



Free Health Camps, Nepal

Reporting period: January 1, 2019 – March 31, 2019

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Organization: Real Medicine Foundation Nepal (www.realmedicinefoundation.org)

Project title: Free Health Camps

Project location: Kathmandu and Palpa, Nepal



Two elderly women at a free health camp

January–March 2019

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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 conducts free health camps in needful communities. From January to March of 2019, RMF conducted 2 free health camps. The first camp was conducted in Chyuripokhara, Tansen municipality ward no. 8, Palpa District, and second camp was conducted in Kapan, Budhanilkantha municipality ward no. 11, Kathmandu.

24 medical volunteers, including 11 medical doctors, were involved in those camps. A total of **487 patients** were checked and provided with free medicines.

RMF Free Health Camps, January–March 2019

SN	Location	Date	Partner Organization(s)	Number of Patients	Number of Medical Volunteers	Type
1	Chyuripokhara, Tansen-8, Palpa	1/22/2019	Tansen municipality, District Health Office, Palpa	207	11	Dental Camp

2	Kapan, Budhanilkantha- 11, Kathmandu	2/16/2019	Himal Dental Hospital, Evergreen Hospital, Lasuntar Youth Club	280	13	General Camp
Total				487	24	

Dental Camp in Chyuripokhara, Palpa

In collaboration with Tansen municipality and the Palpa District Health Office, a free dental camp was organized in Chyuripokhara, Tansen municipality ward no. 8, Palpa, on January 22, 2019. The camp was primarily aimed at serving the elderly population (over 60 years of age). A total of **207 patients** were screened and treated free of cost.

3 medical officers from Lumbini Medical College and 8 paramedical health workers from the District Health Office were involved in the camp:

1. Dr. Himel Ghimire
2. Dr. Krishna Raaut
3. Mr. Jhabindra Neupane
4. Mr. Sheer Bahadur Rana
5. Mr. Madhav Gyawali
6. Mrs. Sharada Bhattarai
7. Mr. Chandratara Basyal
8. Mr. Yam Chidi
9. Mr. Shaligram Pahari
10. Mrs. Munu Khadka
11. Mrs. Man Kumari Chidi



An elderly beneficiary during a check-up



Patients waiting to receive free treatment at the camp



Patients of all ages attended the health camp in Chyuripokhara



Patients received medicines free of charge

Health Camp in Kapan, Kathmandu

In collaboration with the office of the respective Member of Parliament (MP), Himal Dental Hospital, Evergreen Hospital, and Lasuntar Youth Club, RMF conducted a free health camp in Kapan, Budhanilkantha municipality ward no. 11, Kathmandu. Gynecology, dental, dermatology, and general services were provided. A total of **280 patients**, including 105 women, received check-ups, medical counseling, and free medicines.

8 medical doctors and 5 paramedical/nursing health professionals provided the services:

1. Dr. Mohan Bhusal
2. Dr. Roshan Niraula
3. Dr. Ram Shah
4. Dr. Binita Thapa
5. Dr. Ranjana Shresth
6. Dr. Kanchan Giri
7. Dr. Muna Bhandari
8. Dr. Amit Thapa
9. Mr. Roshan Tamang
10. Mr. Gopi Khanal
11. Ms. Pramila Giri
12. Ms. Bhawana Dhakal
13. Mr. Bijay Magar

Media Coverage

On February 16, 2019, KapanOnline.com published an article covering the health camp in Kapan. The article describes the organization of the camp, features statements made by the MP, ward chairperson, and prime guest, and details the services offered at the camp as well as the communities served.

Publication: KapanOnline.com

Date: February 16, 2019

Translation:

“MP’s Office Organizes Free Health Camp in Budhanilkantha-11, Kapan, Lasuntar”

Member of Parliament Gagan Kumar Thapa, elected from Kathmandu Electoral sector no. 4 of Kathmandu, has started a campaign named People’s Health under his office in the area. The MP’s office and Lasuntar Youth Club jointly organized the MP’s rendezvous with the locals of Kapan, Budhanilkantha and a free health camp for the locals in collaboration with Real Medicine Foundation (RMF). The event was conducted on the premises of Mount Kailash Boarding School.

MP of the state Mr. Gagan Kumar Thapa, MP of Province 3 Mr. Nhuchchhe Narayan Shrestha, representatives of different political parties, board members of Lasuntar Youth Club, a health team from Medicare National Hospital, and representatives from RMF were among the attendees at the event. The master of the ceremony (MC) for the program was Ranjit KC of Lasuntar Youth Club. In his remark speech, Mr. Raju Adhikari, Chairperson of ward no. 11 of Budhanilkantha municipality, thanked the organizers for conducting such an event for the people of the area. He added that further coordination with the ward office would prove effective in informing the locals of the success of these programs.

The prime guest of the program, Mr. Gagan Kumar Thapa, expressed his elation about the success of the event. He said that organizing health camps and other programs for the people is the best way to make the people feel that they are also heard by policy makers and their problems are taken into consideration. Being a member of the parliament, it was his utmost duty to serve those people who voted for him. He further added that he would prove to be of service in all kinds of developmental works in the area. Finally, he appreciated the support of RMF and Medicare National Hospital in making the camp a successful one.

The health camp started at 10 in the morning and ended at 3 in the afternoon. The target group for the camp was the female population of the area, and thus the health team had a senior gynecologist for that purpose. Apart from that, a general physician was available for the general clients, and the medicines prescribed were distributed for free at the camp. A total of 280 patients, including 105 women, benefited from the camp.

Original:

The original article appeared on KapanOnline.com.

Click the photo below to view the article online:

बुढानिलकण्ठ ११ कपन, लसुनटारमा सांसदको कार्यालय क्षेत्र नं. ४को भेटघाट तथा निःशुल्क स्वास्थ्य शिबिर सम्पन्न

प्रकाशित मिति: ५ फाल्गुन २०७५, आईतवार २०:१८



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The team of medical volunteers at the camp in Kapan



Patients receiving free health examinations and treatments at the camp

