conduct a follow-up training session before organizing a camp for the diabetes patients around Boudhanath.

3. A Patient's story

Gopal came to the clinic because he was losing his eyesight. He had previously seen an ophthalmologist, who recommended a CT scan to rule out the presence of

a brain tumor, but Gopal was unable to afford the cost of the scan. He and his wife have two small children.

A volunteer nurse from a nearby association paid for the CT scan that revealed a major brain tumor located near the vital centers. Thanks to our excellent working relationship with one of the local hospitals, the neurosurgeon agreed to perform this delicate brain operation to remove the tumor.

Gopal was informed that the operation might result in paralysis or worse, whereas if the operation was successful the chances of having a normal life would be good although he would not be expected to recover his full sight. He was informed that without surgery, he would die within the year. In addition the operation would be very costly, despite the neurosurgeon offering his services free of charge.

With the help of friends we managed to raise the necessary money and pay for the operation. The operation was successful and Gopal was discharged a week later. He has started radiotherapy treatment, which will take 6 weeks. Gopal is already planning a new life. He has discussed with us the different jobs he might be able to do despite his blindness, and he is enthusiastic about the prospect of training for a new job.



Gopal before the operation, with his wife, 2 daughters, and his mother, who came to Kathmandu especially for the operation

4. A few statistics

- Number of consultations by department - January to March 2010

| Departments | Consultations |
|--|-------------------|
| OPD | 3000 |
| Tibetan Medicine | 673 |
| Dental Department | 2670 (treatments) |
| Women's health (gynecology, antenatal and family planning) | 595 |
| Laboratory (number of tests) | 2284 |
| OPD nursing care (dressing, O2, nebulizer) | 312 |
| DOTS | 3915 |
| Acupuncture | 380 |
| Physiotherapy | 118 |
| Orthopedic | 14 |
| Others services (X-Ray, US, ECG) | 230 |

- **Palliative care**

During these past 3 months we had 308 (patients (calculated on night occupancy) in the Palliative Care Unit. We accepted 24 new patients; 8 passed away and 9 were discharged. The average occupancy rate for these 3 months was about 50%. The occupancy rate was a result of patient deaths and the death of patients on the waiting before we could accept them into the unit. In March, we accepted 9 new patients over a very short period of time.

- **Medical, dental, and health education camps**

| | |
|---|-----|
| Number of medical camps | 4 |
| Number of medical consultations at the camps | 217 |
| Number of dental camps | 6 |
| Number of dental consultations at the camps | 278 |
| Number of health education awareness sessions | 13 |
| Number of participants in the sessions | 531 |

February was a very short month for the clinic. It was Tibetan New Year, Shivaratri - an i

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Social services

In addition to the OPD, RH, Tibetan medicine, dressings and nursing care, pathology services, dental care, acupuncture, ECG, Ultra sound and X-ray, we also offer a wide variety of social services and support free of charge to people who would otherwise not have access to medical care or facilities. This can range from assistance with financial matters to outside hospital referrals, as well as helping children of patients in our Palliative Care Unit attend school.

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|-------------|---|---------------|
| Departments | 5 | Number of FOC |
|-------------|---|---------------|

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|--|------|
| OPD | 1764 |
| Tibetan Medicine | 285 |
| Dental Department | |
| Women's health (gynecology, antenatal) | 222 |
| Laboratory (number of tests) | |
| OPD nursing care (dressing, O2, nebulizer) | 139 |
| Acupuncture | 162 |
| Physiotherapy | 40 |
| Orthopedic | 14 |
| Others services (X-Ray, US, ECG) | 50 |