

WELCOME TO OUR MARCH 2022 NEWSLETTER

NHEDF NEWS

We have lots of news this quarter. In case you missed it, NHEDF has had a name change and is now called 'Medical Rehabilitation Organisation' (MeRO). The Shelter is now referred to as MeRO Shelter. MeRO means 'my' or 'mine' in Nepali. The name change required new Social Welfare Council (SWC) Registration with different governance procedures and mandatory evaluation, monitoring and reporting requirements performed by the SWC.



It has been a lengthy process but is now complete, thanks to Samrat's amazing tenacity! MeRO now has nine Board members, including Samrat and Devindra, two staff members - physiotherapist Anjeela and staff nurse Kusum, a doctor, a lawyer, an accountant and Samrat's wife, Sajina who works in the aid and development sector. We look forward to working with you all!

EXCITING THINGS HAVE BEEN HAPPENING AT THE SHELTER

MeRO also receives assistance from an organisation in the Netherlands called Stichting Care4Nepal who have been paying their rent since they moved to the current building. This organisation recently received a grant of which two thirds is to be used to pay MeRO's rent for two years and one third was for renovations and new equipment. MeRO's Shelter now has hospital grade beds and a new coat of paint.



They also have some new nursing, physio and medical equipment, oxygen concentrators, a laptop for Samrat and two for staff to use at the Shelter which will be great for their ongoing professional development. Anjeela, MeRO's physiotherapist, recently received a pay increase in acknowledgement of her amazing dedication, years of service and the hard work and attention she gives to her patients. Our grateful thanks goes to all our supporters who make regular, recurring donations to our Nurse and Physio Sponsorship program. We would also like to welcome Staff Nurse Sony who replaced Lucky in January. We hope you love your new job!

A LITTLE ABOUT THE PEOPLE WHOSE LIVES YOUR GENEROSITY HAS CHANGED OR IS CHANGING



COVID-19 made its way into the Shelter in the new year, but thankfully, everyone's symptoms were mild. The Shelter went into lockdown for 3 weeks and no new patients were admitted. Now that lockdown has lifted, MeRO is back to business as usual.

Patients and their relatives have either a RAT or a PCR test prior to admission and new patients were recently vaccinated by a mobile street clinic team! Someone does not look very impressed!



NEW ADMISSIONS

Since our last newsletter, MeRO accepted eight new patients:

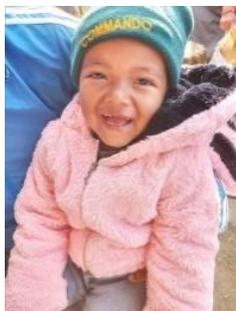
- Gyan had bilateral infected wounds to his feet and has been discharged.
- Bhoj had facial and jaw fractures from a motorbike accident and is fully recovered.

- Janaki required open heart surgery for a leaking valve and has also been discharged having made a great recovery. Her little daughter is delighted!
- Chattu required wound management after a lengthy period in hospital following an electrocution and a below knee amputation. He had to go home to check on his young family but will be back for review and ongoing wound management if required.



- 12-year-old Laxmi had a non-malignant synovial thigh tumour and many complications during a lengthy hospital stay. She was discharged from hospital and transferred to MeRO's Shelter with an extensive open surgical wound which is requiring lengthy daily dressings.

- 6-year-old Prakash required assessment of burns contractures having been badly burned as a baby. He had amputations of both legs at the time and will return at a later stage for contracture release



- 45-year-old Belu has an obstetric fistula which she has lived with for the past 17 years. She requires two surgeries which are being funded by our fistula project and has made great progress after the first.

- 4-year-old Sapima has extra digits on both her hands and feet. It makes wearing shoes very difficult for her, so this simple surgery which we are funding will change her life.

EXISTING PATIENTS

All patients who were at the Shelter prior to our last newsletter were discharged, except for three:

- Krishna Hari, MeRO's longest staying patient, remains unchanged. His father was featured in a very moving short documentary about the plight of his son and the lack of Government support. You will find the link on MeRO's Facebook page. It is in Nepali.



- Umesh who had treatment for osteosarcoma has developed secondary tumours and his prognosis has been described as poor. Our thoughts are with his family and all MeRO's staff who have travelled his journey with him.

- 12-year-old Pooja has had pre-operative chemotherapy and a rotationplasty. She has recovered well from her surgery, but her road to rehabilitation will be long. The ICRC will be providing her prosthesis.

DISCHARGED PATIENTS

6 patients have been discharged:

- Ayush had femur- replacement surgery for a fractured implant.
- Srijana and Sarmila had a release of burns contractures.
- Theba sustained chest injuries after being hit by a cow that fell off a cliff and landed on top of her.





- Mansara had a lengthy stay for osteosarcoma. All her treatment has been completed and she has an excellent prognosis.
- Nirmala had a repair of a longstanding injury to ligaments in her knee and lots of physio. She can walk properly again without pain.

GLOBALGIVING'S LITTLE BY LITTLE FUNDRAISER

Twice a year, in March and September, GlobalGiving has a Little-by-Little fundraising campaign targeting small donations. Every dollar up to US\$50 is matched by 50%. We will send an email out when the campaign opens on Monday April 4. We do not always send correspondence to all regular recurring donors because we know how much you give already. If you receive an email from us about the Little-by-Little, we do not expect you to give any more than you are already. However, if you could forward it to anyone you know who may want to make a small contribution, it would be hugely appreciated.

ANY QUESTIONS?

As always, if you have any questions, feedback or would like more information about any aspect of our work, please contact us via our website <http://www.roads-to-rehab-nepal.org/contact-us>

On behalf of all past, present and future patients, and everyone at MeRO, we thank you again from the bottom of our hearts for your kindness and generosity. Our work would not be possible without you and MeRO's would not be possible either. It is solely because of both you and us that they have been able to keep going. Our sincere thanks go to you all for helping us continue to change the lives of people who have no one else to turn to and nowhere else to go. Stay safe and take care.

With best wishes and grateful thanks,

Virginia Dixon

President, Roads to Rehab Nepal

ABN: 14 196 214 542

ACT Fundraising Licence: L19001126

Tel: +61 417 675 258

Email: info@roads-to-rehab-nepal.org

Website: www.roads-to-rehab-nepal.org

