



Roads to Rehab  
Nepal



## WELCOME TO OUR MARCH 2026 NEWSLETTER

Namaste,



### ROADS TO REHAB NEPAL NEWS

We are excited to have two new Management Committee Members. Denise, who also lives in Canberra, joined our committee before Christmas and being a Certified Practising Accountant, has taken on the roles of General Management Committee Member and Assistant Treasurer. Her presence along with her excellent accounting and IT skills are very much appreciated!!

Sue is a Nurse Practitioner who lives and works in rural Victoria. She and Trustee, Virginia, met in 2017 when Sue joined the Australian Burns Surgical team volunteering in Nepal. She accompanied Virginia on her recent trip to

Nepal, and like Virginia, has a good understanding of the hospital system and the challenges faced by patients and staff alike. Sue will take on the roles of General Management Committee Member and Nurse Educator, which is one of

her many talents!



Last month Virginia and Sue spent 10 days in Kathmandu (at their own expense). It was lovely to meet MeRO's two most recent nurses who Virginia had not met, and spend time with MeRO's Director, Samrat. Vice-President, Devindra, Kusum, MeRO's lead nurse and Anjeela, MeRO's physiotherapist. They had a very busy time doing lots of nurse education, spending time with patients and staff at the Shelter, having meetings, running education sessions for fifty nurses at a new hospital, as well as doing

lots of shopping for our annual fundraising dinner.

### SAVE THE DATE!

Our **ANNUAL FUNDRAISING DINNER** will be held on **SUNDAY AUGUST 16<sup>th</sup>** at the Taj Agra Restaurant in Belconnen in Canberra. I know it seems a long way away but it will be here before we know it!



Not only do we have lots of beautiful felt and cashmere items for the event, but our grateful thanks go to our friends at Everest Outfit, a fantastic locally inspired outdoor gear shop. They donated a huge amount of clothing to be used as auction items.

Check them out at [www.everestoutfit.com](http://www.everestoutfit.com)



## MERO NEWS:



It was very gratifying to see the improvements MeRO has made with respect to administrative responsibilities. Samrat and Devindra's amazing dedication and contribution, assisted by Practice Manager Onnchu's wonderful work meant that even the Social Welfare Council was impressed when they visited the Shelter in January as part of the annual audit process.

Since our last newsletter, Dhan, Bipula, Chandra, Sunita and Sima were all discharged, having made good recoveries, Arun, with his cochlear implants, remains a patient, but sadly is not making progress in terms of speaking or hearing. His grandfather is very resistant to accepting the possibility that he will never talk or hear.

12-year-old Prashant was admitted with a congenital limb deformity that was corrected and needed lots of physiotherapy. 11 year-old Sushant had urological surgery, made a great recovery and was discharged. Sita, one of our fistula patients, required ongoing medical care for kidney stones. 28-year-old Bishal was admitted for release of burns contractures to his hands and needed lots of nursing care and physiotherapy. 27-year-old Ganga was admitted for assessment for corneal scarring from a probable injury that was affecting her vision.



Other recent admissions to the Shelter included Divyans, a five-month-old baby who had to have some toes amputated and a skin graft as a result of burns injuries from being too close to a wood fire.



Chandini, aged 16, was visiting India with her mum for a festival when she was burned. She was admitted to hospital for management of burns to 15% of her body involving her lower legs, face and chest. After a month, her family could no longer afford further medical care for her, so she returned to Nepal and a neighbour did her dressings. Eventually she was referred to MeRO and has required skin grafts, lots of nursing care, wound care and TLC.



Bahadur was a previous patient who had an amputation and a prosthesis fitted about five years ago, but badly needed a replacement as his prosthesis had worn out. He and his wife were such characters!

14 year old Susaan was also a previous patient and was diagnosed a year or so ago with a non-malignant tumour of the knee. The knee joint was replaced and she made a great recovery and was discharged home after lots of physio. She returned with lung related symptoms and sadly her CT scan showed a secondary lung lesion which unfortunately is malignant. She is currently receiving chemotherapy.

Saugat, now 8 years old, has had two previous surgeries to remove a hemangioma involving his face and right eye and eye socket. He has returned for his final surgery and will be fitted with a prosthetic eye.

50-year-old Nabarav fell four stories from a newly constructed building where he was employed as a security guard. He broke his spine, ankle and femur and had orthopaedic surgery to all. Unfortunately, an infection in his lower leg developed and after a month in hospital, he required a below-knee amputation.

At the time of the accident he and his wife were working in India to save enough money to fulfil their dream of educating their eldest son overseas. After his amputation his wife remained in India so that they still had an income, but Nabaraj had no choice but to return to Nepal \$15,000 in debt. He was admitted to the local district hospital for ongoing wound care but continued to deteriorate. He was finally transferred to MeRO where MeRO's nurses, Kusum, Anjana and Nayana tried hard to improve his wound, but a week or so ago, he required a



higher amputation due to ongoing infection.



Fourteen year-old Karmala required an amputation and chemotherapy for osteosarcoma. She has had a long uphill struggle involving multiple medical encounters, an initial mis-diagnosis and inappropriate and inadequate treatment. Over many months Karmala and her family “lost so much money, time, strength, and hope”. Her mother died when she was young and her sister and her father were working in India. She also needed more cycles of chemotherapy than her family could afford.

*Kamala and her sister told Samrat that “she spent nearly six long months inside a cancer hospital. Six months away from her home, away from her friends, away from her school and during those months, she didn’t just lose time, but her childhood. She also slowly began to lose hope. She stopped going out. She stopped smiling. She didn’t even want to step into her own garden. Depression quietly surrounded her.”*

Karmala was referred to the Shelter for a proper assessment and for fitting of a prosthetic leg. Her story is long, complex, devastating and something no fourteen year old should have to endure. Her family now has no stable income, no employment and no support. They are just surviving. MeRO’s Director, Samrat said “sometimes hope finds its way through the kindness of people”.

Samrat commented after her admission to the Shelter: *“Kamala looks happier. There is light in her eyes again. Our physiotherapist, Anjeela, is working with her to manage her phantom limb pain and help her regain her strength and we truly believe that when she stands on her new prosthetic leg she will not only walk again, but she will live again. Kamala’s journey is not just her story. It is the story of many children in Nepal who suffer silently, not only from cancer, but from delayed referrals, lack of awareness, and financial hardship”.*



Always positive, Samrat said *“her story is also a reminder that even after losing so much, life can begin again when the right support reaches a person at the right time. This is why team MeRO exists - to ensure that no one feels alone in their battle. To bring hope where there is despair. To give strength where life feels broken. Kamala is not just receiving a prosthetic limb...She is receiving her freedom, her confidence and her childhood and is studying hard to pass her grade 8 exams,*

*Together, we can help many more children stand and smile again.”*

## THANK YOU



We recently received some amazing donations completely out of the blue from some incredibly generous people who were previously unaware of our work. This, along with the generosity and ongoing support from our regular donors is so much appreciated, as is a special donation given to support the physical and mental health needs of one of MeRO’s patients.

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](http://www.roads-to-rehab-nepal.org)

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 support. It is always so much appreciated as we hope you know.

With best wishes and grateful thanks

*Virginia Dixon*

President, Roads to Rehab Nepal

