



SHECHEN CLINIC AND HOSPICE

Boudhanath, Kathmandu, Nepal

P.O BOX: 136, Tel: 01-4487924, 01-4468123

E-mail: clinic@shechenclinic.org.np

**SHECHEN CLINIC AND HOSPICE – NEPAL
QUATERLY REPORT
July to September 2011**

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Director's letter

The reconstruction of the roof of the Tibetan Factory has begun! Our health program for the Carpet Factory Weavers and their children has also begun! We successfully concluded the Belgium Government funded program, "100 safe pregnancies," with the delivery of babies in September. Based on the success of this program, we plan to continue it into the future.

I have enjoyed my work with Shechen Clinic over the past three years. The staff is compassionate and capable and Karuna-Shechen sponsors wonderful work. For me, it is time to think about moving on and I will be leaving at the end of November. Arun [Rayamajhi](#) will be my replacement.

*Dany Laigret
Director
Shechen Clinic*



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I. Activities

1. Medical/Dental Camps and Health Education Program in Samata (Bamboo) School

August 2011 marked the end of the first year of the Pilot Health and Sanitation Project in the Kathmandu Bamboo School. We completed 33 Medical Camps for 1,611 children. The Medical Officer in the Jorpati Bamboo School examined the children. We conducted 37 Dental Camps, completing 1,659 dental checkups, and 307 dental treatments at Shechen Clinic.



After receiving treatment, the children received practical training on how to brush their teeth!

Over the past year, the Shechen Clinic Health Education team led 29 Health Awareness workshops for 1,581 students. Our health education team also led nine workshops for the teachers at the Bamboo School on various techniques and methodologies related to health topics covered in their curriculum. We distributed 8,260 soaps and 2,007 toothbrush and toothpaste kits to students after educating them on the importance of hand and dental hygiene.



2. Reinforcement of Shechen Clinic's Activities

Safe pregnancy:



In September, we concluded the Belgium Government funded "100 Safe Pregnancies" program, providing free antenatal care to 121 pregnant women. 118 women delivered and 3 are still pregnant; these three women will continue to receive care from Shechen Clinic until they deliver their babies. Thirty-one these women have returned to the Shechen Clinic for postnatal care.

3. Expanded Program for Immunization (EPI):



In August 2010, Shechen Clinic started a child immunization program in collaboration with the Ministry of Health. Initially, we conducted one vaccination drive monthly, but because of the high demand, we increased to twice a month. We provide free vaccination in BCG, DPT, polio, and measles to children less than two years of age. We have served 50 children to date, but the number of children served continues to increase due to the "100 Safe Pregnancies" program. (I can not tell if this is in our out of the clinic?)

4. Tibetan Medicine Factory Roof:

The demand for Tibetan medicine has increased, not only among the Tibetan population, but also among foreigners. The Tibetan Medicine department serves



approximately 3,000 patients per year. At Shechen Clinic, most of the Tibetan medicine is manufactured on site. The department utilizes 150-200 different plants in their manufacturing processes. The roof of the Tibetan Medicine Factory has been in need of repair for some time, leading to leaks that compromised the

quality of the medicine. Thanks to a donation from the Luxembourg Government in collaboration with Les Amis du Tibet Luxembourg, we were able to begin the reconstruction in September.

5. Carpet Weavers Health Program:



In 2010, The Rug Factory, a company in England that employs carpet weavers in Nepal, approached Shechen Clinic to see if we could provide medical and dental care to their weavers and their children. The company was also interested in setting up a fund for care that cannot be provided at Shechen Clinic. We began this project in July 2011. Weavers have already been provided with Hepatitis B testing and immunization. We will soon begin their annual medical and dental checkups.

II. Events during the last three months

Exciting News for Ishwari: Our five-year-old patient with leukemia, Ishwari, was admitted to Palliative Care in December 2010. In July, she enrolled in a public school near the clinic with the consent of the oncologist from Kanti Children's Hospital. When she first arrived in the Palliative Care Unit, Ishwari refused to talk to anybody except her father and could not stand to be without him. Our hope was that being enrolled in school would help her socialize with other children of the same age. For the first few days she cried when she arrived at school and did not want to let her father out of her sight, but now she is happy to go and is slowly socializing with the other children. We are excited to watch her progression!



Ishwari is the second student from the right in the front row. She is wearing a pink cap!

III. Some statistics

1. Number of consultations by department – July to September 2011

Departments	Consultations	New patients
OPD	3,893	3,403
Tibetan Medicine	456	445
Dental Department Prosthesis	2,258 58	1,262 58
Women's Health (gynecology, antenatal and family planning)	710	152
Laboratory	1,768	1,692
OPD nursing care (dressing, O2, nebulizer and vaccinations)	615	492
Acupuncture	660	100
Physiotherapy	0	0
Others services (X-Ray, US, ECG)	571	571
Total	10,989	8,175
DOTS (Direct Observed Treatment Short course)	123	25

Total Consultations (not including DOTS): 10,989
Total new patients: 8,175

2. Palliative care

Number of new patients	16
Number of home visits:	19
Number of patients visited at home/ month:	7
Number of deaths:	13
Number of discharged patients:	5

Occupancy rate 86.1 %

3. Medical, dental, and health education camps

- **At the Women's Health Care Department at Shechen Clinic**

We regularly provide health education for women about contraceptive devices, care during pregnancy, nutrition, and breastfeeding.

Number of women's health education sessions	36
Number of participants	561

- TB awareness program at the clinic

Number of sessions: 1

Number of participants: 12

Social activities

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

Departments	Number of FOC*	Paid patients	Total
OPD+ Women health	2,547	1,680	4,227
Tibetan Medicine	146	310	456
Dental Department	1,540	776	2,316
Laboratory	563	1,205	1,768
OPD nursing care (dressing, O2, nebulizer)	460	155	615
Acupuncture	257	403	660
Physiotherapy	0	0	0
Others services (X-Ray, USG, ECG)	122	449	571
Total	5,635	4,978	10,613

**FOC: Free of charge*

In this table, Family Planning and DOTS are not included, as these two programs are National Programs and are given free of charge.

Of the 10,613 total consultations over the past three months, 46.9 % of them were provided free of charge.

Total free of charge consultations: 5,635
Total paid consultations: 4,978
Percentage of FOC patients: 46.9 %