



Roads to Rehab
Nepal

WELCOME TO OUR DECEMBER 2024 NEWSLETTER

If you missed our annual report which came out in September, this link will take you to it <https://roads-to-rehab-nepal.org/reports>

SHELTER NEWS



Since our last newsletter, patients relatives have been working hard to get the veggie garden up and running over winter. It has also been festival time and all of MeRO's patients were discharged home just in time for the festival season except for three. The holiday season lasts about 6 weeks and everyone who can, returns to their villages. Hospitals operate on skeleton staff. Staff and Board members also managed to squeeze in a

celebration but things at the Shelter never stop, and MeRO had six admissions during this time. They also expected to be inundated with patients following the flood events in October but fortunately this did not happen. They did however get a number of other patients as time went on.



5-year-old Samir was admitted following an amputation of his right hand following a burns injury. Rekanti was admitted but transferred elsewhere with osteosarcoma; Radhika and Laxmi, both previous patients of MeRO's were readmitted for ongoing follow up. Sunita was assessed for a lung condition; 31-year-old Sita was admitted requiring removal of an endoprosthesis resulting from previous surgery for osteosarcoma. Her husband, Lal was brought to the Shelter with a recent spinal cord injury. Sanjina was admitted with Rheumatic Heart Disease and underwent cardiac surgery on the 22nd November. Narsingha experienced a traumatic severing of his arm and required surgery and ongoing care and rehabilitation services.



Last newsletter, we told you about Jauli who required surgery for a fractured implant. She remained at the Shelter and is doing well, as is Susaan who we also told you about. She was operated on for osteosarcoma previously but the implant recently required removal.

22-year-old Dhan was admitted for bladder surgery. If you follow us on Facebook or are a monthly donor you would have read his story, but for those who have not, he was born with a congenital condition called bladder exstrophy where the bladder develops externally on the abdomen rather than internally.

In developed countries it would have been fixed at birth. This was not the case for Dhan who comes from a remote region of Nepal. His mother died when he was three and his father remarried and moved away, leaving him in the care of his uncle and aunt, who also faced financial hardship. Dhan lived a life filled with physical pain, psychological distress, social isolation, disability, embarrassment and stigma as his bladder constantly leaked urine causing many physical, psychological and social issues for him, similar to those experienced by women with fistula. He did not attend school, was unable to work and lived in an outhouse due to the terrible smell of constant urine leakage.





Samrat, MeRO's Director, said "when we learned about his situation, we immediately coordinated to help him get the treatment he needed." Consequently, a wonderful team of surgeons performed surgery and Dhan has now been discharged home. Samrat said "Dhan has finally found a glimmer of hope and is starting a new chapter in his life. The years of suffering in his life have finally come to an end. We cannot express how happy we are as well. Together, we are able to build a new life because every single life matters to us".

Dhan is now a different person to his former self and said "I never thought I would be cured. For 22 years, I carried this pain and was constantly neglected by people around me. Now, I'm finally healthy and truly happy." He has even been able to secure employment thanks to a wonderful local government official who organised this and said "the job will help Dhan live a respectable life after years of suffering".

Bibek is an 11-year-old boy who was born with a condition affecting his lower limbs. Whilst being investigated for this, a coincidental diagnosis was made of a dysfunctional heart valve and he required urgent heart surgery.



Bibek belongs to a marginalized community. His father left to work in India three years ago but subsequently failed to have any contact with the family. Bibek's mother has no idea whether he is alive or dead. As a single parent of three children, it has been extremely difficult for her to manage. Their livelihood depends on agriculture. They do not own any land but work on others' but the income they earn is barely enough to cover basic needs, making it impossible for them to afford higher-level medical care for Bibek.



In search of support, Bibek's mother came across an organisation called DHERSEC who referred Bibek to MeRO. He was assessed and treated at the government Cardiothoracic hospital where he underwent major heart surgery and spent several days in ICU. Unfortunately, the surgery was not successful, and the surgery had to be repeated. He had a very challenging time and after 24 pints of blood and 13 days in the ICU he finally turned the corner and was transferred to the ward. He made great progress and was finally discharged back to the Shelter and then home.

THANK YOU'S

As always, we cannot thank you enough for your generosity and ongoing support. All these patients are more examples of the difference that good people, the media, yours, ours and Mero's support makes and everyone is truly grateful.

We hope you have a lovely Christmas, happy new year, and we hope you have a healthy, happy wonderful 2025.

Any questions contact us via our website www.roads-to-rehab-nepal.org

With best wishes and ongoing forever thanks!

Virginia Dixon

President, Roads to Rehab Nepal

