



THIS
MONTH
AT GPH

VOLUME 1 | MARCH - APRIL



**INTERNATIONAL
NEPAL
FELLOWSHIP**



CONTENT

1. INTRODUCING THIS MONTH AT GPH----	-----	1
2. OCCUPATIONAL THERAPY IN GPH-----	-----	2-3
3. THE STORY OF AKKAL BAHADUR GURUNG	-----	4
4. CP CAMP MARCH 2016-----	-----	5-6
5. GPH- EAR CENTER-----	-----	7-8
6. I ENJOY THE FOLLOW UPS - SOM BAHADUR	-----	9
7. REMEMBER IN PRAYERS-----	-----	10

INTRODUCING THIS MONTH AT GPH



Dear friends,

It is with great pleasure that I introduce to you the Green Pastures Hospital (GPH) newsletter. I feel privileged to be able to spend time with our patients, listen to their life stories, hopes and dreams, and then help them return home with renewed courage and hope. We would like to share these stories with you, some with happy endings and some not. We hope to inspire you by sharing the work done by our dedicated staff, and excite you by communicating some of the plans we have for the future of GPH. We will also be sharing with you our inadequacies and needs. So if you feel led to respond, do not hesitate! The Nepali New Year falls on April 13th. This past year has been one of the most difficult years in the history of our country, first due to the devastating earthquake and later the Indian trade embargo. We look forward with hope and faith to God's abundant blessings and peace this New Year 2073.

Indeed, GPH is at cross-roads this New Year. There is no doubt amongst the community that INF has excelled in the field of leprosy care, bringing healing and hope to the many afflicted with this terrible disease over the past six decades. But did you know that now at GPH we have expert ENT surgeons who can treat ear problems in our newly constructed state-of-the-art Ear Centre? Did you know that we are pioneering a new Palliative Care program to love and care for those with life limiting illnesses? Did you know that we are getting equipped to start complex surgery in Orthopedics and Spinal Disorders including Spinal Cord Injury? And these are only a few of the services GPH can now offer.

In 1957, this hospital was named 'Green Pastures' based on Psalm 23 - a place of quietness, peace, renewal and of new hope. For nearly six decades, many thousands of patients have experienced this peace and hope within the walls of this institution. It is our fervent prayer that the plans we make for the future of this great institution will continue to bring this same peace and hope to thousands more as they pass through our doors. Remember – "More people pass through the doors of a Hospital than a Church every day". Green Pastures Hospital - what an excellent place to witness for Christ! May we be a Shining light for Him in this our beautiful Nepal.

"I have come that they may have life, and have it to the full"
John 10:10

DR. DIPAK MAHARJAN
MEDICAL DIRECTOR

OCCUPATIONAL THERAPY **IN GPH**

Green Pastures hospital can proudly claim the first occupational therapy department to be established in Nepal. In 1984 the department was started and has since had a flow of both Nepali and expatriate staff in the Department. Juna and Laxmi who still work in the department have served for over 50 years between them. Before they arrived, the hospital had transformed from one that treated only leprosy patients to one that also treats general disability patients. It now also includes treatment for spinal cord injuries, cerebral palsy and other neuro rehabilitation. Indeed they have seen many changes. But they are adaptable. And it is hard to picture the hospital without them.



KIRSTIN
HAWKSHAW

As OTs we get the joy of working with patients on things that will help them be more independent and on things they really want to be able to do but their disability or injury is stopping them from doing. From getting to the toilet, eating and shaving to cooking, getting out in the community, using a computer and writing. In our department you will find a range of games and activities, hand and upper limb strengthening tools especially for fine motor tasks as well as assistive devices, cushions, wheelchair parts and splints. We use a combination of these things as well as practice and different types of techniques to improve function and enable our patients to see the potential of what they can do!

This year Green Pastures hospital has seen a big increase in admissions of people with high level SCI; that means those who are quadriplegic so have their arms and hands also affected. It's not clear why we have seen such an increase but it is clear that OTs have a huge role to play for these patients. Many have some arm and hand movement but are weak. We have been working on getting functional grip even when there is no active finger movement (tendonosis grip) which really has a massive impact. If a person has a functional grip they can become mostly independent in most daily living with some assistive devices. We have worked on devices to enable young guys to be using their computers and writing, different splints to improve grip adapting wheelchairs to enable them to push them independently and we have been doing lots of fine motor practice from picking up and playing cards to threading a string!

It's exciting to see the changes that this can bring. It a worldwide thing that being able to access facebook brings most young people a lot of joy but this is an area we need to develop in GP to have better access for patients to computers. This includes better adaptations for their own use and practice and as a vocational skill development!

While its been 32 years since OT was first established in Nepal, there are still very few OTs in the country; with only 3 bachelor trained Nepali OTs currently working in Nepal! We are praying for more to come; there is much work for us to do!



by
-KIRSTIN HAWKSHAW
OCCUPATIONAL THERAPIST
GREEN PASTURES HOSPITAL



AKKAL BAHADUR GURUNG

Birds were chirping. Administration staff were busy with papers and stamps. And despite a fairly busy day, some patients remained relaxed, enjoying the sun. An ordinary day at Green Pastures Hospital [GPH], ordinary apart from one detail. A patient had decided to make a sizable donation. Why was this unusual?

GPH has always had a reputation for serving poor patients and throughout its history, a person's lack of money has never been a barrier that prevented them from getting treatment. And so, having a large donation from any of its patients was highly unusual.

More than 10 years ago, Akkal Bahadur Gurung fell from a tree. Though injured, Akkal refused to let this affect his busy life. He took a few days rest and as soon as he was able and despite the aches, he returned to his daily chores.

Over the years however, the aches got worse and started to hamper his mobility. At times, Akkal would be confined to his bed for weeks. He sought treatment, moving between hospitals before finally discovering that his spine had been deformed in multiple places.

He found a surgeon willing to operate on him but when his son Anmar heard of this, he intervened. Anmar had been living in Germany and did not trust the doctors from Nepal. Instead, he decided to take his father to Germany for treatment.

In Germany, it was confirmed that surgery was not an option. Physiotherapy was offered but after three months, Akkal's visa ran out and he had to return to Nepal. Unfortunately, without further treatment, his aches returned.

Akkal eventually made it to a hospital in Pokhara. During his stay, he became friends with a patient who told him about GPH and how they had been treating spinal cord injuries for decades. From what Akkal knew, GPH was a leprosy hospital for poor patients. What superior treatment would this hospital be able to provide he thought?

Akkal was given the number of a staff member at GPH and Anmar who was back for a visit decided to go to GPH with his father to see what they could offer.

Akkal was carefully examined by the GPH orthopaedics team which confirmed that surgery at his age would be unnecessary. It was suggested that physiotherapy would be the best option and so Akkal was admitted to GPH.

Akkal and his son were pleasantly surprised with the professionalism of GPH staff. Not only were they knowledgeable, they were also caring and compassionate. Anmar said "their humility humbled us. We had never known that GPH was so excellent. For all we knew it was a Christian hospital that served people with leprosy. It was only for those people who did not have money to get a 'proper' treatment."

In February, 2016, Akkal was discharged from GPH, happy and in good health. Akkal and his son were so touched by the service from the staff that they donated a sum of NRs 20,000 for the leprosy fund and an additional NRs 20,000 for the poor fund. An incredible gesture!

Because of GPH's amazing work in the field of leprosy, most Nepalis do not realise that GPH does great work in many other areas as well. Akkal's story is a testament to how GPH is helping people regain control of their lives from debilitating injuries.

As stories like his and others spread, people will begin to realise that GPH offers excellence in its services to all people, rich or poor.

THIS
MONTH AT
GPH
[Logo]



CPD CAMP

MARCH 2016

Thanks for your support and prayers for CP camp. 12 children came for CP camp from March 2-11, 2016. We had 5 girls and 7 boys from different districts of Nepal. There were 2 fathers also there this time. As always it was great to see these parents bond and share each others burdens through this camp. There was a large age and ability range from 18 months to 11 years and with a few older and very interactive children it was also fun to see them playing together and enjoying each other a lot too.

We saw many mums arrive with little hope and seemingly heavy hearts and we praise God for the changes that were very obvious in many through the 10 days. Many talked about coming to realise and accept that it was not their own sin that caused their children to be born with a disability which then lifted a heavy burden of guilt from them.

At this camp we were able to invite three community workers from our community based rehabilitation program to come. Apart from being a great support in the camp, this was a great opportunity for them to learn about CP, especially as two of the children had come from their area and will be followed up by them.

We now hope to be able to get started with regular sessions of follow up where children from this camp and previous camps can return to see how they are progressing.

This camp was so successful that this particular group requested a reunion so that they could all meet together once again but this may be difficult to arrange!

“ The greatest acheivement through this, for me, is that now I know there are many children like my daughter Dipshika. We now know how to take care and that we are not alone.”

- Kalpana



“ It is not just a camp for us. Back home, we do not always have time for each other. It has provided us an opportunity to spend good time with each other and for a change, visit new places which would not have been possible if we did not come here.”

- Rajuka



A GLIMPSE INTO THE

GPH EAR CENTER

The Ear Centre is a new first class facility caring for those with any form of ear disorder or hearing loss. Charges are fair and there is a poor fund for those with a genuine inability to pay the full costs. There are excellent facilities for those with the means to pay for private care in a single room. The centre provides quality treatment including surgery, hearing aids and supporting therapies. The hospital will run training courses for para-medicals and doctors. It will also continue the long established INF ear community work including outreach surgical camps to remote parts of western Nepal. The hospital will form a centre of excellence with 1st world standards of care and safety, and will act as a referral centre for all those with simple or complex ear problems.



Detailed facilities available now at INF GPH EAR CENTRE:

1. Diagnostic and Treatment services for all Ear related conditions, including Routine and Emergency.

2. Daily Out-Patients clinics.
Six days a week:
Sunday – Friday 9am- 4pm

3. Out-patient facilities include:
Microscope ear examination and suction.
Endoscopic ear examination
Flexible fibre-optic ENT examination
Ear syringing

4. Daily audiological services.
Hearing tests including:
Pure tone audiograms (PTA)
Tympanometry
Stapedial Reflexes
Oto-Acoustic Emissions (OAE)

Auditory Brainstem Responses, air and bone (ABR, AER, BSER)
Vestibular function testing
5. Hearing aids
all forms of non-implantable aids are available at reasonable cost.
Aid repairs and hearing aid moulds produced on site in workshop.

6. Ear Surgery
Repair of ear drum (myringoplasty, tympanoplasty)
Repair of middle ear hearing bones (ossiculoplasty, stapedotomy, stapedectomy), (ossiculoplasty includes reconstruction with allografts and with implantable prostheses such as titanium and other PORPs and TORPS)
Treatment of Cholesteatoma and mastoid bone infections (all forms of mastoidectomy, intact canal, canal down, MRM, atticotomy, attic-antrostomy and cavity obliteration, meatoplasty, with ossicular chain reconstruction).
Meniere's disease surgery (including intra-tympanic gentamicin, saccus surgery, labyrinthectomy)
And all additional forms of pinna, external ear, middle ear and mastoid surgery, including reconstructive procedures.

7. Parotid gland surgery (tumours) and facial nerve reconstruction procedures.
Magnifying loupes or microscope as needed.
Facial Nerve Monitor

8. Surgical facilities include:
Excellent new purpose built operating theatre suite.
Video, live and recorded from surgical microscopes during surgery.
Surgical microscopes (Zeiss)
Surgical endoscopes with HD video (in transit)
Micro-drills including ultra-fine stapes drills.
Laser for Stapes and Cholesteatoma surgery (in transit)
Facial Nerve Monitor (in transit).

9. Speech and Language Therapy (SALT)
Therapy room and trained therapists.

10. Training facilities and Internet
Large purpose built training hall
Digital Projector
Wired and wireless internet throughout hospital.
Multiple computer terminals.

11. Training Courses
Planned training includes for community workers and specialists.
Courses will be run.

12. Ward block
2 x Larger Cabins with A/C, TV, fridge, en suite, desk, wi-fi.
2 x Cabins with fan, TV, Fridge, en suite, wi-fi.
3 x Four bed general wards (Male, female, child)

13. Solar power throughout hospital
Electric solar and battery backup systems, and generators.
Hot water solar system

14. Charging system
All charges are reasonable and fair.
Charges for surgery are all inclusive of surgery, anaesthesia, medicines, bed and immediate post-op care.

Charges for surgery are all inclusive of surgery, anaesthesia, medicines, bed and immediate post-op care.

Charges are graduated for cabin and general wards.

Poor patients who are unable to pay the full amount or part of it will not be turned away. Their needs will be carefully assessed and charges adjusted as possible. A charitable poor fund exists to help support those in real need.

15. Dispensary

On site dispensary and store provides all required ear relate medications at reasonable cost and good quality.

Store also provides, essential bathroom supplies and hearing aid batteries

16. Water purifier, a high quality water purifier provides drinking water for all areas of hospital)

17. General medical care

On-site General Practitioner clinic at Green Pastures hospital.
Pokhara also has excellent range of medical services available.

18. Laboratory

On-site laboratory for routine investigations, including:
bacteriology, culture and sensitivity, and routine blood tests.

19. Imaging

Currently CT scanning available in nearby Pokhara city.
Plans in development to offer high resolution scanning on-site.

20. The whole Green Pastures complex including the Ear Centre is a part of International Nepal Fellowship's medical services that have developed over 60 years. INF has a reputation as a Christian led organisation that seeks to show by example Christ's love and care, especially for those in most need. Projects are aimed at community, training, and illnesses and conditions for which there is currently a lack of knowledge or of skill in Nepal.

I ENJOY THE FOLLOW-UPS

Som Bahadur is from Mirmi, Western Nepal. He used to work as a laborer but years of hard labor and carrying loads on his back eventually took its toll. Two years ago, he started experiencing discomfort which was initially treated with pain-killers.

As time went on, it got worse and soon he was bed-ridden and diagnosed with paraplegia caused by tuberculosis. He had no mobility below the neck and no control over his bowel movements.

He sought treatment at Tansen Mission Hospital where he was operated on and underwent physiotherapy for six months.

Eventually, his mobility improved, helped by his faithfulness in following-up and rehabilitation.

Som comes to Green Pastures for his follow-ups to Dr. Dipak Maharjan, who had previously operated on him.

He shares his story with joy, never mentioning the economic hardships he has been through since his injury. He really thanks Christian missions in Nepal (for which Green Pastures is a legacy from) even though he himself is not a Christian.

He says he actually enjoys his trips for follow-ups despite living a 100km away from Pokhara - he considers them as a vacation from his usual village routines. He finds the physio-therapies relaxing and refreshing.

As we serve every month with our routine protocols and procedures, we sometimes realise in the course of doing our jobs, patients often have interesting perspectives on life. Whilst they learn a few things from us, we actually learn a lot more from them!

REMEMBER IN PRAYERS MARCH- APRIL 2016

Life
in all
its
Fullness

GPH
as a whole

Staff
Please pray for the
team spirit of the staff
for this transitional
phase.

GPH Patients and Clients
pray for all the clients and patients at
GPH who are undergoing treatment.
That they may find patience and com-
fort through our service.

INF Planning
We have submitted the first
phase of planning to INF UK.
We are now engaged in the
planning of second phase.
Please pray for our wisdom.

ARE YOU FEELING CALLED TO SERVE?

short- term / long- term (two years or more)

With maturity, sensitivity and flexibility do you desire to combine your faith, sense of mission and professional skills to equip, encourage and develop others?

We are in need of the following personnel.

Physical Medical Rehabilitation (PMR) Specialist

Physical Medical Rehabilitation Nurse

Anaesthesiologist

General Surgeon
with plastic surgery skills

Medical Internist

HAVEN'T SUBSCRIBED TO THIS YET?

send : "subscribe" with your e-mail to
promotions.officer@kaski.nepal.inf.org

CALL US

+977 61 430342

+977 61 430161

FIND US

www.inf.org/green-pastures-hospital

THIS MONTH AT GPH
Bi- Monthly Magazine

MARCH - APRIL