



एक एक पाइला

SISNE, RUKUMKOT HEALTH OUTREACH

04/12/2022 - 06/12/2022



INTRODUCTION

Ek Ek Paila Foundation has completed its 26th health outreach program at Sisne Rural Municipality, Rukum. We successfully served the people of Rukumkot for a period of three days lasting from the 4th of December 2022 to the 6th of December, 2022 along with the help of Rapti Eye Hospital, Sisne Rural Municipality, Purba Rukum Hospital Gopal Bahadur Shahi and the Family. The program was set up at Rukmini Higher Secondary School.

A total of 1408 patients were registered and 4000 free cross consultations were done. In addition to free health care, the "Music for Medicine" non-profit organization also created awareness for various diseases and conducted musical workshop at two local schools. A musical concert was held on the final day of the camp for the people of Rukumkot by "The Blue Fret".



DEPARTMENT : OPHTHALMOLOGY

Total patients : 987



The team of Rapti Eye Hospital in collaboration with Ek Ek Paila conducted the ophthalmic service.

Key takeaway:

- 100 cataract surgeries and 1 pterygium excision surgery were performed in 2 days.
- The department distributed 74 presbyopic glasses.
- Retinoblastoma was diagnosed on a 10 months old child who was referred to Kathmandu for further treatment.



DEPARTMENT : DERMATOLOGY

Total patients : 230



A total of 6 minor surgeries were performed in the dermatology department.

Key Takeaways:

- 1 minor surgery of hemangioma was performed
- A patient with skin cancer was detected (Basal cell carcinoma) and referred.
- A patient with psoriasis was detected.

The most common condition found was acne followed by scabies and viral fungal infections. The chronic inflammatory cases were lichen simplex and melasma which were caused due to sun damage and dryness.

DEPARTMENT :GENERAL MEDICINE

Total patients : 567

- The department performed 20 USG and 6 Endoscopies.
- A patient was referred for admission to Purba Rukum Hospital

Key Takeaways:

The health condition of the people of Rukumkot is poor. Obesity was rare. About 70% of patients that came for checkup had genuine health issues. Most patients were under alternate medicines for various ailments. COPD and bronchial asthma were very common due to smoking habits among the residents.

Although Hypertension was common and known to the patients, they were non-compliant to take medicines. Despite consumption of alcohol by majority, there was less prevalence of the Hepatitis B virus.

DEPARTMENT : PEDIATRICS

Total patients : 186



The most common cases were:

- A patient with suspected SLE/Juvenile idiopathic arthritis
- A patient with rheumatic heart disease
- A patient with thyroglossal fistula



Key Takeaways:

The major findings among the children were ear problems, poor dental and general hygiene. Protein energy malnutrition was comparatively less. The majority of children suffered from acid peptic diseases, upper respiratory tract infection and skin diseases.

DEPARTMENT : OBGYN

Total patients : 310

Key takeaway:

- 1 VIA positive detected
- 7-8 month (12cmx10cmx16cm) sized ovarian cyst was found that was referred for surgery.

Overall patients were healthy and cooperative. Vaginal infection was common, treated and consulted accordingly.

DEPARTMENT : GENERAL SURGERY

Total patients: 215



A total of 5 minor surgeries were performed.

Key takeaway:

- A patient with appendicitis was diagnosed.
- A patient with a large abdominal lump present for years was detected and was diagnosed as a large obstructed hernia with no strangulation even after a long time.

Other common cases diagnosed were normal benign surgical cases such as hemorrhoids, hernias, hydrocele, and varicose veins. These were untreated due to a lack of awareness and difficult economic conditions.

DEPARTMENT : ORTHO

Total patients : 335



Key takeaway:

- 70 intra-articular injections provided
- Plaster care was provided to 2 patients for acute trauma cases.

DEPARTMENT : DENTAL

Total patients : 254



The total number of patients was 254 among which about 100 extractions were done along with 66 restorations.

Key takeaway:

- Oral hygiene awareness was provided to 3000 people through “Danta Puraan”.
- Distribution of toothpaste and toothbrush to about 2000 people

The general oral hygiene status was very poor. The most common cases seen were extensive caries and poor periodontal status. Even though the residents were known of basic oral hygiene steps, they were ignorant about maintaining it. Children aged 8-20yrs showed high caries index and were very keen on getting the treatment done. The prevalence of quackery and unethical dental practice performed by the local clinics was seen in many patients.



DEPARTMENT : ENT

Total patients : 324



Several surgeries were performed in the ENT department. Among them 16 surgeries were performed on Myringoplasty (14), EUM (1), and Epistaxis (1).

Key takeaway:

- A patient was suspected with thyroid cancer.



DEPARTMENT : RADIOLOGY

Total patients : 130

The total number of USGS performed was 130 and 1 doppler was performed in the health post.

Key takeaway:

- Poor general hygiene
- Large ovarian tumor, retained products of conception, nephrolithiasis, cholelithiasis, heart failure leading to congestive liver disease, ascites, and pleural effusion, large epigastric hernia, ganglion cyst of right wrist, and 7 normal obstetrics were some of the diagnosis.
- Patients are more concerned about their renal status.
- Lesser number of renal stones due to cold climate.
- Multiple children to single mothers due to the preference of a son.

DEPARTMENT : PATHOLOGY

Total patients : 142



The total number of tests was 142.

Key takeaway:

- 3 patients with positive Hepatitis B (HBsAg)
- 1 patient with positive Hepatitis C (HCV)



DEPARTMENT : PHARMACY



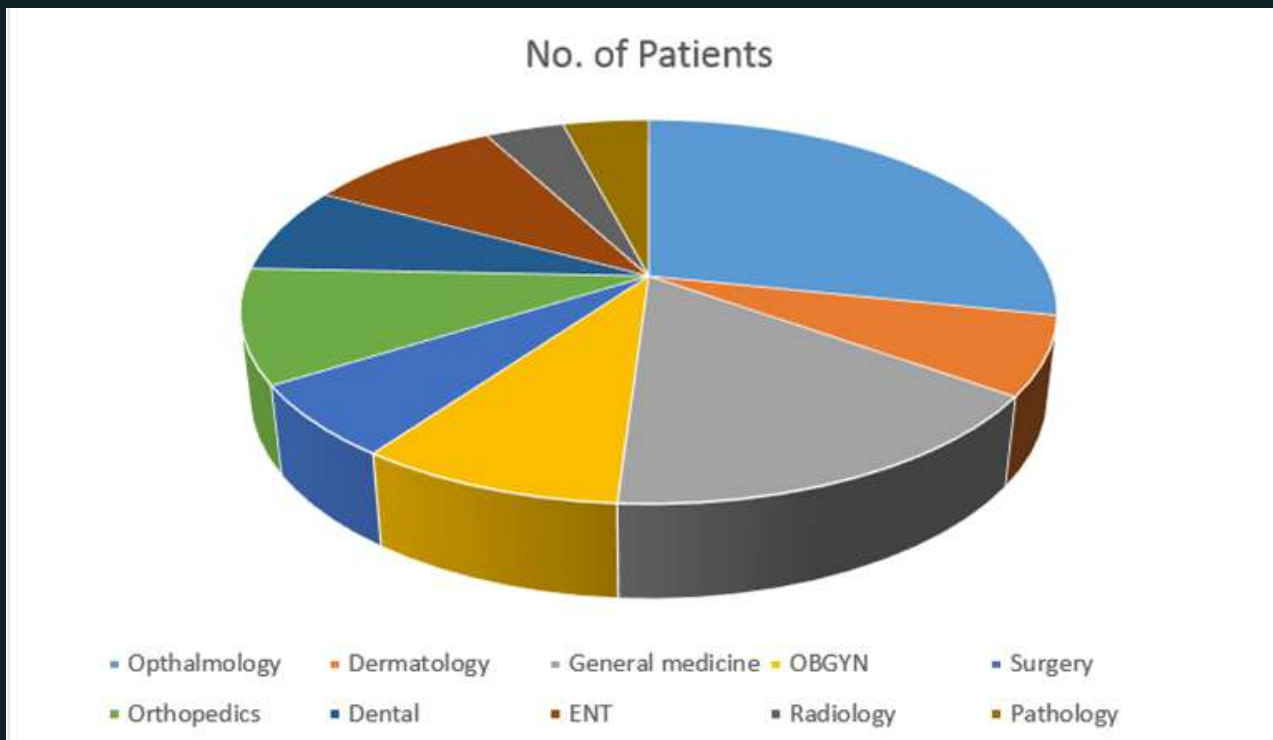
Most commonly distributed drugs were :

- NSAIDs (paracetamol, aceclofenac, diclofenac, naprosyn),
- Antibiotics (Ciprofloxacin, cefixim, amoxy+clav, amoxicillin),
- COPD drugs (Seroflo r/c , Asthalin inhale, Foracort r/c, Aasma) and
- OTC drug (calcium,vit.d3, iron, folic acid).

Some medicines of neurology (pregabalin), and anti drepressants (amitriptyline,escitalopram) were also mentioned in prescriptions.

The majority of the patients were oblivious to the use of medicine and medical devices such as rotacaps, inhalers etc.

REPORT SUMMARY



Total number of patients registered : 1408

Total number of cross consultations : 4000

The key takeaways from the health service are:

1. The general health condition of the people of Rukumkot is poor.
2. Obesity was rare.
3. Most patients were under alternate medicines for various ailments.
4. COPD, Bronchial asthma and Hypertension were very common due to smoking habits, and alcohol consumption.
5. Less prevalence of the Hepatitis B virus.
6. The most common skin conditions were acne, scabies, viral fungal infections, lichen simplex and melasma due to sun damage and dryness.
7. Protein energy malnutrition was comparatively less in children. The majority of them suffered from acid peptic diseases, upper respiratory tract infection and skin diseases.
8. Vaginal infections were common.
9. Due to lack of awareness and financial restrains, many patients with health conditions were left untreated.
10. The general oral hygiene status was very poor. Dental malpractice was common in the region.
11. While patients were fairly concerned about their renal status, the number of renal stones was less due to cold climate.

Department	No. of consultations	REMARKS
Ophthalmology	987	101 surgeries performed • 100 cataract surgeries • 1 pterygium excision surgery
Dermatology	230	6 minor surgeries performed • 1 minor surgery of hemangioma
General Medicine	567	• 20 USG • 6 Endoscopies
Pediatrics	186	• Suspected case of SLE/Juvenile • idiopathic arthritisA case of rheumatic • heart disease Thyroglossal fistula
Gynecology	310	• 1 VIA positive detected • 7-8 month (12cmx10cmx16cm) sized ovarian cyst was found that was referred for surgery.
Surgery	215	5 minor surgeries performed • 1 case of appendicitis • 1 case of large obstructed hernia with no strangulation
Orthopedics	335	• plaster care provided to 2 patients for acute trauma cases • 70 intra-articular injections provided
Dental	254	• 100 extractions • 66 restorations.
ENT	324	16 surgeries performed • Myringoplasty (14) • EUM (1) • Epistaxis (1)
Radiology	130	• 130 USGS performed • 1 doppler performed in the health post
Pathology	142	• 3 positive cases of Hepatitis B (HBsAg) • 1 positive case of Hepatitis C (HCV)

TEAM FOR 26th PAILA:

- | | |
|------------------------------|-------------------------|
| 1. Dr. Suman S. Thapa | 19. Milan Tamang |
| 2. Dr. Sudhamshu KC | 20. Ashish Silwal |
| 3. Dr. Subodh S Dhakal | 21. Dolkar Ghale |
| 4. Dr. Amit Shrestha | 22. Bhagawati Thapaliya |
| 5. Dr. Sabeena Bhattarai | 23. Samjhana Khakurel |
| 6. Dr. Shristi Shrestha | 24. Sudha Bista |
| 7. Dr. Kunjan Acharya | 25. Usha Thapa |
| 8. Dr. Rabindra Pradhananga | 26. Shanti Tamang |
| 9. Dr. Shishir Pokharel | 27. Bina Shrestha |
| 10. Dr. Bishwo Nath Adhikari | 28. Prabhakar S Thapa |
| 11. Dr. Richa Adhikari | 29. Ashish Bhattarai |
| 12. Dr. Bikram Basukala | 30. Shekar Chettri |
| 13. Dr. Abhishek Thakur | 31. Srijana Panday |
| 14. Dr. Neil Pandey | 32. Sangam KC |
| 15. Dr. Binita Adhikari | 33. Arshiya Shrestha |
| 16. Dr. Rabiya Manandhar | 34. Yaman Shakya |
| 17. Dr. Sujan Vaidya | |
| 18. Dr. Prakash Dangal | |

Team of Rapti Eye Hospital

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|-----------------------|---------------------|
| 1. Dr. Suresh Rasaili | 7. Tila Devi Khadka |
| 2. Salik Ram Gautam | 8. Mamata Chaudhary |
| 3. Madan Chaudhary | 9. Manju G |
| 4. Shanta Regmi | 10. Jeevan Thapa |
| 5. Jharana Dahal | 11. Man B Oli |
| 6. Meena Thapa | 12. Chhedu R Chy |

Blue Fret Band: "Music for Medicine".

1. Dr. Suman S Thapa
2. John N Singh
3. Daniel C Subba
4. Sanish Maharjan
5. Enos Thapa Magar

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

1. Gopal Bahadur Shahi and Family
2. Prabhu Shumsher Jawara and Raji Rana Paropakar Niji Guthi
3. Sisne Gaupalika
4. Purba Rukum Hospital
5. Alpine club, Switzerland
6. Yeti Airlines
7. Vianet
8. Respective donors