



एक एक पाइला

OUTREACH SURGICAL PROGRAM(OSP) RUKUM

16/12/2024 - 18/12/2024



INTRODUCTION

Ek Ek Paila Foundation has successfully completed its 33rd health outreach program at Sisne, Rukumkot. The camp venue was Rukum East Hospital and Rukmani Secondary School and served people from December 16 to December 18, 2024. This initiative was a collaborative effort involving Sisne Rural Municipality, Rukum East Hospital, and the Rukum East Health Office, along with support from Rapti Eye Hospital and Gopal Bahadur Shahi and his family.

During the three-day program, the foundation provided essential health services to the local population, continuing its mission to deliver free healthcare to remote areas of Nepal. The outreach programs are part of Ek Ek Paila's ongoing commitment to improving health access in underserved communities.

During this recent health outreach program, a total of **1270** patients were registered, and **1488** free cross consultations were conducted.



DEPARTMENT: DENTAL SURGERY

Total Patients- 282

Procedure -192



The total number of patients was 282 among which about 162 extractions were done along with 30 restorations.

The oral hygiene situation in Rukumkot was quite poor, with many people suffering from tooth decay and gum problems. Although residents know some basic hygiene practices, they often don't maintain them well. Children aged 8 to 20 are especially affected, showing a lot of cavities and needed treatment. There were also issues with unethical dental practices at local clinics, making it harder for people to get proper care. This highlights the need for better education on oral health and access to trustworthy dental services in the area.

DEPARTMENT : E.N.T(Ear, Nose and Throat)

Total Patients-390

Surgery-20



In the ENT department, 390 patients visited. In the operating room, 20 surgeries were performed, including 17 myringoplasty, 1 Grommet insertion, and 1 keloid excision.

There were also 31 cases of tympanic membrane perforation and 15 cases of allergic rhinitis. Other conditions treated included hearing loss (presbycusis), outer ear infections (otitis externa), earwax buildup, and nosebleeds (epistaxis). One of the patients tested positive for HBsAg.

5 patients were referred to higher centers for further treatment. Few patients had profound hearing loss and needed a cochlear implant and another had bilateral re-perforation of the eardrum and required HRCT and cortical mastoidectomy. Others had chronic otitis media (COM), nasal polyps, tympanic membrane perforations, mainly of the mucosal type, followed by hearing loss (presbycusis), earwax buildup, and other issues as well.

DEPARTMENT: OPHTHALMOLOGY

Total patients- 646

Cataract Surgery - 128

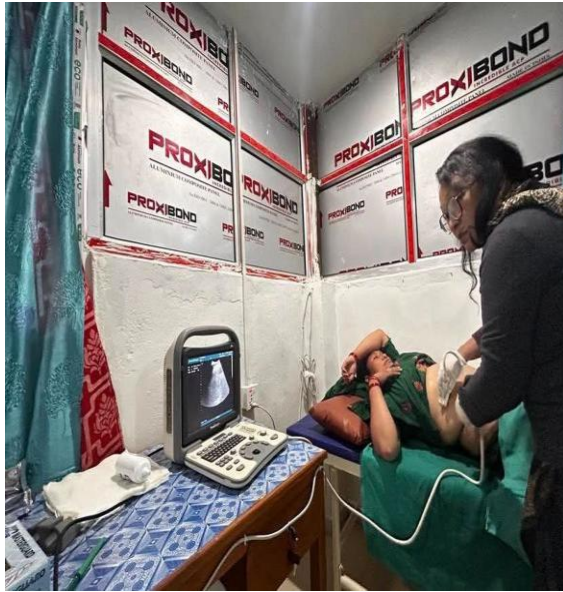


A total of 128 cataract surgeries were successfully performed by the team at Rapti Eye Hospital in collaboration with Ek Ek Paila. This initiative is part of the ongoing efforts to improve eye health in the region, where both organizations have been actively working to provide essential eye care services. The surgeries contribute to the significant progress made in reducing the prevalence of blindness and improving vision among the local population.

DEPARTMENT : OB-GYN(OBSTETRICS AND GYNAECOLOGY)

Total patients: 170

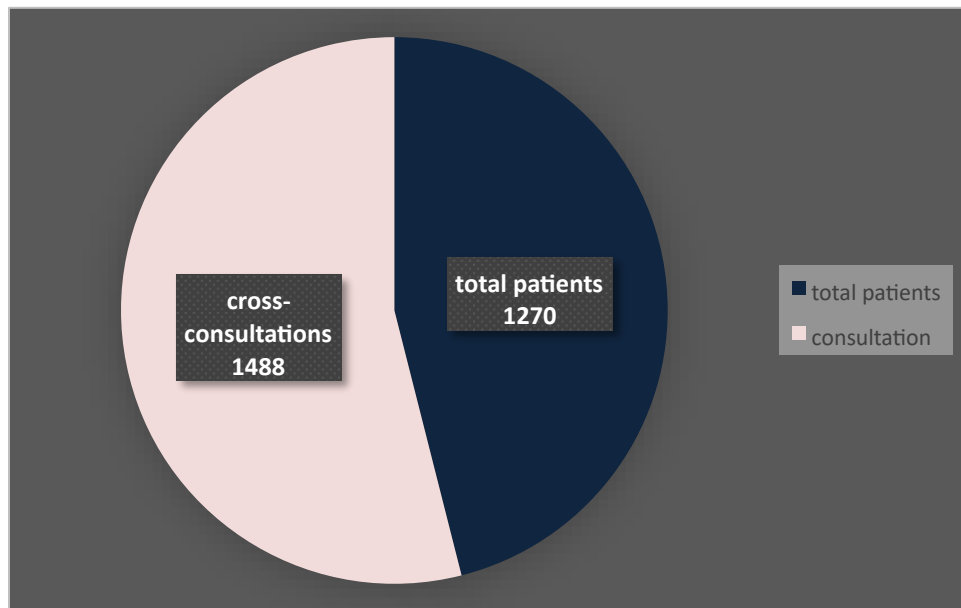
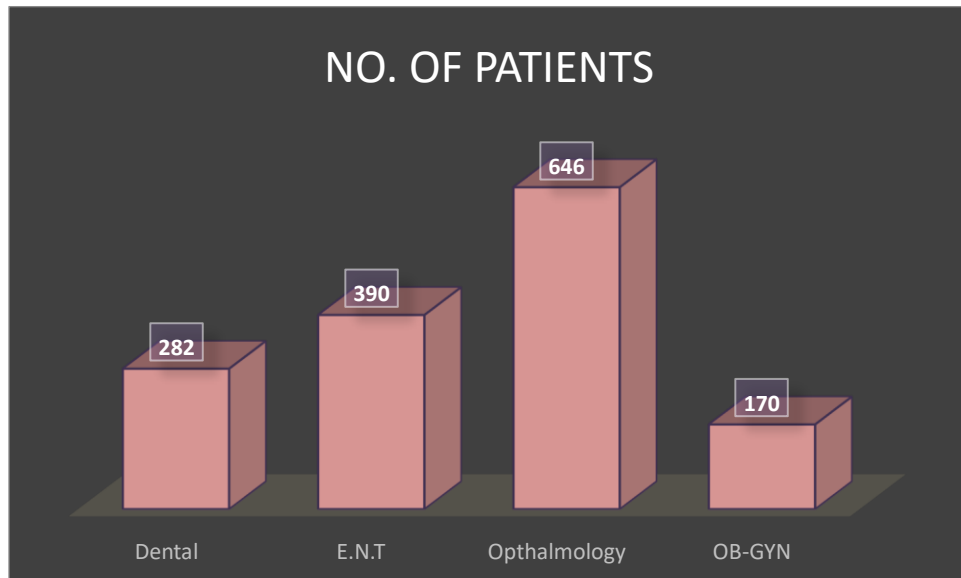
Procedure - 17



In the recent gynecology outpatient department (OPD) session, a total of 65 patients were seen with various conditions. The cases included 4 cases of procidentia, 11 cases of uterine/vaginal prolapse, 2 cases of fibroid uterus, 1 ovarian cyst, and 5 cases of cystocele. Additionally, there were 23 cases of cervicitis, 17 cases of vaginitis, 2 cases of cervical polyps, 10 ring pessary were inserted, 7 cases of pelvic inflammatory disease (PID), and 12 cases of urinary tract infection (UTI), 1 antenatal care (ANC) case.

Other various cases were addressed, including 1 case of primigravida, 1 case of infertility, and 1 Pap smear test. Additionally, 2 minor operations were performed, along with 2 vulvar biopsies and 1 endometrial biopsy. This highlights the importance of regular check-ups and timely interventions for women's health, as they are crucial for detecting and managing potential health problems effectively.

REPORT SUMMARY



Some implications obtained from the various departments of this program are listed below:

Oral Health

Oral hygiene is very poor, with many people having tooth decay and gum problems. Children aged 8-20 are the most affected, often having cavities. Bad practices in local dental clinics make it harder to get good care. Better education and awareness about oral health and reliable dental services are very necessary.

ENT Health

The most common health problems treated were ear perforations , allergies, hearing loss (especially in older adults), outer ear infections, earwax buildup, and nosebleeds. These are generally manageable conditions, but some patients had more serious issues, like chronic ear infections and nasal polyps. These severe cases required advanced treatments, such as cochlear implants for profound hearing loss or specialized surgeries for nasal and ear conditions.

Eye Health

Many people in the region had poor vision or blindness because of cataracts. The partnership between Rapti Eye Hospital and Ek Ek Paila worked to fix this by performing cataract surgeries, helping many patients regain their sight.

OB-GYN Health

The team provided essential care for a variety of women's health issues, ranging from common conditions like infections and cysts to more serious cases such as infertility and pregnancy care. The department emphasized the importance of regular check-ups and timely treatments to ensure better health outcomes for women in Rukumkot and also educated them about sexual health and family planning.

TEAM FOR 33th PAILA- OUTREACH SURGICAL PROGRAM(OSP)**RUKUM TEAM**

S.N.	Name	Specialty
1	Dr. Savana Pradhan	Gynecology
2	Dr. Bijay Kharel	ENT
3	Dr. Geeta Koju	ENT
4	Dr. Sunil Kumar Singh	Dental
5	Dr. Bishesh Shah	Dental
6	Anju Bohora	Dental
7	Bandana Rai	ENT Nurse
8	Dali Sherpa	Gynae Nurse
9	Rojina Bojahu	ENT Nurse
10	Binodman Shrestha	IT
11	Ashok Pandey	Team Incharge

RAPTI EYE HOSPITAL TEAM

1	Dr. Hemchandra Jha	Surgery
2	Rakesh Chaudhary	OPD
3	Shreejana khanal	Block
4	Salikram Gautam	Biometry
5	Prastota Belbase	Assist
6	Shanti Chaudhary	Assist
7	Jeewan Basyal	Lab
8	Jeewan Thapa	Maintenance
9	Madhu Khadka	Driver
10	Chheduram Chaudhary	Driver
11	Mr. Raju Rawot	Driver
12	Krishna Prasad Bhattarai	Reports/Account
13	Bal Kumari Oli	Sterilization

