



ROADS TO REHAB NEPAL NOVEMBER 2018 NEWSLETTER

PATIENT STORIES

The following is a cross section of some of NHEDF's current patients and these stories and more are on our website. Click here <http://roads-to-rehab-nepal.org/nepal-healthcare-equipment-development-foundation/nhedf-shelters-patients/> or hover over 'the NHEDF project' tab and click on 'NHEDF patient stories' to read more about our patients' roads to rehabilitation.

Sanumaya was finally discharged and Parbati will not be far behind! Manish went home too, and Raj Kumar was readmitted for his final round of surgery for his burns contractures and is not back home. Saila Tamang who had a head injury sadly passed away.



Since our last newsletter, NHEDF has had a number of admissions and patients include Himal, age 6 and his father Jay whose lives changed forever when a house fire killed all the other members of their family. Himal languished in a hospital in remote Nepal for several weeks and photos have been too graphic to show but he would have certainly died without NHEDF. He has now been through six episodes of plastic surgery for burns to his face, hands and torso. Jay's burns were not as serious but their psychological trauma, as you can imagine, is immense for both of them.

Some other patients referred to NHEDF include 29 year-old Bharat who sustained a badly broken leg which required external fixators and developed a significant infection. His medical bills pre-NHEDF, like Krishna Hari's and other patients are in the region of \$30,000 but thanks to NHEDF, he still has his leg, his wound is healing and his medical care and everything else for the duration of his stay at NHEDF is free.



Chandra was working as a labourer when he was injured at work and sustained significant tendon injuries and leg trauma. There is no such thing as workers compensation in Nepal.

Khemraj fell from a height whilst painting his landlord's house and broke both ankles.

Sarvajit was working as a guest worker in Malaysia and fell three stories at his worksite fracturing his arm, leg and pelvis. He also has a huge medical debt as a consequence of his injuries and said "People come every day to ask for money. I only have 1 ropani (= 508 sq.m ) land which worth 3 Lakh( US\$ 3000). If I sell it me and my family will not have any place to



live. It's better I die. I have become a big burden to my family"

Buddhi was injured whilst working as a guest worker in Malaysia and had both legs amputated as a consequence of his injuries. Like our other patients injured overseas they are not looked after and the financial implications on him are equally disastrous.



Ramba has an incredible story – visit our website or click here: <http://roads-to-rehab-nepal.org/how-much-adversity-do-some-people-have-to-deal-with-in-their-23-years-of-life-read-rambas-story/> to read about this girl's amazing journey since she married at the age of 13.



Udyaha sustained a head injury as a result of a motor vehicle accident.



Netra Lal was a palliative care patient with lung cancer with nowhere to go as the hospital was discharging him. Whilst his family were willing to take him home, their landlord would not allow it and threatened to evict them if they did. According to Hindu tradition it is very bad luck for someone to die at home. Samrat accepted him because he knew his stay would be short and he had a spare bed.

On a happy note you may remember the story of Nokh with the rotationplasty and the foot on backwards – he finally has a prosthesis that fits and works! Our admiration goes yet again to Samrat, NHEDF's director, who never gives up! Samrat found Green Pastures Hospital in Pokhara, an 8 -10 hour bus ride away and someone is making his prosthesis as we write!



### OUR FISTULA PROJECT



In August we made a decision to employ a Project Manager to help us with our fistula project and Saguna started work for us in early September on a three-month temporary contract. She recently went to Dharan for meetings and is progressing our support in a more concrete way. Thank you Saguna!

We are still working on implementing an enterprise to generate an income for patients that need one but like anything in Nepal, nothing is simple, and it takes a long time to make things happen, but just like Samrat, we keep plugging away and we will get there.

### OUR NSP & PSP

Anjeela, Kusum, Kunga and the other nurses employed by NHEDF on a casual basis continue to do a wonderful job Anjeela recently got married which was very exciting and we wish for a her a long life full of love, respect, health and happiness! Kusum is thriving at University and continues to work at NHEDF so you can imagine how busy she is! They all asked us to convey their appreciation for the ongoing support of their sponsors.



### THANK YOU

Firstly, a huge thank you to Maren, one of our committee members who recently resigned from our organisation as she is busy with other commitments. Maren managed our website, was also our assistant secretary, chaired our meetings and was our editor-in-chief so she will be very much missed. We would also like to welcome Lenore to our committee.

A huge thank you to all those who have donated to our projects and become part of our Nurse and Physio sponsorship program. Your support has meant we have been able to continue to help fund NHEDF's clinical staff's wages, their pharmacy bill and recently eight months' rent.



Thanks go to Lloyd for taking many kilos of sheets and towels to NHEDF and for your ongoing commitment to the Shelter and also to Jon and Carolyn for visiting! Yet another thank you goes to Mission Sewing Group for providing yet more hand knitted beanies which Carolyn and Jon took to Nepal. Also, a big thank you to Ange for designing the perfect incontinence solution for women with fistula. Our aim is for this to become the cornerstone of Circles of Hope and will make its way to Nepal shortly.



Lastly our appreciation goes to Days for Girls for the menstrual kits which will also travel to Nepal with Virginia on Sunday in anticipation of the long-awaited Ambassador of Women's Health training that was supposed to be happening months ago! Like we said, everything takes a long time in Nepal!



### HOW YOU CAN HELP

We welcome donations, no matter how large or small but if you would like to help us in a practical way, we need volunteers to assist us in our many tasks! We do need someone who loves doing social media; a replacement for Maren to look after our website; a media and publicity officer who loves writing press releases to get us lots of media attention and donations; a fund-raising manager; an assistant secretary and a risk manager. Virginia is currently doing all those things in addition to being Trustee, President, Secretary and Nurse Sponsorship Coordinator so if you would like to help us continue the wonderful work we are currently doing we would love to hear from you!

With grateful thanks,

*Virginia Dixon*

President, Roads to Rehab Nepal



ABN: 14 196 214 542 ACT Fundraising Licence: L19001126

Email: [info@roads-to-rehab-nepal.org](mailto:info@roads-to-rehab-nepal.org) Tel: 0417 675 258

Website: [www.roads-to-rehab-nepal.org](http://www.roads-to-rehab-nepal.org)