



**An Report to Free Health
Camp of Community
Health Service Center,
Junbesi**

April 9th 2013 to 12th April 2013

Organized by Kushudebu Public Health Mission Nepal

1. Introduction



Figure 1 Group Photo at Junbesi

1.1. Role

The villagers who are facing the problems due remote region area, differentiation behavior of Nation, Social discrimination, Religious superstition, are not getting the easy and simple health service in Nepal. Due to remote Himalayan region people living in those areas have to work hard, because of poverty they cannot afford the sanitary materials, health centers are far away from them, they are not getting even the simplest and emergency health care which is a bad fortune for them. According to Nepal's juridical constitution 2063 the slogan, each individual should be provided with health facility which is just a slogan but not yet implemented in real life. Illiteracy, unhealthiness, poverty, superstition, traditional cultures etc. are the main region for their unhealthy life style.

Over viewing the health condition of the citizens worldwide developed countries have less health problems than that of developing country. As developed countries have good economic condition, political stability and human recourse allocation. But in contest of Nepal because of instability political condition the problem is not been solved yet.

Due to all above region Kusudebu Public Health Mission Nepal organized free health camp from 9th April 2013 to 12th April 2013 in which 12 specialist from Australia, 7 Nurses from Kathmandu

and 7 staff from Beni Community Health Services did participated and served 760 Patients freely. Camp had been organized by Beni Community Health Services at Junbesi through Kushudebu Public Health Mission Nepal.

1.2. Aim of Free camp

Health is life. Human should be healthy in order to serve the society and then Nation. Without health peace and cheerful society is impossible. In other to keep society healthy individual should be healthy. Prevention is better than cure thus through different awareness programs individual can prevent from disease. But in context of rural villages without heavy work life is impossible. For daily living they have to uplift heavy loads because of which problems related with joint i.e. joint pain and especially in woman problem related with uterus can be seen. Due to lack of awareness villagers are been effected by different diseases. In most of the rural villages due to traditionalism and superstitious mind, they still take treatment from traditional religious persons called “Dhami Jhakri” instead of Doctors. The disease occurred due to economy, social and technological problem are still not well treated. These economically and traditionally backward villagers are not getting treatment from specialist doctors the main aim of the camp is to provide these people a perfect health cure .



Figure 2 Doctors at Medical Council for interview

1.3. Objective of Free Camp

The objectives of camp are as follows:

- a) To provide free health services for the people living in remote village area who are not facilitated with social, economic and geographical condition.
- b) To conduct different types of health awareness program.
- c) To refer the infected patients for the treatment by specialist.

2. Program of Free Camp

The Program in short is as follows.



Figure 3 during Welcome Ceremony

2.1. An inauguration of free camp and welcome program of all the participants

The guests from Australia Wilderness School and Community had departed on 8th April 2013 in Kagel Airport. The guests were welcomed by District Coordinator of Kushudebu Public Health Mission Nepal by offering “Khada” and “Dubo Mala”. On 9th April 2013 the free camp been inaugurated in a formal program. Mr. Ang Tshering Sherpa the chairman of Kushudebu Public

Health Mission Nepal was the chairperson for the Inauguration program. Likewise Honorable guest Mr. Tulku Rimpochhe from Serlo monastery, Special Guest Dr. Sally Nobbs from Wilderness School and Community had also participated the program. On the speech of inauguration program Dr. Nobbs said that this camp will facilitate the community who are backward in terms of economy, society and geography and also did heartily thanked Kushudebu Public Health Mission Nepal for all their social work. On the program the local Sherpa's and local community of Beni Community Health Service Center presented their local dance, Shaibru dance and many different traditional programs.



Figure 4 Dr. Sally Nobbs and head lama from Serlo Monastery at the welcome ceremony



Figure 5 Dr. Sally Nobbs from Wilderness school with Sherpa dress

2.2. Diagnosis of disease and treatment plan

In other to facilitate the patients registration was done through coupon system. Patients have to sit in line to get the coupon for registration. The Disease was been categorized while registration through simple checkup for diagnosis from Doctor where Blood pressure, Fever, Blood test, Height, weight all been checked and the report been sent to doctor for further treatment.



Figure 6 during Health Camp



Figure 7 during Health Camp

2.3. Cure and treatment of Disease

Specialist diagnosis the patient related with Joint paints, Dental, Pediatric, Uterus disease in the camp. List of Patients treated in the camps is as follows.

a. Dental	70
b. Pediatric	61
c. Joint paint	95
d. Stomach and general problem	160
e. Heart	2
f. Cancer	1
g. Backbone & Nee	50



Figure 8 during Health Camp



Figure 9 during Health Camp



Figure 10 during Health Camp



Figure 11 during Health Camp

2.4. Press conference

The press conference has been organized on 10th April 2013 where all the past and future information and Programs was published. The program was participated by district representatives different medial houses including Mr. Narayan Kumar Shrestha from Avenues Television, Mr. Buddhi Bir Rai from Nepal Television, Mr. Jokeraj Rai From Solu F.M and Mr Bikram Shrestha from Himal F.M. Chairman Mr. Sherpa informed that this year 3000 patients get service from Beni Community Health Service, 3 intelligent students got scholarship in field of staff nurse, Radiography and Lab technician. Reporters suggested applying these types of camp in more remote areas having high density of population.

2.5. Infrastructure of Health center



Figure 12 local Fence work at medical center

The voluntaries from Australia painted, the walls of medical center which has been plastered before their arrival , windows and doors are been painted and about 10 meters of staff quarter was been compounded with wall for safety of the staff quarters.



Figure 13 group member painting grills (security things for the windows)

2.6. Closing ceremony

Closing ceremony was organized at Community Health Center on 12th April 2013. The program was hosted by Chief of Local Coomunity, Mr Chungba Tshering Lama, chaired by Chairman of Kushudebu Public Health Mission Nepal Mr. Ang Tshering Sherpa and participated by Chief Guest Honorable District Health officer Mr. Kedar Raj Parajuli; Special guests Mr. Tulku Rimpoche from Sorlo Monastery Beni, Dr. Sally Nobbs from Wilderness School; and other respected guests Chairperson of Nepal Federation of Journalist, Solukhumbu, Mr. Naran Kumar Shresth;, Coordinator of Free Health Camp Ms. Hillary Raygon. The Chief Guest Mr. Parajuli appreciated the effort of Kushudebu Public Health Mission Nepal and said that it is really doing a great work. The Special guest Dr. Nobbs also expressed his willingness to work for the people form rural community who are helpless, backward and unable to fulfill their primary needs. He also thanked for honoring him and said that the relation of Wilderness School and Kushudebu Public Health Mission Nepal will always be smooth and friendly. In the program he also honored Mr. Sherpa, chairman of Kushudebu Public Health Mission Nepal with the token of love. Likewise on this ceremony Wilderness school and Dr. Sally Nobbs were also honored with token

of love “Tamra Patra”, appreciating their service to the remote areas. Likewise all the participants doctors, nurses form Kathmandu, and volunteers were also honored.

3. Gains, and Conclusion

3.1. Gain

This camp provided service to 760 citizens from remote village area. The camp specially and directly facilitated the economically backward people, old age citizen, and person with different capacity. Women who were shy to get treatment got the treatment. Health is wealth and without healthy citizen no society can be uplifted thus this camp played vital role in local’s health service. 3 children’s unable to afford the treatments are been referred to Kathmandu for specialist treatment and the treatment cost are to be barred by the foreigner doctor. This will be relief to the poor people and great gain for the organizer.

3.2. Conclusion

Constitution Judicial 2063 of Nepal did defined health service as the right of individual but still practically not been success. This free camp covers the economically, geographically, socially backward citizen; women/single women, elder citizen, and citizen with different capacity. The camp is organized with the concept of “Healthy individual makes healthy society that fulfills will of the social and economically sound society”. The camp was participate by foreign doctors, nurses who came from Kathmandu especially to serve the people, members of Kushudebu Public Health Mission Nepal, reporters, local media and the villagers of Junebesi with the aim of helping the people and proofing ourselves as the real human being. Thanks for those helping hands which stands for the fulfillment of need and support in such a remote village areas.

Camp organization committee

S.no	Name	Organization	Designation
1	Ang Tshering Sherpa	Kushudebu Public Health Mission Nepal	Chairman
2	Dr. Sally Nobbs	Wilderness School, Australia	Teacher
3	Dr. John Niven		Dentist
4	Mrs. Helen Niven		
5	Mrs. Jane Hunter		Nurse
6	Dr. Tab Hunter		Doctor
7	Mr. Nicky Vadsaz		
8	Ms. Lily Vadasz		
9	Mr. Hugo Vadasz		
10	Ms. Dorie Vadasz		
11	Mrs. Anne Arnfield		Physiotherapist
12	Dr. Jane Hecker		Doctor
13	Ms Gani Salim		
14	Ms. Katherine Canning		
15	Mr. Geoff Rischbieth		Pharmacist
16	Mrs. Cathy Rischbieth		Pharmacist
17	Mrs. Sue haveey		Nurse
18	Dr. Carmen Springgins		Doctor
19	Dr. Anthony Spriggins		Doctor
20	Ms. Bec Brumby		
21	Ms. Nicola Fortune		
22	Ms. Ronda Hone		
23	Dr. Claire Sweeney		Doctor
24	Dr. Fenella Dermonhy		Doctor
25	Mrs. Sandra Dolan		
26	Ms. Heather Davis		

27	Ms. Julia Tennebring		
28	Mrs. Rosie Broderick		
29	Ms. Daphne Macleod		
30	Mrs. Teressa Birdseye		
31	Mrs. Due Tyson		
32	Ms. Tegan Edwards		
33	Dr. Nancy Cullin		Doctor
34	Dr. Emma Rischbieth		Doctor
35	Dr. Janice Pasioka		Doctor
36	Dr. Ruth Connors		
37	Ms. Toni Chaplin		Doctor
38	Osheen Lama		Nurse
39	Dolker Lhamu		Nurse
40	Pema Shrestha		Nurse
41	Rara Ramjali		Nurse
42	Ang Lhamu Lama		Nurse
43	Yangi Sherpa		Nurse
44	Usha Thapa Magar		Nurse
45	Chatra Bahadur Khadka	Kushudebu Public Health Mission Nepal	District co-ordinator
46	Krishna Neuralla		Health Assistant
47	Surendra Kumar Singh		Lab Assistant
48	Kamala Devi Bastola		Staff Nurse
49	Prasanta Basnet	Highland Excursion	Tour Leader
50	Tasi Sherpa		A.N. M
51	Da Dolma Sherpa		Helper
52	Chungba Lama		Local Chairman
53	Kami Sherpa		Local Treasurer
54	Yanji Sherpa		Local Member