



Friends of Junbesi

Friends of Junbesi is an online community formed in 2008 and supported by trekkers who have been guided by Ang Tshering Sherpa. We operate with five volunteers from Auckland, Sydney, Canberra, Perth and Cornwall in the UK, raising awareness and financial assistance for *Kushudebu Public Health Mission* in Nepal. Contributions for the Newsletter are always welcome. Please send them to: jennifer.dagg@ozemail.com.au



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NEWS AND PROGRESS FROM JUNBESI

Major Review of KPHMN and the Health Centre

Since a review of *KPHMN* and the Health Centre had not been completed since 2008 and much activity has taken place since then, a major review was conducted in February this year.

This review encompassed:

- an inspection of patient records
- adequacy of services
- status of buildings, equipment and stores
- staff performance

In addition two major areas were evaluated:

- The functionality of the Management Committee structure
- The level of diversification of executive management

Forward Plan

Following the review, a Forward Plan is proposed:

Objectives:

- a) To provide effective services for the catchment area
- b) To manage preventative community health programmes
- c) To enhance strong Health Centre management
- d) To more effectively mobilize Health Centre staff



Junbesi village

Proposed Programme

The focus of Health Centre management will be changed from medical staff to a non-technical person, probably local-based who can closely monitor and supervise activities within the Centre, overview equipment maintenance, manage co-workers and improve relations with the local community.

A pilot community household survey will begin immediately, focusing on basic preventative health and sanitation within households such as hand washing, nail-cutting, covering of water-pots etc.

The existing Health Centre staff nurse and lab assistant will complete the survey with assistance from other staff as required. The non-technical local manager and management committee will monitor the project and report to the *KPHMN* board committee in KTM. A separate budget allocation will cover survey costs and a salary for the local co-ordinator.

From this pilot, specific problems and challenges faced by the community will emerge and a regular, preventative health education and personal hygiene programme will be established.

NEW ZEALAND HIMALAYAN TRUST GALA DINNER 'ACCESS TO EVEREST!'

Tim & Helen Jerram will represent *Friends of Junbesi* at this gala event, May 29, 2014. **Craft Nepal** will again donate Tibetan Carpets and artefacts from Nepal for the silent auction. Proceeds this year will focus on Lukla, "and a water system to deliver safe drinking water to every family and enable essential fire-fighting capabilities".

Although *Friends of Junbesi* has no direct relationship with the Himalayan Trust we both work in the area of health and in the same geographic region of Nepal. It is in the best interests of *KPHMN* to retain contact with the Himalayan Trust that over the years has made such a difference to the health and education of the Sherpa people.

Ang is an example of that difference. He was educated in the Junbesi School supported by Sir Edmund Hilary and the Trust.

New Zealand *Friends of Junbesi* interested in attending this event can obtain tickets by following the link at www.himalayantrust.co.nz or write to: **Himalayan Trust, P.O. Box 43, Auckland 1140.**

NEWS FROM NEW ZEALAND

Craft Nepal will hold another Auckland market day sale of product from Nepal in early May. Proceeds will go to *KPHMN* as before.

Included will be pashminas shawls, scarves & throws, Tibetan hand-knotted carpets, pashmina (cashmere) knitwear, Nepalese artefacts and New Zealand sheepskin footwear.

New Zealand based *Friends of Junbesi* will receive invitations to this event once the date is finalised.

Many thanks to Tim Jerram for all the work he does to raise funds for *KPHMN*.

WILDERNESS SCHOOL TRIP TO JUNBESI IN APRIL

The Wilderness School from South Australia visited the *Kushudebu Public Health Mission Junbesi* and conducted a 3 day Health Clinic in early April, 2015. There were 16 people in the group, including four Australian doctors, a physiotherapist, 2 pharmacists and a dentist supervised by a team of three Nepali specialists. Dr Orso Osti, Dr Meegan Osti, Dr Jane Hecker and Dr Carmen Spriggins were part of this group to the Health Clinic.



Health Camp team at medical centre

A total of 315 patients were seen, consisting of dental, orthopaedic, gynaecologic and paediatric symptoms. Some of the patients had walked from Bakanjee for five and six hours.

The group also went to the Monastery, to celebrate the opening of two incinerators - Henry and Nancy - made possible by a donation through the Rischbieth family.

After the clinic, 11 people took part in a trek of the Ama Dablam circuit, with a highlight being spending 2 nights at the Everest View Hotel, at 4000m.



Dr. Shila Verma treating local women



UWS medical students and staff of Kushudebu

REPORT FROM KELVIN TRAN

Medical students are challenged all the time. What are the health problems? How do we change lifestyles? Why should we care about public health? How do we meet the needs of people who need the most?

Global Health Awareness Western Sydney (GHAWS) was proud to visit Junbesi and Solukhumbu region in December 2013. Twenty-one students from the *University of Western Sydney, Australia* visited *KPHMN* to gain an appreciation of healthcare in different situations. For some of us, this was our first camping and trekking experience. From the opening ceremony where we received our Khada, to our last day, we were met with so much warmth and friendliness. Our memories of dancing and celebrating on our last night will stay with us forever.

Though our stay was short, we hoped to make a lasting impact through our time with you. Through donations, *GHAWS* was brought medicines and diagnostic equipment for *KPHMN* including blood culture kits, a blood analyser and a microscope to help treat patients. We hope our health education on nutrition, hygiene, communicable disease and environment were helpful for the schoolchildren and they have spread the lessons into the community. One of our achievements was to run a health camp seeing 80 monks and nuns at *Thuptengcholing Buddhist Monastery*. We learned that Nepalese people are very tough facing challenging social and medical conditions.

Our mission was to understand and appreciate public health in Nepal, and I can truthfully say it was a success. *GHAWS* and *KPHMN* look forward to continue building our relationship. Thank you to the Chairperson of *KPHMN*, Ang Tshering Sherpa and *World Expeditions* for making our trip possible. Also to District Health Officer, Kedar Raj Parajuli for meeting with us and answering our questions. Thank you for all the people of Junbesi for sharing your lives and culture with us. Finally thank you to the porters, kitchen staff and Sherpa guides who travelled with us and became our friends. We will miss you and hope to see you again in the future!

Kelvin TRAN

Community President 2014
Global Health Awareness Western Sydney
University of Western Sydney
Medical Society



Teaching health education at the Buddhist school



W: www.uwsms.org/ghaws

“BE THE CHANGE YOU WANT TO SEE IN THE WORLD.”

I remember reading Mahatma Ghandi's famous quote in a book about Asia and the subcontinent. It was only in Nepal though, amongst the high mountains, deep valleys, tall stuppahs and kind faces in Kushudebu that I understood that quote completely. Ang and his team at the **Kushudebu Public Health Mission** helped me learn what really constitutes true healthcare, rural medicine and service to the community. I will never forget those 05:40 morning sunrises, greetings of 'tashi deley', rocky mountain trails and the wonderful hospitality of the Sherpa people.

To be completely honest, I didn't know what to expect with my trip to Nepal. I did some research and learnt bits and pieces; about the Himalayas. However it wasn't until I arrived there that I learnt about its beauty, nature and people.

For me, Nepal is a country of contrasts and variety. The population itself varies with 80% Hindu, 10% Buddhist, 5% Muslim, 3% Christian and 2% 'other', and it is interesting to see a society evolve and try to reconcile its conservative past with a different, progressive Nepal of the future. As I turned page after page and scrolled down website after website I learnt about Nepal, the young democratic country with its rich history, religion and culture.

My trip to Nepal was a struggle to reconcile the information I had already learnt, with the reality around me and my own perception of the world.

I also found that it is the small moments that really shape experiences and change perspectives. There were a few moments that struck me deeply and that I will always remember forever. One of these moments was after an impromptu health literacy camp that was held at a nearby (about half a days walk) primary school located on a mountain.

The children were all eager to learn and armed with our health charts and local interpreters, we hiked to the 2800 m school to teach them about communicable disease, nutrition, hygiene and the environment.

It was only a few days earlier that we had delivered the same talk to a few children in the vicinity of **KPHM** and it was well received there. The earlier session had also allowed us to identify health issues within the local community that needed to be addressed, especially cultural and social attitudes that inevitably affected health and health delivery. After helping create and deliver the nutrition talk initially, we had realised that cultural perspectives on alcohol consumption were very different here. In fact, routine alcohol consumption during pregnancy and underage drinking was an issue identified by the community as being problematic.

So deeply ingrained were cultural attitudes towards alcohol consumption that the school kids were shocked when we explained that 'chang' (a distilled salty alcoholic drink -70% alcohol) was bad for children and pregnant women to drink. Not only that, but there would be large quantities consumed regularly as part of tradition and to ease pain.

After explaining that pregnant women shouldn't drink because it 'hurt the baby' and that young kids were "still growing and chang stopped them from growing strong and healthy" the local kids began to take notice. After explaining how alcohol affects adolescents, children and babies the kids were little shocked were but continued to be engaged with our presentation that covered healthy eating habits and proper water consumption as well as healthy bones/growing bones care amongst other issues.

It was actually after the presentation, when one of the children were asked what they had learnt, they said they would tell their pregnant mother that it was bad for her and the baby if she drank 'chang'. This changed my whole perspective on things and I realised that we can all make a difference and our actions can change people's lives, regardless of how small our actions are.

In this way, the choices we make can have life changing effects on people around us; whether in the hospital or in the community. Whether we are at home or overseas. Whether we are talking to the patients themselves or their family members. We can all make a difference.

By Dani Abosh

3rd Year Three UWS Medical Student

DOCTORS REPORT

2 JAN 2014 – 16 JAN 2014

GEOGRAPHIC CATCHMENT OF KPHMN

Friends will be interested to note the Health Centre catchment area which covers many villages and hamlets in the Solukhumbu including the monastery of Thubten Choling. Up to 4000 villagers live in the area. Some hamlets are quite isolated and attendance at the Health Centre can involve treks of up to 2 days on traditional hill-trails for those seeking help.



Map of Beni District



Health Centre patients unable to walk themselves are carried on the backs of porters in a basket-like carry-bag called a dhoko.

PATIENTS NUMBER	DATE TREATED	PATIENT NAME	A/S	FROM WHERE	DIAGNOSIS
982	2/1/2014	Mingma Doma Sherpa	15y/F	Beni-4	Dramatatis
983	2/1/2014	Milan BK	4y/M	Beni-2	Fall injuries
984	2/1/2014	Phurwa Lama	32y/M	Beni-4	Arthritis
985	2/1/2014	Chiring Magar	4y/M	Beni-3	Coman Cold
986	2/1/2014	Yandi Sherpa	60y/F	Beni-3	APD
987	2/1/2014	Nima Sherpa	31y/M	Beni-3	Dental carries
988	2/1/2014	Tashi Sherpa	40y/M	Beni-5	Tonsilitis
989	2/1/2014	Doma Sherpa	7y/F	Beni-5	Bacterial Infaction
990	3/1/2014	Diku Sherpa	55y/f	Beni-5	Dental problem
991	3/1/2014	Nigma Lamu Sherpa	28y/f	Beni-5	UTI
992	5/1/2014	Norden Lama	6y/m	Beni-4	Dental problem
993	5/1/2014	Cinimaya B.K	44y/f	Beni-7	Abscess
994	5/1/2014	Yangi Sherpa	32/f	Beni -3	Tauma
995	5/1/2014	Odi Lama	33m/M	Beni-4	Pnuemonia
996	5/1/2014	Dawa Jangbu Sherpa	13y/m	Beni-8	Tonsilitis
997	5/1/2014	Chiring Puti Sherpa	14y/F	Beni-8	Lymphadenopathy
998	5/1/2014	Jangmu Sherpa	40/F	Beni-9	APD
999	6/1/2014	Milan B.K	4y/m	Beni-2	Dislocation
1000	6/1/2014	Nigma Galgen Sherpa	40/m	Beni-5	Trauma
1001	6/1/2014	Pemba Gelu Sherpa	47y/m	Beni 7	Physical assult
1002	7/1/2014	Jangmu Sherpa	45y/f	Beni-5	Contact allergy
1003	7/1/2014	Pasang Sherpa	53y/m	Beni-5	Tooth pain
1004	7/1/2014	N. Randu Sherpa	67y/f	Beni-5	HTN
1005	8/1/2014	Pasang Nima Sherpa	25m/m	Bhakanje	T Capties
1006	8/1/2014	Tikam Ram B.K	46y/m	Beni-8	DM-II
1007	8/1/2014	Sonam Dolma Sherpa	20y/f	Beni-5	Sinusitis
1008	8/1/2014	Kumari B.K	51Y/F	Beni-4	Arthalgia
1009	8/1/2014	Moti B.K	40y/f	Beni-4	Arthragia
1010	8/1/2014	Govinda B.K	17y/m	Beni-2	Indigestion
1011	9/1/2014	N.Chongum Lama	35y/f	Beni-5	Impacted wax
1012	9/1/2014	N.Sangme Lama	47y/f	Beni-5	Refractive error
1013	9/1/2014	Phurba Sherpa	46y/m	Beni-5	Arthragia
1014	9/1/2014	Chewing Sherpa	20y/m	Beni-5	Giardiasis
1015	10/1/2014	Soma B.K	20y/f	Beni-4	Conjunctivitis
1016	10/1/2014	Hari Basnet	40y/m	Beni-4	Common cold
1017	10/1/2014	Diku Sherpa	70y/f	Beni-3	Arthralgia
1018	10/1/2014	Yangi Nuri Sherpa	53y/m	Beni-4	Common cold
1019	12/1/2014	Ciring Sherpa	26y/f	Beni-4	T corpois
1020	12/1/2014	Gombu Sherpa	40y/m	Beni-5	Headache
1021	12/1/2014	Chhimi Sherpa	35y/f	Beni-5	Dental carries
1022	13/1/2014	Tashi Sherpa	14y/m	Beni-5	Boils
1023	13/1/2014	Narmaya Tamang	46y/f	Beni-3	APD
1024	13/1/2014	Bhima Tamang	9y/f	Beni-3	F.Bon eye
1025	13/1/2014	Chiring Karseng Shepa	15y/m	Beni-5	Impacted wax
1026	14/1/2014	Pasang Lama	5y/m	Beni-5	Tooth problem
1027	14/1/2014	Kalimaya B.K	52y/f	Beni-3	HTN
1028	14/1/2014	Pasang Nima Sherpa	9m/f	Beni-9	Common cold
1029	14/1/2014	Jangbu Sherpa	44y/m	Beni-9	Arthragia
1030	14/1/2014	Karma Lama	34y/m	Beni-4	Common cold
1031	15/1/2014	Pashi Sherpa	21y/f	Beni-5	URTI
1032	15/1/2014	Diku Doma Tamang	8y/f	Beni-3	Contact allergy
1033	15/1/2014	Somu Tamang	26y/f	Beni-3	ANC
1034	15/1/2014	Chiring Magar	48y/m	Beni-3	Giardiasis
1035	15/1/2014	Lamu Tamang	3y/f	Beni-5	Scald
1036	15/1/2014	Chanda Tamang	13y/f	Beni-3	Oral problem
1037	16/1/2014	Pasang Lama	2y/f	Beni-5	Burn
1038	16/1/2014	Urgan Lama	8y/m	Beni-4	Tounsilitis
1072	28/1/2014	Phinju	30y/m	Beni -4	Oval -ulcer

FRIENDS' T-SHIRTS

These attractive shirts are still available in support of *KPHMN*. Sizes XS-XXL.

Prices now reduced!

NZ\$39 | AU\$30 | £22 | US\$34

Prices include the cost of shirts, a margin for *KPHMN* and postage worldwide. Your purchase supports the Health Centre at Junbesi.



To order: simply send name, mailing address and shirt sizes required to Tim at tienny.jerram@xtra.co.nz and deposit the appropriate amount in one of the national accounts shown, including your name in the bank fields provided. Once confirmed the shirt(s) will be mailed to your given address. Proceeds will be transferred to *KPHMN* in KTM with other donations to fund necessary expenses at the Health Centre.

DONATIONS AND ACKNOWLEDGEMENTS

Once again, a huge thank you to all our donors, for the regular funding towards the successful running of *KPHMN*. The review and draft plan outlined in the Newsletter will add to expenses in this budget year, so all contributions will be gladly received.

The medical centre does not receive any help from the Government or international NGOs, and so is dependent for its services on individual private donations.

Our banking details are noted below and please feel free to contact any of us for more information.

We are looking for a volunteer to take over production of this Newsletter. At the moment the Newsletter is sent out twice a year. Most information comes from Ang and we supplement that with other items, some taken from the web page. It is not a very arduous task and best suited to someone with desktop publishing skill. Please contact jennifer.dagg@ozemail.com.au for more information.

NATIONAL ACCOUNTS FOR DONATIONS

AUSTRALIA

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

BSB: 062014 **Account:** 10402716

NEW ZEALAND

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

Account: 03 02630223978 00

UNITED KINGDOM

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

Acc. No.: 0402/704 138 407

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For detailed information about the Kushudebu project at Junbesi please access the *KPHMN* website: www.kushudebu.org.np

