



HMG/MOH REGD: 1517

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SHECHEN CLINIC AND HOSPICE - NEPAL
QUARTERLY REPORT
July to September 2010



Kathmandu, Durbar Square.

Director's letter

Dear Friends and Partners,

During the months of July and August great changes occurred in the Staff. Some resigned to experience a new life abroad and new people joined our staff to propose new ideas and breathe new energy into the Shechen clinic

In Palliative Care Unit our main concern is the comfort of the patients. Not only relieving the physical pain but also providing activities that one could enjoy at home. A volunteer nurse proposed to animate workshops and encourage the natural innate skills and talents of our patients. She organized those activities during her 3 month stay in Nepal. Theses workshops were very productive and artistic.



Dany Laigret
Director
Shechen Clinic



**Produced by the patients
at our Palliative care Unit**

SUMMARY

I. New Staff at Shechen Clinic

II. Activities and important events of the last three months

- *Staff training*
- *The Diabetes Clinic at Shechen*
- *Workshop Activities in Palliative Care*
- *Immunization program*
- *Hepatitis B campaign*

III. Solidarity

IV. Some interesting statistics

I. New staff at Shechen Clinic

In the last three months, Shechen Clinic had witnessed important changes in the staff.

1. Staff resignation



Our Community Medical Assistant, Janchup, who was working at the pharmacy resigned from our clinic the 15th of August. She will continue her studies in the United States.



Nurse kelsang, who was working at our Palliative care Unit, resigned on the 31st of July. She went to India to practice near her family.

2. New Staff

- Medical Officer Specialist in Tropical Medicine.



Dr Dipendra Sharma has been working in Shechen clinic for 5 years. In 2009 he went to Thailand for a year specialization in tropical medicine. His new knowledge is a real asset for the clinic.

- Female Medical officer : Dr Sabina Lama



She has been graduated as Medical Officer in 2008. She continued further studied for a Master in Health Care Management before joining Shechen Clinic.

- New Gynecologist



Dr Kunsang Sherpa had been working in Shechen Clinic as a Medical Officer for 5 years. She went for a 3 years course in Gynecology in China. She received a warm welcome from the patients she already knew when she was working in our clinic

- New Staff nurse at our Palliative Care Unit



Tenzin Sonam has been graduated in 2008. Before joining the Shechen clinic she worked for two years in India in palliative care.

With new staff will have new energy to continue and improve all the activities of the Shechen Clinic.

II. Activities and important events of the last three months

1. Staff Training

Training for the Palliative care nurses

This ongoing training is scheduled for 6 months. It will be evaluated at the end of this period. If it has proven successful we will share the acquired experience with other palliative care units in the valley of Kathmandu.

Three main topics have been selected by the team

- Pain management
- Symptom management
- Communication



In addition, the Referring Nurses had undertaken Practical Workshops on various aspects of nursing care, which they presented to the other nurses and the assistant nurses.

Theory and practical training with the aid nurses

2. Diabetes Clinic at the Shechen Clinic.

In April a diabetes camp was organized in the premises of the Shechen clinic for the patients. We are planning to repeat this experiment outside the clinic, near the Bodnath stupa to raise awareness on diabetes and its complications.



The rainy day did not prevent the people to come check their blood sugar and received health Education on diabetes.

3. Workshop Activities at our Palliative Care Unit

A volunteer nurse proposed to animate workshops and encourage the natural skill sets of our patients. She organized those activities **during her** of 3 month stay in Nepal. One of our patients, who is 101 years old, suggested, at the beginning of the workshop, to make clay butter lamps to worship the gods. This first activity was followed by many others such as Glass Painting, Paper Flower, and Origami, Frame in Papier-Mâché, Jar's painting..... and making cakes!



Painting the pottery



frame in Papier-mâché



patients enjoying the cake!

4. Immunization program

The immunization program was started on the 19th of August.

It proved disappointing since only few children turned up for vaccination. This is probably due to the fact that this event was not sufficiently publicized in the vicinity of the clinic. Another reason could be that the young mothers usually go to the establishment where they delivered, for post natal visits as well as immunization of their babies. It will probably take some time before the mothers start bringing their babies in sufficient numbers to the Shechen clinic for immunization.

5. Hepatitis vaccination campaign



Namgyal Middle School requested us to carry out hepatitis vaccination for the school children. 253 tests and 263 students received the first and second doses of hepatitis vaccine. We will perform the third one in October.

Before undertaking the vaccination we did an awareness program on the hepatitis disease and its risks.

6. Our recently opened operation room



Before opening our new operation room, where patients are treated in clean and convivial surroundings, a list of Minor procedures was established.

III. Solidarity



A 15 years monk from Shechen Monastery had undertaken a heart surgery at “Said Gangalal National Heart Center” in Kathmandu. Thanks to the generosity of his supporters from the United State he was operated for the replacement of 2 heart valves. He stayed only a few days in the hospital before returning to his Monastery. Now he is back to a normal life except, but has to avoid naturally strenuous physical work.

I. Some Interesting Statistics

1. Number of consultations by department – July to September 2010

Departments	Consultations
OPD	4038
Tibetan Medicine	804
Dental Department	Patients: 2440 Treatments: 2935
Women's health (gynecology, antenatal and family planning)	790
Laboratory	Patients: 1414 Tests: 3375
OPD nursing care (dressing, O2, nebulizer and vaccinations)	770
DOTS * (National program for tuberculosis treatment)	4356
Acupuncture	672
Physiotherapy	131
Others services (X-Ray, US, ECG)	358

The total number of patients including DOTS patient is 15773. DOTS and Family Planning are two national program which are entirely free of charge for the patients.

We noticed a 20% increase of the total consultations across in all the departments compare to the last quarterly report.

***Total patients including DOTS* program: 15773
20 % increase compare with the last quarterly report***

*Direct Observed Treatment Short course

2. Palliative care

Number of new patients	20
Total of patient-night per month Percentage of occupancy	100,6%
Number of home visits:	29
Number of patients visited at home:	15
Number of deaths:	12 (2 of our home visit patients)
Number of discharged patients	12

During these past 3 months we had 741 patients (calculation based upon night occupancy).

In our Palliative Care Unit we admitted 19 new patients, of whom 10 passed away and 12 were discharged. The average occupancy rate for these 3 months is of 100.6%. Since one of our patients could not go home because her village was too far and she still needed to consult the Oncology Doctor for weekly medication, we had to accommodate her until she could receive a longer treatment permitting her to return home. That is why the percentage of occupancy is superior to 100%.

Percentage of occupancy: 100,6%

3. Medical, dental, and health education camps

Number of medical camps	20
Number of medical consultations at the camps	703
Number of dental camps	20
Number of dental consultations at the camps	1036
Health Education on Dental Hygiene	1036
Number of health education awareness (HEA) sessions	30
Number of participants in the sessions of HEA	1015

For these last 3 months 1739 children have benefited from Medical and Dental camps. 2051 children participate in our general health Education awareness and sessions of Dental Hygiene.

We are still developing training materials that are better adapted to school children and to their needs regarding health education.

1739 children benefited from Medical and Dental camps
 2051 children participate at our general health Education and sessions of Dental Hygiene.

4. Social activities

We offer a wide range of services, that we provide free of charge to people who would, otherwise, not have access to medical care or facilities.

Departments	Number of FOC*	Paid patients
OPD+ Women health	2712	1973
Tibetan Medicine	269	351
Dental Department (patients)	1656	803
Laboratory (patients)	348	828
OPD nursing care (dressing, O2, nebulizer)	153	201
Acupuncture	196	275
Physiotherapy	98	33
Others services (X-Ray, US, ECG)	56	236

***FOC Free of charge): 5488** (not including Family Planning and DOTS as these two programs are Nationals Program free of charge).

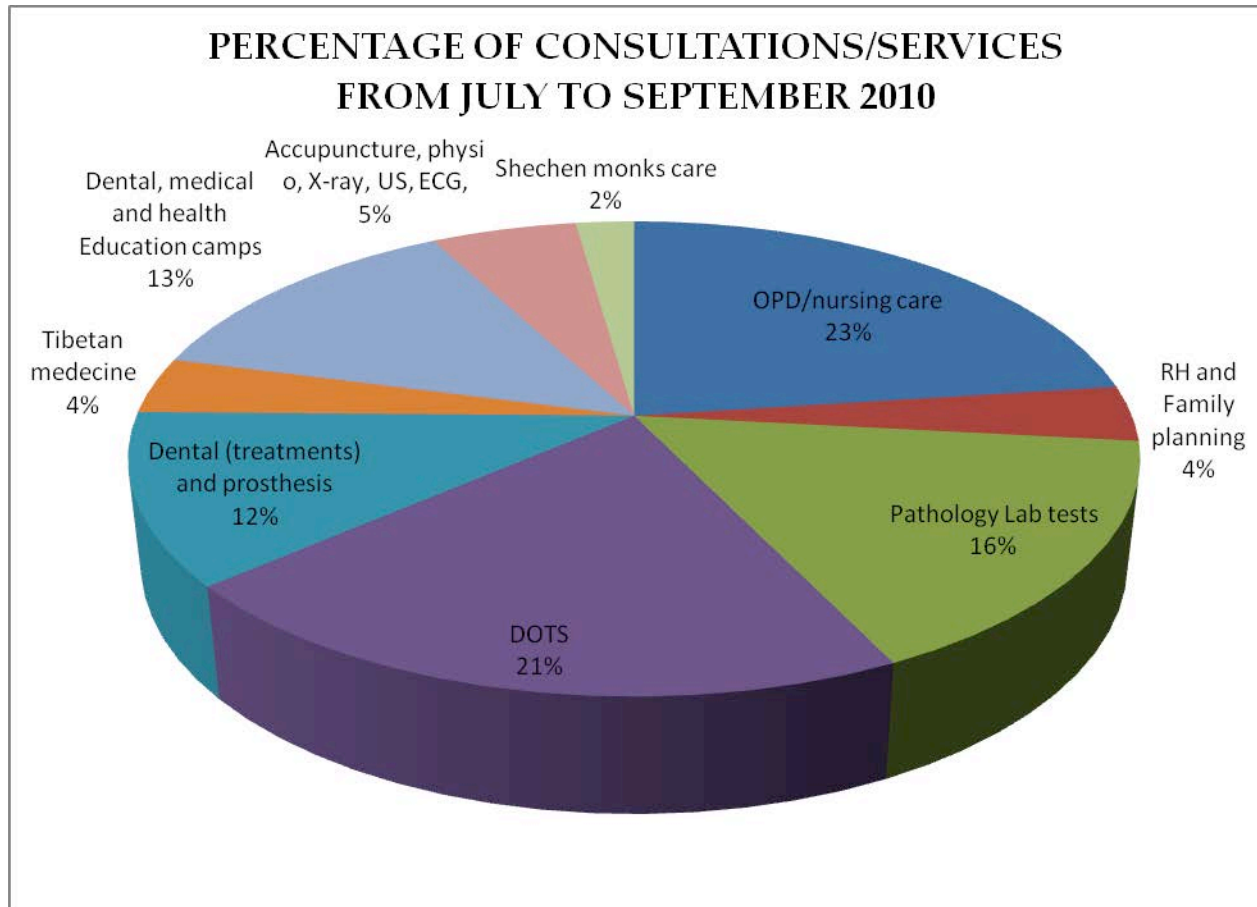
Shechen Monks benefit also from free medical care. In the three last months the total of beneficiaries was 465. That makes a total of 5953 patients

Total Patients who paid the fees (included the patients who partially paid): 11450

For the past three months we had 52,6% of free of charge patients.

Total Patients free of charge: 5953 Total patients who paid: 11450 Percentage of free of charge patients: 52,6%
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ANNEX



For more information please contact us

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Thank you