



## Kavre Community Outreach Program, Nepal

Reporting period: July 1, 2017 – December 31, 2017

Prepared by: Ganesh Shrestha

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

Project title: Kavre Community Outreach Program

Project location: Kavrepalanchowk (Kavre) district, Nepal



*RMF Program Manager Ganesh Shrestha with the Dapcha Health Post team*

### July–December 2017

Real Medicine Foundation  
11700 National Blvd., Suite 234  
Los Angeles, CA 90064  
+1.310.820.4502

## Background

Kavre is one of the mid-hill districts of Nepal's Central Development Region. According to the 2011 National Population and Housing Census, there are 80,720 households and 381,937 people in Kavre: the female population is 199,001, and the male population is 182,936. The literacy rate is 69.80%, with male literacy at 79.59% and female literacy almost nineteen percent lower, at 60.92%.

Kavre district has been a high priority in the government's reconstruction efforts, since almost all of the existing infrastructure was destroyed by the 2015 earthquake. Currently, the district's key challenge is to provide quality health, nutrition, education, and sanitation services to the most underprivileged population. RMF's outreach program will target 8 VDCs (village development committees), where the majority of the population consists of the socially marginalized Tamang community, working to ameliorate the areas' high maternal and child mortality rates and poor health and hygiene conditions.

District	VDCs Selected
Kavre	Madan Kundari
	Kattike Deurali
	Pokhari Chauri
	Dhuseni Siwalaya
	Majhi Feda
	Nagre Gagarche
	Balthali
	Gothpani

## RMF's Presence

Soon after the April 25, 2015 mega earthquake, Real Medicine Foundation arrived in Nepal and found that the Kavre health centers were in immediate need of health equipment and supplies. RMF's headquarters in the USA immediately responded to these needs by dispatching a 40-foot container filled with necessary health equipment and supplies. Due to an unofficial economic blockade by the Indian government, the container was delayed, but by February 2016, RMF was able to distribute medicines, medical supplies, and equipment among 17 village health posts and Dhulikhel Hospital. The initial decision was to distribute among 8 VDCs in Kavre, but because of the overwhelming quantity of supplies, the consignment was adequately distributed among 17 VDCs and Dhulikhel Hospital.

RMF Nepal's team continued to follow up with Kavre district health officials and health post supervisors to build relationships and ensure that the supplies and equipment were used appropriately, and on December 2, 2016, we distributed wheelchairs to 9 disabled local residents.

Since 2015, RMF's efforts to improve the health and wellbeing of Kavre residents have continued to develop. In the first quarter of 2017, RMF received approval of our 5-year Health Care System Strengthening and Outreach Program from Nepal's Ministry of Women, Children, and Social Welfare (MoWCSW). As a result, RMF will be able to fully implement the Kavre Community Outreach Program. In the near future, RMF plans to expand the scope of the program by fully supporting one clinic in Lakainey, Namu Buddha, and providing supplemental support to Dapcha Health Post.

## Progress and Support Expansion

In November of 2017, the RMF Nepal team visited several rural areas of Kavre to explore options for the expansion of support to Kavre residents. During the visits, RMF Nepal Program Manager Ganesh Shrestha met with the

District Health Office of Kavre, the Dapcha Health Post Management Committee, the mayor of Namobuddha municipality, and the Phulbari Lakainey Health Post Team. The events and outcomes of the meetings are detailed below:

**1. Meeting with the District Health Office (DHO), Kavre Team**

A meeting was organized to discuss the support needed in communities and health facilities in Kavre. During the meeting, the DHO team suggested visits to:

- Dapcha Health Post
- Bhumlitar Health Post
- Shikhan Ambote Health Post

**2. Meeting with Dapcha Health Post Management Committee, Kavre**

Based on the decisions made in the previous meeting, the RMF Nepal team visited Dapcha Health Post in Namobuddha municipality, Kavre district. The village is 18km away from Kavre’s capital, Dhulikhel, although the much of the journey is off-road and only seasonally traversable. More than 3,500 people live in the catchment area of this health post.

Previously, with support from the municipality, the health post had provided an outpatient department, laboratory, birthing center, outreach clinics, health education, and some community awareness programs. However, due to lack of funds, the laboratory service is no longer available, birthing center services are only available at irregular intervals, outreach clinics have become less effective and less frequent, and other community health awareness programs have also ceased.

Currently, 4 healthcare workers are providing services at Dapcha Health Post:

- 1 Health Assistant (HA)
- 1 Axillary Health Worker (AHW)
- 1 Axillary Nurse Midwife (ANM)
- 1 Office Assistant



*Dapcha Health Post, Kavre*



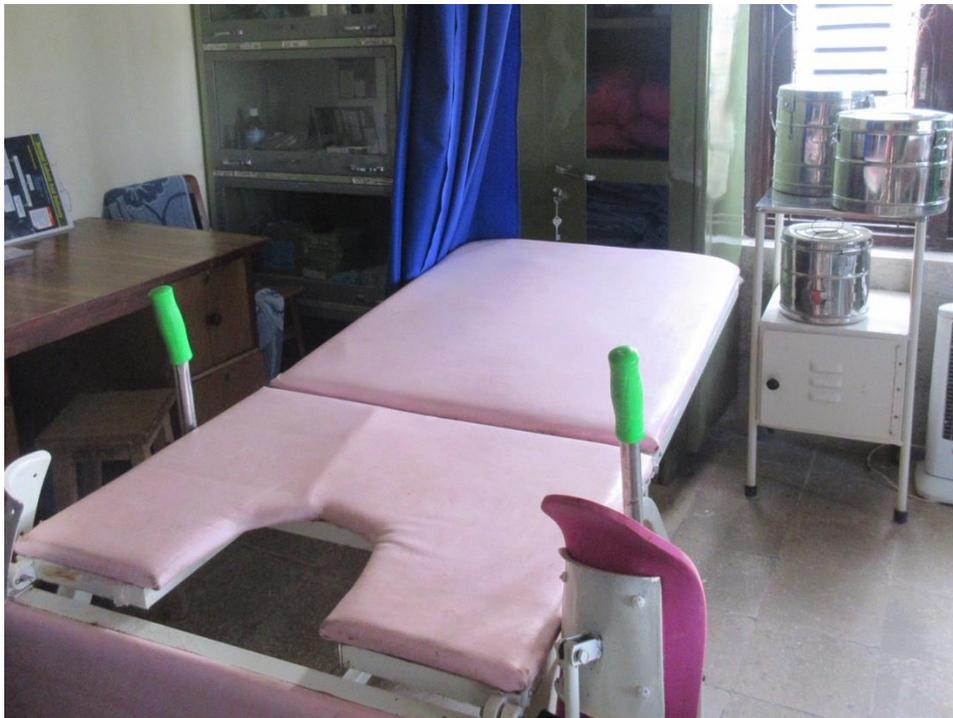
*RMF Nepal Program Manager at the Dapcha Health Post Management Committee meeting*

### **RMF Support to Dapcha Health Post**

After fully analyzing the health post's situation, the RMF and the Dapcha Health Post Management Committee teams agreed on following support activities:

- RMF will provide some essential equipment, chemicals, and supplies to reinstate laboratory services. A medical lab technician also will be provided by the RMF.
- RMF will provide a Skilled Birth Attendant (SBA) who will be responsible for maternal and child health services, especially for conducting institutional delivery services.
- RMF will provide a medical officer who will visit Dapcha Health Post once a week and provide medical services.
- RMF will provide essential medical equipment and supplies. The health post manager will prepare a list of the necessary supplies and submit it to the RMF Nepal team.
- Dapcha Health Post will provide a monthly report to RMF Nepal, including the number of beneficiaries, success stories, and photographs of maternity, OPD, and lab services as well as community awareness activities.

More than 3,500 people will benefit directly from these support activities, and the medical officer and laboratory services may also attract patients from neighboring villages, further increasing the number of beneficiaries. It is expected that about 60-75 institutional deliveries will be performed annually at Dapcha Health Post.



*Birthing room at Dapcha Health Post*

### **3. Meeting with the mayor of Namo Buddha municipality, Kavre**

The RMF Nepal team attended an important meeting with the mayor of Namo Buddha municipality and his team, as Namo Buddha municipality is the local government authority which makes partnership decisions for its catchment area, including Dapcha Health Post.

Along with Mayor Mr. T. P. Sharma, the executive officer, the health coordinator, the chairperson of the health post management committee, the health post manager, and some stakeholders were present at

the meeting. The mayor agreed with the support agreements discussed with Dapcha Health Post in the previous meeting.

In addition to the proposed support to Dapcha health post, the mayor introduced another possible project and suggested a visit to the site for assessment and further meetings. Based on this, the RMF team visited Phulbari Lakainey Health Post, where the next meeting was held.



*Meeting between Namo Buddha municipality and RMF Nepal team*

#### **4. Phulbari Lakainey Health Post Team**

A building for a clinic, or health post, was constructed by a Korean organization in Lakainey, Namo Buddha municipality. The building was constructed immediately after the 2015 earthquake, and the clinic was run by the same Korean organization using their resources for few months. However, due to a lack of funds, the Korean organization stopped its clinical services and handed the clinic over to the municipality. Since then, the clinic has not reinstated its services.

After visiting the Phulbari Lakainey Health Post, the RMF team had another meeting with the mayor and health coordinator of Namo Buddha municipality. The following support activities have been proposed to reinstate services at the health post:

- The municipality will provide the existing building, medical equipment, and furniture while RMF is running the health post.
  - RMF will staff the clinic with 1 health post manager, 1 assistant health worker, and 1 support staff.
  - The municipality will provide vaccines and other regular supplies to the health post.
  - The RMF staff will submit monthly reports to RMF Nepal and to the Namo Buddha municipality.
- These support activities will begin once approved by RMF headquarters.



*Phulbari Lakainey Health Post*



*Existing furniture and medicine at Phulbari Lakainey Health Post*