

Namaste

Annual Report 2014-2015

People and Programs Survive, Strive Following Earthquakes

By Tom Arens

As I write this update, the monsoon rains in Nepal are waning as skies clear and temperatures cool. People are preparing for the “harvest” festival in October and the festival of lights in November, even though many are living in tents and temporary housing as a result of the April-May earthquakes. Trails and roads closed during the monsoon are now beginning to open to foot and vehicle traffic.

Although clinic services have been seriously inconvenienced by the spring’s earthquakes, basic services have continued in all four clinics as well as our regular program support for nurse midwives.

Three partner clinics in Sindhupolchowk will need to be rebuilt this winter. Reconstruction is the immediate need as soon as weather improves.

Following the earthquakes (two major quakes and over 400 aftershocks) monsoon rains moved into the Himalayas, closing roads with landslides and flooding streams, slowing down any kind of building reconstruction. **Our partner in Nepal decided to not begin rebuilding until the rains stop.**

In early September, an experienced Nepali structural engineer visited damaged clinics and met with local clinic volunteer management committees to assess the needs and design new buildings. Materials from the old buildings have been safely stored for reuse - stones, wood, beams, window and door frames, and reusable corrugated roofing sheets. Rebuilt clinics will probably be restricted to one floor, utilize corrugated lightweight roofs, and follow basic earthquake resistant techniques in construction.

To date, supporters of Friends of Nepal Pariwar have contributed \$40,000 that is now committed to an earthquake reconstruction fund and I will be in Nepal through December to facilitate this. We want to thank everyone who has supported this effort to help rebuild the community clinics and restore full service to these remote areas. This coming spring I hope I can report that clinic buildings are complete and open once again for the important services they provide in rural Nepal.



Shanta Jirel (top) continues to assist women in labor and delivery at the temporary tent “clinic” in Tipeni. Meena Deuja, (bottom) nurse midwife in Mahankhal (one of eight nurse midwives supported by the program), consults with a new mother in her temporary “clinic.” The rubble of the old clinic building and Chunauti Bazaar can be seen through the tent.



Highlights from the Year

In 2006, Friends of Nepal Pariwar Foundation (FONPF) was established and registered in the USA for the purpose of supporting a health program in rural Nepal managed by a Nepali partner, BBP-Pariwar. Support includes providing skilled nurse midwives to four clinics that are managed by local community-based registered nonprofits. Clinics are located in Hinquwapati (Kavre District), Mahankhal and Tipeni (Sindhupolchowk District), and the most recent addition in 2012, Mulkharka (Sindhupolchowk District). In addition to support of skilled nurse midwives, Friends of Nepal Pariwar Foundation has provided assistance for clinic equipment, in-service training of nurse midwives, mobile camps, and community drinking water facilities.

The program's overall goal is to ensure that (1) skilled nurse midwives are available 24 hours a day in each clinic to provide skilled birthing assistance, reproductive health services and counseling to rural women; and (2) clinic income grows sufficiently to cover the cost of clinic operation and management and staff salaries, including skilled nurse midwives.

- **Total of 24,508 health services were provided between July 2014 and June 30, 2015**
- The following services were provided in the four clinics:
 - General health – 12,628
 - Reproductive health – 4,402 including
 - 586 prenatal checkups
 - 180 deliveries
 - 1106 contraceptive acceptors - new (682) and old / continuing (423) including IUD, implants, injectable, pills, sterilization
 - 853 pregnancy tests
 - 743 referrals - including complicated deliveries, ANC issues, infertility, RTIs, uterine prolapse, epilepsy, surgery, and general health.
- In addition, 2,509 patients were provided services in outreach clinics from mobile camps (family planning, uterine prolapse, eye checkups, dental); 322 women were checked for cervix cancer and 19 were referred for treatment; 2,688 patients treated with acupuncture by a visiting physician.
- Clinic patients pay for services and medicines. Income from a small markup on medicine and service fees covers basic clinic expenses, maintenance, and some salaries including clinic assistants and community medical assistants. Presently, clinics are setting aside from local income 25% of one nurse midwife's salary for future use if outside support suddenly stops. In the current year, clinics showed a total net income of \$10,000 (clinic income minus expenses).

Nurse Midwives are Key to Success in Serving Thousands Every Year

Gamula Dhanuwar, nurse midwife in Tipeni. Former scholarship recipient for ANM nursing course. Second year of service in Tipeni clinic, nearby her home.



Bina Chapagain, nurse midwife in Mahankhal. – appointed in 2015 to replace Min Kumari who joined government health service. Previously served in Tipeni and Mulkharka.



Sujan Ale Magar, nurse midwife in Hinquwapati (left side of photo – assisting register patients for cervix cancer checkup and reproductive health camp). Appointed in 2014-15.



Views of Clinics Before and After the April 2015 Earthquakes

Planning for reconstruction of damaged/destroyed clinics is underway by our partners in Nepal at this time. In addition to working with structural engineers to ensure earthquake resistant design of structures, the partners are seeking additional funding from national and international donors, to complement donations from Friends of Nepal Pariwar Foundation to entirely cover building costs.

Friends of Nepal Pariwar Foundation is supporting the engineer's expenses. This experienced Nepali engineer will visit each of the sites initially to train local masons and carpenters in using earthquake resistant construction techniques, and will regularly monitor progress. In the meantime, clinic operations continue in temporary quarters.



Tipeni Clinic before



Tipeni Clinic after



Mahankhal Clinic before



Mahankhal Clinic after



Mulkarka clinic near completion, before



Damage to Clinic from April 25 2015 earthquake

Scholarship Recipient Now Serving as Nurse Midwife in Mulkarka Clinic

Two years ago Salina Lama passed the entrance exam for the nurse-midwife course. Friends of Nepal Pariwar Foundation supported her scholarship expenses. In August 2015 she received her certificate. Salina comes from a small remote village in the project area. She has been assigned to our newest clinic in Mulkharka, a remote area located at 8,000 feet just a few hours walk from 17,000-20,000 foot Himalayan peaks. She speaks Nepali (Nepal's national language) and Tamang, used by the majority ethnic group in clinic's area.



Mobile "Camps" Serve People Unable to Travel to Clinics

Various Nepal organizations provide volunteer medical personnel basically free of cost for mobile "camps" organized in Tipeni, Mahankhal and Hinquwapati clinics. These camps have dual objectives: (1) providing services, mostly for women, who live in remote areas and can't travel to the city and pay for services, and (2) in-service training and experience for nurse midwives. The following services were provided: cervical cancer checkups for 322, referral of 19 suspected cases for treatment; HIV testing; uterine prolapse exam for women by doctor and referral of complicated cases; vasectomies, copper "T", implants; and eye and dental exams and services.

FINANCIAL SUMMARY – 2014

INCOME

Contributions received in 2014 from 56 supporters	\$36,901
Interest income	129

EXPENSE

Program payments	26,010
Special grants for Judigaon drinking water system and contribution towards new clinic building	11,700
Administrative costs (contributed by Friends of Nepal Pariwar Foundation Board for publications, wire fees, postage, & California registration fees)	677

Opening balance of operating account: 1/1/2014	35,063
Closing balance of operating account 12/31/2014	33,706

Note: On July 2, 2015, grants were made for \$30,270 as ongoing program support for the period of July 2015 – June 2016

Friends of Nepal Pariwar Foundation

Mission

Improve the health and well-being of women and their families in rural Nepal by supporting a network of registered nonprofit community organizations in Nepal and strengthening their capacity to sustain and expand health and development services in remote and impoverished communities.

Friends of Nepal Pariwar Foundation is a registered nonprofit, charitable, 501(c)(3) organization. Tax ID Number: 26-1246116

Administrative Expenses are paid with contributions by board members. 100% of all donations are designated for program expenses.

Friends of Nepal Pariwar Foundation
5877 Melita Road, Santa Rosa CA 95409 Tel: (707) 538-4577
Email: friendsofnepal@sonic.net www.friendsofnepalpariwar.org