

Village Hope Partnership Newsletter



To: Friends of Village Hope Partnership
From: Don Gielow, President
Date: March 2020
Re: Newsletter 12, Medical Camps

Greetings, friends of VHP! In this newsletter we would like to share some specifics regarding one of our developing approaches to assist the people in Nepal—Medical Camps. We have been taking steps to support increased health and wellbeing among people who have not had access to many resources. Our coordinator Shanti Giri, shares here some background to the health needs of the Nepalese people, and describes the impact of a recent “medical camp” that VHP helped to provide in six villages in Nepal.

Medical Camps and their Effectiveness (from Shanti Giri)

Background: Nepal is a small country with a population of just above 27.33 million. It is a landlocked country bordered by China in the north and India in the South east & west. The east west distance is 500 miles



and the distance between the north and south is about 50 miles only. It is physically divided into 3 horizontal regions namely Himalayan with a population density of 33/sq km, Sub-Himalayan with a density of 167 sq km, and Terai with a population density of 330 sq km. Different ethnic groups like Rai, Limbu, Sherpa, Gurung, Magar, Teli, Brahmin and Kshatriya have been living together in harmony for many years.

Along with this ethnic diversity Nepal also has diversity of disease in different regions. However, diseases like diarrhea, malnutrition and anemia due to hookworm infestation are prevalent throughout the country. Diseases like malaria, kala-zar and encephalitis occur mainly in the terai region where tropical climate prevails whereas chronic bronchitis and chronic cor-pulmonale are the health problem of the hills. The prevalence of diseases also depends upon the religious belief and standard of living of the people. Though infectious and communicable disease is most common in Nepal, non-communicable diseases like liver disease, renal disease, chronic bronchitis, diabetes, hypertension, cancer and coronary artery disease are also on the rise. They are in need of early diagnosis and therapy to avoid long term morbidity and mortality. Properly organized Medical Camps can be helpful for this purpose.

Medical Camp Intervention: Medical camps provide short medical interventions in remote regions where there are no easily accessible medical resources, providing health education, screening, diagnosis and medical recommendations. Recently, a three day health camp was organized by VHP in six villages of Eastern Nepal upon request from local leaders and communities. In each village, the team provided a medical awareness program for three hours, along with medical health checkups. In the awareness program there was talk on basic health, hygiene and diet. Along with this, more focus was provided on women and children’s



health. There was participation of over 200 people in each camp. Everyone was very curious and attentive for the information we provided regarding health issues and awareness. In the camp there was participation of people who had never visited hospital or had medication before.

Some of the participants shared that if there were such kinds of awareness programs before, they believe could have taken better care of their health issues than they currently have. Many of them were suffering from various diseases and were suffering from pain, unable to express their health situation. The reason behind this was they didn't have enough financial resources for medical care and also, they were lacking basic health knowledge. Many women in villages are shy to open up their health problems, and this lack of attention to critical issues can lead to death. There were people there who have not even checked their blood pressure before. It was all new for them.



Overall, there was participation from children, young and old people--2 years old to 90 years old villagers. All the villagers were very happy with our program with good participation. They were able to enhance their knowledge about their basic health and to know their health better. There are still many villages in Nepal where there are no facilities for health care. When people are sick, they have to travel for days to reach a health post for their checkup. Many die on the way, before reaching the health post. Our small yet strategic effort can help the people to get information about health and diseases and reduce sudden death. Additionally, mainly, if we can educate the women then it will help to improve health of whole families. This is what we have focused on in our health camps with lots of women's participation and cooperation. Our small effort and help can make people healthy in one corner of Nepal.

All of the participants were very thankful to VHP for organizing the health camps and are requesting to continue these camps in future. Regular health camps will help to enhance their knowledge and keep on making the people healthier. Lots and lots of request are coming to organize such health camps in many villages of Nepal. Ultimately this is a medium to express our love for them.

THANK YOU for your support and friendship as we together work to extend God's love to the people of Nepal in many meaningful, practical and life changing ways. You are making a real difference in people's lives both immediately and in the future as the support creates a ripple effect throughout families, towns and regions for years to come. Thank you.

For more information, visit our website at villagehopepartnership.org

Village Hope Partnership is a 501(c)(3) tax exempt organization, EIN# 47-2774879

Donations go 100% to programs for the poor. Administrative costs are paid from a special donation for that purpose. Donations can be sent to our office in San Mateo at: 700 South Claremont Suite #223, San Mateo, CA 94402 It is also now possible to transfer stock to VHP.

