



HMG/MOH REGD: 1517

SHECHEN CLINIC AND HOSPICE
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**SHECHEN CLINIC AND HOSPICE -
NEPAL
ANNUAL ACTIVITY REPORT
2009**



Letter from the Director

Dear Friends and Partners,

This year has been my first year as the Clinic's Director. I am happy share the results of our work with you.

If you are interested in learning more about Karuna -Shechen's activities, I invite you to visit our web site: www.karuna-shechen.org and sign up to receive our newsletter about our other projects in Nepal, Tibet, and India.



Dany Laigret
Director
Shechen Clinic

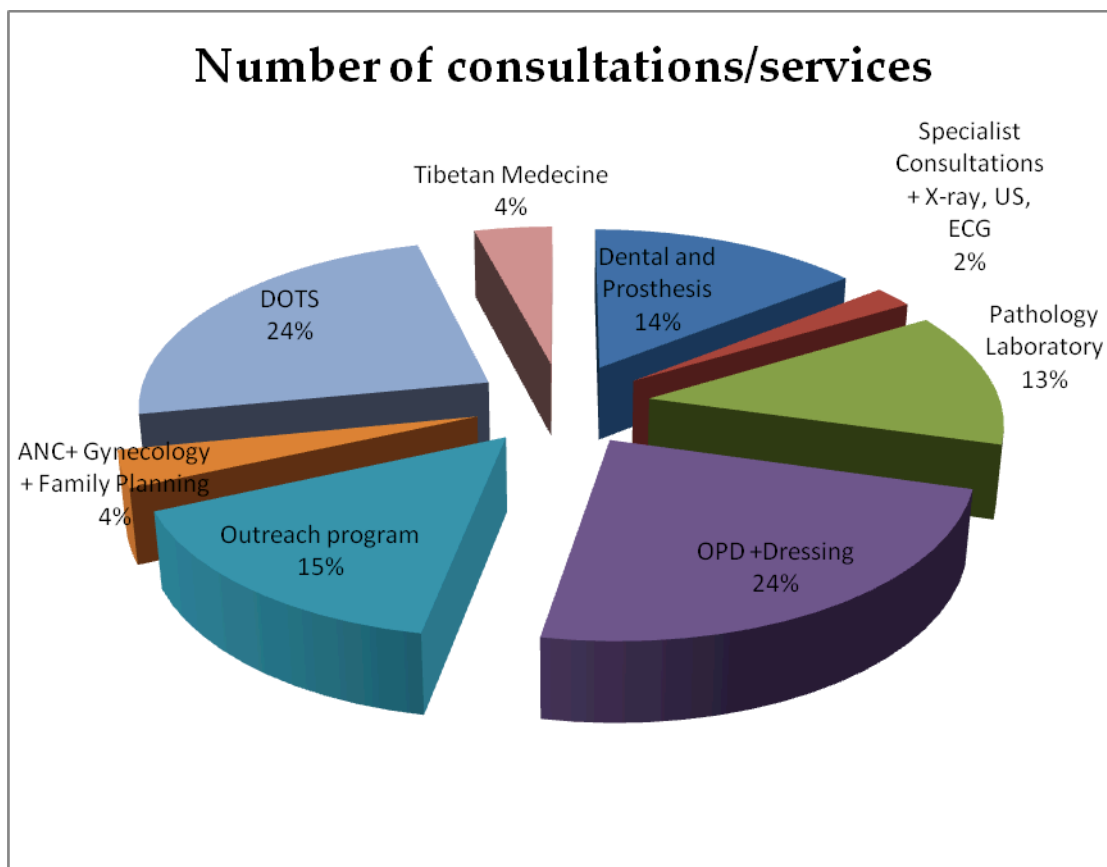
INTRODUCTION

The Shechen Clinic and Hospice is located in Boudhanath, Nepal, one of the poorest areas of the Kathmandu Valley. In 2009, the clinic continued to provide quality health services that were accessible to everyone in the community at an affordable price. **This year, 50,2 % of our services were given free of charge to the poorest patients.**

I. OUTPATIENT DEPARTMENT



The outpatient department includes allopathic medicine, nursing care, dental services, Tibetan medicine, and ultra sound and x-ray facilities. In total 000000it has provided 62,201 patients with treatment in 2009.



II. OTHER SERVICES

- **Psychology Service**

Violence against women and children is widespread in Nepal, and has far-reaching consequences on the victims' psychological health. The clinic's psychologist comes twice a week and offers consultations to these women and children. The psychologist also provides our palliative care patients and their families with much-needed psychological support. In 2009, 28 patients and families benefited from these counselling sessions; a total of 500 consultations were provided.

- **Social Services**

This year, 50,2 % of our social services were offered free of charge for the poorest patients. These are patients who cannot afford even the few rupees asked for registration and consultations (a symbolic fee of 30 NRS for registration and the first consultation, and then 10 NRS for further consultations). Our social service department determines on a case-by-case basis whether patients can afford this fee or at least some of the fee. We put strong emphasis on each individual person's responsibility to participate, even symbolically, in order to underline the value of medical treatment.

Not only do we provide free consultations, medical tests, and medicine at the Shechen Clinic, but we also support destitute patients for referral to a hospital when needed. Under our partnership with certain hospitals, we are able to obtain free beds for the patients, as well as maximum discounts for the medical care these patients require.

In addition to this, monks from Shechen Monastery benefited from 1,792 social services; among them 139 monks were referred to a hospital either for medical treatment or for surgery.

- **Sponsorship for Children**

The clinic sponsors the education of 52 children. These children come from particularly destitute families. They are sent to class 1 in school; the eldest child in this program is now in class 8.



Children attending the Pegasus school choosing new clothes for the Dasain festival, the biggest festival in Nepal.

- **Staff Training**

During 2009 all members of the clinic staff benefitted from training in various topics related to their work, such as cardio pulmonary resuscitation, diabetes, palliative care training, etc.



Practical training at the Palliative Care Unit

III. THE HOSPICE/PALLIATIVE CARE UNIT



A family gathering

The four rooms dedicated to palliative care accommodate eight patients, each with their own bed and personal space, at the end of their lives. Palliative care is a holistic way to provide care to the patients and all aspects of life are attended. We are qualified in physical pain management and equal importance is attached to psychological and spiritual pain, helping patients to face the reality of imminent death. **In 2009 our hospice/palliative care unit had an occupancy rate of 90 %.**

During 2009 we also visited patients who prefer to die at home among their loved ones. We made 124 home visits to these patients in 2009.

IV. THE OUTREACH PROGRAM

1. Health Education Programs

The clinic continued to further develop its health education program in schools, monasteries, carpet factories, and at the clinic itself. Different topics are discussed according to the needs of the target groups: hygiene, nutrition, disease prevention (including TB awareness), family planning, first aid, etc.

In 2009, **2,420 persons** (adults, children and teenagers) participated in these programs. The number of participants in the various sessions was reduced compared to last year in an effort to increase the impact of the program; we organized the sessions into smaller groups to allow for better participation and interaction.



Monks participating in a health education session on first aid.

2. Dental Camps



These camps were regularly implemented in various schools during 2009. **3,461 children** benefited from dental services and dental hygiene education sessions. Those who required special treatment were sent to the clinic.

3. Medical Camps

Along with the dental camps, we conducted medical camps for children. Those who need further check up are always referred to the clinic. **3,508 children** and workers from carpets factories benefited from medical check-ups in 2009.

V. SHECHEN CLINIC EXPENSES IN 2009

	USD Budget 2009
<i>Operating Costs</i>	
Local and Volunteer Staff	113,724
Administrative	5,500
Building-related expenses (general maintenance, plumbing, electricity, cleaning, water, gas, fuel cleaning, petrol)	13,895
Transportation	1,700
Food and Refreshments	8,500
Referral services/Patients subsidy	29,900
Staff Taxes, other taxes, consultants, auditors	7,330
Maintenance Equipment	2,000
Representation	400
<i>Project Materials</i>	25,000
- Pharmacy Allopathic	
- Pharmacy Tibetan	6,000
- Other Departments	14,100
- Machine and Equipment	6,650
Long distance travel	180
Seminars, Courses, Trainings	2,000
<i>Construction</i>	1,821
Premise insurance	
New building	0
Total Budget for 2009	238,700

VI. PERSPECTIVES FOR 2010

1. **To maintain our outpatient department and continue to provide primary health care services to the local community.**
2. **To develop and increase the impact of our Outreach Program (medical and dental camps, and health education) in the local communities.**
3. **To maintain our well-functioning Palliative Care Unit.**

4. **To develop a Diabetic Prevention Unit:**

In November 2009 a Diabetes Education and Prevention Program was launched at the clinic; it will be developed during 2010 as a pilot program. It is initiated and funded by the World Diabetes Foundation, and headed by our partner Astha Nepal. This program is implemented by several clinics selected all over the Kathmandu valley, and among them, the Shechen Clinic.

The project aims to develop a model for community involvement in diabetes education, management, and prevention in Nepal and more specifically in Boudhanath with the Shechen Clinic.

5. **To reinforce the Women's Health Service** by developing an immunization program for infants. Women come to our Women's Health Service during their pregnancy, for ante-natal care. Due to the fact however, that the clinic does not have the facilities for delivery, these women then go to a hospital to give birth. Women then usually stay with the hospital where they have given birth for post-natal care and immunization for their infants.

By developing an immunization program for infants, we wish to help young mothers by providing them with the care they and their infants need, close to their home and in a personal and caring environment.