

Namaste

Annual Report 2016-2017

Update From Our Volunteer Board

Thanks to your support, we're meeting our goals. Three clinics in rural Nepal damaged by the 2015 earthquake have been rebuilt (photos on page two). We continue support of six full-time and two part-time nurse midwives and a total of four clinics. Two clinics this year (Mahankhal and Tipeni) are providing 50% contribution towards nurse midwife salaries from local income. Ultimately the goal is for these community clinics to provide 24-hour services and become self-supporting from the income earned on their small markups on medicines and service fees.

Clinics served 24,784 patients and clients this past year: 65% were women, 206 deliveries were assisted and 19 referred for complications, and there were 519 new acceptors of contraceptives – 63% Depo-Provera acceptors for three months of protection.

We are preparing for a reduction in international aid for family planning in Nepal in the coming year. Until now, US-AID and the UN Population Fund have supported women's health programs and provided contraceptives to the Government of Nepal, but this is no longer guaranteed, given the reports of US government's reduction in aid grants for reproductive health. We are going to do our best to make sure women who want reproductive health services from our partner's clinics will not do without.

Survey Confirms Reduction In Dangerous Home Deliveries

For the past four years our partner in Nepal, BBP-Pariwar, has been sampling 18 wards (from a population of approximately 11,000 located in the vicinity of each of the four clinics) to measure changes in birthing practices and home deliveries. To reduce maternal and infant mortality, it is important to reduce home deliveries. Birth data is maintained in each ward. Twice annually the data is collected and verified to determine delivery location (home, clinic, hospital referral, etc.), attendance of skilled medical personnel, previous prenatal checkups (four checkups are considered preferable), and acceptance of a family planning method following delivery to space children or limit births. Other information is collected to measure the overall impact of clinic services in the area. This past year, 2016, was the fourth year of the study and overall home deliveries have steadily declined from 42% four years ago, to 27% this last year. Clinic use by pregnant women for regular checkups has increased from 6% four years ago to 28% last year. Adoption of a family planning contraceptive following delivery averages about 40% with the injectable Depo-Provera being the most popular method. Nurse midwives believe that the most effective time to discuss and promote family planning for spacing of children is following delivery.



Clinics Bring New Health Tests to Rural Women

Over the past four years Friends of Nepal Pariwar has supported detection of cervical cancer, in each of the four clinics and in Ramechhap District where our partner coordinates with a government clinic to arrange an outside medical team for a one-day camp to provide reproductive health services and check-ups. Camps are announced a month in advance and it is not uncommon for 100-200 patients to show up. Nurse midwives have been trained to identify suspected cases of cervical cancer and refer these cases for rechecking and treatment. Over 1100 women in the past three years have been checked for cervical cancer. Sixty-eight were referred to a specialist for rechecking and treatment in some cases. To ensure quality and timely treatment, local partners provide bus fares for low-income women from the closest road point to the referral hospital in the district or city.



Salina Lama, nurse midwife in Mulkharka appreciates her new quarters above the clinic.



Nurse midwives Meena Deuja and Bina Chapagaon anxiously look forward to moving next door into the new Mahankhal clinic.



Clinic assistant Kamal provides a patient an IV in the rebuilt Tipeni clinic.



Mulkharka's primary school was destroyed by the 2015 earthquake, the same year it was upgraded by the government as a middle school. The school had no teacher certified to teach 6th, 7th and 8th classes and no resources. Children from marginalized families, particularly girls, completing 5th class commonly drop out of school if they have to walk more than two hours to a middle school. With an earmarked donation from one donor, we supported the salary of a certified teacher for two years. As a result, 64 children could continue studying in their community. The local government has now provided resources to the school to rebuild and to hire three certified teachers, and our subsidy is no longer required.

Clean Drinking Water Remains the Greatest Need in Rural Communities



This year in Ramechhap District, Friends of Nepal Pariwar will supplement funds from a local government program to assist the community of Dangsingtar (68 households, 400 population) to construct a new drinking water system. The spring above the village which previously provided water to the community shifted downhill following the 2015 earthquake, so people have been carrying water in pots 2-3 hours daily uphill from a second spring. Construction will include a collection tank below the village from the new spring and pumping to a large reservoir tank above the village with distribution to community taps. The hillside around the old spring will be replanted to protect the watershed and possibly increase future spring water. Grazing animals are being restricted with locally constructed fencing. The replanting and protection will be the responsibility of the community women's savings and credit group.

These girls walk two hours a day to the nearest high school. To encourage them to continue studying (compared to early marriage or grazing livestock) our partner provides them with uniforms, book bags, school fees and a midday snack if families request assistance. A total of 45 children were assisted last year.





Scholarships were given to three young women to study as nurse midwives. Nabina Magar and Gita Magar have completed one year of their 18-month training. Rita Shrestha (*on the right*) will be certified when completing her six-month on-the-job training.

Financial Summary – 2016

Income:

Contributions received in 2016	\$ 37,065
Interest Income	356

Expenses:

Program payments/activities	39,605
Admin costs (contributed by Friends of Nepal Pariwar board members for publications, wire fees, postage and State registration fees)	847

Opening balance if account on 1/1/2016	\$ 46,474
Closing balance on 12/31/16	\$ 43,443

(Balance sheet available on request)

Note: In 2017, following this year-end statement, grants totaling \$30,146 have been made for the 2017-18 program.

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 programs.

Board of Directors

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For more information or to make a donation

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