

'Friends of Junbesi' is a group organised in support of the KPHMN Medical Centre at the village of Junbesi in Nepal.

Junbesi

Kushudebu Public Health Mission Nepal (KPHMN) - 2009



In this issue

- Background to 'Friends of Junbesi'
- Warning!
- News from Junbesi
- Suggested 'Friends' trek to Junbesi.
- 'Wilderness in Nepal' book
- Donations

We hope you have all enjoyed a break over Christmas/New Year and are knuckling down to work for 2010.

Background to Friends of Junbesi

For those newly introduced to Ang Tshering Sherpa and his efforts in support of the Health Centre at Junbesi, 'Friends of Junbesi' is an informal online support group comprised mainly of ex-trekkers who have been guided at some point by Ang in Nepal. Its purpose is to provide financial and logistic support for Ang and his charitable trust, KPHMN (Kushudebu Public Health Mission Nepal).

There is an ad hoc committee of 5 from Perth, Sydney, Canberra and Auckland and the 400 or so 'Friends' are kept up to date with Health Centre progress. Local accounts for donations have been set up in Australia, New Zealand & U. K. and the funding response from donors has been very positive.

If you prefer not to be involved please advise us at: tienny.jerram@xtra.co.nz. Also, please let us know if your email or personal address has changed and if you know of other interested persons who might like to be included on the data-base.

WARNING

During December the Kushudebu Public Health Mission Nepal Website caught a virus. Also during January a message allegedly from Ang was sent to many in his address list asking for money to cover medical costs in Malaysia. Anyone who knows Ang would immediately recognise it as a fake but others may feel that it is genuine.

The KPHMN website has been cleansed and retains the original address: www.Kushudebu.org.np However the addresses for Ang & KPHMN have now been changed to: kushudebu2005@yahoo.com and kushudebu@mail.com.np



**Ang Tshering Sherpa,
Chairman of KPHMN**

Ang, Chairman of the Kushudebu Public Health Mission Nepal (KPHMN) is officially enjoying a winter holiday from trekking but is spending the time attending a medical course with other WE Trek Managers and organising building materials for completion of the Health Centre staff-quarters in

the house adjacent to the Clinic.

Villagers have been gathering the necessary wood for building from local forest for this and Ang is forwarding cement, tiles and other materials from KTM to the road-end at Giri and from there to Junbesi by porter.

The next community work group to Junbesi in April this year organised by World Expeditions, will continue the reconstruction work in conjunction with local carpenters/plumbers/electricians etc. For information about this group refer to the World Expeditions website: [www. WorldExpeditions.com. au](http://www.WorldExpeditions.com.au)

Purchase of materials for the staff-quarters project has been generously financed by 'The Travel Doctor' in Australia.

New Laboratory equipment

This suite of equipment has enabled a significant upgrade to the provision of medical service to the facility, particularly the efficient processing of:

- the testing of blood
- gastronomical assessment
- respiratory assessment
- urine and stool analysis
- various other forms of analysis



A new Lab Assistant has been employed at Junbesi since 1st December 09. He is also able to run the X-ray machine while Ang's brother and his partner, nurse Bimala are abroad for further healthcare studies.

An Application is underway to the Nepalese Health authorities for an increase in Health Centre beds from 5 to 7 which will be possible when the adjacent staff quarters are complete and present staff quarters in the Clinic can be made available for that purpose.



Attractive and peaceful surroundings are part of the recovery process for patients and to this end a successful planting project in the grounds of the Health Centre was carried out last August by villagers.

The importance of the Junbesi Health Centre to the lower Solokumbu region of Nepal cannot be overestimated. Since the arrival of the new doctor last year real progress has been made in the number of patients treated from Junbesi and other villages up to 8 hours walk from the Centre. The Doctor's Report for the period 7th Aug. 09 to 11th January indicates a total of 1001 people treated with follow-up of 251 and emergency cases of 30. One patient was referred to KTM but unfortunately died there under treatment



Doctor & nurse treating an injured patient



Full Junbesi Health Centre Doctor's Report

Hi. From Dr. Ashwani Sinha

As asked by centre to send, report of our hospital from 7 Aug-2009 to 11 January 2010 regarding patient flow & treatment are as follows:

Total no. of patients who received treatment from our centre	1001
Total Follow up patient	251
Total Emergency Cases	30

Details are as follow;

Pneumonia	5
Cut Injury	10
Liver Cirrhosis	1
COPD	4
Diarrhoea with Hypovolemia	7
Hypertention	2
CVA	1

Note; Patient with Liver Cirrhosis & CVA was referred from our centre, to higher centre for further INV. & Treatment in Ktm, where they passed away under going treatment.

Most of the cases landed to our centre are as follow;

Hypertension	136
Acid Peptic disease	110
Air Res.Tract Infection	98
Diarrhoea	70
COPD	65
Tonsillitis	55
Pneumonia	35
Otitis Media	20

Most of the patients are coming to our centre from a number of villages as follows:

Vakanjay	8hrs
Taksindo	5 to 6hrs
Thouptencholing	1 hr
Tamakhani	4 – 5hrs
Lamjura	3 – 4hrs
Taktor	1 hr
Mapung	½hr
Phukmucha	1½ hr
Pangkarma	1 hr
Salabesi	1 hr
Khamje	1 hr

New Health Centre staff quarters. - Under renovation by community work groups and villagers.

Patient arriving at the Health Centre by porter in a Doko (basket)



'Wilderness in Nepal'

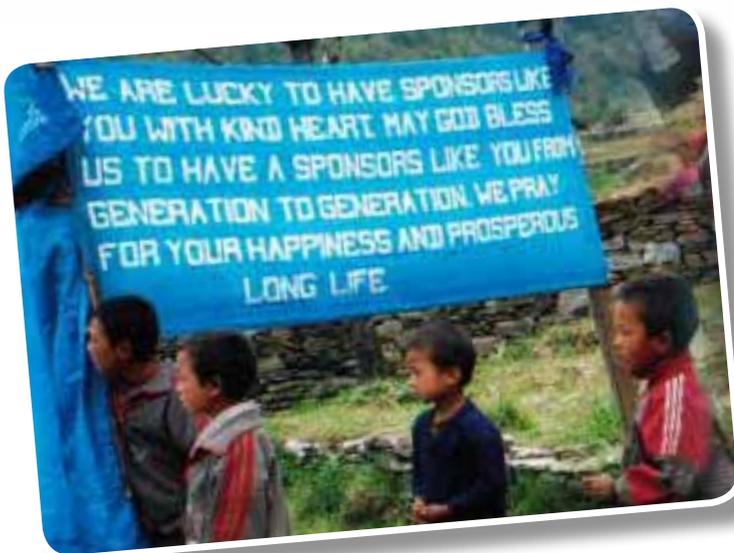
As mentioned in the October newsletter the Wilderness School in Adelaide has been an enthusiastic supporter of Ang and KPHMN since 2006. It also financially supports the Bhadure School in the Annapurna region of Nepal.

In August 08 the School launched an outstanding book, 'Wilderness in Nepal' which includes the Junbesi project amongst the most exceptional photographic images of Nepal. Proceeds go to both KPHMN and the Bhadure School. There is a Limited Edition of 250 copies personally signed by Ang and Dr. Sally Nobbs of the Wilderness School, and a standard edition.

'Wilderness in Nepal' is an absolute must-buy for anyone with an interest in Nepal. Help Wilderness School continue their support for KPHMN by purchasing this book. Refer to the order form attached.

Antibiotics for Junbesi

Thanks are due to Douglas Pharmaceuticals of Auckland for the recent donation of assorted antibiotics. These are being air freighted to KTM as this goes to print.



Donations

The Nepal Government is unable to contribute to KPHMN and therefore the Trust is totally dependent on private donations for funding.

Currently, the Trust depends very much for finance on a small number of dedicated major donors and others who rise to the occasion generously when needs arise. However the ever increasing budget highlights the need for a reliable and regular funding stream to ensure adequate patient service.

A number of 'Friends' already make regular small Automatic Payments to the national KPHMN accounts. You may be prepared to do the same.

Suggested 'Friends of Junbesi' trek to Junbesi

During Ang Tshering Sherpa's trip to Australia & New Zealand last October it was suggested by several people that a combined work group to Junbesi and trek for be organised for 'Friends' and others with Junbesi connections. Such a group could be organised by World Expeditions if there is enough interest, perhaps later this year or early next year.

Anyone who might be interested in this idea please email Tim Jerram at: tienny.jerram@xtra.co.nz. We have two 'Friends of Junbesi' interested already.

NATIONAL ACCOUNTS FOR DONATIONS:



CBA, Potts Point NSW,
Sydney, Australia - Kushudebu Public Health
Mission Nepal

BSB: 062014
Account: 10402716



Westpac, St. Heliers, Auckland,
New Zealand - Kushudebu Public
Health Mission Nepal

Account: 03 02630223978 00



Nationwide Building Society,
4 Pydar St., Truro, Cornwall, UK

Kushudebu Public Health Mission
Nepal Treasurers Trust

Sort code: 07 00 93
Bank account: 33 33 33 34
Account number:
0402/704 138 407

CONTACTS

Jennifer Dagg, Australia
jennifer.dagg@ozemail.com.au

Tim Jerram, New Zealand
tienny.jerram@xtra.co.nz

Beverly & Chris Hill, UK
bhill@cornwall.gov.uk

*For detailed information about the
Kushudebu project at Junbesi feel free
to access the KPHMN website:*

www.Kushudebu.org.np