

HHC DHADING MEDICAL CAMP REPORT

Northern Villages of Dhading District

26th Oct. to 6th Nov. 2017

TIPLING and LAPA Villages, Ruby Valley Rural Municipality

Dhading District, Central Nepal



Introduction:

Himalayan HealthCare, Nepal has conducted at least 71 medical camps since 1992 out of which over sixty five of them have been in northern Dhading. These villages are two to three days walk from the nearest road and one of the toughest places to work in Nepal. The medical treks have made a difference to chronic problems and emergencies. In the recent camps since the devastating quakes of 2015, there are more government and local health providers in this remote region and therefore training of these providers is the most important contribution of HHC's medical camps.

The fall 2017 medical trek camp was conducted in Tipling and Lapa village of Ruby Valley Rural Municipality and in spite of the 30 day code of conduct for the upcoming elections that overlapped the trek by a week, the recommendations of the Ruby Valley Rural Municipal Committee and the District Health Officer allowed us to conduct the camp.

Over 20 local youths and 16 health providers were involved in the camp and 629 patients were served. The medical camp provided emergency care, OPD, basic lab screening, USG and important referrals. Out of the 629 patients registered 130 had lab work, 29 USG and 26 were referred.

Medical Trek Team:

International team:

Lael Duncan, MD (Internal medicine)
 Timothy Duncan, MD (ER)
 Richard Hornsta (Volunteer)
 Stacy Papatthemetrius (Volunteer)
 Nita Patel (Pharmacist)
 Samir Patel, MD (Family medicine)
 Jeremy Phillips, MD (General practice)
 Margot Roseman, MD (pediatrician)
 Beatrice Song, MD (Internal medicine)
 Gary Wilkins, MD (Internal medicine)
 Carol Wing (Volunteer)
 Jereld Wing, MD (Internal medicine)

HHC Team:

Sharad Parajuli (Cofounder, Nepal Coordinator)
 Bharat Budhathoki (Consultant)
 Bharat Adhikari (Volunteer)
 Shambhusingh Thakuri (Consultant)
 Kulmani Basnet (Officer Dhading)
 Phedorje Tamang (Field coordinator)
 Sushma Tamang (Lab tech)
 Bin Thapa Tamang (Trek officer, dressing)
 Man Bdr. Tamang (Vet tech.)
 Budhuman Tamang (Agro tech)

DHO and Nepali Health Providers

Maheswor Shrestha (DSPA)
Bimmaya Tamang (HA)
Rasa Maya BK (ANM)
Puran Tamang (AHW)
Dipak Sai (HA)
Anita Tamang (ANM)
Pratina Tamang (ANM)
Uttam Tamang (AHW)
Jyoul Monsuri (HA)

TREK Support Team

Madhav KC (HHC trek officer)
Chhiring Sherpa (Head cook)
Lopsang Tamang (Sec. Cook)
Neema Tamang (Kitchen boy)
Karma Sherpa (Waiter)
Anil Sherpa (Kitchen boy)
Binod Tamang (AHW)
Angdami Tamang (Kitchen boy)
Yaku Tamang (Sherpa)
Yogen Tamang (Sherpa)

Trek and Camp Program

Day 1 (26th Oct 2017) - Drive from Kathmandu to Parbatikunda

Day 2 (27th Oct) - Hike from Parbatikunda to Somdang

Day 3 (28th Oct) - Hike from Somdang to Marmelung

Day 4 (29th Oct) - Hike from Marmelung to Tipling

Day 5 (30th Oct) - Medical camp in Tipling

Day 6 (31st Oct) - Medical camp in Tipling

Day 7 (1st Nov) - Hike from Tipling to Borang

Day 8 (2nd Nov) - Hike to Lapa village

Day 9 (3rd Nov) - Lapa medical camp

Day 10 (4th Nov) - Lapa Half day camp and hike to Percho

Day 11 (5th Nov) - Hike to Darkhaphedi

Day 12 (6th Nov) - Drive to Dhading and Kathmandu

Medical Camp Report:

	Disease	Patients - Tipling			Patients – Lapa			Both Villages	Percent
		M	F	Total	M	F	Total		
<i>Subtotal of patients</i>		92	177	269	106	254	360	629	100.00%
1.	Diarrheal disease	3	4	7	3	7	10	17	2.70%
2.	Skin disease	9	7	16	7	17	24	40	6.36%
3.	RTI	8	10	18	8	16	24	42	6.68%
4.	Parasite infestation	2	1	3	2	3	5	8	1.27%
5.	ENT problem	9	10	19	6	14	20	39	6.20%
6.	Eye problem	6	11	17	5	8	13	30	4.77%
7.	COPD/Asthma	11	14	25	4	9	13	38	6.04%
8.	Oro/dental problem	1	7	8	8	18	26	34	5.41%
9.	AO/joint disease	5	13	18	9	26	35	53	8.43%
10.	Gyne problem		7	7		14	14	21	3.34%
11.	UTI	4	9	13	6	19	25	38	6.04%
12.	Fracture/dislocated	1	1	2	2	1	3	5	0.79%
13.	Gastritis or GERD	5	39	44	13	23	36	80	12.72%
14.	Viral infection	6	7	13	10	16	26	39	6.20%
15.	Insect/animal bite	0	0	0	0	1	1	1	0.16%
16.	Heart problem	0	0	0	0	2	2	2	0.32%
17.	Hypertension	2	2	4	3	10	13	17	2.70%
18.	STD	0	2	2	1	3	4	6	0.95%
19.	ANC checkup		8	8		9	9	17	2.70%
20.	Tonsillitis/sinusitis	3	5	8	4	9	13	21	3.34%
21.	MROP	2		2	2		2	4	0.64%
22.	Hemorrhoid	3	2	5	1	1	2	7	1.11%
23.	Neuro-problem	2	1	3	0	2	2	5	0.79%
24.	Epilepsy	1	2	3	1	1	2	5	0.79%
25.	Migraine headache	1	3	4	2	4	6	10	1.59%
26.	Diabetes mellitus	1	0	1	0	0	0	1	0.16%
27.	Cyst & Mass	2	3	5	2	3	5	10	1.59%
28.	Malnutrition	1	2	3	1	2	3	6	0.95%
29.	Normal checkup	1	3	4	3	8	11	15	2.38%
30.	Other problem	1	2	3	2	5	7	10	1.59%
31.	Cellulitis/abscess	2	2	4	1	3	4	8	1.27%

Abbreviations:-**RTI-** respiratory tract infection**STD-** sexual transmitted disease**MROP-** male reproductive organ problem**COPD-** chronic obstructive pulmonary disease**UTI-** urinary tract infection**GERD-** gastric esophagus reflux disease**ANC-** antenatal check up**ENT-** ear, nose, throat**OA-** osteoarthritis

Referred Patients:

26 patients were referred to Kathmandu and Dhading for further investigations or for management at a high center.

	<i>Patient</i>	<i>Age/ Sex</i>	<i>Address</i>	<i>Diagnosis</i>	<i>Referred by</i>	<i>Refer to</i>
1	Lali Maya Tamang	72/F	Lapa-2	Heart problem	Dr. Jeremy	KTM
2	Nol Bdr. Tamang	50/M	Sertung-3	TM ruptured	Dr. Jereld	KTM
3	Ram Bdr Tamang	28/M	Sertung-5	Hydrocele	Dr. Tim	KTM
4	Kamsya Ghale	70/F	Lapa-4	Septicemia	Dr. Jereld	KTM
5	Natup Ghale	50/F	Lapa-5	Vision problem	Dr. Lael	KTM
6	Putali Tamag	61/F	Lapa-5	TB?	Dr. Jereld	Dhading
7	Ramsign Tamang	68/M	Lapa-2	Cataract	Dr. Lael	KTM
8	Amrit Tamang	17/M	Lapa-1	Epilepsy	Dr. Jeremy	KTM
9	Sarki BK	61/M	Lapa-3	Hernia	Dr. Tim	KTM
10	Sarkisya Tamang	20/F	Lapa-1	Vision problem	Dr. Tim	Dhading
11	Membar Tamang	53/M	Lapa-5	Vision problem	Dr. Lael	Dhading
12	Kamala Tamang	36/F	Lapa-6	Gall stone	Dr. Tim	KTM
13	Kumari Tamang	50/F	Lapa-6	Heart problem	Dr. Tim	KTM
14	Tenxiring Tamang	63/M	Lapa-6	Vision problem	Dr. Tim	Dhading
15	Pasang Tamang	3mo/F	Lapa-6	Malnutrition	Dr. Margot	KTM
16	Pasang Tamang	72/M	Sertung-8	Vision problem	Dr. Jeremy	Dhading
17	Dhana Tamang	42/M	Tipling-3	Diabetes	Phe	For med.
18	Purni Ghale	72/M	Tipling-3	Cataract	Dr. Lael	Dhading
19	Sete Tamang	84/M	Tipling-7	Cataract	Dr. Beatrice	Dhading
20	Menlu Ghale	44/M	Tipling-3	TM rupture	Dr. Beatrice	KTM
21	Ram Bdr. Tamang	32/M	Tipling-2	Hydrocele	Dr. Tim	KTM
22	Kochna Tamang	12/F	Tipling-2	Esotropia	Dr. Margot	KTM
23	Pokchi Tamang	72/F	Tipling-2	Joint problem	Dr. Tim	KTM
24	Shriman Tamang	78/M	Tipling-5	Cataract	Dr. Samir	Dhading
25	Wancha Rani	61/F	Tipling-7	Cataract	Dr. Gary	Dhading
26	Ujeli Bk	24/F	Tipling-1	Tumor?	Dr. Lael	KTM

Health Post Handover Program: The quake-devastated health posts of Tipling and Lapa were built and handed over to the communities during the medical trek.

Challenges/difficulties:

- Logistical challenges and difficulties as always
- The uncertainty of the expansion of the road leading to Tipling from Somdang
- Sharp increase in cost of portering
- Overlap of elections code of conduct period and security

Recommendation: For the future, specialized camps as ENT, Dental and Cataract surgery could be integrated with general camp as requested by patients and local authorities

Photos of fall medical trek and camp 2017



Tipling camp



Tipling HP handover program

	Doctors	Translators	Volunteers	Renoks
1				
2	Dr. Margat	Dipak	Ajaya Ghale	child, skin
3	Dr. Be	Jyaul	Somay Mng	Cataract, skin, ortho
4	Dr. Gary	Uttam	Prem, Ranigale	skin, general
5	Sushma	Bin	Rajita Mng	Lab, Dressing
6	Dr. Jeremy	Binod	chelama Mng	child, skin, ortho
7	Dr. Jereld	Bim	Shanta Mng	General, skin
8	Dr. Samir	Anita	Vakesh Mng	child, skin, ortho
9	Dr. Tim	pratina	shusila ghale	ER, child, USA, ortho
10	Dr. Lael	Rasa	Yawati Mng	General, child, ortho
11	Nita	pema	Selkar Mng	

Ticket: man and Budhu

Registration in Lapa camp



Camp room schedule



Lapa camp



Camp materials on mules

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