



Roads to Rehab  
Nepal

## WELCOME TO OUR MARCH 2025 NEWSLETTER

### SHELTER NEWS

Since our last newsletter we are happy to report that all patients who were admitted to the Shelter have done well and have been discharged. I wish I could say there have been no more admissions, but far from it.

16-year-old Sobita was admitted with hip pain and diagnosed with tuberculosis of her hip. She received traction for pain relief and was commenced on appropriate TB medications for twelve months. She will return in a year to see if a hip replacement is still required. She cannot wait to get back to school and is such a diligent student making use of her enforced rest by catching up on all her schoolwork.



15 year old Anushka was a recent patient at MeRO, and looks so happy despite everything she has been through. She was born with a disability and was unable to walk without difficulty. Doctors thought an operation called a rotationplasty would help, but it didn't and she had to have an above-knee amputation. MeRO was able to use their international contacts and obtain a 'first-class' prosthesis which will be fitted for her whenever she and her new leg are ready!

Saraswati had a terrible accident when she was seven years old. She was playing with a mobile phone whilst it was charging when it suddenly exploded causing severe burns to her right hand and arm. Her injuries were so severe that her right hand had to be amputated. After hearing her story MeRO agreed to support her. They liaised with another organisation who regularly helps their patients out with prostheses. Saraswati will be provided with a lightweight 'high-tech' prosthetic arm. Despite the challenges, she is now pursuing her Bachelor's degree and dreams of becoming a teacher. Her new arm will make life easier for her.



On the subject of things being made easier for people, some of you may remember a little boy called Milan. He recently returned to MeRO for his third and final ear reconstruction surgery, and hopefully his little life will become much easier for him too.

MeRO received a request to support 34-year-old Krishna who was supposed to be Nepal's first heart transplant patient. He came from regional Nepal and MeRO

was advised they did not need to provide much in the way of funds for him as his medical costs were largely going to be covered by the Government and the hospital. As Nepal's first candidate for such a procedure, he had to go through many complex steps ranging from endless diagnostic tests and medical approvals to government permissions. The biggest challenge however was a suitable heart, and



over this, he had no control. Sadly, Krishna's health was deteriorating daily and after the excitement of a possible heart being matched for him, this turned out not to be compatible, He became demotivated and depressed. Samrat said "We saw his suffering, yet there was little we could do except stand by him. Unfortunately, fate was not on his side, and he left us on February 21st. Our heartfelt condolences go to Krishna's family. Life and death are beyond our control, but what matters is that we tried our best to save him".

Roshan's story had a profound impact on everyone at the Shelter, He was described as a lively 13-year-old boy who experienced a devastating turn of events when he fell into a pond of stagnant water. He was rescued by a farmer but went on to develop high fevers, splitting ear pain, and frequent fainting spells. His mother took him to the local health post, where he was prescribed antibiotics in the short term and ear drops in the long term. A month later, the family sought further medical advice at their nearest district hospital and Roshan's parents were advised that the infection had spread to his brain and that he required surgery for a cerebral abscess. The doctors told his parents to take him to Kathmandu immediately. They were also advised that his medical costs would be more than AU\$8,000. Roshan's family made the difficult decision to sell their land. With only \$3,500, they went to Kathmandu, hoping to gather the remaining funds through donations or loans from family, friends and their community. Still short of \$4,500 they arrived in Kathmandu feeling stranded in an unfamiliar city, Fortunately for them, they were referred to MeRO.

Roshan had a craniotomy - brain surgery - and the removal of a cerebral abscess. After lots of antibiotics and several days in ICU, he was transferred to the ward, and then back to the Shelter where he received lots of wonderful nursing care and physiotherapy. Roshan made a great recovery and his mum expressed her gratitude to MeRO for helping them through this dark and challenging time. She said how helpless she felt as she lacked any medical knowledge, and the family had insufficient funds to be able to treat their son. His mum said "MeRO gave us shelter, food, and support and gave Roshan a second chance at life. I thank every member of the MeRO family for being a ray of sunshine in the darkest chapter of our lives."



Three-year-old Sampadha was warming up by the wood fire when her polyester clothing caught fire. She sustained deep burns to her lower abdomen, shoulder and lower limbs. Her mum rushed her to the nearest hospital where she remained for four days before being referred to a higher level hospital. They advised her parents to take her to Kathmandu as she had burns to 18% of her body, but fortunately for this family, they also referred her to MeRO.

MeRO was not sure she would survive as the burns were deep and infected however after several surgeries, several days in a paediatric Intensive Care Unit, several weeks in hospital and also at the Shelter, she recovered. Samrat recently reported "Another life, another success story. Every year, many children in Nepal suffer severe burns from wood fires. Sadly, only a few make it to Kathmandu for treatment and survive. Just yesterday, it was reported that a two-year-old child with 10% burns passed away. The family was desperately seeking financial help to pay the hospital bills but the cost of burns treatment was beyond them. We were told Sampadha had only a 10% chance of survival, but we believe in miracles, hope, and hard work and she survived - a moment of joy for all of us!"

Still on the subject of burns injuries, Amit was referred to MeRO for release of contractures resulting from burns injuries experienced at his workplace when a gas cannister exploded. His dream job was to be a singer and the contractures in his hands were affecting his ability to work, and those on his face were affecting the movement of his mouth and therefore his voice which was

devastating for him. He had surgery and was transferred back to the Shelter, but unfortunately would not stay until his wounds had healed. His daughter was unwell and he wanted to go home. MeRO made arrangements for the district hospital to follow him up with respect to ongoing wound care.

Fifty-six-year-old Riuli had open heart surgery and a valve replacement. Bhabana was assessed for lung pathology and cardiac failure and treated in hospital. A young boy was admitted with a neck tumour which was found to be malignant and is receiving three cycles of chemotherapy. He was referred to a Government hospital and is being treated for free. Ex-patients Karna, Bibek, Sunita and Jesika returned for scheduled follow-ups and all are doing well.



## **THANK YOU'S**

We hope this rather in depth newsletter will give you an idea of why the support you give is so important.

As always, we cannot thank you enough for your generosity and ongoing support.

Any questions contact us via our website <http://roads-to-rehab-nepal.org>

With best wishes and ongoing forever thanks!

Virginia Dixon

President, Roads to Rehab Nepal

