



Roads to Rehab
Nepal

WELCOME TO OUR JULY 2022 NEWSLETTER

We usually send quarterly newsletters but this one is a little late. Virginia, who is responsible for this job, has been away on an extended holiday with limited access to technology.

MeRO NEWS

As always, things have been very busy at MeRO's Shelter. Since our last newsletter MeRO has a new nurse. Nirmala joined Sony and Kusum and has settled in well. Nepal seems to be simply living with COVID. All staff and patients are vaccinated, and it has just occurred to me that there has been no mention of COVID-19 from Sarmat in any of our recent conversations!

MeRO has a few new pieces of physio equipment that have been either donated or purchased with funds given for that purpose. Of these, the tilt-table is the most popular! MeRO also decided to make a difference to their local community. When time permits, Anjeela is also providing free physiotherapy services on an outpatient basis for people who need physiotherapy but cannot afford it.



A LITTLE ABOUT THE PEOPLE WHOSE LIVES YOUR GENEROSITY HAS CHANGED

Since our last newsletter, MeRO accepted 16 new patients. Seven patients have been discharged and nine people are currently in-patients at the Shelter. They are also supporting two patients in hospital.



Diagnoses of new patients include congenital hip dysplasia, acute burns injury, burns contractures for release, hydrocephalus, prosthesis fitting, hearing loss, eye injury, congenital heart disease, septic arthritis and osteomyelitis. One patient was admitted with abdominal pain and diagnosed with advanced cancer but received palliative care only during her short stay. MeRO did not have the heart to turn her away.

Some of you may remember Badri who was a patient in 2020. He had a simple wound on his foot that had become infected. Gangrene had set in and by the time he got to MeRO, the only option for survival was a below knee amputation. He has finally been fitted with an awesome prosthetic leg which finally arrived from Poland.



MeRO is extremely resourceful! Little Prakash with his burns contractures was elated to be given this! The adult walking frame was especially modified by them so that he can get around whilst waiting for burns contracture surgery.

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. She is receiving intensive physiotherapy and the ICRC has committed to provide her prosthesis.



Krishna Hari, MeRO's longest staying patient, remains unchanged. His father was featured in a recent, short, very moving documentary about the plight of his son and the lack of Government support in Nepal.



Laxmi, now 14, whose story many of you may remember, has been discharged! She survived 3 major surgeries in 3 different hospitals in Kathmandu. The first was surgery for a synovial carcinoma of the hip.

A few days later her recovery was complicated by a femoral vessel blockage which required a wide local excision and left femoral embolectomy and femoral

vessel reconstruction. She was discharged to MeRO with an extensive open wound which required complex, expensive wound dressings and eventually a skin graft.

At one stage the doctors wanted to amputate her leg, but MeRO advocated for her family who did not want this to happen and look at her today!



22 year old **Anjali** was initially diagnosed by a local hospital with a hairline fracture of her knee. This diagnosis was incorrect. She had bone cancer requiring the removal of her knee joint which was replaced with a metal implant. Her road to rehabilitation has also been long. Samrat said of her "It was like we had a Mount Everest in front of us and we were determined to climb it. Slowly we started talking to many people and finally after a month we arranged everything." Look at her now. She has also been recently discharged.



Samrat Sir, as he is respectfully and affectionately called, said: "These happy faces are what we want to achieve. This is how we work to shape a life. There is nothing called impossible, you just need determination, friends and good people around you,"

FUNDRAISING:

As you know, the level of support that we give to MeRO is directly related to the amount of funds we raise.

Our annual fundraising dinner will be postponed to next April or May, partly because of COVID and partly because Virginia has not been able to visit Nepal again to buy items for our auctions. She is, however, about to book flights for February and will be able to do lots of shopping, so if you have any special requests for auction items let us know!

Twice a year, in March and September, GlobalGiving has a Little-by-Little fundraising campaign where they match all donations up to \$50 by 50%. We will be participating in this in September and will hold our annual end of year fundraising appeals. An email will be sent out nearer the time.

GlobalGiving is also again matching the first donation of all new monthly donations of up to \$200. If you would like to support our work by making a regular recurring donation it shall be put towards the wages of MeRO's nurses and physiotherapist. Click on this link <https://www.globalgiving.org/projects/provide-life-changing-medical-care-in-nepal/> which will take you to our project page.

Samrat is often able to obtain funding for patient's medical expenses from sources other than us. When he cannot, we step in. We are starting a register with the names of people who are happy to be contacted when MeRO has a patient in need of medical treatment but has exhausted all other avenues. If you would like to be on this register, please email us info@roads-to-rehab-nepal.org



THANK YOU: 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 because of 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.

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>

Stay safe and take care.

With best wishes and grateful thanks,

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