

Himalayan Community Foundation



Jai Nepal Medical Team

The Jai Nepal Medical Team was established with a focus on providing sustainable, quality medical care to underserved Nepalese Communities.



Bhotang Village, Sindhupalchok

Background:

Our program works in collaboration with a community partner, Hand and Hands Volunteer Society (HHVS), a Nepalese-run NGO, and an academic partner, Tribhuvan University Teaching Hospital Maharajgunj¹. Together we have developed a medical program that integrates health outreach and empowerment, supporting local health workers, medical training, and health services. Last year our team worked in Kathmandu providing health education to internally displaced school children, health camps for children with special needs at SSDRC, a school and therapy center, and a health outreach program for women's groups in Gothatar village district. Our team also worked with our HHVS Health Advisory Board, to provide a village health program in Bhotang, Sindhupalchok, that focused on culturally competent health care and services.

During our village health program in Bhotang, we were able to care for over 450 patients providing services such as uterine prolapse interventions, a year's worth of multivitamins and anthelmintic medications to every child, and home health visits for the elderly. After each of our programs in Kathmandu and Bhotang, we provided surveys to patients through Nepalese translators about the quality of our services and the community's perspective on how to improve. Based on our surveys from last year, our team will be integrating each of our health camp days with a morning of health education followed by clinical services. Additionally, we will be developing the framework for a telemedicine program in Sindhupalchok, by utilizing smart phones and satellite access to stream cases that will be reviewed by UCDMC, Patan, and Tribhuvan Teaching Hospitals.



Impact and Sustainability:

Our program seeks to provide the communities we work with quality, culturally competent health care.

The Jai Nepal Medical Team is dedicated to community-based health care and has allied with a community partner, HHVS, and an academic partner, Tribhuvan University, since our inception in 2013. Each student and preceptor that participates in the program must sign the Working Memorandum of Understanding, which details our commitment to social responsibility towards the communities and patients we serve as well as our Nepalese based medical staff.

In the short term our program seeks to provide the communities we work with quality, culturally competent health care. All of our medical students will partake in a brief cultural and language course during their first week in Nepal. We believe this is a vital part in learning how to care for our patients more holistically. Additionally we will be having lectures from local community health leaders during the first week, to assist the medical students in realizing the importance of collaborating with locally based partners.

In the long term, we plan on continuing this program with our community-based partners in Nepal to continue to provide competent health services and create a forum for international health partnership between UCDSOM's telemedicine program and Patan and Tribhuvan University Teaching Hospitals. We have also established our program as an elective through the Department of Family and Community Medicine to ensure sustainability in administrative and faculty support even after we graduate. Additionally we will be surveying the UCDSOM and Nepalese medical students before and after our health program to assess the impact that medical mission trips have on medical education as a whole. We are looking to publish a paper addressing the importance of global health electives and partnerships, and how to improve their quality and sustainability. Also after each health program, we will survey the communities we work with to assess our impact on their population and how to improve or remove services that are unneeded. (Please see Addendum for Community Health Surveys.)



Jai Nepal Medical Team 2014

Our 1st team consists of Medical student from UC Davis School of medicine, Physicians, Nepal Health workers, Nepali Physician, and volunteers.

Our medical team of medical students and physicians headed to Kathmandu Nepal on May 24th 2014. In collaboration with our community partner HHVS Nepal we were able to organize two health camps in Kathmandu and one health camp in Bothang, Sindhupalchok.

SSRDC Health Camp: A health camp was organized with collaboration with special school for disability and Rehabilitation center (SSDRC), and Hand and Hands Volunteer Society Nepal (HHVS Nepal). We were able to serve more than 40 students and their parents. We also served local women's group. We provide free medical care and free medication.

Helpless Upliftment Center Orphanage: A health camp was organized to provide free wellness check up for orphanage kids. Medical team treated all the kids with albendazole and provided basic health and hygiene classes for the boys and girls.

Bhotang Health Camp: A 2-day health camp was organized with the collaboration with local village committee, HHVS Nepal, and Motherland hospital. The team travelled 6 hours off road to reach the health campsite and was able to provide free medical care and medicine to more than 450 people. UC Davis Medical Student also organized women's health talks in collaboration with local women's group of Bothang talking about women's health and women's empowerment.



Health Education and Empowerment Programs:

Medical students from UC Davis conducted health education and hygiene lessons.

Health Education and Empowerment Class in Mahendra Government School:



Mahendra School is a government run school, which lies on the border of Kathmandu and Bhaktapur district. This school serves the most marginalized populations of the city. Students from poor economic backgrounds, living in internally displaced, refugee camps come to this school to get an education.

UC Davis Medical School students organized a yearly health education and empowerment program to provide basic health and hygiene classes to the students in 7th and 8th grades. They also conducted a class on reducing human trafficking and child labor.

Program Layout:



Language and Cultural Classes:

After the arrival of volunteers, volunteers will be provided Nepali language and cultural classes. Volunteers will have sight seeing and will be visiting some religious and cultural sites during the first 3 days of the arrival. They will be learning about the city they live in and cultural and religious aspect of the city.



Home Stay:

Volunteers will be placed in a homestay house with a local Nepali family. Volunteers will be served typical Nepali Food called Daal Bhaat (rice, lentils, and vegetable curry or meat curry) two times a day. A Nepali milk tea and some biscuit will be served for breakfast and afternoon tea time.



Health Camps:

Volunteers will be placed on health teams with interpreters under the supervision of their preceptor or Nepali Physician where they can provide valuable support by taking vitals, history taking, and physical exam of the patient.



Health education and Empowerment:

Medical students will be conducting basic health hygiene lessons and health talks regarding women's health. They can also work with local women's health volunteers to take part in their awareness campaigns on family planning programs, health education, and domestic violence.



Hospital Rounds:

Medical students in their clinical years will have an opportunity to rotate and receive elective credit in one of the best teaching hospitals in Nepal. They will apply to specific department. They will get hands on experience in working in a Nepali government hospital.

Program Fees:

Cost	What is included?	2 Weeks	3 Weeks	4 Weeks
Food and Accommodation Cost for home stay in Kathmandu	Morning breakfast: typical Nepali Meal (Daal Bhaat) steamed rice, lentil soup and vegetable curry. Dinner: Nepali Dinner (Daal Bhaat) or Bread and Curry. Moring Tea will be served with some biscuits or bread	\$100	\$150	\$200
Interpretation and sight seeing Service:	Basic Language and Cultural Classes on the first 3 days after the arrival. Guided Sight seeing Services to Historical Places and Temples and Stupas. Language interpretation service on worksites and health camps	\$80	\$120	\$150
Transportation Cost:	Airport pick up and drop off cost: \$30. Worksite drop off and pick up cost for 3 weeks: \$50 Transportation cost to go health camp in bothang village from and to Kathmandu: \$20	\$100	\$120	\$140
Food and Accommodation Cost for Bothang Village:	Room for 1 week in Bothang Village: \$30 Food: Moring Breakfast, Lunch and Dinner: \$30 Moring Breakfast: Nepali Meal (Daal Bhaat) Lunch: Depends on the catering Service Dinner: Nepali Meal (Daal Bhaat) Nepali Tea in the morning and Lunch and In Between	\$60	\$60	\$120
Direct to the Project	This amount goes to HHVS projects: Supporting school in Bothang Village, Renting and Purchasing Health Camp equipment's, Language interpreters cost, Local Nurses and Local doctors Fees (if needed), support for the orphanages (new toothbrushes, clothes, food, and school supplies), Health(buying prescribe medication for patients from Health Camps), supplies for health education talks.	\$60	\$100	\$120
Volunteer Support cost	Office costs (salaries, language and cultural trainer fees), Telephone, Internet, Office Rent, Electricity, Staff Transportation, Stationery	\$50	\$100	\$120
Total		\$450	\$650	\$850

Community Medicine and Clinical Experiences for MS1-MS2's

<i>Week 1- Focus on Community Health Empowerment and Collaborating with Health Workers</i>	
May 14, Thurs	Depart to Nepal
May 15, Fri	Enroute to Nepal
May 16, Sat	Arrive in Nepal, Rest, and Sightseeing
May 17, Sun	<ul style="list-style-type: none"> • Morning: Orientation to HHVS as our Community Partner - Cultural and Language Immersion Classes • Afternoon: Sightseeing • Evening: Lecture by Dr. Basanta Shrestha, DDS, Board Member of Nepal Medical Council and academic Faculty with Tribhuvan University- “Understanding the Nepalese Medical Education System”
May 18, Mon	<ul style="list-style-type: none"> • Morning: Cultural and Language Immersion Classes Orientation- meet with Nepal Health Workers • Afternoon: Medical students will split into groups of 2-3 to shadow Health Workers • Evening: Dr. Sunil Thapa M.D., Orthopedic surgeon, academic faculty with Tribhuvan University- lecture on “Introduction to Nepalese Health Care System--Where do we fit as international medical students?”
May 19, Tues	<ul style="list-style-type: none"> • Morning: Cultural and Language Immersion Classes • Afternoon: Medical students will split into groups of 2-3 to shadow Health Workers • Evening: <ul style="list-style-type: none"> - Introduction to Sindhupalchok Health Camp, Meet with HHVS Community Leaders and HHVS Medical Advisory Board - Debrief of last year’s health camp - Begin gathering supplies and developing Health Talk Outlines
May 20, Wed	<ul style="list-style-type: none"> • Morning: Cultural and Language Immersion Classes • Afternoon: Medical students will split into groups of 2-3 to shadow Health Workers • Evening: Organize and gather supplies for health camp, create health talk outlines, and discuss logistics of health camp
May 21, Thurs	<ul style="list-style-type: none"> • Morning: Cultural and Language Immersion Classes • Afternoon: Medical students will split into groups of 2-3 to shadow Health Workers • Evening: Organize and Gather supplies for health camp, create health talk outlines, and discuss logistics of health camp
May 22, Fri	<ul style="list-style-type: none"> • Morning: Cultural and Language Immersion Classes • Afternoon: Medical students will split into groups of 2-3 to shadow Health Workers • Evening: Organize and Gather supplies for health camp, create health talk outlines, and discuss logistics of health camp

Week 2- Rural Health Camp in Bhotang Village

May 23, Sat	<ul style="list-style-type: none"> • Morning: Finalize packing and planning for village health program • Afternoon: Sightseeing • Evening: Pack for trip to Bhotang, Sindhupalchok
May 24, Sun	<ul style="list-style-type: none"> • Morning: Finalize packing and planning for village health program • Afternoon: Sightseeing • Evening: Pack for trip to Bhotang, Sindhupalchok
May 25, Monday	<ul style="list-style-type: none"> • Leave for Sindhupalchok, upon arrival, meet and greet with Village Elders and Leaders
May 26, Tuesday	<ul style="list-style-type: none"> • Morning: Prepare for Health Talks for Women and Men's Health Circles • Late Morning: Split up into Women and Men's Health Advocacy Circles <ul style="list-style-type: none"> ○ Women's Health Circle- Focus of post-partum rest, uterine prolapse, and family planning ○ Men's Health Circle- Focus on vasectomy benefits and post-procedure expectations, secondarily focus on how to support women during pregnancy and post-partum, discuss vital women's health issues, and smoking cessation ○ After both health circles, schedule patients for specific procedures, pass out talk evals • Afternoon: Debrief health talks, prepare for next day's health talks • Start Health Camp Day 1
May 27, Wed	<ul style="list-style-type: none"> • Morning: Prepare for Health Talks for Preventative Medicine- Geriatrics and Pediatrics • Late Morning: Split up into Geriatric and Peds groups <ul style="list-style-type: none"> ○ Geriatric Grp: Focus on preventative medicine such as how to reduce falls, drying legs inferiorly to superiorly to assist valves, smoking cessation, how to manage chronic diseases (DM2, HTN), and dental care ○ Pediatric Grp: Focus on preventative medicine such as how to stop the spread of disease by coughing into their sleeves, and basic hygiene such as brushing their teeth twice a day and washing their hands ○ After both health circles, schedule patients for specific procedures, or home visits, pass out talk evals ○ After Pediatric Health Talk at the school, continue with health checkups for all the students • Evening: Debrief health talks and student health camp • Health Camp Day 2
May 28, Thurs	<ul style="list-style-type: none"> • Morning: Set up for Health Camp Day 3 • Mid-Morning: Evening: Health Camp • Evening Debrief Health Camp and prepare for next day's Health Camp
May 29 Fri	<ul style="list-style-type: none"> • Morning: Set up for Health Camp Day 4- Surgery Day • Mid-Morning: Evening: Health Camp • Evening Debrief Health Camp and pack up to go home, Post- health camp surveys
May 30, Sat	<ul style="list-style-type: none"> • Leave Sindhupalchok → KTM • Rest

Week 3: Focus on Understanding Health Disparities in Nepal: SSDRC, Orphanage Health, and Emerging Infectious Diseases

May 31, Sun	<ul style="list-style-type: none"> • Evening: Arrive in Kathmandu and Rest <ul style="list-style-type: none"> ○ Health Camp Debrief ○ Discuss with Drs. Sivamani and Sharon- about Leprosy
June 1, Mon	<ul style="list-style-type: none"> • Morning: Breakfast • Afternoon: Visit Leprosy Hospital • Evening: Monkey Temple and debrief Leprosy Hospital visit
June 2, Tues	<ul style="list-style-type: none"> • Morning: Breakfast, residents will visit Patan Teaching Hospital • Afternoon: Visit SSDRC and conduct wellness check-ups; f/u with health camp survey • Evening: Sightseeing
June 3, Wed	<ul style="list-style-type: none"> • Morning: Breakfast • Afternoon: Visit HUC and conduct health education and wellness check-ups; f/u with health camp survey • Evening: Nepal Medical Council
June 4, Thurs	<ul style="list-style-type: none"> • Morning: Breakfast, tentative TU mtg. • Afternoon: Visit Mahendra Government School and conduct health education and wellness check-ups; f/u with health camp survey • Evening: Sightseeing
June 5, Fri	<ul style="list-style-type: none"> • Morning: Breakfast • Afternoon: Visit and Shadow at Motherland Hospital • Evening: Sightseeing
June 6, Sat	<ul style="list-style-type: none"> • Morning: Breakfast • Afternoon: Visit Thamel or Bhaktapur • Evening: Debrief health program

**Working Agreement Between
Tribhuvan University Maharajgunj, Institute of Medicine
and
University of California, Davis, The School of Medicine**

Through this working agreement we propose that Tribhuvan University Maharajgunj, IOM, and the University of California, Davis (UCD) SOM facilitate cooperation between the two institutions to foster research and academic collaborations.

Under this working agreement, the two institutions will participate as equal partners to:

- Exchange of investigative programs and research projects
- Exchange of technical and professional expertise in the areas of Orthopedic Surgery, Dermatology, Telemedicine, Pediatrics, Internal, Obstetrics and Gynecology, Emergency Medicine, and Family Medicine
- Promote an academic exchange that involves students participating in clinical rotations, grand rounds, and journal clubs

To accomplish those objectives Tribhuvan University Teaching Hospital Maharajgunj and the University of California Davis, School of Medicine will:

- Exchange researchers, including graduate students and other affiliated personnel for academic advisement and support during our collaborative health camps, village health outreach, and community engagement seminars. The exchange will be for no longer than 2-4 weeks and the time period for graduate student exchange will be for no longer than a 1-3 month period.
- Each institution will continue the salary of its own employee(s) while he or she is participation in the exchange.
- In the exchange of 3rd and 4th year medical students and/or residents, neither institution will be expected to take any action that would be contrary to its established regulations and practice.
- To arrange housing and accommodation, each institution will identify a community partner and/ or personally arrange for airport pick-up, lodging, and food. In Nepal the community partner will be Hand and Hands Volunteer Society-Nepal (HHVS) via Sughanda Shrestha and in the U.S. it will be the Himalayan Community Foundation via Sujana Shrestha.
- Each institution involved will name a Program Coordinator for this exchange.
- Each student will be taken by a case-by-case basis, and accommodations for their academic interests can be adjusted accordingly.
- We will conduct bimonthly teleconferences where we will work on cases and discuss journal articles decided by the host school
- This agreement, which becomes effective upon its signature by all parties involved, shall continue in force as stated except as it is revised by mutual consent of all parties involved.

Signatures of the Deans of the Respective Faculties

Dr.
School of Medicine
University of California
Davis, California
Deans Office

Dr.
Institute of Medicine
Tribhuvan University
Maharajgunj, Kathmandu, Nepal
Deans Office

Post Health Camp Survey

1. How satisfied were you with the professionalism of the medical team?
 - a) Very dissatisfied
 - b) Dissatisfied
 - c) Neutral
 - d) Satisfied
 - e) Very satisfied

2. If you were dissatisfied, can you please explain what we could do to improve.

3. How satisfied were you with the services provided to you?
 - a) Very dissatisfied
 - b) Dissatisfied
 - c) Neutral
 - d) Satisfied
 - e) Very satisfied

4. Please rate the services your utilized. (1 very dissatisfied, 2 being dissatisfied, 3 being neutral, 4 being satisfied, and 5 being very satisfied)

Dermatology Clinic	1	2	3	4	5	N/A
Pediatrics Clinic	1	2	3	4	5	N/A
General Adult Medicine	1	2	3	4	5	N/A
Ob-Gyn	1	2	3	4	5	N/A
Pharmacy	1	2	3	4	5	N/A

5. How did you get here today?
 - a) On foot
 - b) Public transportation
 - c) Personal vehicle
 - d) Other: _____

6. How often do you see a physician?
 - a) Less than 1/yr.
 - b) 1-2/yr.
 - c) 6/yr.
 - d) Monthly

7. How well did you understand what the doctors/dentists/translators told you?
 - a) Very poor
 - b) Poor
 - c) Average
 - d) Well
 - e) Very well

8. How did you hear about this mission?
 - a) Word of mouth
 - b) Sign/flier
 - c) Radio
 - d) Health provider

5. What other medical programs would you like us to provide in the future?

6. Are there any other medications, vitamins, or preventative treatment you would like us to provide in the future?

7. What can we improve on in the future?

Himalayan Community Foundation

Sacramento CA

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