

Namaste

Annual Report 2021-2022

Nepal Update from Tom Arens

It has been a difficult two years for everyone, and your support has helped to sustain these services during the pandemic. I was able to return to Nepal for a visit this spring and spent time with nurse midwives and program leaders. It was wonderful being back in Nepali culture and observing clinics again in person. Clinics were running well. They remained open throughout the pandemic, continuing to provide health and reproductive services and access to family planning contraceptives in rural areas. Nepalis working in other countries returned home to their villages as they lost jobs, and for rural people there was hesitancy to travel to cities, so the clinics saw an increase in patients. Vaccination camps for children under five continued on a monthly schedule throughout the pandemic, but, unfortunately, school classes were disrupted for over a year. As of 2022, schools are open and students are making up for lost time.



Importance of local clinics in remote, rural areas

According to countrywide data from 2020, most **maternal deaths** in Nepal were due to preventable causes such as bleeding, high blood pressure, infections and prolonged labor, as well as distances to a clinic to obtain support of skilled nurse midwives. The analysis also showed that 37% of the women who died were on their way from one health facility to another, 30% at home, 23% in private and non-government hospitals, and 10% on the way home from health facilities. Most of these deaths were of women under 34. Average countrywide maternal



mortality in 2021 was just under 200/100,000. By comparison, it is 24/100,000 in the U.S., (higher than 30 other developed countries). Given Nepal's mountainous terrain, isolated villages, and limited transportation, it is clear why obtaining health support for delivery is challenging. In cities, women can access obstetricians and gynecologists, but rural women are dependent on nurse midwives at best, and may have to walk hours for health care. In two rural clinics, our strategy is to reduce home deliveries and motivate pregnant women to use clinic services. Our partners' data show that this is happening. **Home deliveries** have continued to drop as clinic/nurse-supported deliveries have increased. Over a nine-year period, home deliveries decreased from 46% to 3%, and clinic deliveries increased from 38% to 96% (Ward #9 survey, Melemchi Municipality). Our clinic partners are committed to women's health including support for deliveries, prenatal checkups, and a complete range of reproductive health and family planning services.

Clinic Updates

Friends of Nepal Pariwar Foundation continues to support health services in Nepal for women and their families through our two partner organizations, BBP Pariwar and Bajra Samaj Nepal. BBP Pariwar supports two community-based clinics managed by locally-registered community organizations in Sindhupalchowk and Kavre districts. In the past year, these two clinics in Mulkharka and Hinquwapati served 6,681 patients for general and reproductive health. Included in this figure were 468 family planning acceptors, 78% of whom were new acceptors. Our partner in Ramechhap District organizes one- to two-day reproductive health camps that serve 300-400 women annually.



Mulkharka Clinic and nurses' quarters



Geeta giving Depo shots, Mulkharka



Urmilla counseling patient re: replacing birth control implant, Hinquwapati

Cervix Cancer. We first trained nurse midwives in detecting pre-cancerous lesions for cervix cancer in 2012-2013. Checkup and testing was not commonly done in rural clinics because the PAP test had to be sent to Kathmandu and required several months for lab results, by which time the patient had walked up to six hours to the clinic and returned home without a phone contact. A “new” method, VIA (visual inspection with acetic acid) in the hands of a trained nurse gives immediate results if suspicious lesions are identified, and the patient can be immediately referred to a specialist in the city or treated in the clinic if thermo therapy equipment is available.



Last year, the Mulkharka clinic examined 52 women and found eight suspicious cases that were treated with thermo therapy. Thermal ablation is the use of heat to destroy pre-cancerous cells in the cervix. Three of the eight were referred this year for a follow-up checkup and found to be negative. In Nepal, the level of awareness has greatly increased since our partners started organizing annual cervix cancer camps and provided follow-up treatment services. Women now come to clinics and request checkups. In the future, the government is planning to allocate increased funding for VIA checkups and a trial national program of vaccinating adolescents with the HPV vaccine.



Binda teaching health class, Mulkharka area



Mulkharka-area students receiving reusable sanitary pads



Reusable pads made by local women's group, promoted in schools and women's groups



Nurse midwives participating in a refresher training course

Women's Savings and Credit Groups

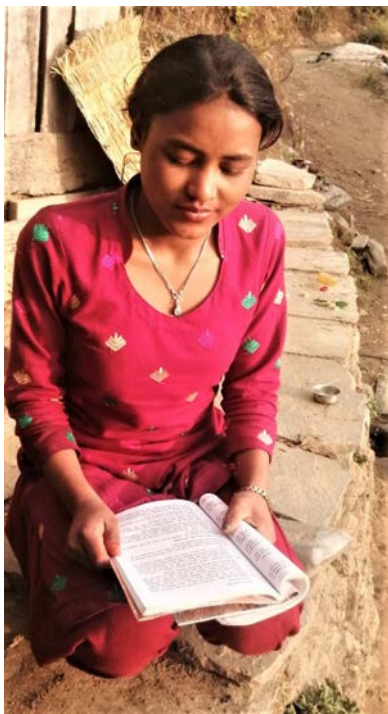
Mulkharka Clinic's management committee and nursing staff have formed and supported nine women's savings and credit groups in different villages within one to three hours walk from the clinic. The nurse midwife visits three of the more remote villages to provide health support to women and children when the savings group meets monthly. The group in Patle has 13 members and a self-generated savings capital of approximately \$400 saved by the members and loaned to members at a low interest rate for their household needs, small-scale trading, medicines, purchase of goats, etc.



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Scholarships

Friends of Nepal Pariwar Foundation is providing 56 scholarships for students up through high school, the 10th class. The national high school exam is given to all 10th class students. This past year, eight scholarship students took the exam and all eight passed. Now they can go on to technical subjects or college. Last year three scholarships were also provided for students studying technical subjects (nursing, agriculture and engineering).



Goma studying



Shirisha is in her last year of a three-year nurse midwife course in Kathmandu (her class above).



Bhawana from Pipaltar walks three hours to and from school each day.



Bhawana in school



Parbat and his friends walking to school



Girl studying in Ramechhap

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.

Special Note of Thanks Jan Anderson of Brush Prairie, Washington, retired nurse and teacher, resigned from the Friends of Nepal Pariwar Foundation Board. We greatly appreciate Jan's support of our work in Nepal and her volunteer contributions to the board over the years, and we wish her well.

Thank you for your support.

Financial Summary – 2021

Opening balance - operating account 1/1/21	\$ 31,853
Income	
Contributions received from 69 supporters	\$ 64,771
FON Board contributions for admin. costs	\$ 1,200
Interest, dividends*	\$ 730
Expenses	
Grant to BBP Pariwar for two clinics and 19 scholarships	\$ 30,761
Grant to BSN for annual health camps and 37 scholarships	\$ 11,284
Grant for technical support person to	
• organize communities for safe water	
• assist formation of women's groups	
• support clinics	\$ 3,104
Admin. costs (covered by FON Board) for publications, postage, licenses & fees	\$ 912
Closing balance - operating account 12/31/21	\$ 52,493

Note: In 2022, grants totaling \$50,094 were made for the 2022-2023 program.

*Vanguard reserve fund value as of 12/31/21 \$ 36,876
This reserve fund is intended for program emergencies.
Funds are maintained in secure federal bonds and would be tapped if program demand exceeds our annual income.

A complete Financial Statement is available upon request.

Friends of Nepal Pariwar Foundation

Mission

Our mission is to 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. Our Tax ID Number is 26-1246116.

Administrative expenses are paid with contributions by board members. One hundred percent (100%) of all donations are designated for programs.

Board of Directors

President – Tom Arens

Vice President & Treasurer – Anita Smith

Secretary – Judith Justice

Member – Gary Anderson

Member – Linda Trodden-Karow

For more information and to make a donation:

Friends of Nepal Pariwar Foundation

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