



## News

### Annual Report 2010

Dear Members and Friends!

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This year the peace and constitutional process in Nepal has come to a complete standstill. Since the extension of the period for one more year on May 28<sup>th</sup> and prime minister Madhav Kumar Nepal's resignation in June the parliament was unable to form a new government – despite 16 elections for a new prime minister which were all inconclusive. M. K. Nepal stays in office on a provisional basis and the often mentioned consensus government remains as unlikely as the adherence to the next time limit for the completion of the new constitution.

In contrast, this year two Nepalese citizens dedicated to serving their country have been awarded international prizes: Shrikrishna Upadhyay, a development practitioner who supports poor village communities to improve their economic situation through empowerment, was selected for the "Right livelihood Award", the so-called "alternative Nobel Prize". With his organization SAPPROS, founded in 1991, he was able to help more than a million people in rural Nepal despite the violent political conflict in the country.

Anuradha Koirala, the chairperson of „Maiti Nepal“ - an NGO that is committed to protect and rescue Nepalese girls from exploitation and trafficking - was elected "CNN Hero of the Year 2010".

#### **Amppipal Hospital:**

Thanks to all supporters! In May/June general practitioner Dr. P. Albrecht was working in Amppipal Hospital, you can find his report on page 3. While Dr. W. Starke was in Germany, Prof. Dr. J. Müller-Färber and Dr. R. Dannöhl covered for him in August and September. A dental camp with Dr. S. Keller und Dr. P. Roth (Dentists without Limits) took place in October. In November hospital manager B. Giri came for a two weeks visit to Germany, Dr. B. Kirsch went to Amppipal.



Renovation of the hospital: The construction works at the newly built house for Operation Theatre and Gynecology (*photo*) are running in full swing. In spring a quarter of the main building was broken down to start the reconstruction. Due to the four month late adoption of the provisional government's annual budget, the financing above ground level was uncertain for quite a long time. In November we received the confirmation for the remaining 40.000€, after we had already decided to advance the amount.

New lab equipment and a diagnostic ultrasonic device are in use. Disinfectant dispensers were delivered and a new OT lamp was ordered. Furthermore, we received instruments for the measurement of HbA1c and potassium (Thanks to A. Wegandt-Plener). J. Bergmann repaired the technical instrumentation in December.

The data of the lung function survey were presented by Dr. A. Drews as a poster at the annual congress of the European Respiratory Society, as well as at the convention of the Mid-German Society for Pneumology and Chest Surgery in Zeulenroda on 30<sup>th</sup> October, where the paper won the 3<sup>rd</sup> poster prize with 300,-€ for Nepalmed. The data had shown that relevant airway constraints can be found in 22% of the men and 12% of the women while two

thirds are smokers. This result is alarming. We therefore try to further promote the construction of smokeless ovens in the surrounding villages of Amppipal hospital.

For Doctors and Therapists who are going to Amppipal hospital we now have a portfolio for preparation of the work which includes information and original record sheets from the hospital. Thanks to Dr. W. Starke for the quality management!

### **Association:**

We are now 324 members. The annual Member's Meeting took place in Grimma on May 29 with many guests.

In March S. Jahnich and A. Kuhlmann carried out an on-the-job training with information about Health and Education in Nepal for the hospital staff of the Thusis hospital in Switzerland.

Our third journey to Nepal with Nepalmed members (35 adults and 11 children) in the first two weeks of October brought much positive feedback! We were able to transfer 6 parcels with donations as well as 3000€. Hearty thanks to Kul Prashad Maskey („K.P.“) for the arrangements in Nepal!

Medical Electives: In the bygone year Burga Marx arranged medical electives at our partner hospitals in Nepal for a total of 44 students.



*photo: Ward round with Dr. W.*

### **Presentations and Donations**

Hearty thanks to Prof. Dr. J. Schreiber, Pulmonologist at the university of Magdeburg, who requested the guests on his 50<sup>th</sup> birthday to donate for Nepalmed and thereby was able to hand over more than 600€ to our association.

Also, Dr. R. Wenzel, head of the orthopaedic department in Parchim we'd like to give many thanks! Since he was in Nepal for the first time on a journey with other members, he has given numerous speeches and collected donations. In October he received 10.000€ from the Lions Club Seesen-Osterode and the Dr. M. Brusck and Ilse Ritscher Foundation.

We also want to thank all other supporters! Let us name: ALK Scherax, Freunde Rotary Arolsen, R. Asmus, Lions Bad Königshofen, A. Billhardt, Fam. Blank, A. Böhm-Ebert, C. Boelter, Fam. Boncire, Erbegemeinschaft nach R. Englisch, Fam. Falch, K. Falke, Fam. Gerono, Fam. Gries, Go Fitness- und Saunawelt, B. Groß, E. Haase, N. Hilger, K. Hirschle, Fam. Höltzel, Injoy Gries und Heinrich, Sanitätshaus Hofmann, C. Hocher, J. Kähler, Fam. Kirschner, Injoy Königsbrunn, Staff of the Klinikums Itzehoe, W. Kraus, O. Kreft, U. Krüger, I. Krupitza, J. Kehl, C. Lange, A. Ledermann, Fa. MCC, F. Melder, D. Mieth, Injoy München, Fam. Nestler, Schreinerei Nieberle, Fam. Nolte, R. Pick, Rotary Kempten, Injoy Rottweil, Hotel Schaumburg, A. Schmidt, U. Schmidt, Fam. Schneider, Fam. Schubert, B. Schulze-Brüggemann, K. Schürer B. Schulz, K. Schulze, Fam. Schuster, K. Seffert, Fam. Seifert, H. Siebecker, W. Simon, G. Slusariuk, A. Sollacher, Sozialverband Parchim, A. Steuer, R. Stör, A. Weißhaupt, R. Wagner, Fam. Witschel u. Kohlstrunk, Templiner Freundeskreis, S. Zinke, Fam. Ziebuhr-Richter, Zürich Insurance Kempten.

Dr. W. Starke was in Germany to report about his work again.

The Calender-Project was a success: Selling 1100 pieces brought more than 7500€ for Nepal!! Many thanks to all helpers, the Nepalhilfe Aachen and the "Mayersche Buchhandlung" with Mr. Falter, who produce the wonderful calendar!

### **Dolakha Hospital:**

U. Münch went to work in the hospital again. Other private hospitals in Dolakha constitute a significant local competition, which makes it difficult for the Kathmandu Model Hospital to run this branch.

**Kathmandu Model Hospital (KMH):**

From April to June 2010, hand surgeon Dr. H.-J. Pollack from Görlitz came for a service to Nepal. In the KMH he initiated the establishment of a department of hand surgery. Other places where he worked were Amppipal, Biratnagar, Nepalgunj and Pokhara. According to his experience, the Amppipal hospital has the best surgical equipment. He likes to continue the cooperation.

From students visiting the KMH we got an alarming report about the hygienic conditions in the endoscopy and anesthesia sections. At present, we are discussing these experiences with our Nepalese colleagues and hope for improvement.

The KMH is currently constructing a teaching hospital in Kirtipur. Further Colleges for the full medical curriculum are planned. A dental department and a small inpatient department are already running.



*Photo: C. Melzer, B. Giri, H.-J. Pollack, A. Drews at the hand surgery symposium in Bad Döben. Dr. Pollack gave a speech about his work in Nepal.*

**Dr. Peter Albrecht reports on his work in Amppipal Hospital in Summer 2010:**

"My time in Amppipal is ending and I want to give you a short report. All in all I very much enjoyed to be here. I am enchanted by the landscape, have made excursions into all directions and savored the magnificent view of the valley and the mountain ridges. The accommodation is excellent, people are very friendly and open and in the hospital I settled in well and felt comfortable among the staff. Many of them have been working here for more than 20 years, are still motivated and do a very good job and therefore constitute a major pillar for the everyday work in the hospital. The Amppipal Hospital is of course an important employer with many families and small shops depending on it.



I was inspired by the day-to-day challenge of highly interesting and complex clinical pictures and contributed in all departments where I was needed. The beginning was difficult. Because of Dr. Wolfhard Starke's initial uncooperative manner I gave up after only one week and returned to Kathmandu. As I know a number of people, I was already offered to work in three different places, but later I was happy that I gave in to Babu Ram Giri who urged me to come back to Amppipal.

Considering the situation in Nepal, the hospital is very well equipped surely due to Dr. Starke's continuous endeavor. He works efficiently and the medical division is well structured. The traumatology is surely the best in the country, the OT equipment for the local conditions excellent. Painting some rooms would make them brighter and nicer, but it's comparatively clean and functional and the newly constructed building will bring another improvement in the accommodation of the patients and of course an enormous improvement in the obstetric department.



There are many unwritten rules among the employees, out of which some have been written down as guidelines by now.

If you work in Amppipal you are always confronted with W.S. and his strict conduct. In my farewell speech I described him as follows: "Nome nest Omen: A wolf likes to show its teeth, snarls and people are afraid of him. Of course, he is strong, has perseverance, is often "hard" but also with a soft "d". This side I became acquainted with during the memorable discussions in the lower or upper teashop at the small green table between flour sacks and chicken with beer, local wine and Dalmut. And if you read his first name aloud, you can hear "Welfare" and indeed it is an extraordinary service that he is dedicated to the hospital and his work 24 hours per day 7 days a week.

During the three months of my stay only once he accepted my stand-in offer for three days. Considering the management of the hospital, the administration and medical representation are good, but urgently needed is a chief nursing officer in order to improve the organisation of all processes, the duty roster and especially the communication between medical direction and nursing staff. The nurses are not represented in the management and know much too little of their rights and duties. It would be of much help, if we found a specialized person for a few months who can establish the missing structures and train a nurse from here.

We are happy to have got the new photometer in the Lab - it will be possible to carry out some additional examinations - and an ultrasonic device is on the way. Therefore it would be very useful to have an sonography atlas and a introductory handbook in order to teach those of the staff who are interested.

I told both Dr. Starke and Babu Ram that in future at any time I can come again to help and stand in for some weeks/months. Moreover, I'm ready to answer further questions and give more detailed information."

**Plan for 2011:**

- emphasis on hygienic conditions in our partner hospitals
- purchase single-use medical devices for KMH and Amppipal, e.g. spinal cannulas
- continue the renovation of the buildings of Amppipal Hospital
- support the construction of a patient and staff kitchen
- acquisition of new sterilizers and oxygen sensor for Kirtipur, the new Teaching Hospital of the KMH

**Members' meeting** on Saturday, May 21st, 2011 in Grimma

**For donations:** please send us your donation mentioning your address (if donation receipt required) to the Nepalmed account. Bank: Sparkasse Muldentel Grimma, Account No. 1010052086, Bankleitzahl: 86050200, IBAN DE80 8605 0200 1010 0520 86, SWIFT/BIC SOLADES1GRM.

**Amppipal Hospital:** For the equipment of the newly built houses we need money for beds, office furniture, an incubator, a delivery bed, toilet tiles...

**Kathmandu Model Hospital:** Craniotomie-Set as well as an OT-Microscope.

**Pashmina-Projekt:**

Sinde October 2009 we offer Pashmina-Shawls from Nepal for the sake of our work. The surplus will directly go to our main project, the Amppipal Hospital in the remote Gorkha district. A selection of colours and a price list can be found on our website.

We are very happy to receive acknowledgement of our 10 years voluntary work. A detailed article was written by Prof. Dr. H. Munker and published in the recent „Nepal-Information“ of the German-Nepal Friendship Association. Altogether we have been able to transfer donations in the amount of 300.000€ as well as medical equipment and instruments to Nepal. Many thanks to all who came to work in Nepal and those who supported us here in Germany!

Presently, we renew our internet website in order to make all the process transparent. We aim at fulfilling the covenant of the Initiative Transparent Civil Society.

Our sympathy is with the families of the three Belgian medical students, who were injured in a car accident after their elective in the Model Hospital.

Arne Drews & Alena Kuhlmann