

Helping Hands Community Health Clinic



Phalebash, Khanigaun
Parbat, Nepal

Introduction

The Helping Hands Community Health Clinic (HHCHC) is a non-profit organization, established with the objective of helping rural



communities in Parbat and Baglung districts that are still deprived of necessities like transportation and medication facilities. Our clinic is located in the Phalebash, Khanigaun Village Development Committee (VDC), Parbat district, which lies on the bank of Kali Gandaki -- the river famous for white water rafting.

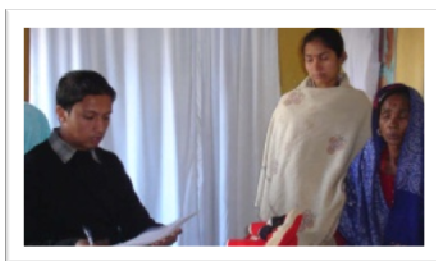
On March 25, 2005, Mr. Narayan Shrestha, President of Helping Hands Health Education formally inaugurated the clinic. Currently, the

clinic is housed in a 16-room rented building where we provide basic medical treatment. Incapable of handling serious conditions at present, we refer such cases to Pokhara or Kathmandu for further treatment. Before our clinic started providing services, even for routine checkup or minor injuries, people did not have any option but to travel to Pokhara or Kathmandu.



Young girl after receiving medical care for her broken hand

HHCHC is registered with DAO, Parbat, and is affiliated with Social Welfare Council. The license to operate this clinic was obtained from the Ministry of Health. The clinic has received nonprofit status for tax purposes from the Department of Tax.



Dr. Robin Bista checking patients

The Clinic provides direct services to approximately 100,000 people of 16 VDCs of Parbat and 10 VDCs of Baglung districts. In addition, people from neighboring VDCs of Syangja and Gulmi districts have benefited from our services. We are committed to providing quality and affordable

health care, and we hope we will reach people beyond our current coverage areas.

Mission

Our long-term objective is to evolve into a fully facilitated community hospital that provides a simple, easily accessible and quality health services to the people who are deprived of basic healthcare.

The objectives of the organizations are:

- ✦ To provide accessible and affordable health services to the community
- ✦ To educate people on public health and sanitation
- ✦ To transform the existing clinic into a community hospital
- ✦ To conduct awareness programs on HIV/AIDS, family planning and reproductive health
- ✦ Conduct various activities in cooperation with local agencies and health related organizations
- ✦ Transfer of knowledge to local community by developing local health related manpower
- ✦ Conduct health camps to promote health awareness

Management Structure

Our clinic is managed by 17-member Management Committee, which is elected by the general assembly for a four-year period. General assembly meets every year to formalize plan and policy, and to approve budget. Management committee has created a three-member sub-committee to look after the day-to-day operation.



Clinic staffs and volunteers

This sub-committee helps the medical doctor administer the clinic's daily

operation. The doctor has 10 support staff. These workers, who are professionally trained in their respective field, are provided additional trainings whenever available and affordable. Even with limited resources and other constraints, they have been providing exceptional services to the community.



Human ambulance. Patient with anguish pain being brought to our clinic

Services

A majority in our community cannot afford medical care at the prevalent market rate -- and those who can, have no such services available to them. They will have to travel to either Pokhara or Kathmandu to get even basic medical care.



Dr. Ujjwal Gautam performing an operation

Our clinic provides quality medical care at an affordable price. We receive 25-30 patients per day, among which 70 percent are women and children. The most common cases we treat include bone fractures,

gynecology related, diarrhea, worms, typhoid, asthma and pediatric. Some of these cases are serious enough that require an overnight observation. To accommodate this, we are equipped with three hospital beds. We have an immediate need to expand the number of beds, but we are limited by our resources. Now we have Ambulance Service for emergency care.

Currently, our clinic provides the following services:

Outpatient	Minor surgery
Laboratory	X-ray
Video X-ray (ultrasound)	ECG
Maternity	Dental
Pharmacy	Emergency
Immunization	Health camps
DOTs	



Dr. Rabi Bista using ultrasound

Some by teaming with other medical organizations, while others on our own; we have conducted numerous health camps in various parts of our community. For many, these health camps, conducted in their own backyard, are even more affordable than the clinic visit. Some notable camps that we conducted are listed on the next page:

SN	Camp	Days (Patient)	Support Organization	Remarks
1	Eye Camp	1 Day (290 Patients)	Himalayan Eye Hospital, Pokhara Lions Club of Women, Pokhara	26 people were found with cataract and were treated in Pokhara
2	Gynecology	3 Days (590 Patients)	Man Mohan Memorial Hospital, Kathmandu	290 women had prolapsed
3	General Health	9 Days (2,500 Patients)	Helping Hand Health Education, USA	
4	General Health	2 Days (1,450 Patients)	Phewa City Hospital, Pokhara	
5	Rural	1 Day (305 Patients)	Clinic itself	Panrang VDC
6	Rural	1 Day (255 Patients)	Clinic itself	Thanamoula VDC
7	General Health Camp	3 Day (700 Patients)	WRHD, Pokhara	Clinic
8	General Health Camp	3 Day (486 Patients)	Group of Spanish Doctor	Clinic

Funding

Initially, Helping Hands Health Education (HHHE) provided us with the seed money to establish our clinic. It has been quite a challenge since, operating the clinic where most people cannot afford to pay for the services. We have made every attempt to make our services affordable to these people. We charge much less than government hospitals. This has put a tremendous financial burden on us. We request everyone to help us achieve our goal in any way possible. Even a small donation will make a huge difference.



Lab assistant Mr. Dipendra Lamsal in our lab

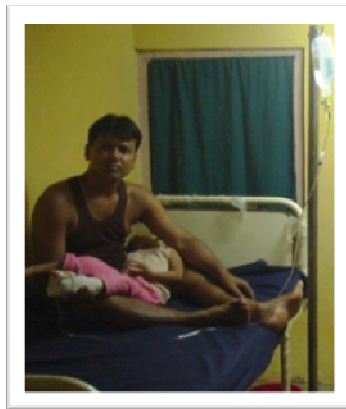
The Clinic Management Committee is concerned about the sustainability of our clinic. We have developed this

concept called 'Friends of Clinic'. Anyone who donates NRs. 25,000.00 (US \$ 300.00) can become a 'SUPER FRIENDS' of the clinic. These donors are automatically invited to the general assembly and have a say over the clinic management. Similarly, anyone who donates NRs. 7,000.00 (US \$ 100.00) can become a 'FRIEND' of our clinic. Our FRIENDS can pay their due annually for a seven-year period. Up to now we have one SUPER FRIEND, Twelve SPECIAL FRIEND, and 502 FRIEND totaling 515 FRIENDS. Nepal Seattle Society and NASEA America have also donated Helping Hands Community Health clinic.



X-ray assistant Mr. Kumar Gurung taking x-ray

However, we welcome anyone who wishes to donate more. Both SUPER FRIENDS and FRIENDS get discounts if they use any of our services. We hope to receive long-term commitment from SUPER FRIENDS and FRIENDS; therefore, we are taking every step necessary to make them actively involved in our activities. We are extremely happy with the support we have received so far. We have five SUPER FRIENDS and almost 515 FRIENDS. We hope to increase this number to 1,000 in the near future.



A father holding an ailing baby

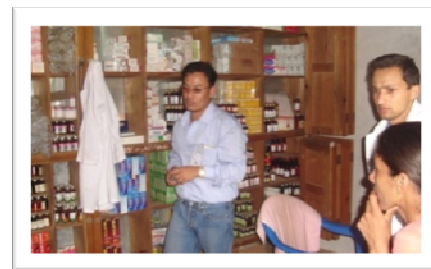
Our bookkeeping is done in accordance with the standard set by Ministry of Social Welfare. As per the government rules and regulations, we send annual audit report to various government agencies. A certified auditor audits our books.



A woman being kept in an observation room after delivery

We bank with Rastriya Banijya Bank, Kusma branch, where we deposit our funding and donations. We also have another "Special Funding" account with this bank where anyone can deposit any sum of money. The entire funding from this account goes to pay for services tendered to children, women and down-trodden people, who otherwise would be unable to seek any medical care. We also have a banking account with Rastriya Banijya Bank, Kathmandu Main Branch in Bishal Bazaar (saving account # 49645). This bank accepts deposits from foreign banks, providing us a

viable option to receive support from people living outside of Nepal.



Pharmacist Mr. Kumar Gurung in our Pharmacy

Support

Helping Hands Health Education and Helping Hands Nepal are the founding organizations of this clinic. We were fortunate to receive their support during our early years, and we still get material support from them every now and then.



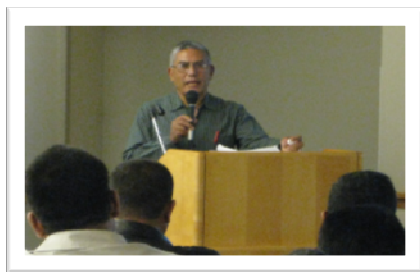
Dr. Rabin Bista receiving material gift from Yadav Bhattarai

Help Nepal Network, a UK based charity is in the process of providing us with laboratory equipments (Sodium Potassium machine and blood culture equipment) through their 10 K mile run.



Dr. Gyawali from Help Nepal Network handing out equipment

Institute of Cultural Affairs International (ICAI) and its Nepal office have shown keen interest in helping our clinic. A team led by Dr. Dan Elliot recently visited our clinic. Dhulikhel Hospital is taking interest to support the clinic, a team also recently visited the clinic led by Dr. Biraj Karmachary. Besides, Hands for Help Nepal and Volunteer Service & Support Nepal have provided us volunteers regularly. We have received invaluable assistance in the form of medical equipment and supplies from Mr. Ram Sharma, a resident of Seattle, USA.



Mr. Bholu N. Sharma talking to audience in Seattle fund raising program

On November 9, 2008 an interaction program was organized in Seattle with the help of Nepal Seattle Society. Almost 45 people participated in the program and almost US\$ 3,000.00 was raised.



Participants at Seattle fund raising program

Similarly, on December 21, 2008 talk program was organized in Atlanta. Atlanta program was organized by Nepalese Association in South East America (NASEA).



Mr. Bholu N. Sharma talking to audience in Atlanta talk program

About 35 people were present in the program and almost US\$ 2,000.00 was raised. NASEA is going to make HHCHC as part of its on-going support project.



Participants at Atlanta talk program

Future Program

Our intention is to grow our existing clinic into a community hospital. From more than five years of experience, we feel there is a strong need for 15-20 beds community hospital. We already own a piece of land that came as a donation from one of our FRIENDS. We hope to build our community hospital in this property and we are actively looking for funding to achieve this goal. Apart from community hospital, we also intend to provide an ambulance service. Our service area lacks a viable means of public transportation and we feel that an ambulance may save lives in the future.

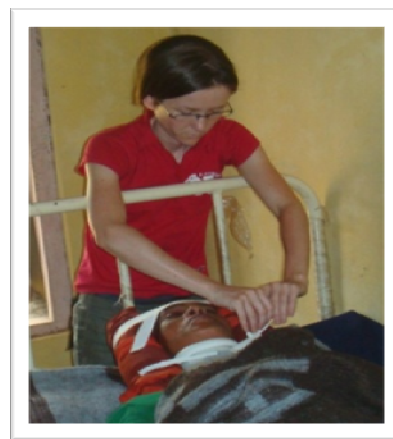


Volunteers being welcome

Appeal

We have embarked on this great cause, but we know we cannot accomplish this on our own. We request anyone interested to help us help the disadvantaged people in our community. We pledge that any support we receive from you will be spent in helping the needy in our community.

We welcome anyone who wishes to volunteer in our clinic. Please contact us.



Volunteer helping sick patient

Contact Persons

Bholu Nath Sharma
President
Helping Hands
Community Health Clinic
Phone: 977-1-4431633
Mobile: 977-9851070473
Email:
bnlamsal@gmail.com

Jagannath Prasad
Lamsal, KhaniGaun,
Parbat
Mobile: 9741130301
Cheta Nath Kunwar,
Mudikuwa, Parbat
Mobile: 9847623452
Parbat, Kusma
Him Bahadur Poudel
President, Helping
Hands Nepal (Parbat
branch)
Mobile: 9857630008



Helping Hands Community Clinic building