



30th Paila, Phaktanglung, Taplejung

FALGUN 29-CHAITRA 1, 2080 | 12 -14 MARCH 2024



INTRODUCTION :

Ek Ek Paila Foundation is a non-profit organization operating with a team of dedicated volunteers to deliver free medical services to remote regions in Nepal. Thanks to the generous support from Nepalese donors, Nepali-led organizations, and the local government, the foundation's services have been partially sustainable thus far. As a non-political entity, Ek Ek Paila focuses solely on providing healthcare services where there is a genuine need, ensuring that our efforts are driven by the goal of improving healthcare access for underserved communities in Nepal.

Following the devastating April 2015 earthquake in Nepal, which resulted in the loss of over 9,000 lives, Ek Ek Paila was established as an emergency response to provide critical and direct medical assistance to various rural areas affected by the disaster. The organization comprises a dedicated team of Nepali doctors, nurses, paramedics, and community members who volunteered their time for one week each month for a year to conduct medical outreach programs across the nation.

On June 6th, 2015, Ek Ek Paila initiated its first outreach program in the Sindupalchowk district of Nepal. Since then, the organization has completed 29 outreach programs throughout the country, in addition to conducting other local outreach initiatives in nearby areas across Nepal with over 65,000 cross consultations across 25,000 patients.

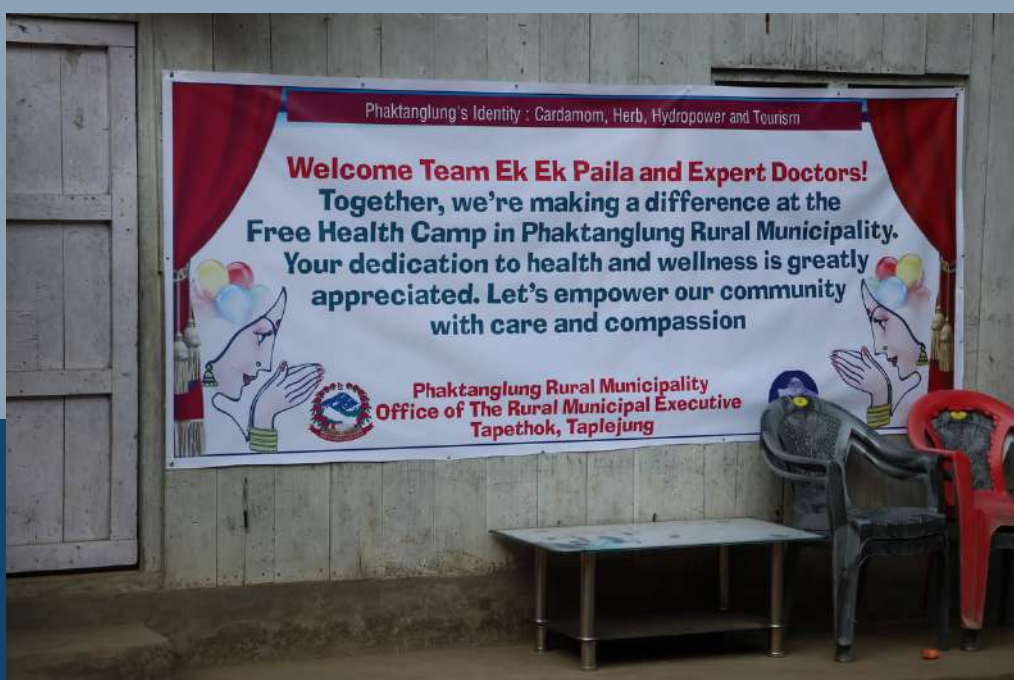


WHY PHAKTANGLUNG TAPLEJUNG?

Taplejung District, nestled within the eastern reaches of Nepal, is among the 77 districts that constitute the nation, forming part of the larger administrative landscape of the Koshi Province. Situated deep amidst the Himalayan range, Taplejung shares its northern border with Tibet. Spanning across 3,646 square kilometers (1,408 square miles), it claims the distinction of being the third largest district in Nepal by area. According to the 2011 Nepal census, Taplejung is home to a population of 127,461 inhabitants. Bordered by Tibet to the north, the Sankhuwasabha District to the west, and the Tehrathum and Panchthar Districts to the south, Taplejung's eastern frontier meets with Sikkim, a state in India.

Healthcare in remote areas like Taplejung District can face challenges including limited access to medical facilities, healthcare professionals, and resources. Factors such as geography, infrastructure, and socio-economic conditions can impact healthcare delivery and the overall health status of the population.

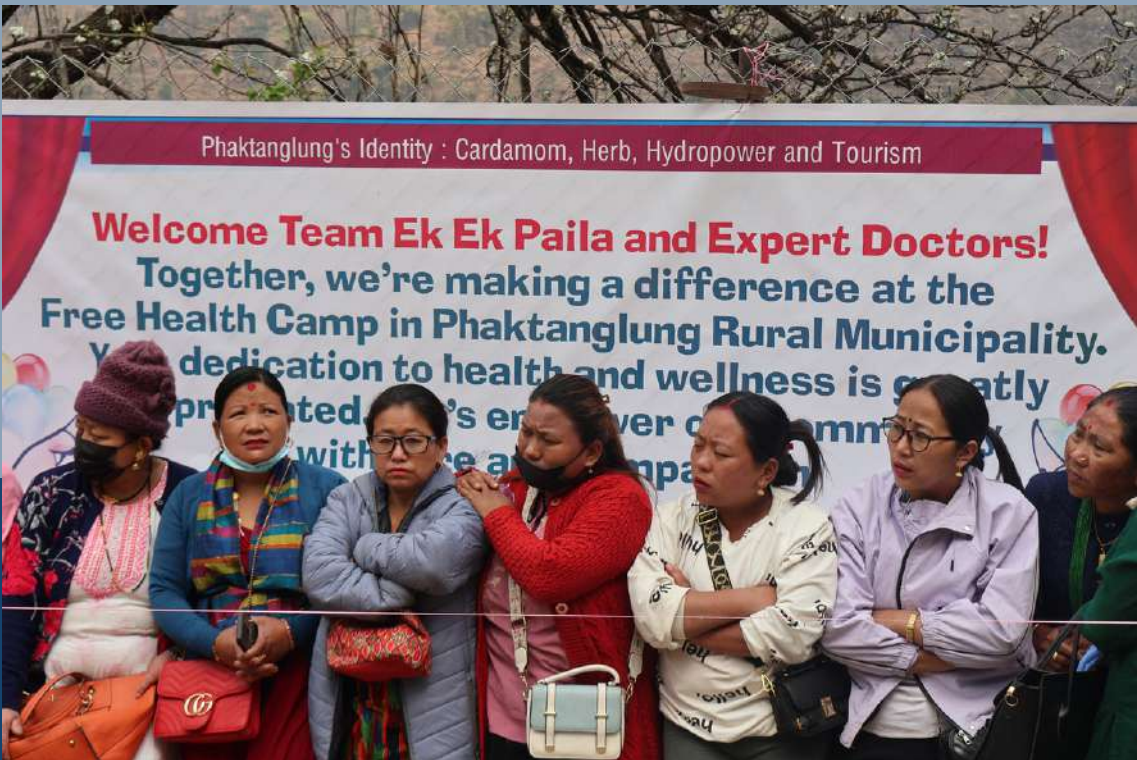
Taplejung District may have health centers, clinics, and hospitals, but the availability of services and their quality can vary. Common health issues in rural areas of Nepal, including Taplejung, may include infectious diseases, malnutrition, maternal and child health concerns, and limited access to clean water and sanitation.



OVERVIEW OF 30TH PAILA

Ek ek Paila conducted 3 day-comprehensive MEDICAL AND SURGICAL camp at phaktanglung, taplejung on falgun 29, 30 and chaitra 1,2080. In the span of 3 days, Ek Ek Paila Foundation rendered services to 1672 individuals. 4204 PLUS CROSS CONSULTATIONS WERE DONE WITHIN DIFFERENT DEPARTMENTS

The medical and surgical services provided a wide range of specialties, including Ophthalmology, ENT (Ear, Nose, and Throat), Dental, Obstetrics and Gynecology, Dermatology, General Medicine, Pediatrics, Orthopedics, GENERAL SURGERY, Radiology, Pathology, and others.



OPHTHALMOLOGY

- Total consultations 1030
- Total surgeries 29
- Cataract surgeries 24
- Pterigium 3
- Entropion 1
- Chalazion 1
- 115 Reading Glasses were distributed Free of Cost.
- Camp was carried out in coordination with Mechi Eye Hospital.
- Refractive errors, eye dryness, and cataracts were common eye conditions among patients.



DERMATOLOGY

- Total consultations 260
- The patients were varied. The majority of cases comprised of mostly Photo induced diseases like polymorphic light eruptions. Chronic itching of the lesions had led to lichenified lesions in almost most of the patient.
- There was a patient of more than 80% involvement of Psoriasis and a drug reaction. Infectious diseases were relatively less. However, a burnt out case of multibacillary leprosy was diagnosed and sent to higher center for treatment.
- There were 9 minor surgery cases done including intralesional steroid injection for keloid in 3 patients and 1 for alopecia areata, Excision of the sebaceous cyst of the ears, cyst excision on the scalp, radio-frequency ablation of lymphangioma circumscriptum and 2 other papillomas.



EAR, NOSE AND THROAT (E.N.T)

- TOTAL CONSULTATIONS 223.
- A total of 12 ENT procedures were carried out. they are as follows:
 - Myringoplasty- 5
 - Excision of papilloma, uvula - 1
 - Incision and drainage of infra-auricular abscess-2
 - Foreign body removal:3
 - Excision of dermoid cyst, neck-1



PEDIATRICS

- Total consultations 185
- 3 diagnosed cardiac cases in which 2 cases requiring surgery were noted. these 2 patients will be brought to kathmandu for further treatment.
- 2 surgical cases, 2 urosurgical cases, 1 cleft lip were referred to dharan.
- Unusual cases seen were neurofibromatosis and tuberous sclerosis. they have been referred to dharan for ongoing treatment.
- 5 children were borderline malnourished.
- Most of the children had bad dental hygiene.



ORTHOPAEDICS & TRAUMA SURGERY

- Total consultations 557
- Majority of cases were b/l knee osteoarthritis and multiple joint pain.
- Intra articular injection- 175 for OSTEOARTHRITIS, Tennis elbow and plantar fasciitis.



DENTAL SURGERY

- Total consultations 460
- Dental extractions 122
- 70 restorations were done.
- Oral hygiene awareness reached people through the "Danta Puran" initiative, including the distribution of toothpaste and toothbrushes to approximately 1000 individuals.
- Common issues were poor oral hygiene, extensive caries in young individuals which is QUITE alarming to that community due to easy availability of junk plastic foods and inadequate periodontal health.
- Furthermore, many patients with mesiodens (Mesiodens is a supernumerary tooth present in the midline between the two central incisors) were observed.



GENERAL MEDICINE

- Total consultations 740
- Hepatobiliary ultrasound 75
- Upper GI endoscopy 11
- Predominant problems noted were alcohol related problems ranging from acute alcohol intoxication to minor alcohol withdrawal symptoms, fatty liver to liver cirrhosis.
- There were few respiratory illnesses.
- Hypertension was prevalent but many people were non compliant to medicines despite of previous Diagnosis.



GENERAL SURGERY

- Total consultations 85
- Total surgical procedure 18
- The surgical procedures that were carried out are as follows
- Right palm abscess i/d-1
- Right ingrowing toe nail removal-1
- Excision of left thigh pappilary growth-2
- Lipoma excision-4 (forhead-1, forearm-1, breast-1, scalp-1)
- Foreign body excision- 1
- Intralesional Tricort Injection For Ganglion Cyst-3(hand-2, foot-1)
- Excision of sebaceous cyst-5(face-1, breast 2,thigh 1, scalp-1
- Papilloma (skin tag) excision-1
- There were varieties of surgical cases such as varicose veins, inguinal hernias,umbilical hernias, hemorrhoids, anal fissures, mesenteric cyst, cholelithiasis,, choledocholithiasis, keloids, etc. these cases were referred to nearby tertiary medical centers.



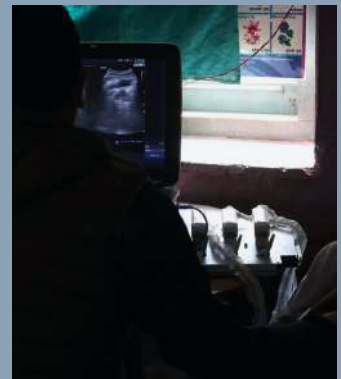
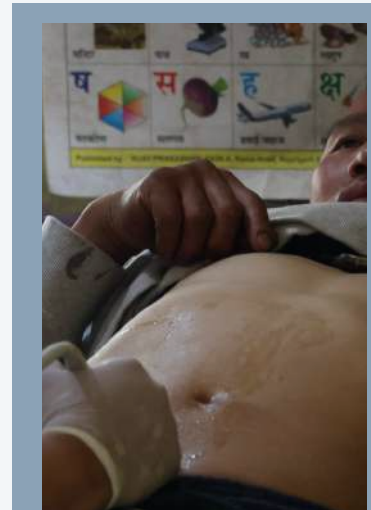
OBSTETRICS AND GYNECOLOGY

- Total consultations 251
- Gyne team mentored staff nurses from different health facilities by updating the management of post-partum hemorrhage by updating them on how to apply condom tamponade.
- Cancer screening and prevention counseling was done, followed by screening by VIA and Pap smear.
- Cervical biopsies were taken and sent for histopathology.
- Precancerous lesions were treated with Thermocoagulation for a total of 6 numbers.
- Total minor procedure/treatment 9
 - Cervical polypectomy-4
 - Endometrial biopsy-2
 - Cervical biopsy-2
 - MVA for incomplete abortion-1
 - Ring pessary- 2 for uterine prolapse
 - Antenatal care given-3
 - Pap smears taken-84
 - Most common findings were bacterial vaginal infection, DEPO INDUCED AMENORRHEA, cervicitis, UTERINE PROLAPSE, urinary tract infection, abnormal uterine bleeding, PCOD etc.
 - Menstrual hygiene awareness program was carried out and free reusable sanitary pad kits were distributed.



RADIOLOGY

- 240 Ultrasound procedures were performed including ultrasound of the Abdomen, Pelvis, Breast, Thyroid and other body parts.
- Most common findings were Cholelithiasis, Choledocholithiasis, Inguinal Hernia, Umbilical Hernia, Lipoma, Sebaceous Cysts Uterine Fibroids, Fatty Liver Disease.



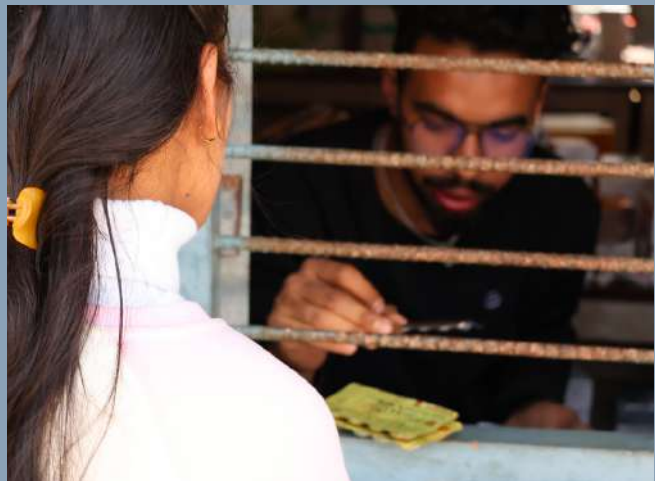
PATHOLOGY

- 403 patients (male-177 AND female-266) had done lab work up. Among which
 - Lab tests: CBC, blood urea, blood creatinine, blood glucose, urine routine, liver function test, FNAC, urine pregnancy test, serology-hepatitis b-HBsAg, Hepatitis c-HCV, HIV.
 - HIV/HBSAG/HCV Serology- 392 (2 MALE AND 3 FEMALE PATIENTS WERE HEPATITIS B POSITIVE)
 - LFT:43
 - RFT-57
 - RBS-105
 - CBC-34
 - URIC ACID-42
 - BLOOD GROUPING-19
 - URINE ROUTINE -73
 - UPT-13-(3 POSITIVE)
 - Biopsies: 8-gyne, 1- surgery, 1-ent
 - Pap Smears examine- 84



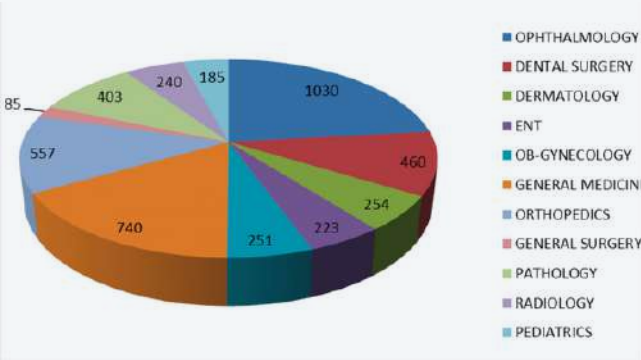
PHARMACY

- The most commonly distributed drugs were -
- Antibiotics (Ciprofloxacin, Cefixime, Amoxicillin +Clavulanic acid, Amoxicillin, Azithromycin),
- NSAIDs (paracetamol, Aceclofenac, Diclofenac, Naprosyn)
- Proton Pump inhibitors-Pantoprazole, Omeprazole
- COPD/asthma drugs (Seroflo r/c, Asthalin inhale, Foracort r/c).
- OTC drugs and multivitamins such as zinc, calcium, vitamin d3, iron, and folic acid).
- Anti-hypertensive, Anti-Hyperglycemic and other medicines for chronic diseases were also provided.
- Around 1000 Liquid Handwash Sachets, Hairwash Shampoo Sachets were also distributed .



SUMMARY

- The health camp conducted in Taplejung has been a significant step towards improving healthcare access and addressing health concerns within the community. Through the collaborative efforts of healthcare professionals, volunteers, and local authorities, we have been able to provide essential medical services, health education, and screenings to a significant portion of the population.
- The health camp has not only addressed immediate healthcare needs but has also raised awareness about preventive measures and encouraged individuals to take proactive steps towards their well-being. Moreover, the camp has facilitated early detection and management of health issues, potentially preventing more severe complications in the future.



30TH PAILA TEAM MEMBERS

- 1 .Dr. Deependra Shrestha-ENT
2. Dr. Blkram Budhathoki-ENT
3. Dr. Suman Thapa- OPHTHALMOLOGY
4. Dr. Sudhamshu KC -GENERAL MEDICINE/HEPATOLOGY
5. DR. Subodh Sagar Dhakal-PULMUNOLOGY
6. Dr. Sabeena Bhattarai-DERMATOLOGY
7. Dr. Amit Shrestha-RADIOLOGY
8. Dr. Krishna K.C- DENTAL
9. Dr. Binita Adhikari-DENTAL
10. Dr. Aquila Shrestha - DENTAL
11. Dr. Sapana Amatya Vaidya- ob-GYNECOLOGY
12. Dr. Madhu Tumahamphe -ob-0GYNECOLOGY
13. Dr. Sujan Vaidya - PATHOLOGY/LOGISTICS
14. Dr. Abhishek Kumar Thakur- ORTHOPEDIC
15. Dr. Sabina Shah Pahari-PEDIATRICS
16. Dr. Nabin Saptoka-GENERAL MEDICINE
17. DR. Gaurav Katwa-GENERAL SURGERY
18. Prava Raut -OPHTHALMIC ASSISTANT
19. Niraj Dahal -OPHTHALMIC ASSISTANT
20. Samikshya Saha - OPHTHALMIC ASSISTANT
21. Dolkar Ghale-PATHOLOGY-VOLUNTEER
22. Samjhana Khakurel-PATHOLOGY- LAB ASSISTANT
23. Usha Thapa-DENTAL HYGIENIST
24. Jamuna Rai -ENT NURSE
25. Amrita Devkota -ENT NURSE
26. Ashish Silwal -PHARMACY
27. Gopal B.K-ENDOSCOPY-ASSISTANT
28. Sekhar Chettri-IT/LOGISTICS
29. Srijana Pande-REGISTRATION
30. Ashok Pandey-REGISTRATION
31. Binod man shrestha-LOGISTICS
32. Ashish Bhattarai -LOGISTICS
33. Sujan Shrestha- DOCUMENTATION
34. Brijesh Menon - DOCUMENTATION
35. Kabita Karki - OUTREACH OFFICER
36. Durga B.K-DRIVER
37. Manish B.K- DRIVER
38. Sujata Dhunana-EYE HEALTH WORKER
39. Sharmila Shrestha -EYE HEALTH WORKER
40. Kalpana Rai-EYE HEALTH WORKER
41. Pramila Rajbhanshi-EYE HEALTH WORKER
42. Indu Adhikari -EYE HEALTH WORKER
43. Manusha Yongbang -EYE HEALTH WORKER
44. Rachana Tamang-EYE HEALTH WORKER
45. Marty Logamn-JOURNALIST

