



*updates from*

*kushudebu public health mission nepal*

### Inside this issue

Message from President .....	2
Building and Toilet Renovation Report .....	3
Dental Camp Report .....	3
Patient Story .....	4
Patients Record .....	5
Christmas and New Year Greetings .....	7
Contact details.....	7



# Greetings



Thanks to all those who have contributed directly or indirectly in the process of recovering from the last earth quake. We would like to appreciate their valuable effort in rebuilding Health post of Kushudebu Public Health Mission Nepal as well as support in each social work and program organized by KPHMN.

We would like to thank all the donors and donor agencies for their help in providing medical and other services in rural areas of Nepal as well as rebuilding medical center building, staff quarter and toilets of Beni Medical Center. It is due your helping hands, we now are able to run daily services from the Medical Center.

Likewise, we would also like to thank Keepwalking Nepal for the valuable help and support; and all other supporters of the Medical Center, we hope for your continuous help and support in future.

Thanks!

*Kind regards,*  
**Chungba Chhiring Lama**  
*President/Chairman*

## Renovation Report for KPHMN



Due to the earth quake on April 25 and May 1 2015, a huge digester occurred in Nepal. Large number of people's houses, public building, school, temples and monasteries are collapsed as well as many people died and many injured. In same digester, a Buddhist Stupa and Beni Medical Center building, staff quarter as well as toilets and bathrooms of Kushudebu Public Health Mission Nepal located at Solukhumbu District, were also get damaged.

Now KPHMN has successfully rebuilt and renovated Medical Center building, staff quarter, toilet and bathroom with the help and cooperation with different Donor Agencies and volunteer guests. And we are also rebuilding the damaged Stupa. This all made possible with the help of our donor agencies and all volunteer guest, so we all are very thankful to you all and aspect same kind of help and support in rebuilding the Stupa as well as in future projects.





## Report on Dental Camp held at Kushudebu Public Health Mission, Junbesi, Solukumbu, 17 - 29 October 2016.



Dr John Niven and Dr Trang Truong together with Australian and Nepalese assistants held a successful dental camp.

We managed to examine most of the children from Junbesi and Phungmucho schools. We were able to treat nearly all the children from Phungmucho, and a majority of the children from Junbesi who needed dental treatment. Lack of time prevented us from treating all the children.

The pleasing aspect was that the children from classes 7 - 10 showed much improved dental health, this is the result of us seeing these children for the past 5 years. We only had to extract 3 permanent molar teeth from this group, and the 2 children involved had not been seen by us before.

However the younger children are a problem, with large numbers of decayed deciduous teeth, and even decayed erupting permanent teeth. This is a result of poor oral

hygiene, continual exposure to large quantities of lollies and sugary snacks, and parental indifference. This is also aggravated by the nuns of Chupten Choling who are over generous in giving out lollies and sugary snacks, even on one occasion to children awaiting dental treatment!

We also treated many villagers as well as patients who had travelled a long distance to receive dental treatment. The nuns from Chupten Choling also came in large numbers, and again we were not able to treat them all.

• Patients examined	342
• Patients treated	251
• Teeth filled	402
• Teeth fissure sealed	137
• Scaling	23
• Teeth extracted	150
• Miscellaneous treatment	5
• No treatment required or declined	58
• Estimated children not treatment	30



### Recommendations.

Kushudebu should investigate the organising of an Oral Health Education plan through a Nepalese NGO into the local schools. This should be run prior to or in conjunction with our next dental camp.

There should be separate dental camp for the nuns of Chupten Choling.



As per previous dental camps we were unable to treat every patient through lack of time. Future camps should be of a longer duration.

I would hope that in the future the various Nepalese Government Departments would make it easier to obtain the necessary permits, visas and registrations. At the present time this proving to be a big problem in persuading overseas dentists to come to Nepal as volunteers.

Dr. John G. Niven BDS

## Patient's Story

### Story One

I run Nepali paper factory. One day morning My head stamped on the running machine. My hair struck in machine but fortunately my daughter saw it and turned off machine so I'm here writing my experience. I had laceration around my eyes, one side corner of nose and back side of head. My face was swelling. I lost lot of blood . I was nearly fainting.

Luckily, most of villagers helped me and carried up to KPHMN for treatment in stretcher. My wound was properly cleaned and sutured. I got fluid through veins. To reduce swelling I was advised to apply cold Packs and afterwards hot fomentation. Materials were provided accordingly from health center. On top of it, medicines like antibiotics, painkiller and wound healing was prescribed. I am so thankful to all the staff of health center for taking so much care . I feel lucky to get these quick services nearby my home otherwise i had to go to Phaplu or KTM where i might loose more blood on the way. I would like to thank KPHMN donors who helped to set up clinic with materials , medicines and staff.



### Story Two



Oh god,, im so excited to express my feeling how happy I'm with health center staff who looked after me very well during delivery and especially after birth.

I was so relieved from labour pain but i was feeling so weak. my child was kept on my belly naked but covered by blanket on top of us until placenta delivery .i was soaked in blood . my clothes were so wet, i was feeling so cold . After placenta was delivered my baby was seperated. I was cleaned up, shifted in next room. I was feeling so weak, hot soup was provided though i was getting fluid through veins. nurse told me that my Blood pressure is very low. It was measured half hourly. But eveytime it was low. Bleeding was continous. nurse put hand one hand on top of my belly gave compression and moved roundly on it and other hand removed all clots. It was quite painful but nurse told me about it already the reason of bleeding so i allowed them. afterwards bleeding was getting lesser. nurse stayed nearby me almost whole night taking care of me and child.

Assist my baby for breastfeeding and encouraged me for breastfeeding which could also control bleeding . I had continues fluids.

## Kushudebu Public Health Mission Nepal

### Annual Patient Report Fiscal year 2015/2016

Total patient: 1404 Male: 770 Female: 634

0-9 years: 207, 10-19 years: 487, 20-59 years: 558, >60 years: 142

#	Oral Problem	Pt. no.
1	Dental carries	8
2	Toothache	14
3	Periodontal disease	6
4	Oral ulcer	-
5	Fungal infection (candidacies )	-

#	Eye Problems	Pt. no.
1	Conjunctivitis	28
2	Sty	4
3	Referred case related to eye	-

#	Other Disease & injuries	Pt. no.
1	Headache	25
2	Pyrexia of unknown origin	14
3	Gastritis (APD)	49
4	Insect bite	3
5	Abdominal pain	21
6	Burns and scald	10
7	Dog bite	2
8	Sprain	-
9	Muscular pain	-
10	Cellulitis	-
11	General weakness	-
12	Taenia capitus	-
13	Otomycosis	-
14	Vestibular	-
15	Uvilitis	-
16	Ringworm	1
17	Traumatic eye disease	5

#	Orthopedic Problems	Pt. no.
1	Falls/injury /fracture	41
2	Arthritis	35
3	Osteo- arthritis	5
4	Backache (musculo-skeletal pain)	21

#	Gynae problem	Pt. no.
1	Pelvic inflammatory Disease (PID)	5
2	Menstrual disorder	7
3	Dis functional Uterine Bleeding (DUB)	-

#	Cardio vascular	Pt. no.
1	Hypertension	20-30
2	COPD	2

#	Other problem (Not mentioned above)	Pt. no.
1	Pyoderma	4
2	Wound	66
3	Phlebitis	-
4	Icterus	-
5	Fruncolosis	12
6	Constipation	-
7	Edema	-
8	Haemorroid	-
9	E.Fever	2
10	Altered sleep	-
11	Epiglositis	-
12	Inguinal hernia	4
13	Nasal bleeding/Polyp	-
14	Piles	1

#	Infected disease	Pt. no.
1	Upper Respiratory Tract Infection (URTI)	172
2	Lower Respiratory Tract Infection(LRTI)	48
3	Pneumonia	22
4	Severe pneumonia	2
5	Bronchitis	5
6	Urinary Tract Infection(UTI)	16
7	Viral Influenza	-
8	Renal Tract Infection-female	3
#	Water /Food Borne	Pt. no.
1	Typhoid	16
2	Acute Gastro-Enteritis(AGE)	14
3	Ameobic Dysentery	24
4	Presumed non infection Diarrhoea	30
5	Intestinal worms	22
6	Jaundice	-
#	Nutritional Disorder	Pt. no.
1	Anaemia	5
2	Polyneuritis	-
3	Avitaminosa & other nutritional disorder	17

#	Skin Problems	Pt. no.
1	Acne	6
2	Warts	3
3	Urticaria	6
4	Dermatitis/ Eczema	33
5	Boils	5
6	Abscess	30
7	Fungal Infection	16
8	Scabies	34
#	Ear,Nose, Throat Infection	Pt. no.
1	Acute Suppurative Otitis Media	6
2	Sinusitis	17
3	Acute tonsillitis	41
4	Pharyngitis /sore throat	24
5	Foreign body	-
6	Wax	15
7	Rhinitis	10
8	Otitis Externa	13

Laboratory Record			Total No. of Test 522		
#	Test name	Cases	#	Test name	Cases
1	Urine R/E	33	2	Stool R/E	10
3	Blood sugar	30	4	UPT	28
5	Widal test	31	6	BilirubineT/D	9
7	Sputum AFB	3	8	HB	8
9	HIV	3	10	Syphilis	3
11	HbsAg	3	12	TC (Total Count)	4
13	DC (Differential Count)	4			





Merry Christmas  
And  
Happy New Year



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Thanks!



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Website: [www.kushudebu.org.np](http://www.kushudebu.org.np)

### NATIONAL ACCOUNTS FOR DONATIONS

#### AUSTRALIA

Wilderness School, Australia  
Dr. Sally Nobbs, OAM  
[snobbs@wilderness.com.au](mailto:snobbs@wilderness.com.au)

#### UNITED KINGDOM

Nationwide Building Society, 4 Pydar St., Truro, Cornwall, UK  
Kushudebu Public Health Mission Nepal Treasurers Trust  
Sort code: 07 00 93 Bank account: 33 33 33 34  
Acc. No.: 0402/704 138 407

#### NORWAY

The Norwegian Junbesi Group  
Per Tronsaune, Norway  
[per@tronsaune.no](mailto:per@tronsaune.no)

#### NEPAL

Account Name: Kushudebu Public Health Mission Nepal  
A/C No: 202000382801  
SWIFT: RBBANPKA  
Rastriya Banijya Bank Limited (RBB)  
Solukhumbu, Salleri Branch, Nepal

### CONTACTS

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#### Medical Center At Solukhumbu

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Beni-5, Edingma  
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Nepal

For detailed information about the Kushudebu project at Junbesi please access the KPHMN website: [www.kushudebu.org.np](http://www.kushudebu.org.np)