

Nepal Projects March – July 2022

Health and Dental Camp

8 March – International Women’s Day – Bhotechaur Sindupalchowk – Health camp
SRC provided free health camp with health screening, basic medication, and education for health, sanitation, hygiene, nutrition, and coping with the new generation for about 100 women.



14 March – Bhotechaur Sindupalchowk – Health camp for senior citizens
Provided health screening, basic medications, and health education. Out of 150 elderly people about 10% have high or very high blood sugar and 15% have elevated blood pressure. Thirty years ago, there were no proper roads, and no proper health care centers in that area. In those days, when someone desperately needed medical attention, the family would carry the sick person on their back for days to reach a medical center. Now there are health posts and proper roads in the area, but oftentimes no family member is able to bring a sick elderly person into the health center. The change of social structures, disintegration of families, and the generation gap has led to an unhappy place for senior citizens of Nepal. Additionally, the unstable, unreliable, and corrupt political system has failed to provide basic services for the elderly.



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15-16 March – Dental camp – Shree Jalpadevi Secondary School & Bhotechaur Community Center. Three hundred people of all ages received dental care and education. Due to the prevalence of junk food, poor oral health, and lack of dental care many children have tooth caries and gum infections. Visual and practical dental hygiene and oral health education was provided for school children. Tooth brushes and toothpaste were provided to each student.

Many adults were suffering from tooth and gum problems since before the Covid-19 pandemic. After the pandemic struck many were unable to go to a dental hospital and unable to afford it in any event. Many older people look thin and malnourished due to the inability chew their food properly. Our professional dental team provided excellent service including filling cavities, teeth cleaning, and many tooth extractions. A few people would have benefitted from further treatment at the dental hospital. Unfortunately, none of them could make it to Kathmandu due to financial and other constraints even though Om Samaj Dental hospital offered discounted services.

Teaching young children proper oral health and brushing technique and providing toothbrush & paste have a great impact on children's health. Once children develop the habit of tooth brushing, they demand toothbrushes and toothpaste from their parents. And, some children teach their parents the importance of brushing teeth.



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4 April – Health Camp – Ithari Ward 6 – Sunaulo tole

Sixty individuals from this small community in southern Nepal benefitted from a health camp, screening, and education. The people in this area live on public land on the bank of the Seti River. The tiny 1 or 2 room houses are home to 5 – 7 family members. The wage earners subsist on seasonal labor. Nutrition is poor, children are undernourished. Alcohol and domestic violence contribute to poor health and underlying health conditions. Out of 60 patients about 40% suffer from high blood pressure, thyroid conditions, diabetes, and/or joint problems.



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5 April – Health camp – Dharan Ward 6

Forty individuals received basic health screening and minor treatments. This small Christian community in southern Nepal does not have access to proper health care services. Many of the adult men have high blood pressure and/or diabetes.



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4-12 July –Nine days long health camp – Pashupatinath Kathmandu

This week-long event consisted of basic health screening, minor treatment, nutritional education, stress management consultation, and Healing Touch sessions. Approximately 120 individuals received care.



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Elderly Home Visits

5 March – Elderly home visit & health screening – Bhotechaur Sindupalchowk
Maya Tamang (below picture top right) broke her leg as a result of the April 2015 earthquake. The cast was left on for too long and she almost lost her leg, but now she is fully recovered and she is able to lead a productive life. The team provided primary healthcare screening, medicine, and a little nutritious food to her community.



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14 July – Elderly home visit – Kathmandu
Check-in and provide general health screening and TLC to local elderly residents.



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Earthquake victim update

Sanu Kanchhi was buried for hours when her house collapsed after the April 2015 earthquake. When she was found she was green and lifeless. Major bones were broken including her pelvis. She recovered mobility after years of treatment though with a slight limp. The orthopedic physician said it was unlikely she would ever be able to bear children, but surprisingly she now has a beautiful 3-year-old daughter and now a baby boy. Here she received a traditional Nepali baby shower ceremony where she accepted an offering of dahi chiura, a mixture of yogurt and beaten rice.



Here is Sanu Kanchhi after giving birth.



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Plan for next quarter

1. Two dental camps will be conducted
2. Oral health education and dental care hygiene will be provided for 200 children
3. Continue to support underprivileged elderly in their homes or in their community
4. Provide basic health screening, nutritional instruction, and basic medicine for 200 people focusing on the elderly