



एक एक पाइला

KOLTI, BAJURA HEALTH OUTREACH

07/5/2023 - 09/5/2023



INTRODUCTION

Ek Ek Paila Foundation completed its 27th health outreach program at Kolti, Bajura. We successfully served the people of Kolti, Bajura for a period of three days lasting from 7th May 2023 to 9th May 2023 along with the help of Geta Foundation, Budhinanda Municipality. The program was set up at Kolti primary health center.

A total of about 4200 patients were registered and about 10,000 free cross-consultations were done. In addition to free health care, a musical concert was held on the final day of the camp by "Music for Medicine", a non-profit organization.



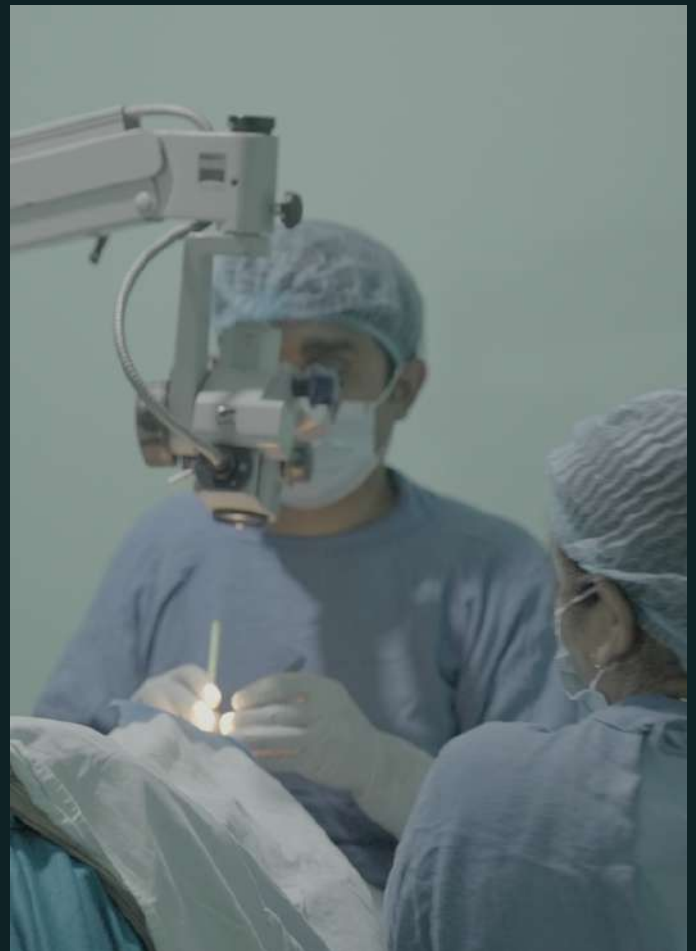
DEPARTMENT : OPHTHALMOLOGY

Total patients : 1264



Key Takeaways:

- 190 patients (95 females and 95 males) were operated free of cost for cataract and one other eye surgery was performed.
- Provided spectacles with a subsidy of NRs. 200 to 304 patients, supported by Helping Hands
- Due to barriers such as the unaffordability of hospital costs and transportation, negligence to the elders, absence of escorting, and poor awareness in the community, some of the patients were blind for the last few years.
- Surgical eye camps in such remote areas are necessary in order to eliminate avoidable blindness in this province.



DEPARTMENT : DERMATOLOGY

Total patients : 365



The most common conditions seen were dermatitis and eczema.

Key Takeaways:

1. Need to provide advanced health services to the patients.
2. Many patients were not diagnosed properly as well as not treated completely.
3. There were some congenital skin diseases and one rare case which was difficult to diagnose.
4. Severely diseased patients should follow up with the doctors of the government hospital of Kolti, Bajura.



DEPARTMENT: GENERAL MEDICINE

Total patients : 1783

3 children were diagnosed with congenital heart disease.

Key Takeaways:

- Poverty and lack of education is leading to poor health.
- Malnutrition is prevalent.
- COPD is highly prevalent.
- Hydatid cyst of the liver, parasitic disease was common.
- Hepatitis B was not that common.
- Many patients were taking medicines for gastritis for a long time without any benefits. Must be wrongly diagnosed and prescribed.
- Early marriage was seen to be the cause of many health issues.

Key Note:

Education regarding COPD is very much necessary. Nutrition and personal hygiene part should also be taken care of.



DEPARTMENT : OBGYN

Total patients : 739



Key takeaway:

The women were relatively aware of feminine hygiene. The general medical conditions were comparatively better than expected.

Special Case:

One pregnant woman diagnosed with anencephaly at around 28 weeks of pregnancy visited at 42 weeks gestation. Despite giving repeated counseling about the baby's condition, she refused admission. Eventually, she was admitted and planned for termination of pregnancy. Later, she could not deliver vaginally so the OBGYN team performed a cesarean section.

DEPARTMENT: GENERAL SURGERY

Total patients: 65

Key Takeaways:

- There were more medical diseases than surgical diseases.
- In surgical OPD, general surgical cases like Groin and Abdominal wall hernias and varicose veins of lower limbs were common.
- There was one case of carcinoma of the abdominal organ, she was sent for radiological and OBGN evaluation, but then she was lost to follow-up.

Surgeries Performed:

- Debridement + Suturing + Plaster Placement
- Keloid Excision
- Epidermal cyst excision
- Umbilical hernia (anatomic repair)
- Abscess drainage
- B/L inguinal hernia (Hernioplasty)
- Excision
- Lipoma of head excision
- Pre curricular sebaceous cyst



General Overview:

- PHC in Kolti has a good number of doctors (gynecologists, MDGP, and 2/3 Medical officers). But the PHC needs to be upgraded to get the full benefit from these doctors, e.g. operation rooms, post-operative wards, and surgical wards need to be built.
- The emergency room and observational room needs to be renovated.
- All the medical workers especially nurses need revision training regarding patient care, and etiquette of aseptic and antiseptic technique in OT, POW, and surgery ward respectively.
- People of Kolti due to its remote location and poor literacy were found to be difficult to handle throughout the camp.

Suggestions:

- In the next camp, we need more people in logistics to handle patients in the OPD queue.
- For general surgery, a dedicated general surgery team (e.g.~OT nurse and anesthesia assistant) is required.

DEPARTMENT : ORTHOPEDICS

Total patients :954

Key Takeaways:

- Fractures owing to trauma were common. The primary cause for the trauma was a fall.
- Several cases of mal-united fractures were observed in the OPD department due to the mismanagement of fractures as a result of a lack of services.
- Regular lower back pain and knee pain cases.

Unique Cases:

- Malunited femur fracture in an adult which normally needs surgery to heal but the patient was walking with the healed fracture and a short leg.
- Gun-stock deformity of the elbow due to inappropriately managed supracondylar fracture humerus.
- 2 cold abscesses- associated with spinal TB
- Pseudo arthrosis humerus due to non-union
- Chronically dislocated elbow thus leading to erosion of the joint
- Dinner-fork deformity due to malunited fracture distal radius

Suggestions:

- Need an additional orthopedic surgeon.
- Need to be more organized and equipped for surgical services.



DEPARTMENT : DENTAL

Total patients : 406



About 200 extractions were done and 4 emergency abscess drainages were performed.



DEPARTMENT : PATHOLOGY

Total patients : 3564

Key Takeaway:

- Extreme cases were not observed.
- The overall condition of the people of Bajura was good.



DEPARTMENT : ENT

Total patients : 478



Key Takeaway:

- 27 surgeries were performed in the ENT department.
- The most common case was myringoplasty.
- People are deprived of basic medical needs.
- People need basic health hygiene.
- Females outnumber male patients. Health education is more needed than specialized services.

Surgeries Performed:

- Myringoplasty
- EUM
- Split ear repair



DEPARTMENT : RADIOLOGY

Total patients : 319



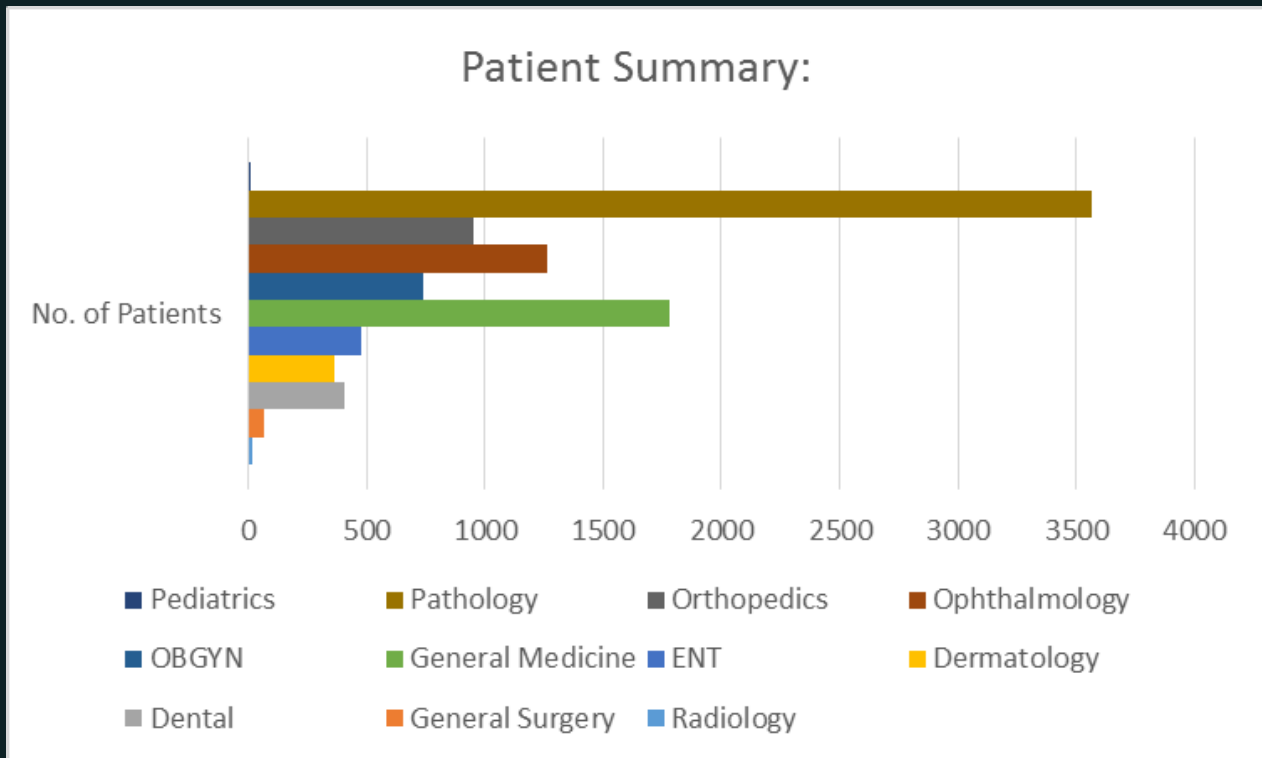
DEPARTMENT : LOGISTICS, IT & REGISTRATION

The logistics team played a crucial role in conducting the outreach program smoothly. They managed the transportation, food, and lodging for all the volunteers and also helped setting up the camp beforehand.

All the patients were registered through an app of Ek Ek Paila developed by our IT team which made it convenient for record-keeping and communication between different departments was made easy.



REPORT SUMMARY



Total number of patients registered: 4200

Total number of cross-consultations: 10000

The key takeaways from the health service are:

1. People are deprived of basic medical needs.
2. Females outnumber male patients. Health education is more needed than specialized services.
3. Many patients were not diagnosed properly as well as not treated completely.
4. Poverty and lack of education are leading to poor health.
5. Malnutrition is prevalent.
6. COPD is highly prevalent.
7. Hydatid cyst of the liver, a parasitic disease was common.
8. Hepatitis B was not that common.
9. Chronic liver disease due to alcohol was also not common.
10. Many patients were taking medicines for gastritis for a long time without any benefits. Must be wrongly diagnosed and prescribed.
11. Early marriage is the cause of many health issues.
12. The women were relatively aware of feminine hygiene.
13. There were more medical diseases than surgical diseases.
14. In surgery OPD, general surgical cases like Groin and Abdominal wall Hernias and varicose veins of lower limbs were common.
15. Fractures owing to trauma were common. The primary cause for this seems due to fall injury.
16. Several cases of mal-united fractures were observed in the OPD department due to the mismanagement of fractures as a result of a lack of services.
17. Regular lower back pain and knee pain cases were observed

Department	No. of consultations	REMARKS
Ophthalmology	1264	• 190 patients (95 females and 95 males) were operated free of cost for cataract and one other eye surgery. • Provided spectacles to 304 patients
Dermatology	365	• Most common cases : Dermatitis and Eczema • Some cases of congenital skin diseases
General Medicine	1783	• 3 congenital heart disease in children
Gynecology	739	• 1 Cesarean Section performed
Surgery	65	• Debridement + Suturing + Plaster Placement, Keloid Excision, Epidermal cyst excision, Umbilical hernia (anatomic repair), Abscess drainage, B/L inguinal hernia (Hernioplasty), Excision, Lipoma of head excision, Pre curricular sebaceous cyst
Orthopedics	954	• Several fractures, Malunited femur fracture, Gun-stock deformity of the elbow, 2 cold abscesses, Pseudo arthrosis humerus, Chronically dislocated elbow, Dinner-fork deformity • Regular cases of lower back pain and knee pain
Dental	406	• 200 extractions done • 4 emergency abscess drainage performed.
ENT	478	• 27 surgeries performed consisting of : Myringoplasty, EUM, and Split ear repair
Radiology	319	• 319 cases were seen
Pathology	3564	• No extreme cases identified

TEAM FOR 27th PAILA:

Department of Ophthalmology

1. Dr. Suman S. Thapa

Team of GETA eye hospital

1. Dr. Smadh Adhikari

2. Bhagi Ram Chaudhary

3. Chakra Khadka

4. Harish Mani Bhatta

5. Hemanti Bhatta

6. Meena Bista

7. Rewati Awasth

8. Devaki Bhatta

9. Bikash Pathak

10. Chandra Magar

11. Krishna Ojha

12. Bishnu Regmi

13. Dashi Ram Chaudhary

14. Khusi Ram Chaudhary

Department of ENT

1. Dr. Kunjan Acharya

2. Dr. Shishir Pokhrel

3. Dr. Geeta Koju

4. Shanti Tamang

5. Amrita Devkota

Department of Dermatology

1. Dr. Jyotshana Yadav

Department of Dental Surgery

1. Dr. Sabin Giri

2. Dr. Binita Adhikari

3. Dr. Aquila Shrestha

4. Usha Thapa

Department of General Medicine

1. Dr. Sudhamshu KC

2. Dr. Prakash Dangal

3. Gopal BK

Department of Gynecology

1. Dr. Richa Giri

2. Dr. Benju Koirala

3. Sudha Bista

Department of Orthopedics

1. Dr. Sailaj Ranjitkar

Department of General Surgery

1. Dr. Gaurav Katuwal

Department of Radiology

1. Dr. Riwaz Acharya
2. Dr. Shreya Shrestha

Department of Pathology

1. Dr. Sujan Vaidya
2. Dolkar Ghale
3. Samjhana Khakurel

Department of Pharmacy

1. Milan Tamang
2. Ek Dev Neupane

Logistics Team

1. Prabhakar S Thapa
2. Ashish Bhattarai
3. Ashok Pandey
4. Srijana Panday
5. Saishree Chettri

IT Department

1. Shekar Chettri
2. Binod Shrestha

Documentation

1. Sudarshan Mishra

This camp would not have been successfully completed without the support of :

1. Budhinanda Municipality
2. Kolti primary health center
3. Buddha Airlines
4. Vianet
5. B/O Namaste-HILFE FUER NEPAL
6. Respective donors

MUSIC FOR MEDICINE



Thankyou to Kolti community deuda group for the muscial night.