

Report 2016 Nepalmed e.V.



Dear members and friends,
Sixteen years of Nepalmed and one and a half years since the devastating earthquake have passed! There is a



View of Swayambhunath, ca. 1950



View from Swayambhunath, Oct. 2016

Ampipal Hospital

The ambulance jeep was handed over in March, the shell construction of the new nurses accommodation was inaugurated in October, both financed by the Saxonian student initiative "genialsozial". The completion of the building is scheduled for spring 2017. The intensive care unit is completely demolished and the functional rooms are relocated. The foundation for the new building has been laid,

from Rotary Bad Arolsen the mobile x-ray device could be replaced. A trauma surgery table, implants and large steriliser where also purchased. Dr. Kshitiz Paudel continues to receive support from us and is working enthusiastically. He gets help from visiting Western specialists including ENT D. Leupold, Surgeon D. Wilker, R. Kalisch, W. Merbold, S. Zinke, Paediatric R. Löw, Anaesthesia W. Kluge, H. Ivatt, Dental S. Kel-



financed by JICA from Japan. The treatment of the poor patients is still financed by Ursula Ochs' Direkthilfe Nepal. Disinfectant was bought with donations from Prof. Wilker. The children's ward received some colourful furniture. Telemedicine was established with the help of the Model Hospital in Kathmandu. With donations

ler, P. Roth, Internal Medicine D. Cooper, L. Brockhaus. A pension model is currently discussed in order to secure the future of the ageing permanent staff.

Villages around Ampipal:

Our building subsidies have been working well and many farmhouses could be renovated. The Mirkot Health Post was re-

Please donate so that we can continue our support for Nepal:

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furnished and the students received clothes and tin boxes.

Liglikot Run: Nepalmed donated and awarded the price for the female winner of this historical race. Medical student Johanna Fuerst finished 5th in this year's race.

Ampipal Laundry Service: Because of a landslide during the monsoon the garage slumped down, which caused the laundry building to collapse. The slope was secured with reinforced concrete and the laundry was patched up. A new building will be constructed after the Trauma unit is finished. The asphaltting of the road from the valley to the hospital has been approved. Nepalmed will cover 50% of the cost.

Gorkha Cultural Heritage Trail: In October, the trek to Gorkha from Ampipal was initiated. Dr. B. Kirsch and Dawa Sherpa sent the first group on its way. The trekkers reported that the path was working well whilst some of the accommodation needed improvement. The trek is featured in tour operator DIAMIR's catalogue.

Gorkha Hospital: Our emergency aid of an operating lamp, an x-ray machine and a dental treatment unit works well. So far the construction of a new building has not been started due to bureaucratic obstacles.

Gorkha Radio: The building is rebuilt and the studio equipped and back on air. The cultural heritage trekkers were interviewed. The radio broadcasts health programmes and spreads the news of our specialists.

Namjung Health Post, Gorkha: The new post has not been constructed yet, however, the road leading to it is finished.

Nepalmed Nepal is active: Our sister organization has managed recent projects on-site. They accounted and introduced a homogeneous report system. In October, we held a joint board meeting. We are in daily contact via email and Viber.

Kirtipur Hospital:

On 3 October, the computer tomography was finally inaugurated. The German Ambassador Meyer and 36 delegates of the project trip attended the event, accompa-



nied by a MDR television team. The Ambassador urged the Ne-

pali authorities to support the relief organizations. After the old X-ray was destroyed during the earthquake we provided Kirtipur Hospital with a mobile GE x-ray, a big Siemens x-ray and 16-line CT cosponsored by Action Medeor. The total investment comprises 300,000 €.

The endoscopy department is being expanded under the watchful eyes of Drs. N. Tamrakar and G. Matzel. I. Windisch and U. Stahlberg trained the personnel to use and clean the equipment. Dr. Tamrakar spent several months in Germany in order to gain work experience. An ultra-sound cleaning device was financed by the Rotaryclub Voigtsberg (Plauen). An emergency medical training centre was established with Rescue Care Worldwide. Medical and non-medical personnel learn first aid measures, such as the initial care for severely injured people or incidences with many injured people (bus accidents, earthquakes) for a small monetary contribution. M. Schumann conducted courses on abdomen and heart ultrasounds, O. Hensel for cranial vessels ultrasounds and B. Kirsch for vascular operations.

We received donations collected at birthdays and funerals from the Angermann, Pollack and Al-Zand families among many others. Thank you so much!



Gorkha Heritage Trek GHT



Member's journey 2016, German embassy



New OT lamp in Gorkha Hospital



Phera Health Post, Solu: Dawa Sherpa coordinates the project. The village committee has provided a building and a young paramedic was hired to work there.

Furthermore, Phera's village committee selected 25 badly damaged houses for reconstruction. They received a financial contribution from a group of sponsors surrounding Fabien Matthias. The houses have been restored.



Maidane Health Post, Solu: This post is already in operation. It is managed by Christine Wilhelm from „Kinder in Okhaldhunga“ and „Kinder von Nepal“. Nepalmed takes care of the medical requirements. Kul Dhoj from Maidane participated in our joint board meeting in Bodnath and has provided the first reports and financial overviews.



Sipaghat Health Post, Sindhuupalchok:

With or donations the post could be renovated and equipped. Dr. K. Thapa manages the facilities, providing regular consultation hours of various specialists from Dhulikhel. Dr. K. Thapa plans to buy more land to build a small bed block. The people are happy because the nearest hospital is far away, on the edge of the Kathmandu valley.

Further project news from Nepal

Grande International Hospital

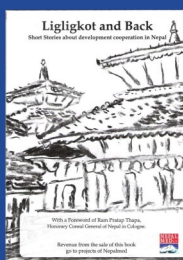
Nepalmed sponsored a defibrillator and handed over several vacuum-mattresses that were donated by SEG Leisnig. Dr. S. Karki is working on an ambulance system with cars and helicopters. S. and A. Drews as well as R. Hoeltzel performed a pulmonary function training course with the spirometers, donated by us. The 16 participants have asked for a revision course in 2017.



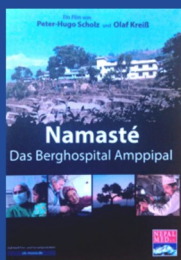
Lung study at the university

The Professional Association of Saxonian Pneumologists finances a study on lung function, measurement of NO in the exhaled air and IgE in the blood, in order to study chronic respiratory diseases. Ass.-Prof. S. Shrestha from the Kathmandu Medical College Teaching Hospital has examined the first 170 patients. He noted that measuring NO in the exhaled air is unique for Nepal.

publications



short stories about our work in Nepal
price: 20 Euro (14 Euro go into our project work)



documentary about the Ampipal Hospital, 33 min.
languages: German, English, Nepali - price: 10 Euro (6 Euro go into our project work)

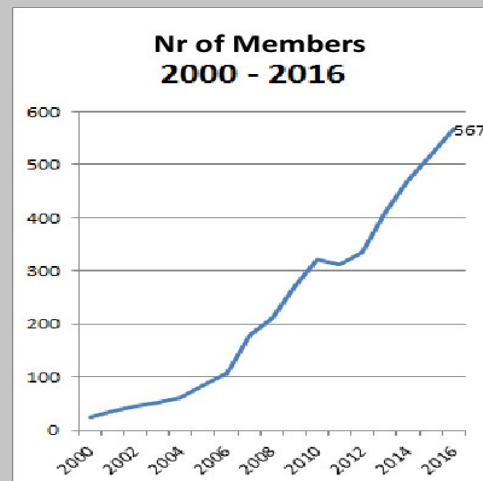


documentary about team of volunteers after the earthquake 2015, 20 min.
languages: German, English, Nepali - price: 10 Euro (6 Euro go into our project work)



Calendar:
price: 15 Euro (6 Euro go into our project work)

All publication are available via nepalmed@gmx.de
All revenues are used for our project work in Nepal.



Langtang emergency aid

In January, 300 winter blankets were handed over to the inhabitants of the destroyed villages to ease life in cold weather. In October our trekking group learned that the Gosainkunda Region still faces substantial destruction without any signs of aid.



Club 50 with K.P. Maskey handed over sewing machines in Godavari financed with German donations. She showed women how to use them. In a Chepang village in Makawanpur briquette machines and school clothes were given to the locals. By selling the home made briquettes, a new source of income is provided to the people.



Many villages in the **Sindhupalchowk** region were without water supplies after the earthquake. With the help of businessmen from Kathmandu, Dr. K. Thapa / Indrawatee Community Committee constructed new wells. In two villages we were able to provide financial support for the project. Now over 1,000 people have a stable water supply again.



To raise awareness we had booths at the Bergfilmnacht (Mountain film night) at Steinbruch Gaudlitzberg, the Bergsichten Filmfestival and the Globetrotter Days in Dresden. We thank all the people manning the booths. Our documentary "In the Land of Tents" screened twice at the Mountain Film Festival Dresden. Thanks to I. Windisch for the support of Dr. Nijina Tamrakar during her three-month internship in Germany. The media published numerous reports. Newspapers in Hamburg and Itzehoe (Cent-behind-the dot), Parchim, Haldensleben, Chemnitzer Freie Presse, Leipziger Volkszeitung, MDR TV, Saxonian Medical Journal among others have issued articles about the activities of Nepalmed.

Numerous colleagues and friends have given lectures, donated money and organized events. Examples are: U. Ochs with the Direkthilfe Nepal, U. Bolender with flea markets organized by her 4th grade students from Oberursel, donations in a Pickle jar from Rhön, G. Matzel at the DGIIN-Congress, the Reiser family in Haldensleben, lectures during the Nepal NGO meeting in Cologne, a picture exhibition in E. Schöne's physiotherapy praxis in Markranstädt, TEVA Challenge in Berlin, Rotary Bad Arolsen, Christmas market concert of the Saxonian Brass Orchestra and the wonderful concert of the Schola Cantorum Leipzig in Wechselburg. **It is impossible to list all events organized to support our voluntary work. Therefore: a big thank you to everybody, who has supported us.**

Many thanks to all the students who took donations to Nepal and wrote reports during their traineeships. Thank you Burga Marx for the guidance of the many students. Dr. S. Keller has once again managed the dental care. We express our gratitude to K. Meyer and S. Drews of the Nepalmed office and to F. Winkler and the tax office U. Holzenleiter for their help in all accounting matters.

We once again offer a project trip to Nepal in April. If you are interested please email to nepalmed@gmx.de

Our next annual meeting takes place in Leipzig on 20 May 2017.

We wish you a peaceful and healthy New Year 2017 !



Arne Drews



Birgit Kirsch



Rüdiger Wenzel



Gerda Matzel



Ole Hensel



Florian Drews



Alena Kuhlmann



Christine Drews