



एक एक पाइला



Tergar Charity
Nepal

NUBRI VALLEY HEALTH CAMP

30th April -7th May 22

EK Ek Paila and Tergar Charity Nepal



Health Camp Report



<https://youtu.be/OfzLcRFKgtc>

Nubri Health Camp



We are honoured and grateful to be associated with Tergar Foundation and conducted a three-day comprehensive health service in Samagaun, in Nubri Valley, the birthplace of Mingyur Rinpoche.

The Multi Speciality Team of Thirty Medical and non-medical members reached Samagaun on 29th April. Town Hall at Samagaun and campsite used to set up the camp.

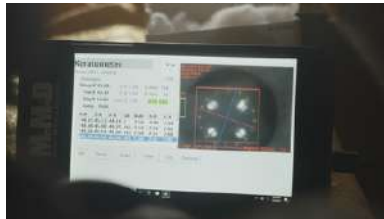
Tent were used to set up for each department, where as main hall was used for Pharmacy, Lab and Skin.

Patients came walking 2-3 days to reach the camp site. We examined total of 998 patients who hailed from neighbouring village like – Bihi, Phok, Lho, Dharapani, Thoche, Nache et. al.



Dept : Ophthalmology

Seven screening clinics to detect cataracts among patients were held over five days in adjoining villages before the scheduled health service in Samagaon. Those detected were invited to attend the cataract surgical clinic in Samagaon.



552 patients underwent eye examination at Samagaon, of which **18 patients** underwent successful cataract surgery. Reading glasses and medicine were distributed when necessary.



Dept : Dermatology

Total 196 Patients were examined and given medicine.



Key takeaways :

Dermal health is neglected, living under the harsher sun of the high-altitude regions requires substantial protection against the sun to avoid skin damage.

Dept : General Medicines

Total 549 Patients were examined



Key takeaways : General Medicines, Hepatology & Pulmonology.

There is a general lack of health and hygiene maintenance amongst the residents of Samagaon partly due to the lack of health education and awareness, and partly due to the scarcity of medication and resources needed to practice good general health and hygiene.

Unlike other high-altitude settlements, Samagaon residents generally have high blood pressure. This could be due to unchecked consumption of alcohol and tobacco, especially during the winter when it gets extremely cold.

Liver disease is also significantly prevalent, alongside a general deficiency of Vitamin D.

The region has a high prevalence of bronchial asthma.

Dept : Pediatrics

Total : 137 Patients were examined



Key takeaways :

Due to a lack of availability in contraception, women often have 3-5 children or more by the age of 35. This, combined with poverty and the harsh climate of Samagaon, can often lead to parental negligence regarding the health of their children.



Dept : ENT

Total : 213 Patients were examined



Key takeaways :

60-70% of the population suffer with varying cases of age-detected hearing loss



Dept : Pediatrics

Total : 137 Patients were examined



Key takeaways :

Due to a lack of availability in contraception, women often have 3-5 children or more by the age of 35. This, combined with poverty and the harsh climate of Samagaon, can often lead to parental negligence regarding the health of their children.

Dept : ENT

Total : 213 Patients were examined



Key takeaways :

60-70% of the population suffer with varying cases of age-detected hearing loss

Dept : Dental

Total : 246 Patients were examined

Apart from Tooth extraction and Treatment, 78 School kids were examined . Dental Team Demonstrated importance of Dental Hygiene how to take care and Free Samples of Tooth Paste and Brushes were distributed



Key takeaways :

Dental hygiene is generally neglected, with most of the population brushing their teeth once a week or less. And increasing consumption of Packet Foods.

Dept : Radiology

Total : 233 Patients were examined



Dept : Gynaecology

Total : 181 Patients were examined



Key takeaways :

Women are particularly at high risk of infection and disease during menstruation due to the lack of sanitary pads and other menstrual resources.

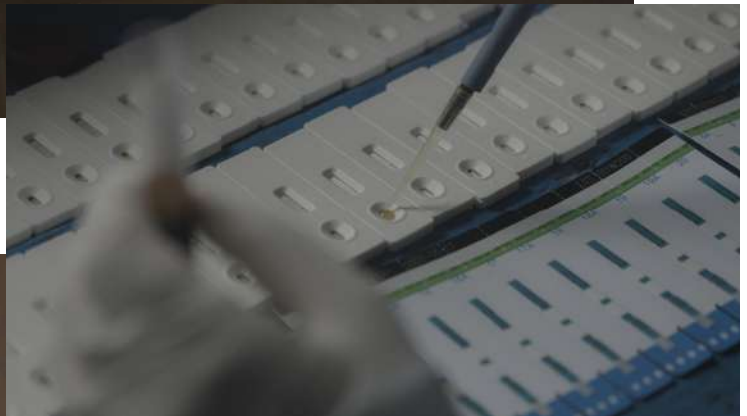
Childbirth poses huge risks, especially during Caesarian births where a lack of medical staff availability and medical infrastructure causes high rates of maternal death. Taking a helicopter for emergency medical situations such as a complicated Caesarian birth is extremely expensive for Samagaon residents and often unreliable due to the weather in the region.

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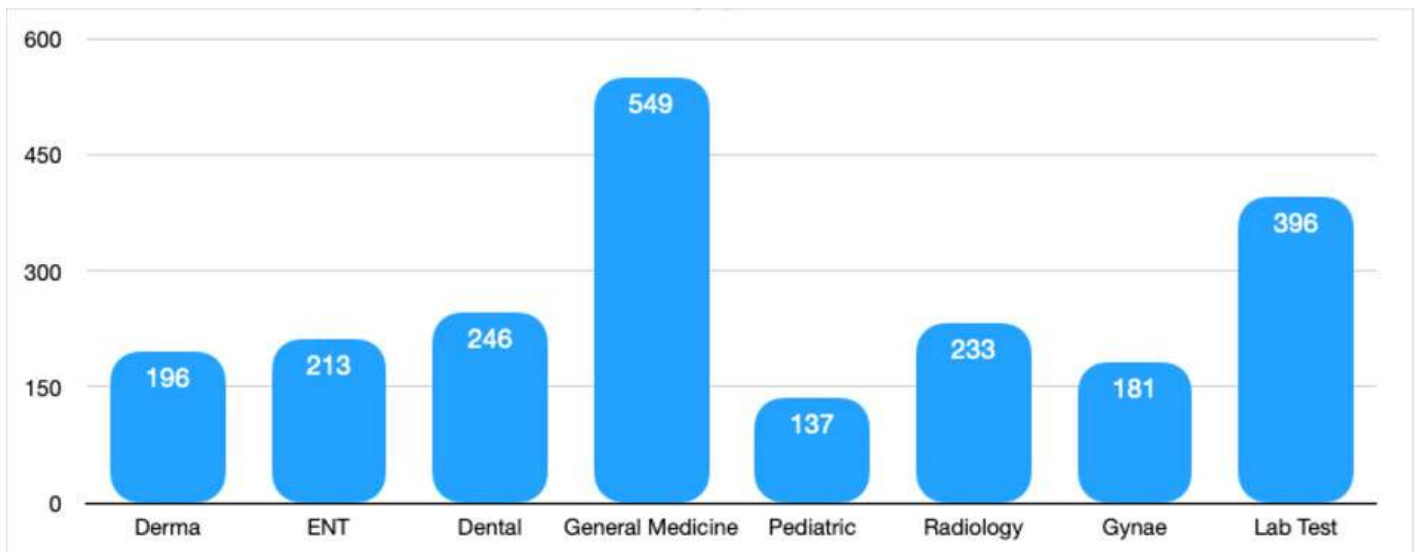


Dept : LAB

Total : 396 Lab Test



Report Summary



We are honored and grateful to Mingyur Rinponche for selecting Ek Ek Paila to provide health service to his birth place. A free comprehensive health service was held in Samagaon, Manaslu. This was a collaboration between Tergar Foundation and Ek Ek Paila Foundation.

Total number of patients examined 998

Total cross consultations 2151

The key takeaways from the health service are:

1. There is a general lack of health and hygiene maintenance amongst the residents of Samagaon partly due to the lack of health education and awareness, and partly due to the scarcity of medication and resources needed to practice good general health and hygiene.
2. Women are particularly at high risk of infection and disease during menstruation due to the lack of sanitary pads and other menstrual resources.
3. Childbirth poses huge risks, especially during Caesarian births where a lack of medical staff availability and medical infrastructure causes high rates of maternal death. Taking a helicopter for emergency medical situations such as a complicated Caesarian birth is extremely expensive for Samagaon residents and often unreliable due to the weather in the region.
4. Due to a lack of availability in contraception, women often have 3-5 children or more by the age of 35. This, combined with poverty and the harsh climate of Samagaon, can often lead to parental negligence regarding the health of their children.
5. Unlike other high-altitude settlements, Samagaon residents generally have high blood pressure. This could be due to unchecked consumption of alcohol and tobacco, especially during the winter when it gets extremely cold.
6. 60-70% of the population suffer with varying cases of age-detected hearing loss
7. Dental hygiene is generally neglected, with most of the population brushing their teeth once a week or less.
8. Dermal health is similarly neglected, living under the harsher sun of the high-altitude regions requires substantial protection against the sun to avoid skin damage.
9. Liver disease is also significantly prevalent, alongside a general deficiency of Vitamin D.
10. The region has a high prevalence of bronchial asthma.

Team for 22nd Paila



Dr. Suman S. Thapa
Dr. Sudhamshu KC
Dr. Subodh S Dhakal
Dr. Amit Shrestha
Dr. Shreya Shrestha
Dr. Sabeena Bhattarai
Dr. Shristi Shrestha
Dr. Benju Koirala
Dr. Sewok Shrestha
Dr. Anupam R Upadhyay
Dr. Sani Sipai
Dr. Aquila Shrestha
Dr. Binita Adhikari
Dr. Nikita Khanal
Ek Dev Neupane

Dolkar Ghale
Samjhana Khakurel
Sudha Bista
Indira Chowdhary
Srijana Pandey
Sekhar Chettri
Prajwal Aryal
Ashish Bhattarai
Sangam KC
Bishruti Rijal
Apoorva Thapa
Ayush
Mahesh Maharjan
Pratiksha Aryal
Bidhata Shrestha
Prahlad Pyakhurel

This camp would not have been successfully completed without support of 30 volunteers provided by Tergar Charity Foundation ,
Nepal