

Namaste

Annual Report 2017-2018

Message from the Board

Thank you again for your support in rebuilding the three clinics damaged by the 2015 earthquake and sustaining the health services during the rebuild. Three years after the earthquake, all three damaged clinics are busy and open day and night, and our foundation remains committed to providing rural Nepali women access to general and reproductive health services.

Supplementing clinic services, teams of medical personnel are bringing many new services to rural people. With our support, the Mulkharka clinic sponsored a one-day camp with a team of doctors, dentists, and nurses. The clinic was able to successfully host a team in this remote area because it has room and facilities for 10 to 12 people to sleep and eat, and a delivery room for private exams. Over 364 patients were provided services: 250 with general health needs, 67 for cervical cancer (nine suspicious cases referred for further checking and treatment), and 151 dental checkups and treatments for the community including students from the local school. Reconstruction of the clinic following the earthquake has benefited the people of this remote area that was previously underserved.

Four clinics provided the following services in 2017-2018:

- Served 20,042 patients (65% women)
- Reproductive Health – 5,037 (including deliveries and prenatal checkups)
- Family Planning – 852 (445 new acceptors; 407 continuing)
- General Health – 14,153

Fifty percent of senior nurse midwife salaries in three out of four clinics supported by the program were met from local income. Junior nurse midwife salaries in four clinics are covered entirely by Friends of Nepal Pariwar Foundation to promote 24-hour service. Clinic income comes primarily from sale of medicines at a small margin and service fees (co-pays) that commonly cost between 10 cents (for registration) and \$2.50 (for delivery).

Clinics lack trained doctors and lab and x-ray facilities. Therefore 800 patients were referred to other facilities outside the district for suspected cervical cancer, uterine prolapse, infertility, complicated prenatal status and deliveries, and accidents.



Binda Aryal, nurse midwife, helping a client in Mulkharka.

Experienced Nurse Improves Services in Remote Clinic



Binda Aryal is the nurse midwife in Mulkharka's clinic, which was completely rebuilt following the earthquake. The clinic is located on a ridge and serves a number of communities scattered in this remote area of mostly Sherpa and Tamang ethnic groups. We had questions about rebuilding following the earthquake because of the cost and the low-density population in this remote place. But in the past year since Binda's arrival, the number of users for the clinic has doubled because of her good skills and warm personality. Before the clinic opened, locals walked three to four hours downhill for health services, or in cases of pregnant women and emergencies, were carried by family or community members. Binda lives in a room above the clinic so people know she is "in residence" at all times of the day and night. Binda is training a local woman, Kalpana Tamang, as a clinic assistant to assist her in the clinic and cover emergencies during her absence.

Special Medical Camps Hosted at Clinics

In 2017-2018, the clinics we help support hosted 7 camps, providing services for a total of 2,835 patients. Camps are organized for one or two days at each clinic with a qualified team of medical personnel, including doctors, for specific services such as cervical cancer screening, OBGYN backup support for the nurse midwives, IUD insertion, eye and dental checkups, and acupuncture.



Reconstruction Following Earthquake

Government funds are slowly reaching rural areas to help rebuild homes, and there is an increased pace of reconstruction. Of course, people complain about support being inadequate, but the main difficulty now is finding experienced carpenters and masons and sufficient labor. Much of the new construction incorporates earthquake-resistant designs, but some families, tired of waiting for government assistance, have rebuilt homes in the traditional way, using materials from the old houses, but at least limiting the new house to one story with light-weight corrugated roofing.



Scholarships: Preparing Students for Technical Certifications

In Ramechhap District, our partner is supporting needy students in classes 6 through 10 to continue their schooling, despite all the pressures to drop out: lack of money, work at home in the fields, marriage, the 1 to 2 hour-walk to school every day. The objective of the scholarship program is to reduce dropout rates in secondary school and improve learning, so that these young people will go on to grades 11 and 12 and be able to qualify for entry into college or trade school. Altogether, 55 students are encouraged and helped with school dress, backpacks, and study materials, and, in a few cases, support for extra study. In Nepal, books are provided free by the government, as are fees up through grade 10. In Mulkharka, our partner has annually offered scholarships to local girls completing the 10th grade national exam to study nurse midwifery. Following three years of candidates failing the entrance exam, one candidate passed this year and was accepted for the midwifery training and certification program. Following the two-year course, she will return home to support women in the Mulkharka clinic.



Two village girls walk to school.

Reproductive Health Counseling

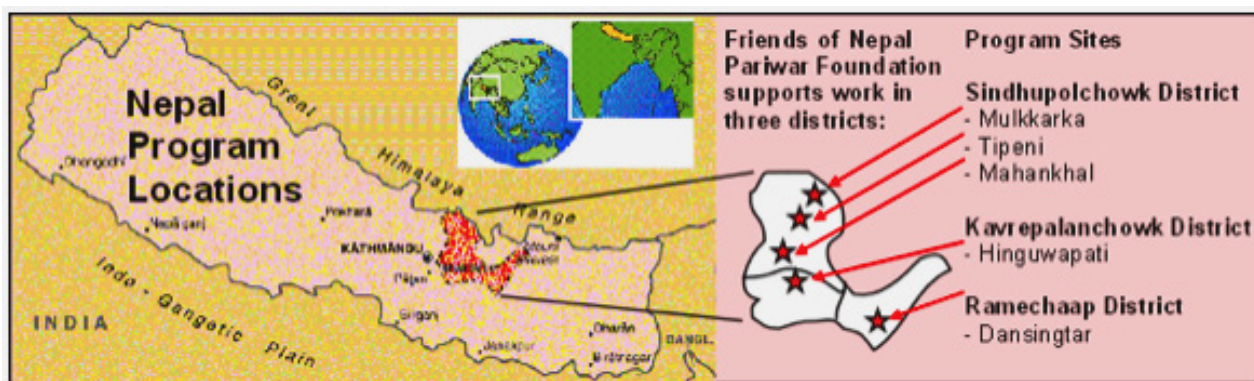


Maili Tamang (pictured here on the left of the nurse midwife) has five children ages 10 to 18. When the Mulkharka clinic was started in her area about four years ago, Maili was one of the first acceptors of the injectable contraceptive, Depo-Provera. Depo's disadvantage is that it has to be repeated every three months, and for Maili, this requires a two-hour walk from her home village of Banjang Tole to the clinic. In Nepal, women going out of their home village are commonly accompanied by a friend or relative, and Maili brought her daughter, who had to leave her 4th grade class for the day. The clinic's nurse midwife, Binda Aryal, counseled Maili to switch to a long-term contraceptive, the Copper T, an intrauterine device good for 12 years of protection.

Improving Health and Well-Being: Your Support Is Making a Difference

The annual survey of women's choice of where to deliver their children shows a continuing trend to fewer deliveries at home, and increased preference for the program's clinic, government birthing center, health post, or hospital. Twenty-eight percent of deliveries occurred at home, compared to 43% in 2014. Seventy-five percent of deliveries were supported by a skilled medically-trained person (nurse midwife, staff nurse, doctor) compared to 24% in 2014.





Financial Summary – 2017

Income

Contributions received in 2017	\$ 39,536
Interest Income	\$ 138

Expenses

Program payments/activities	\$ 30,146
Admin costs (contributed by Friends of Nepal Pariwar board members for publications, wire fees, postage and state registration fees)	\$ 887

Opening balance on 1/1/2017	\$ 43,443
Closing balance on 12/31/17	\$ 52,084

(Balance sheet available on request)

Note: In 2018, following this year-end statement, grants totaling \$39,574 have been made for the 2018-2019 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.

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