



WELCOME TO OUR DECEMBER NEWSLETTER

Namaste,

Welcome to our December newsletter.

GENERAL NEWS

Between climate change, floods, landslides and riots, Nepal has had a rough time recently. We really hope that things settle down and good things happen with their new Prime Minister.

Our Trustee, Virginia, is going to Nepal in February, so if you have any requests for auction items for our next fundraising dinner please email us at info@roads-to-rehab-nepal.org and let us know what you would like me to bring back!

GLOBAL GIVING'S GIVINGTUESDAY CAMPAIGN



A huge thank you goes to everyone who supported our GlobalGiving GivingTuesday fundraising campaign. Whilst we did not achieve our target of US\$10,000 (AU\$15,000), we did receive US\$2,758 (AU\$4,170) in donations. We also secured US\$388 (AU\$587) in incentive funds from GlobalGiving making a grand total of US\$3,146 (AU\$4,757) which is an amazing achievement from only ten donors.

We would especially like to acknowledge those of you who contributed to GivingTuesday and are also regular recurring donors. We cannot thank you enough for your ongoing support and whilst your incredible generosity means so much to us, it means so much more to those people whose lives you will change through the provision of medications, medical equipment and supplies for the duration of the often-long road to rehabilitation. If you do not receive our quarterly project reports from GlobalGiving but would like to, please subscribe via our project page. The link is www.globalgiving.org/projects/provide-life-changing-medical-care-in-nepal

MERO NEWS

After their difficult run, which we shared in our previous newsletter, things at MeRO have been much happier. Most patients were able to return home for the recent festival season except for Dhan and Bipula.

Due to hospitals running on skeleton staff during the holiday season, elective surgery is not possible so MeRO accepted emergency patients only. 31-year-old Chandra was one of these. Samrat said "*Chandra is going for cardiac surgery tomorrow, and we are hopeful it will be a successful one. Even during this big festival, Dashain, we were able to manage all the blood needed for his heart surgery*".



This is something that blew my mind as a nurse, used to a plentiful supply of multiple units in the blood fridge in theatres 24 hours a day, 365 days a year!! Fortunately Chandra made a great recovery and was discharged home in time to enjoy the festive season with his wife, young son and other family.

Patients included in our last newsletter who were discharged included Amit, Santosh, Pariasal and Bipula who had contracture release surgery for previous burns injuries. Mamata, Bhakta, Joshan and Radhika were all discharged following successful cardiac surgery and Mamata returned for follow-up.

Paras was discharged after his treatment for osteosarcoma and a hindquarter amputation.

Sampadha and Rabindra were discharged following surgeries and treatment for acute burns injuries.

Megnath was treated for osteomyelitis and discharged with three months of antibiotics which unfortunately has not cleared up the infection in his bone. He returned to the Shelter and is awaiting surgery.



Brothers, Prashant and Hamenta went home having had their congenital urological conditions successfully repaired which was absolutely fantastic! 71-year-old Dhana had chemotherapy for bladder cancer but returned home to his family as his condition became palliative. Mansara was also discharged home following her miscarriage and management of anti-coagulant medications.

Other patients included Karna who went home after his successful elbow replacement. His wife unexpectedly passed away and he returned home, but came back to the Shelter for physiotherapy. He is now awaiting shoulder replacement surgery. Both these injuries happened at work several years ago but in Nepal there is no such thing as workers compensation and the treatment he needed at the time was not financially possible.



Three-month-old Dhiren was admitted to MeRO for assessment and was found to have a hemangioma in his liver so was transferred to hospital. He was assessed, treated conservatively and will return in three months for follow-up

28-year-old Sunita was admitted for surgical release of burns contractures to both hands following an electrocution injury a year or so ago. Six-year-old Arun had cochlear implants and just needed a place to stay for several months whilst he undergoes speech therapy as there is no such thing as speech therapy where he comes from. Laxmi, a previous patient, returned for follow-up and all is good several years after the removal of her neuroma and treatment.



52-year-old Dhan was struck by lightning whilst grazing his flock of sheep in the mountains. A rescue party took two days to reach him and it took another two days to get him to the nearest district hospital. As is the case for many people living in remote and regional parts of Nepal, the local hospital was not equipped to manage someone with significant lightning strike injuries. He had lost consciousness and had been left with paraplegia. His family had been able to manage his initial treatment financially but he needed surgery to treat the electrocution burns affecting his torso and a skin graft.

Dhan also required five days in Intensive Care and remained a patient on the ward for a couple of months. A wonderful nurse working at the hospital helped fund his surgery and eventually the hospital said it was time for him to be discharged. His wounds were infected and he was unable to walk. He was told to return to the out-patients clinic for regular follow-ups for wound care. This is an impossible request for people living in poverty in remote regions of Nepal who have no one to stay with. Without MeRO their options are to incur further debt by renting a room, sleep on the streets, or hope for the best and return home with no further care.



Fortunately Dhan was eventually referred to MeRO.

When he arrived at the Shelter he was very emaciated. His wounds were still badly infected. Critical to his recovery was a huge amount of nursing care to ensure his electrocution burns, skin graft and donor site healed satisfactorily. Also critical to his rehabilitation was intensive physiotherapy, and thanks to Anjeela, he went from being unable to walk to being discharged home with crutches.

When he was discharged Samrat said *“Dhan has done the unimaginable - he is back on his feet. His courage and determination remind us that even in the darkest times, there is always hope for a new beginning. Thank you to our hardworking physiotherapist, nursing team and management team. You all deserve a big salute!”*



10-year-old Sima was also admitted following an electrocution injury incurred whilst flying kites with friends from the rooftop of a house. MeRO's Director, Samrat, explained *“during Dashain, the main festival season, flying kites is a beautiful tradition that brings joy and freedom. It also marks the end of the monsoon and is a way for people to celebrate with family, receive blessings, and have fun. Many believe that flying kites during this time is like sending a prayer to the gods for good weather.”* In the photo above, you can make out a little red kite flying high in the sky.



Unfortunately, Sima's kite became entangled in a power line and she was electrocuted whilst retrieving it. She was rushed to hospital but her injuries were so severe that within 10 days her family had *‘lost everything they had trying to save her’*. She was then referred to a government hospital where she required three surgeries. She was eventually transferred to MeRO for ongoing nursing care for the burn, surgical wounds to her scalp and the exit wound to her leg. She made a fantastic recovery thanks to MeRO's amazing nursing staff, and was recently discharged.



THANK YOU

Along with everyone at MeRO, all patients and their families, and all of us at Roads to Rehab Nepal, we cannot thank you enough for your amazing generosity and wonderful ongoing support over the last twelve months. It is always so much appreciated.

If you have any feedback, questions or would like any more information about anything we do, please do not hesitate to get in touch. You can contact us via our website www.roads-to-rehab-nepal.org

We would also like to take this opportunity to wish you a wonderful stress-free Christmas, happy holidays, safe travels and all the best for 2026. Look forward to sharing another year with you.

With best wishes and grateful thanks

Virginia Dixon

President, Roads to Rehab Nepal

