



The end of nine years voluntary service of Dr. Wolfhard Starke in Ampipal at the end of March did give us a bit of a headache.

How shall we go on without a permanent surgeon and without a German co-ordinator in Nepal?

Again, Thank You, Wolfhard! Several times the hospital manager of Ampipal, the never tiring Babu Ram Giri, praised the development of the hospital in the years of our cooperation. He emphasizes that he learned discipline from Wolfhard. This is what helps him now and of course us, too. The surgical replacement and educational doctors from Germany do not have to do any administrative work. Our board members keep very close contact to Ampipal, so Babu Ram Giri can discuss all decisions with us. The development in terms of personnel as well as infrastructure goes forth unhindered. The mood amongst the employees is wonderfully positive and joyful. The presence of the board members, the big member's journey group and the constant flow of donations and doctors convinced Mr. Giri. Accordingly, the German doctors report to us about the good morale and the effectiveness of our work. Even under these difficult circumstances the hospital and Nepalmed are prospering. Be part of this German-Nepalese „beacon project“, as Ampipal was referred to by the German embassy in October.

I wish You all a successfull and healthy New Year!

**Yours sincerely,
Arne Drews
Chairman Nepalmed e.V.**



Ampipal Hospital, Gorkha

Nepalmed Report 2012

Dear members and friends of Nepalmed,

Again a year comes to a close and we would like to share the developments and the success of our voluntary work for Nepal with you. We give you a glance into the work of our charity organisation now comprising about 374 members in Europe and Nepal!

Ampipal Hospital is the only hospital with permanent surgical treatment for the districts of Gorkha, Lamjung und Tanahun. Currently there are 40 employees working in the hospital. For diagnostic purposes it offers X-ray, Ultrasound, ECG, lung function, ENT-, Eye- und dental instruments as well as a basic lab. A pharmacy is also part of the hospital facilities.

The surgical service is being provided by German voluntary doc-

tors in short term assignments. Most of the doctors receive support for travel expenses from the German Senior Expert Service (SES). The Annapurna Neurological Institute sent a junior house officer doctor for General Medicine. For the future of surgical treatment at Ampipal Hospital we were granted a surgical post via AGEH (catholic society for development work). The grant comprises a salary and social security fees. It is provided for a duration of three years with the option of extending the support. Thank you very much, Mr. Detischer from AGEH and father Hansel from the parish of St. Trinitatis Grimma for the cooperation!

We received several suitable applications for the post already.

In January 2013 we plan for choosing the new doctor.



Ampipal: new building, June 2012

**To continue with our support we need your donations.
Please note our new bank account:**

**Volks- und Raiffeisenbank Muldental
Account No.: 5000166776, Bank No.: 86095484
IBAN: DE67 8609548450001667 BIC: GENODEF1GMV**

The reconstruction and renewal of the buildings of Ampipal Hospitals are continuing: In March the new **Operation theatre, labour room and Gynaecology ward went into operation.** With funding from the German embassy a solar water heating systems for the OT and the wards and a Photovoltaic panel device for OT and administrative building were being built. The cost reduction for electricity adds up to 7000 NRs every month.

At the moment the construction of a **waste incinerator** for hospital waste is under way with the support from the German engineer Mr. Hein Stahl from the Interplast hospital in Sankhu. The Leipzig sanitary firm LOEG delivered the necessary ELCO oil burners. Finance again comes from the small projects fund of the German embassy amounting 20.000 €. The end of the construction work is being expected for the beginning of January. After a period of drying for two months the incinerator will start its duty.

A **cafeteria** is instituted in the hospital since Octobre, bringing 8000 NRs rent monthly and being accepted very well.

For the waiting area at Ampipal Hospital Dr. Pant from Annapurna Neurological Institute offered to provide educational movies on DVD about electric current accidents and other medical topics.

This autumn we discussed plans of **reopening the medical nurse school** at the hospital starting with a course in September 2013. The buildings are there already but have to be reconstructed. Also the other doctor's houses and guest houses need extensive renovation to gain accomodation

capacity for the nursing school. The tuition will partly be organized via telemedicine at Annapurna Neurological Institute in Kathmandu.

Hospital personnel went for teachings in ultrasound, HIV, dental und eye treatment. Six new nurses were incorporated in the staff.

Medical Camps were being held in 2012 in the fields of dentistry (Dr. Keller, Dr. Roth), eye treatment (Dr. Dulal, Eye Nepal), epilepsy (Dr. Pant), physiotherapy (Steffi Miatke, Yvonne Eckstein).

What we need: First of all money for reconstructing all the buildings. Additionally, the replacement of the seven years old and hard working ambulance jeep and investing in a transport jeep are necessary. Urgently, the under dimensioned X-ray has to be replaced soon.

From **Direkt Hilfe Nepal e.V.** 700 € went into the patient treatment fund. **Thank you very much, Ursula Ochs.**

In October our fourth **member's journey** to our partners in Nepal, the Kathmandu Model Hospital, Kirtipur Hospital, Ampipal Hospital and Annapurna Neurological Institute took place. With 39 adults and children we visited cultural heritage sites of Nepal and Bhutan, went to the projects and handed over donations.

Ampipal Hospital received our donation of 10.000 € for buying new hospital beds and many other material donations.

Here is a selection: two patient monitors, ventilatory fans for the new OT, basic tools for the hospital workshop, medication, catheters, a spirometer, gloves for X-ray protection, Ambu bags for children and many more.

Dr. Arne Drews and his private practice teammates Silke Drews, Beatrix Hannover und Olivia Stansch conducted teaching sessions in lung function for the hospital personnel in three hospitals. For the anaesthetic nurse Ram from Ampipal Hospital a training period at Annapurna Neurological Institute in Kathmandu was arranged with Dr. Pant.

Our scientific work in order to gain basic data about diseases in Nepal continues with a survey on allergies at Kathmandu Model Hospital from December 2011 until December 2012. We expect first results in early 2013.

Kathmandu Model Hospital (KMH) will open its own teaching hospital with 200 beds in Kirtipur in March 2013 and plans to found a Medical College in September 2013. We handed over a donation of surgical instruments from the German army in the presence of the German ambassador Mr. Frank Meyke. The Model Hospital now features its own internet site: www.phectnepal.org



Ceremony at Kirtipur Hospital, October 2012



Reception at Annapurna Neurological Institute



Nepalmed group October 2012



Donations for Ampipal

We handed over neurosurgical instruments worth 6000 € to Dr. Pant. Thank you very much to **Dr. Bensch - Schreiter**, who organised this donation.

Dolakha, Gauri Shankar Hospital Dr. Binod, for many years doctor in Dolakha, reports about the extension of a health post in Kallery in Sindhupalchok district South of Dolakha. He spent 4000 € for an ultrasound and 1200 € for an ECG and a medical camp. The money comes from the industrious bavarian General practitioner Mrs. Uschi Münch. She is solely responsible for the co-operation with Dolakha. In May 2013 she will travel again to Nepal and conduct a free-of-cost medical camp with Dr. Binod in Kallery.

The Ampipal Wishlist:

Suction catheters, 2 infusomats and 2 perfusors including the necessary lines and adapters, pleura drainage catheters, spatula, lamps for oral inspections, urinary catheters, unsterile gloves. An air conditioning unit for the new OT building will be needed for summer and a heating for the cold winters, report the surgeons.

Work in Germany

At the 12th May 2012 the election of the new Nepalmed board took place. The previous board members were elected again. **Articles** about our work have been published in several papers like in Nepal Information 2012 No. 2, German Medical Journal No. 46, the medical journals of Bavaria and Saxonia-Anhalt and local news papers like the Leipziger Volkszeitung.

This year, Mrs. Burga Marx successfully took care of 65 medical **students for practical training** periods in Nepal.

Presentations were given amongst others by Dr. Albrecht, Dr. Chesi und Dr. Kalisch, Dr. Drews jun. and sen., Dr. Haarmann, O. Hensel, Dr. Kirsch, Dr. Starke, Dr. Wenzel.

Several **photo exhibitions** about Nepal and our work have been shown this year, for instance at the Practice Clinic Aerztehaus Grimma and with photos from Dr. Schroeder at Café Kowalski and the University hospital in Leipzig.

Pashmina shawls

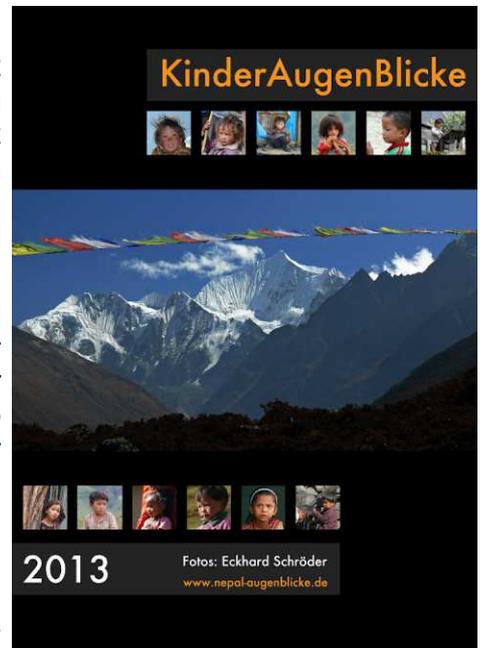
Since October 2009 we offer Pashmina shawls from Nepal for sale. The revenue fully goes into our voluntary work, first of all our main project, the Ampipal Hospital. The choice of colours and designs and a price list You can review in the internet at our website.

At the **19th January 2013** we stage an information meeting for doctors and other medical professionals during our member's journey meeting in the Augustusburg youth hostel. The presentations themes are introduction into Nepalese society and culture, health system, infrastructure of Ampipal Hospital with the main topics surgery and general medicine and finally a description of major results of our public health studies at the hospital.

Calenders

Dr. Schroeder from Grimma selected twelve of his children's photos of the trekking tours 2009 und 2010 to produce his own **calendar 2013** „KinderAugenBlicke“. The size

of the calender is 50 x 70 cm and the price 45 €. A preview of the photos you can find at www.nepal-augeblicke.de. Part of the revenue will be given to Nepalmed supporting our voluntary work projects in Ampipal. The calender as well as single photos are available for sale.



Please contact Dr. Schroeder at praxis-schroeder@gmx.de directly or order via Nepalmed.

Plans for 2013:

The hospital plans to open an outpatient department (OPD) in Tati Pokhari about two hours walking distance from Ampipal with a health assistant of Ampipal Hospital to direct patient flow and reach out to the community. The rent for rooms for the OPD and a pharmacy will cost about 10.000 NRs monthly.

The **X-ray device** of Ampipal Hospital urgently has to be improved in power. To save costs for material upgrading the device into a digital unit is efficient.



Kirtipur Baum auf Station



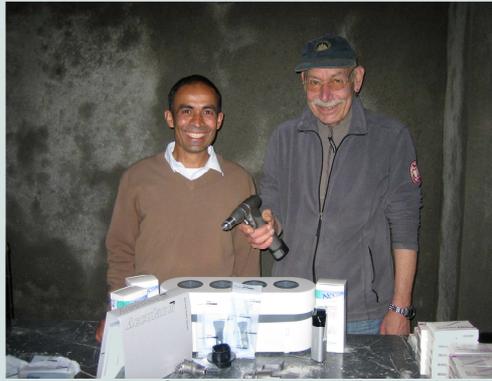
Kirtipur Neubau Lehrkrankenhaus



Kathmandu Model Hospital Lungenfunktionstraining



Grimma: Packing donations in October 2012



Great joy about the new drill machine Acculan



Dr. Peter Albrecht in Amppipal

The **renovation of the houses** for doctors and nurse students is planned in Amppipal and will require around 8000 €.

At the end of 2012 a **film team** around Dr. Peter-Hugo Scholz, Olaf Kreiß and Michael Luda travelled to Amppipal to film a **documentary movie** about the work of the Amppipal hospital and the engagement of Nepalmed. Dr. Birgit Kirsch works in Amppipal during this time. The film will be 20 minutes long and shall be produced in German, English und Nepali to

screen it in Europe and in Nepal, too. The cost will be more than 10.000 €.

Berlin designer Tobias Schneider developed a QR code for us. It encrypts our website: www.nepalmed.de

Sponsors are urgently needed!

Discussion with the film team



Call for support: dentist for Amppipal

For nine years there is a dental unit at Amppipal Hospital sponsored by the German charity organisation „dentists without limits“. For the service we need colleagues with at least 5 years of professional experience. The scope of treatment comprises all aspects excluding Implantology und Prothetic. Our nepalese assistant Mr. Prem received profound vocational training to act as dental health assistant and he really fulfills this post. He does self reliantly dental cleaning, simple fillings and extractions of teeth when there is no foreign voluntary dentist in Amppipal. In Nepal this independent work is permitted.

Colleagues who would like to spend a working holiday of a different kind, who do not mind to be in a remote area, working in sort of a living museum far away from big city hectic und who like to eat local tasty cuisine of mostly vegetarian dishes please write to Dr. Sybille Keller or directly to „dentists without limits“.

Dr. Sybille Keller: Dr.KeSy@gmx.de
phone +49 8303 444



Dr. Sybille Keller at work

**Thank You very much for your long-standing support!
We wish You a healthy and peaceful year 2013!**

Anne Diers *Alexa W. Steiner*

**Member's meeting: 25th May 2013, „old town farm“ in Grimma, Leipziger Str. 5
You all are cordially invited!**