

Namaste

Annual Report 2019-2020

Covid-19, but life goes on . . .

As we publish this report (November 2020), Covid-19 positive cases are on the increase in Nepal. Spread has been slow but now there are thousands of new cases daily, though the mortality rate has so far been low. The increase was inevitable given numerous Nepalis who lost jobs in other countries and returned home to Nepal with limited checking and quarantine in the early days of the pandemic, thus spreading the virus to families and communities. In the two rural health clinics that we support, staff protect themselves with masks, shields and gloves, and follow disinfectant protocols, but have yet to see a virus case. Suspicious cases are referred to hospitals for testing.



Three deliveries in one night – Hinguwapati clinic nurse midwives, mothers and babies.

The clinic in Hinguwapati (Kavre District of Nepal) is managed by a community nonprofit organization but is recognized by the government of Nepal as a birthing center. In July 2020 for example, there were 17 deliveries, but in one night, 3 deliveries. The clinic is a small, single delivery-room facility with generally one nurse midwife on duty at night. This night all three nurse-midwives were busy. Despite Covid-19 presence in Nepal, the clinic has remained open and focused on women's health and services.

We follow an integrated approach to development. This includes offering health and family planning services for all (including adolescent girls), encouraging high school students from low income families to stay in school by offering scholarships, and providing clean drinking water systems (which in turn reduces women's labor carrying water great distances). Your support makes this work possible. This annual report gives an overview of activities during the past year. For more detailed information, photos, and updates, please visit our website and Facebook page.

Summary of Clinic Services July 2019 through June 2020

The two health clinics that Friends of Nepal helps support in Hinguwapati and Mulkharka provided services to 7,115 patients (65% women) for reproductive health (including prenatal and deliveries), family planning, and general health. There were 409 new family planning acceptors in addition to 81 continuing acceptors. Both clinics provided pregnancy testing (356 patients) and testing for sugar levels. Hinguwapati provided lab and ultrasound services one day a month for prenatal checkups and testing for other services not available in rural areas such as tests for thyroid function and semen viability. A doctor travels from a nearby town for these regular “camp” services. After subtracting clinic maintenance expenses and some salaries, clinic income totaled \$3,000 from the sale of medicine, small service fees, and reimbursement from the government for deliveries.

Medical camps at both clinics served another 1,079 patients for cervical cancer screening, gynecological treatment and counseling, eye and dental checkups, and general health. Camps include a doctor-led team visit for 1-2 days. Hundreds of patients walk to the clinics’ camps for the chance to see a specialist free of cost.



Nurse Midwife Apsara Goutem (in the left photo giving a Depo Provera shot to a patient for 3 months of protection from pregnancy) has left the Mulkharka clinic after serving two years in this remote area, and has been replaced by Geeta Basnet (right photo in the middle, flanked by Vice Chair of health committee Chogyal Sherpa and senior Nurse Midwife Binda Aryal).

Geeta’s Story

Geeta Basnet is from the Mulkharka area and was provided a scholarship by Friends of Nepal Pariwar for the nurse midwife course. She completed her two-year course and on-the-job training in spring 2020, but results were delayed because of Covid-19. It took us three years to find a local woman qualified enough to enter the program and two years for Geeta’s training, but she is now proudly serving her community!

In Mulkharka, nurse midwives also do outreach work in surrounding areas. They teach health education in a middle school, conduct three outreach clinics monthly, and attend monthly meetings of six women’s credit and savings groups totaling 131 members. During field days, one nurse midwife manages the clinic while the other one walks several hours to school and group meetings.

Geeta discussing reproductive health with members of the women’s savings and credit group in Gufagaon.





Over the summer, Anita Rai delivered her third child and only son in the Hinquwapati clinic. She and her husband Raj Kumar and two daughters live in the village of Judigaon, about one hour walk from the clinic. Raj Kumar is a plumber and works outside the village. Following delivery, Anita announced to the nurse midwife that “this delivery is the last” and she was invited to return to the clinic in a month to discuss family planning options.

Scholarship program making a difference for rural students

Ashok Tamang (below with his mother and two brothers) is 17 and planned to study in the 11th class this year when schools were supposed to open in April. Covid-19 closed schools nationwide in March and they remain closed. Internet learning is not available except in a few of Nepal’s cities, and most rural students and schools lack computers. When classes resume, Ashok will walk 45 minutes downhill to school and 1 hour 15 minutes uphill to his home in Gufagaon village, near the Mulkharka clinic.

Ashok’s father permitted his eldest son to continue his studies because of the scholarship provided through our partner in Nepal. Without it he would have been expected to work in the fields or join the labor force. Ashok comes from a farming and goat-rearing family with four siblings: two elder sisters who have married and two younger brothers who study in the nearby lower secondary school. Ashok is the first person in his family to study and pass the 10th class nationwide exam. He hopes to become a teacher. A total of 15 students in this area will be provided scholarships this year as soon as schools reopen, (9 of those students are shown below in front of the Mulkharka clinic). Scholarships include school fees, uniforms, materials, reference books, and out-of-class tutoring for students in their weakest subjects.



Survey results show positive trends

Our partner in Nepal, BBP Pariwar, is continuing the birthing survey in 4 wards around the Mulkharka clinic, primarily to measure if rural women continue to reduce the traditional practice of home delivery and utilize a nearby clinic or a hospital in the city for delivery. Women are encouraged to give birth in a birthing center or clinic with skilled nurse midwives in attendance and to have four prenatal checkups throughout the pregnancy as well as take advantage of followup services. The survey shows that home delivery has decreased from 62% in 2014 to 17% in 2019.

In the Mulkharka clinic, pregnant women are coming for regular checkups but, except in the case of emergencies, are delivering in a government birthing center instead of the clinic because they receive a cash payment incentive from the Nepal government for delivering in a birthing center. This covers basic delivery expenses and medicine if required.

The Hinguwapati clinic is recognized by the government as a birthing center (which is not yet the case for Mulkharka) and therefore continues to annually deliver 75-100 babies. The clinic pays the official incentive which is reimbursed by the government. Hinguwapati's clinic also receives a similar incentive from the government to cover its costs in providing prenatal checkups and delivery services, which in turn, supports a portion of the nurse midwife's salary and other clinic expenses.

Thank you for your support.

Financial Summary – 2019

Income

Contributions received in 2019	\$ 41,550
Interest Income	\$ 588

Expenses

Program payments/activities	\$ 30,472
Admin. costs (contributed by Friends of Nepal Pariwar board members for publications, wire fees, postage and state registration fees)	\$ 847

Opening balance on 1/1/2019	\$ 51,643
Closing balance on 12/31/2019	\$ 63,297

(Balance sheet available on request)

Note: In 2020, following this year-end statement, grants totaling \$38,647 have been made for the 2020-2021 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, education, 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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