

[www.umnhet.org.uk](http://www.umnhet.org.uk)

Throughout the year the generosity of our donors has been wonderful and very encouraging, for which we are extremely grateful. The grants given by the Trust to the four UMN founded hospitals of **Tansen, Okhaldhunga, Patan and Amp Pipal**, have been greatly appreciated by both staff and patients, and Anandaban Hospital and Shanti Nepal have been grateful for our support also. The continuing financial situation in the world markets caused some fluctuations to the capital funds held by the Trust but overall 'dips' have now been rectified and it is anticipated that the grants given this year will meet the Trustees' target. One other piece of good news is that the Nepal Government signed a five year agreement giving permission for work at Tansen and Okhaldhunga Hospitals with a continuing UMN oversight.



*Reduced to living under a blue tarpaulin after the quake*



*Apparently undamaged when viewed from the front .....*



*..... but the rear view shows extensive damage*

The devastating earthquakes in April and May have touched and dismayed everyone and the outflowing of generous donations has been a remarkable response to this tragedy. In Nepal around twenty-six hospitals were affected but thankfully our four did not sustain too much damage. Amp Pipal Hospital sustained some, but never-the-less staff were able to go out to assist their community. Tansen Hospital sent doctors to assist in other hospitals and gave valuable help to the more local communities. Patan and Anandaban Hospitals dealt with major surgery, all our hospitals giving their treatment as free care. Health care facilities outside the main towns were badly hit as was the housing in the more remote rural communities. Independently the United Mission to Nepal concentrated its support in the Dhading area where they already had good local links, and through generous donations were able to cover most of the cost of a big disaster management team and the relief work. The first phase of this has just been completed.

In response to generous gifts for earthquake relief sent to the Trust we sent an initial grant of £8,000 to the hospitals and related programmes in June and more will be sent in due course.

The major relief work in Nepal now is concentrating on constructing more permanent shelters and various ingenious models have been used, such as 'tunnel' houses made from metal frames and corrugated sheets, providing reasonable outline support for the village members to build on.



*Carrying materials to site*



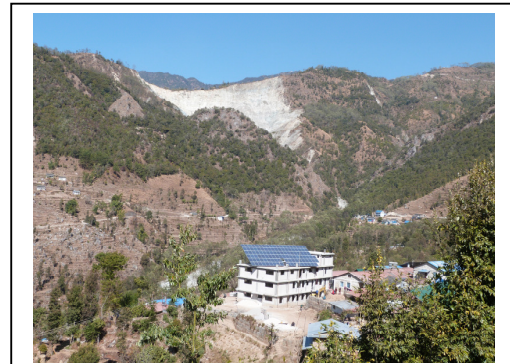
*Under construction*



*Nearing completion*

Much work is being done on improving house construction in remote areas with 'earthquake-proof', sustainable and affordable ideas. Throughout this time one major problem has been the destruction of roads, tracks and footpaths due to landslides and as the monsoon takes hold there are fears that this problem will increase as unstable land is subjected to torrential downpours. Two (non UMN) doctors died on the Butwal – Tansen road due to unstable landslides above the road, which remains in a bad state of repair.

**Okhaldhunga Hospital.** New building construction continues well and those already in use were not damaged by the earthquakes. However the area was one of the most affected districts and in the acute phase sixty-five patients arrived at the hospital with thirty-eight being admitted. Two serious cases were referred and the staff also took part in rescue and relief work in the district. One hundred and eighty-five badly affected families received food items and many more received tarpaulins. The hospital serves fifty-four Health Posts, ten of which are so badly damaged they are still working from tents. Costs to the hospital are considerable.

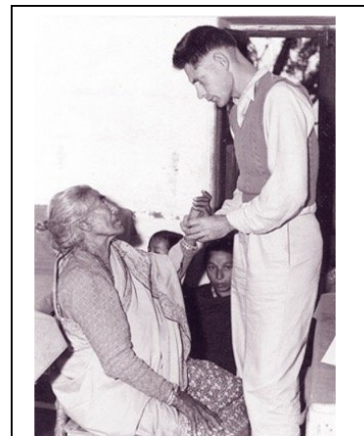


*Main block with roof mounted solar panels*



*Gary Parkes (a Trustee) is at present working in Okhaldhunga to cover the home leave of the senior doctor and has sent us this touching story. Kishab (left) is four years old and had been treated for epilepsy elsewhere before being brought to the hospital. On arrival he could not stand, sit up or even hold his head up and spent his days lying on his bed. Gradually his medications were reduced, he was given physiotherapy – and balloons! One day he miraculously decided everything was OK again and his progress has been remarkable. Now he will be transferred to a Kathmandu Hospital to have his cataracts removed.*

**Tansen Hospital.** It has been another busy year with an increase in admissions. Work had started on the one million gallon water tank but this paused until initial earthquake relief work was done. The base is now in place and walls are going up. The Carl and Betty-Ann Friederick building is now occupied and it was with sadness the staff learned of Dr. Carl's recent death. Land for the New Life Psychiatric Rehabilitation Centre has been acquired below the hospital which has ample water to allow for some farming and other income generating projects. The High Dependency Unit renovations are complete and staff have already treated two snake bite victims this year.



*Dr Carl at Tansen in 1950s*

Following the earthquake several doctors went out to other hospitals and disaster areas including one to Anandaban along with an operating theatre team, and the hospital donated one day of its staff salary bill to the local disaster committee. Other relief work included sourcing blankets and tents for devastated areas. Staff houses were badly damaged in places but apart from one serious crack in a pillar, which must be repaired, there was minimal damage to the hospital. Thirty two patients came to the hospital with twenty-five having to be admitted. However several patients required major surgery and the costs are considerable.

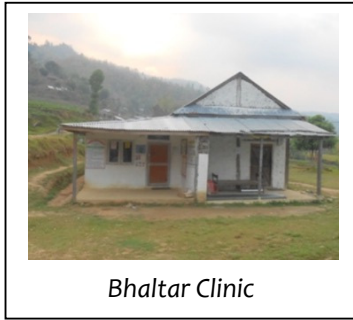
**Stephen** - the son of a former Tansen doctor now returned to the USA – came back to where he spent his childhood with a project for his biomedical degree. He designed a low cost bubble CPAP machine which provides oxygen under pressure and is helpful for babies and infants with breathing problems - as an intermediary between a ventilator or an oxygen mask. **A baby** delivered two weeks early was very small for his birth weight and after a difficult delivery he had aspirated meconium, developing a chemical pneumonia syndrome. Too sick to survive transfer to a specialist unit the parents were warned of the danger he was in, but the team managed to set up the bubble CPAP system for him. With that treatment he slowly gained better oxygen saturation levels and his breathing rate settled. To the delight of both parents and staff – and Stephen - the baby is now recovering well.



**Amp Pipal Hospital.** Work has continued all year with two permanent doctors, a GP and gynaecologist plus a short term trauma doctor and another GP. Medical trainee staff attend from training hospitals and the Nick Simons Institute, and some were there during the earthquake, offering valuable help locally and in Gorkha. The hospital suffered significant damage to the pharmacy and the morgue and staff houses bore the brunt of the destruction. Considerable help was given to local households— a great drain on their budget.

**Patan Hospital.** Large numbers of earthquake victims were taken to Patan and the hospital had to function initially from tents – including OPD, operating theatre and canteen. The situation is now more normal. Gary visited the paediatric unit which the Trust supports and spoke to the consultant in charge, discussing their charitable costs and equipment they might like to suggest to us to fund.

**Anandaban Hospital.** The Trust has links here as it is a referring hospital for orthopaedic cases from Okhaldhunga. Some damage occurred to the hospital structure and staff houses in the earthquakes but never-the-less between five and ten operations a day were performed in the immediate aftermath. The hospital overall carried out forty-five major and one hundred and ten minor operations which were funded through Tansen and Samaritan's Purse 'free care' grants.



*Bhaltar Clinic*



*A Temporary Health Clinic*



*Clinic in session*

**Shanti Nepal.** The Shanti Nepal Bhaltar Health Clinic, situated in a remote hilly area of Makwanpur district, is one supported by the Trust. Thankfully the clinic was not damaged in the earthquake but there were around ten deaths and a hundred minor injuries in the area. Not only was the clinic busy attending to the injured but it also gave very necessary psychosocial counselling to traumatised people.

**The Trustees** wish to recognise a thoughtful and loving legacy received in the year and also acknowledge with much appreciation the very generous sponsoring of two wonderful lunches at the Henley Royal Regatta by our Financial Advisor – sales of tickets were credited in full to the Trust.

I make no apologies for writing a rather longer than usual newsletter as this has been a dramatic start to the year. Nepal has suffered more than one tragedy recently and the real fear for the country is that the poverty will become even more severe as tourists cancel holidays and trek parties seek other challenges. The Nepal Government has at last reach a decision on writing its Constitution and form of government, and it can only be hoped the final details are put into law sooner rather than later. One disturbing element in the new proposals appears to be a ban on all religious gatherings which promote a change of religion.

The Trustees are so very grateful for the wonderful support you give the Trust and I cannot end this letter without expressing our enormous gratitude for your encouragement - not only to us but the staff in the hospitals also. For all of us the patients always come first, no matter what their caste, creed or resources, and with the growing population, recovery from the earthquake and the stresses of poverty, the Trust will continue to serve them through your generous gifts.

Thank you very much indeed.

**Jen Marston** Trustee **Tim Trimble** Trustee/Treasurer , 44 St Clair Drive, Worcester Park, KT4 8UQ



Acknowledgement is gratefully made for the use of photographs from various sources