

# RAN News March 2014



<http://www.rannepal.org>

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The plane that crashed on its way to Jumla on Sunday February 16<sup>th</sup>, 2014 was a terrible tragedy, made all the more personal as it was carrying a doctor who RAN have worked with, Dr Bikalp Pokhrel, and a volunteer doctor who had come as a RAN volunteer before and worked with Bikalp in Bajhang as a medical student. It highlights the dangers of working in remote areas in Nepal.

RAN works in helping provide teachers and a nurse in remote areas in Nepal, as well as helping volunteers (primarily medics) who want to volunteer outside of Kathmandu. In particular, RAN sends medical volunteers to Tamekoshi Cooperative Hospital in Ramechapp district, as they are able to not only help the small community hospital there, but provide valuable support in providing regular health camps all over the district.

Volunteers are arriving every week now that spring is here. Tamekoshi Cooperative Hospital is looking forward to another busy year and health camps have been running with great success. RAN provides part or all of the salaries of four teachers in three schools as well as a midwife at Deusa healthpost.

RAN is also helping to sponsor two nursing students (another is being sponsored by a volunteer).

## TAMEKOSHI COOPERATIVE HOSPITAL, RAMECHAPP

### Health camps and nursing students



Sangita (ANM student nurse), Dr Suman Karmachayra and Keshav (Health Assistant).

Dr Suman Karmachayra continues to run regular health camps throughout the district of Ramechapp. As well as medical volunteers from RAN, volunteers from Germany, Switzerland and other countries have helped Tamekoshi Cooperative Hospital over the past few months. German Rotary has been able to provide the hospital with a second vehicle, which will enable Tamekoshi to run health camps more frequently.

The hospital has good accommodation where volunteers can stay while at the hospital. Health camps usually last a few days taking place in villages around the district. Medical students, nurses, paramedics and doctors are very valuable in providing the extra help for these camps, as well as providing useful training to nursing staff in the district and seeing patients who come to the hospital.

In order for the money for nurses' training to go further, the hospital will provide support to nursing students as a long-term, interest-free loan that the nurses can repay to the hospital over five years once they are employed. This means that the hospital will be able to build up a fund to help nursing students from the countryside villages train as nurses who will then commit to working for at least a fixed period in the local district.

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## RANEM LOWER SECONDARY SCHOOL

Two teachers are working at Deusa Secondary School in Solukhumbu, another teacher at Garimudi Higher Secondary School in Dolakha and a primary school teacher at Bardiya Higher Secondary School at Madhela. From April 2014, RAN will be helping Ranem Lower Secondary School fund two teachers that it was to have lost when funding from a donor dried up for the science and English teachers' salaries. Ranem Lower Secondary School, part of Deusa VDC, is a feeder school to the secondary school there. Hemsari Rai is a graduate of English from Deusa, who lives in Ranem and has been teaching there since 2009. The school has about 350 students from class 1 to 8, but only five teachers are provided by the government. RAN is looking to help with funding a replacement science teacher too, as the previous one has found a job in a neighbouring village.



Hemsari Rai, English teacher at Ranem Lower Secondary School

## HEXN (UK) AND DIABETES NEPAL: 4<sup>TH</sup> DIABETES CONFERENCE, KATHMANDU, 15 FEBRUARY, 2014

The fourth diabetes conference was held in Kathmandu on 15 February, where doctors from the UK, India and Nepal gave presentations on aspects of diabetes and its prevention and control. This is a growing problem in Nepal, and not just restricted to urban areas.

HexN (UK) will be supporting Tamekoshi Hospital's health camps in providing blood sugar screening at the camps, to detect patients at high risk or with diabetes, to raise awareness and provide data to help research into the scale of the problem in rural Nepal.

## VOLUNTEERING IN NEPAL

Twenty five volunteers came to help in 2013, and already, about 30 people have signed up to volunteer their time over the course of 2014. Three have already indicated that they will be coming in 2015. Most come for a month or longer and the majority are medics. A few are coming back for a second time, even a third time.

Some volunteers want to teach. This can be arranged, but often depends on the time of year. Most schools have a month off in the summer and a month or so in October-November for Dashain. Teachers are welcome, but need to be able to stay for at least a month. Unless they are prepared to help teach the teachers, it is usually much more limited in what they can do to help!



Medical volunteers in Thamel, on their way (Ruth and Cathleen, medical students from the UK) and returning from Tamekoshi Hospital (Ari, a nurse from the US).

## WOMEN'S FOUNDATION WOMEN'S SHELTER, JORPATI, KATHMANDU

Working with women from all over Nepal, WF provides legal services and counseling for women, a shelter, a daycare centre and a school in Boudhanath and Jorpati, to the north east of Kathmandu. WF welcomes volunteers who can teach at the school or help at the shelter and daycare centre. Volunteers interested in helping can contact WF at [info@womensfoundation.org](mailto:info@womensfoundation.org).

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A big thank you to everyone who has helped RAN in its work, whether as volunteers, donors or providing much appreciated moral support. Thanks go to World Link Partners ([www.worldlinkpartners.org](http://www.worldlinkpartners.org)) who have started raising funds in the US that are being used to pay a teacher and support a nursing student, and to HexN (UK) ([www.hexn.org](http://www.hexn.org)) for their support that is being used to help Tamekoshi Hospital.