

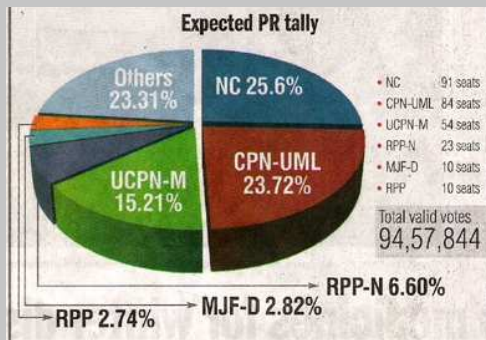


## Dear members and friends!

With a great number of voters the election to a new parliament took place in Nepal in November 2013.

The party of Nepali Congress (NC) won, followed by the center - left communists (CPN-UML), Maoists finished third. All in all the elections went smoothly and without much disturbances. There were 4560 candidates from 122 parties to be chosen from. At the moment the negotiations about coalitions is going on.

We hope for a government being able



to resume work soon.

Our German co-operations in Nepal work very well. German Rotary Voluntary Doctors, Dentist without Limits, Senior Expert Service, Interplast, European Respiratory Society, Mid-German Respiratory Society, aid workers without membership to any organizations, Lions Club Kathmandu Gliese, Gorkhali Youth and Nepalmed e.V. all work for a united goal to improve medical care in the remote region of the Gorkha district around Amppipal.

Yours, Arne Drews



Rotary, Dentist without Limits, volunteers and Nepalmed e.V. united in Amppipal.



## Nepalmed Report 2013

### Work visa

At a special meeting of Nepalese government and non-governmental organizations in December 2013 it was decided not to force the regulation. Foreign doctors can still work with tourist visa and registration at the Nepal Medical Council.

At a meeting at the German embassy in Kathmandu of Mr. Steffes-enn with B. Giri and A. Drews, Amppipal is considered a reliable partner. In the year to come a new application to funding a small project will be submitted.

Monthly salary of nepalese personnel at the hospital and in the country in Euro: driver 77, nurse 115, senior anesthetic nurse 170, manager 184, young doctor 400 – 460,

senior doctor 770, teacher private school 153, peasant 12 €.

### Ampipal Hospital

At the moment patient numbers are stable. From April 2012 until April 2013 about 19175 patients were treated out-patient and 2126 patients on the wards. At the hospital 184 births took place with 42 cesarean sections, around 1200 operations were performed. The new building's rooms dried thanks to the ventilation planned by Mrs. Reinosch. Air con was installed at the operating theatre. The mobile x-ray was installed by Dr. Dingels (Senior Expert Service) in March. Thanks to German Rotary Volunteer Doctors for the Transport!



Visit to the orphanage in Budhanilkantha

**To continue our work we need your support.**

**Volks- und Raiffeisenbank Muldental eG**  
**account-Nr.: 5000166776, bank code: 86095484**  
**BIC: GENODEF1 GMV**  
**IBAN: DE67 8609 5484 5000 1667 76**



The waste incinerator needs some improvement. One of the burners quit working and needs repair. Even more



importantly, the chimney has to be torn down and rebuilt enlarged due to a too small diameter preventing the needed air flow. In this context we ask all volunteers to enforce the cor-



rect separation of waste at the guest house.

Donations: At the 5. member's journey in Dezember 2013 the new transport jeep (donation from Nepalmed: 18000 €) was handed over. Further donations in cash, and devices like inhalators, breathing coaches and milk pumps were given and instructed.



Teaching of hygiene

With two infusomats (Thanks to Dr. Krause and Dr. Ziebuhr & Richter) and two perfusors (Danke an Familie Winter) a more stable anesthesia shall be established.

I. Steenbruggen donated two Pulsoxi-



meters. Dr. S. Keller handed over 5500 Euro. Dr. P. Roth gave 2000 Euro during his 5th time as a dentist in Ampipal from Dentists without Limits (DWL) and reorganized the dental treatment room. 1200 Euro



came from Direkthilfe Nepal for victims of accidents. 1000 € donated „Medicine in the 3rd world“.

At the end of December the new digital x-ray shall be delivered to Ampipal. A great part will be covered by the German Rotary Clubs of Bad Arolsen and Korbach. The other 60%

of the investment sum of 28000 Euro comes from Nepalmed.

Mr. Bahr from German Rotary Voluntary Doctors (GRVD) gave 5000 Euro which were used for purchasing new beds for the hospital.

Personnel in Ampipal: The three young Nepalese colleagues, Drs. Misra and Dr. Gakul Bhatta, settled in quite well and will stay for two years. Gakul Bhatta and two of the nurses took part in the lung function training in Kirtipur. On the surgical side Nepalmed was able to organize coverage from Germany throughout the entire year.

Nepalmed sent other important personnel as well: Anesthetic nurse, Dietary assistant, lab technician, physiotherapists.



An English language teacher gave lessons to the nurses in December.



Handing over donations



Dr. Kruse at work



The dentists are being prepared and sent by Dr. Sybille Keller ([dr.kesy@gmx.de](mailto:dr.kesy@gmx.de)).



At the moment a teaching leave for anesthetic nurse Ram Chandra with Dr. Dingels in Germany is planned for March/April 2014.

Thanks a lot to all of the 67 medical students, who carried donations on their way to their elective training period in Nepal and who sent us reports. Please send suggestions for optimizing the procedure to Mrs. Burga Marx ([work.nepal@gmx.de](mailto:work.nepal@gmx.de)).

Nursing school: Since 2012 about 10-15 nursing students receive the practical part of their education in blocks of 4 months in Amppipal. The theoretical part takes place in the schools of Gorkha and Damauli.

The rooms for boarding and tuition of the students at the hospital are improved and renovated with the support of the Schoeck family foundation. Furniture, white board as well as a computer beamer is now available.



Out post in Tati Pokhari: At the end of the member's journey in Amppipal a meeting of administrative officer B. Giri, A. Drews and representatives from Nepalmed with delegates from the village of Tati Pokhari took place. It is a fast growing community at a crossroad around 40 minutes by jeep in the valley below of Amppipal with the need of basic medical care.

It has been agreed to open a health post and to enlarge to a general practitioner's surgery in January. Later on the village will provide cheap land to



buy for constructing a possible new building if demand will afford it. The village development council is happy

that the co-operation has been agreed upon by both sides. From the view of Amppipal it is a step to ensure patients coming to the hospital as well.

### Tuberculosis:

Diagnostics and therapy of this very wide spread communicable disease has been discussed at a meeting at Kalimati Chest Hospital in Kathmandu by A. Drews and B. Giri with colleagues there.

At Chest Hospital the Nepalese-German project GENETUP in co-



operation with the WHO reference laboratory in Munich – Gauting (Germany) was established. A highly precise testing of resistency of bacteria and antibiotics is possible and available. Hence, patients with resistant strains of TB bacteria can be treated sufficiently and under direct supervision. The medication for the 18-20 months of second line treatment is extremely expensive, but is available at Kalimati. Patients do receive a monthly allowance of 1500 NRP, if they co-operate well.



The Nepalese doctors in Amppipal



Dr. Starke, W. Timreck, Dr. Kruse



Handing over donations



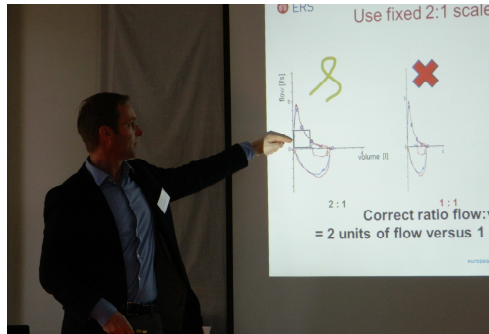
Dr. Birgit Kirsch conducted a medical camp in Thalajung in January.



A lot of repair work has been done by Mr. Timreck. Peter Albrecht, Stephanie Maier and Sandrine Quicray performed teaching sessions about hygiene. Heike Koinzer and Annette Schaufuss handed over donations and a sewing machine for an orphanage.

### Model Hospital, Kirtipur Hospital:

On 1st December the worldwide very first lung function course outside of the European lung congress according to the training programme of the European Respiratory Society ERS in



co-operation with Kathmandu Model Hospital took place in Kirtipur.

Dr. A. Drews as course director with S. Drews as well as I. Steenbruggen and Dr. M. Geerts (The Netherlands) performed this structured teaching programme for 19 participants from 10 hospitals. The participants were excited about the practical approach of teaching and the open atmosphere in the discussion. Several colleagues



now want to establish own respiratory departments in their hospitals. Part 2 of the ERS programme will take place in July 2014.

### Germany

The documentary movie we ordered and financed „Namaste – the mountain hospital Amppipal“ by Dr. Peter-Hugo Scholz and Olaf Kreiss celebrated premier screening at the mountain film festival at the Technical University Dresden thanks to an invitation of director and famed alpine mountain climber Frank Meutzner with several hundred spectators in November. The DVD is available at a price of 10 Euro from Nepalmed. Duration 33 min., languages: German, English, Nepali. Showing the film in Amppipal was great fun.

Pashmina shawls sold for Nepalmed - projects are available all year round at our website.

This year's calender has been photographed and designed by Dr. R. Wenzel. More than 1800 pieces have been



sold already, a steep increase compared to 2013. There still are some pieces left.

Allergy study: the revision of the data of the study at Kathmandu Model Hospital is still going on. Prof. Dr. Schreiber and Mrs. Maas from University Magdeburg plan to finish work in the year to come.

**Many colleagues and friends gave presentations and collected donations. Thank you all so much! Also a great Thank You to all unnamed supporters of Nepalmed projects!**

At 17./18. January 2014 our yearly travel meeting takes place. This time at a new location at Wehlitz Estate near Leipzig. On Saturday morning you can hear lectures on working in Nepal. Register: [nepalmed@gmx.de](mailto:nepalmed@gmx.de).



Laboratory in Chest Hospital



cleaning on the wards



Team of lung function course



Again this year, Nepalmed was presented in several media: The newspaper Leipziger Volkszeitung published a full page article about Amppipal Hospital as „Saxonian clinic at Himalaya“ in February, in June the medical journal Breathe published an article about the Spirometry training in Nepal. Mid-German TV showed a 5-min. presentation about Nepalmed in its format „close-up“ at 26th September. The doctor's association Saxony brought a portrait of A. Drews in their „Information“ after a hint from Dr. Hoeltzel in October. Germany-wide several more articles were published in the daily press.

in the last years. Unfortunately, a kingdom does not wait for the winner anymore.

Also maintenance of the devices is ensured. The same is true for most of the single use products like bandages and dressings or syringes.

**Call for support:**

**To equip the general practitioners' practice in Tati Pokhari we need your donation. For purchasing furniture for the waiting and examination rooms, as well as medical devices like ECG, spirometer, blood pressure meter, infusion holder, gloves, syringes, medication etc. around 8000 Euro will be necessary.**



Notice: It showed that used or new equipment from Germany is often not being used because the system language in devices can not be changed to English. In Nepal most of the big medical suppliers are present. It is much easier and cheaper to purchase from there, also better in terms of warranty.



Heiko Reh, male nurse, participated in the 2013 Ligligkot marathon. In earlier days, this run led to the decision about the new king of the Gorkha region. This tradition is being revived

**Thank you all very much for your loyal support!**  
**We wish you a peaceful and healthy year 2014!**

Anne Oring

Alex. K. Steiner



## Amppipal Hospital History and Facts about Nepal

Dr. Arne Drews, 20 Nov 2013,

1985 von Dr. Llewellyn-Jones, 1955 – 1982 from Hankins G W: A Heart for Nepal. The Dr. Helen Huston Story. Windflower, Winnipeg, 1992

- 1951 King Tribhuvan reestablishes monarchy
- 1955 8,5 million inhabitants in Nepal, 90% farming
- 1957 “Gorkha project” established by Jonathan Lindell from United Mission to Nepal (UMN).  
A six days’ walk West from Kathmandu a dispensary and a school was approved in Amppipal village. Two nurses, Becky Grimsrud and Nora Vickers, work alone in a shed.  
The literacy rate in the region was 2%.
- 1958 A dispensary made from stone is built.
- 1960 In November Dr. Helen Huston from Canada arrives to support the nurses until January 1961 and again after 1963 until 1992.
- 1965 2500 students were enrolled at Gorkha schools started by UMN.
- 1968 25308 patients were seen this year in the dispensary, 288 operations.
- 1969 March 25, move to the new hospital building at a resting place (chautara) 15 minutes’ walk below the village.
- 1971 Drs. Tom and Cynthia Hale join the Amppipal Hospital team.
- 1982 Book burning at the hospital by communist village youth amidst political unrest in Nepal, affecting the hospital until 1984.
- 1985 Canadian Dr. Del Haug is a senior member of the medical team. He is a primary care physician. The team also includes a specialist surgeon from Canada, a physician from the UK specializing in pediatrics, an Australian General Practitioner and Dr. Helen Huston.  
In 1985 Nepal has a population of 16 million people. It is one of the poorest countries on the planet. For the country as a whole, life expectancy at birth is 51 yrs, infant mortality is 12%, mortality for children under 5 is 17% and maternal mortality is 13%. At least 74% of the country’s population is illiterate. These percentages are higher in rural areas which have little access to health care and education.  
The vast majority of patients attending the Amppipal hospital are subsistence farmers who live in poverty.  
Ether anesthetics are used for major surgery. There are only 7 qualified anesthetists in Nepal – none work outside Kathmandu.
- 1990 Democratic parties start in the country
- 1992 23 million inhabitants in Nepal.
- 2001 UMN leaves Amppipal hospital, one Nepali doctor left, working in part time. The hospital is run by a local board under authority of the Nepal government.
- 2003 Babu Ram Giri is hospital manager. Dr. Wolfhard Starke, surgeon from Germany, serves the hospital voluntarily until March 2012, becoming medical director. Nepalmed, a small German non-governmental charity organization, starts supporting the hospital with staff, funds and material. 28 employees at the hospital. Siemens x-ray installed.
- 2004 A modern dental chair unit is being installed and manned with support from Dentists Without Limits, Germany. Local personnel trained as assistants.
- 2005 December 25, the first road from the village to the hospital is built by funds from Dr. Starke and Nepalmed.
- 2006 August, Hospital receives a first Ambulance car from the Indian Embassy.
- 2007 The first of several medical studies by Nepalmed looks into maternal and child health care, followed by a study on respiratory diseases 2009 and allergic diseases 2011. Every year, a number of week-long camps in medical specialties by Nepalese and German doctors.
- 2008 A campaign to build smoke-free ovens starts in Amppipal Village Development Committee (VDC).
- 2011 Photovoltaic electricity and solar warm water for patient bath are installed at the hospital with support from the German embassy.
- 2012 March 2012 until December 2013 – interim period with no permanent doctor at the hospital. Multitudes of German short term assignment doctors fill the gap, some with support from Senior Expert Service, until the new surgeon is found in Germany. Young Nepali doctors work on short term base, supported by Annapurna Neurological Institute Kathmandu.
- 2012 The new building for operation theatre, labour ward and gynaecology ward are opened, financed by Nepal government and Nepalmed. New laundry and the first canteen opened.  
Approx. 29 million people live in Nepal. In Amppipal Hospital 19175 patients were seen out-patient and 2126 on the wards, 144 normal deliveries, 42 cesarean sections, 1078 surgical procedures.
- 2012 September, Prime Minister Dr Babu Ram Bhattarai visited the Hospital and appreciated the service provided by the hospital.
- 2012 Smoke free ovens starts in neighbouring VDC Palungtar and Harmi.
- 2013 A waste incinerator is installed with support from the German embassy, Hein Stahl from Interplast and Nepalmed. Mobile x-ray installed in operation room.  
Medical school is revitalized, starting teaching local staff and surrounding health post workers. It provides practical education for 10-12 nursing students from the schools in Gorkha and Damauli who stay for 4 month periods. The hospital features 55 beds and revenue covers for the salary of the 51 employees.
- 2013 October, Amppipal hospital has its own MBBS doctor, trained with support of Nepalmed. A total of 3 young Nepalese doctors work in the hospital together with two German doctors from Rotary and Nepalmed as well as a Dentist without Limits.  
December, 3 personnel from the hospital take part in the world wide first European Spirometry Driving License course in Kathmandu, organized by Dr. Arne Drews with the European Respiratory Society.