



## Free Health Camps, Nepal

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Organization: Real Medicine Foundation Nepal ([www.realmedicinefoundation.org](http://www.realmedicinefoundation.org))

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An elderly man who received a tooth extraction at the RMF dental camp in Kharkatta

### October–December 2018

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## **Background**

Nepal is a small country with a population of around 28 million people. 83.4% of the population lives in rural areas, and more than 25% live below the poverty line (2016). Adequate health care services are not easily accessible to millions of Nepali people. There is 1 doctor for every 100,000 people in rural areas of Nepal, compared to 1 doctor for every 850 people in the urban Kathmandu valley. Specialized medical treatment is only available at hospitals in urban areas, and many rural government health facilities lack basic equipment or have been closed for years due to lack of staff. Many rural inhabitants live in regions that are not accessible by road, and they have to walk for days to receive medical treatment.

## **RMF's Presence**

Real Medicine Foundation (RMF) Nepal, in collaboration with local governments and NGOs, sponsors free health camps in rural and disaster affected regions of Nepal. We sponsor 1–4 camps each month, prioritizing communities who remain in temporary housing after the 2015 earthquake or those newly affected by natural disasters. Free health camps are initiated when RMF is invited to villages by communities in need. Our local partner organizations obtain legal consent from local authorities, then an RMF program team visits the community to analyze the situation and approve a health camp. These health camps are set up in schools and other village buildings and staffed by Nepali physicians, medical consultants, paramedics, and nurses.

Each free health camp is tailored to meet the community's specific needs, and in addition to free check-ups and health education, medication, contraceptives, or dental hygiene supplies are provided as appropriate. Depending on the communities' needs, services offered during these health camps may include:

- General medicine
- Pediatrics
- OB/GYN
- Eye exams
- Dentistry
- Orthopedics
- ENT (ear, nose, and throat)

## **Summary of Activities**

In collaboration with various government, non-government and local volunteer organizations, RMF Nepal conducted 2 free dental health camps from October to December of 2018. The first camp was conducted in the village of Bhalukhop, Ramechhap municipality-7, Ramechhap District, and the second camp was conducted in Kharkatta, Madi municipality-9, Chitwan District.

23 medical volunteers, including 13 dental surgeons, were involved in the camps. A total of **553 patients** received free dental checkups and/or medicines. 119 of these patients received tooth extractions and 64 received dental fillings. 275 patients attended an education session on proper brushing techniques, and these students received free toothbrushes and toothpaste.

## **RMF Free Health Camps, October–December 2018**

SN	Location	Date	Partner Organization(s)	Number of Patients	Number of Medical Volunteers	Type
1	Bhalukhop, Ramechhap-7, Ramechhap	12/7/2018	Nepal Dental Association, Travel Dentistry Nepal	370	6	Dental Camp

2	Kharkatta, Madi-9, Chitwan	12/29/2018	National Doctors Association Nepal, Nepal Dental Association	183	7	Dental Camp
		Total		553	13	

### Dental Camp at Shree Patana Devi Secondary School, Bhalukhop

In collaboration with Nepal Dental Association and Travel Dentistry Nepal, a free dental camp was conducted at Shree Patna Devi Secondary School in Bhalukhop, Ramechhap municipality, Ramechhap District, on December 7, 2018.

The camp served students of the school and the surrounding community. A total of **370 patients** were screened and treated at no charge. 72 of these patients received tooth extractions and 64 received dental fillings. 275 patients learned proper brushing techniques in an education session, and sets containing toothbrushes and toothpaste were distributed to the students free of charge.

Under the leadership of dental surgery professor Dr. Prenit Pokharel, a team of 6 dental surgeons served at the camp:

1. Prof. Dr. Prenit Pokharel
2. Dr. Dinesh Shrestha
3. Dr. Bidhan Bhandari
4. Dr. Shraddha Dhital
5. Dr. Sujata Rana
6. Dr. Shanti Prajapati

### Certificate of Appreciation

Community members and the School Management Committee (SMC) expressed gratitude to RMF for supporting the dental camp. Chairperson of the SMC Mr. Chakra Bahadur Tamang and Principal of Shree Patana Devi Secondary School Mr. Mohan Kumar Shrestha thanked RMF for its contribution. RMF was honored to receive this certificate of appreciation.



*Certificate of Appreciation given to RMF by Shree Patana Devi Secondary School*



*Students of Shree Patana Devi Secondary School after learning proper brushing techniques and receiving free toothpaste and toothbrushes*



*Students from a local primary school with toothpaste in their hands*



*A student nervously awaiting her dental screening*



*Students and community members receiving free dental checkups at the camp*



School Principal Mr. Mohan Shrestha thanking RMF and the team of volunteer dental workers



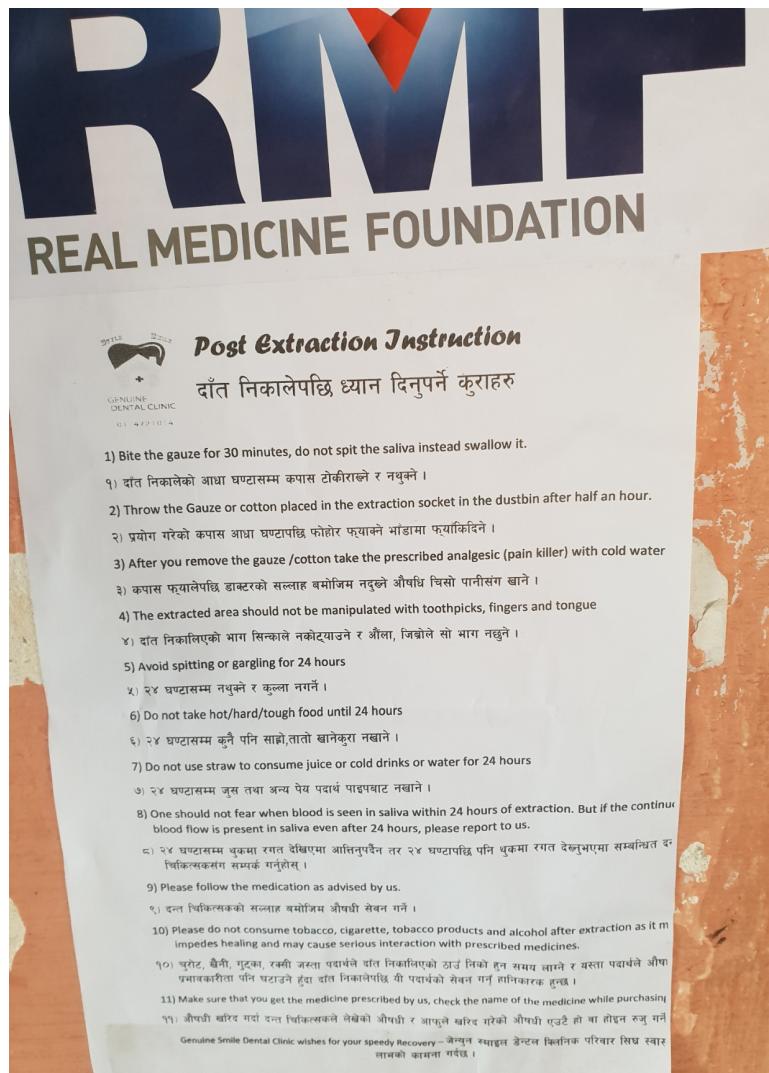
RMF Nepal Program Manager Ganesh Shrestha speaking at the event

## Dental Camp in Kharkatta

The second free dental camp conducted during this reporting period took place in the village of Kharkatta, Madi rural municipality-9, Chitwan District on December 29, 2018. This camp was organized in collaboration with National Doctors Association Nepal and Nepal Dental Association.

A total of **183 patients** were screened and treated in the camp. Led by dental surgery professor Dr. Prenit Pokharel, a team of 7 dental surgeons served at the camp:

1. Prof. Dr. Prenit Pokharel
2. Dr. Ashutosh Shukla
3. Dr. Rajeev Mandal
4. Dr. Prajita Karki
5. Dr. Milan Shrestha
6. Dr. Sonal Rayamajhi
7. Dr. Rabin Thapaliya



*Post-extraction instructions were displayed at the dental camp*



*The team of volunteer dental workers*



*Patients of all ages received dental examinations and treatments at the camp*



*A patient with severe tooth decay receiving a dental examination*

## Media Coverage

On December 31, 2018, NepaliHealth.com published an online article covering the events of the dental health camp in Ayodyapuri. The article briefly describes the services offered at the camp, highlights the goal of dental health awareness, and mentions RMF's involvement.

**Publication:** Nepalihealth.com

**Date:** December 31, 2018

### Translation:

#### **"Oral Health Camp at Madi, Chitwan"**

A free oral health camp was conducted in Kharkatta, Madi municipality-9 in Chitwan District last Saturday.

Hundreds of patients were checked and treated by the team of dental surgeons mobilized in leadership by Senior Oral and Maxillofacial Surgeon Dr. Prenit Pokharel. Most of the cases were found to have decayed teeth and gingival problems.

After the completion of camp, Dr. Krishna Gopal Maharjan said, "such community-based programs like oral and health promotion programs will be very fruitful." Dr. Prajita Karki said, "There is much to do to improve the oral health status."

The camp was conducted by National Doctors Association of Nepal (NDAN) and supported by Real Medicine Foundation (RMF) and Padam Dental Clinic Chitwan.

### Original:

The original article appeared on NepaliHealth.com.

Click the photo below to view the article online:



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