

WORLDWIDE HEALING HANDS

Dedicated to improving the quality of healthcare for women
and children in the most underserved areas of the world.

NEPAL MISSION 2013

Paula Dhanda, MD

WHH Mission to Nepal 2013

TRAVEL INFORMATION:

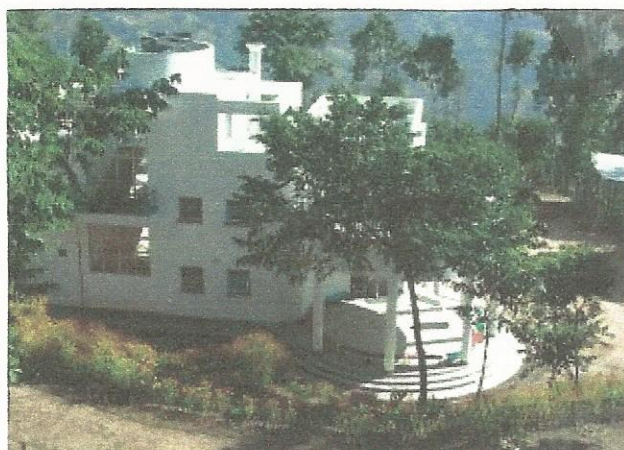
Nathan DeHart, our team photographer, left on September 17, 2013 - two days ahead of the team and arrived in Nepal on the 19th. Nathan partnered with WHH as a photographer from Silent Images, a NGO (Non-Governmental Organization) that serves other NGOs to help tell their story by providing professional photos at no cost. He actually arrived in Nepal ahead of the WHH team to serve another NGO called WomenLEAD, and stayed behind in Nepal a couple of weeks longer to serve Agape International Ministries and SIL (linguistic and translation NGO).

Margaret Jennifer Burns and **Lonn Marie Hlusko** flew from Denver to San Francisco to join the majority of the medical team members, **Dr. Paula Dhanda**, **Dr. Nancy Jane Reynolds**, **Flora Shepherd Krasnovsky**, **Linda Arnold** and **Nathan Powers** - who were congregated in and departed from San Francisco on September 19, 2013.

Dr. Rafal Jan Wyskowski left home from Ambler, Pennsylvania, and joined the team in Kathmandu on the 21st.

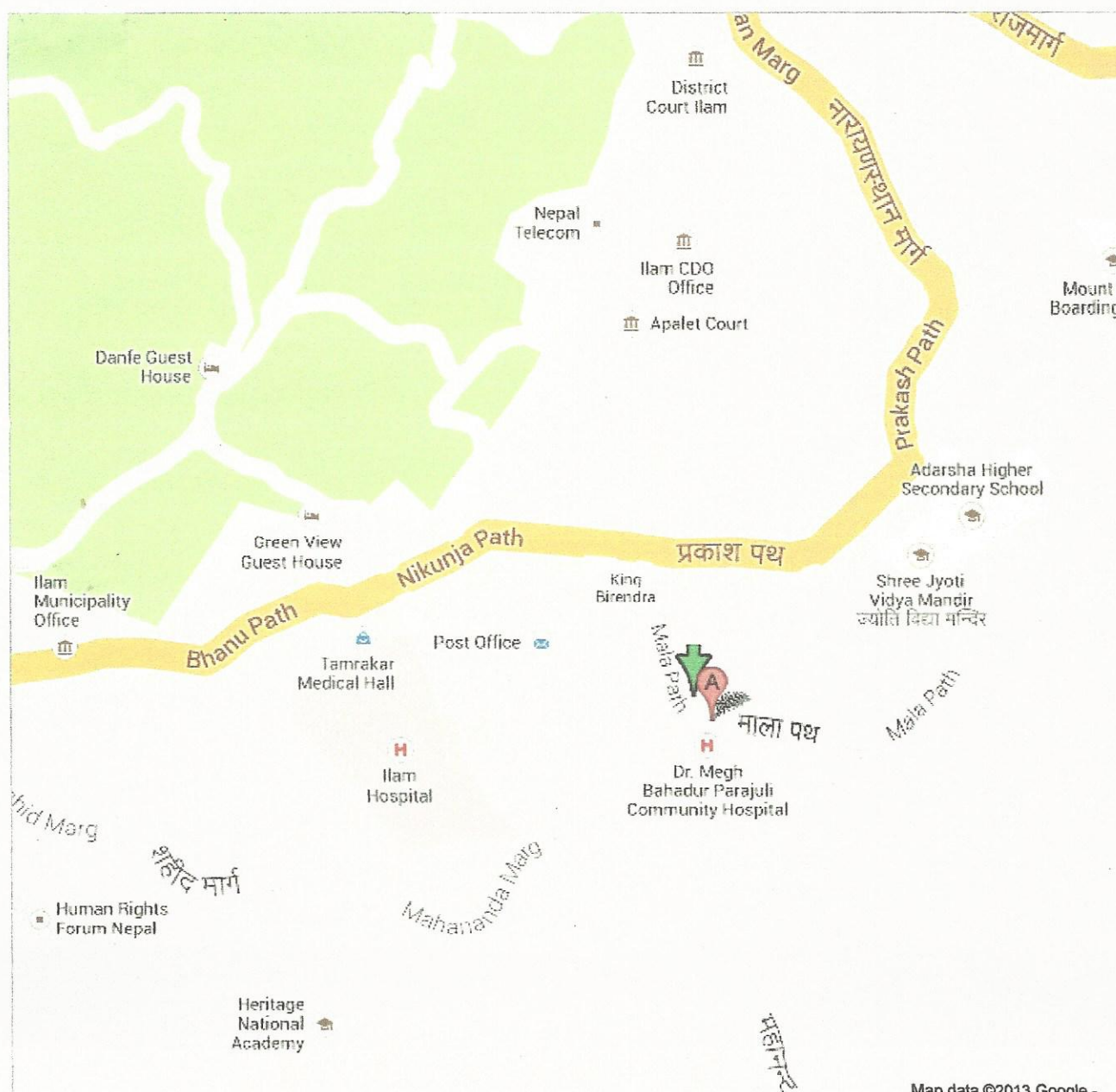
The team then flew along the Himalayan ridge to Bhadrapur and continued north by jeep on a 3 hour drive over bumpy and often unpaved roads toward the hills of Ilam, climbing to where the tea gardens of Ilam begin, then dropping northwest around hairpin curves down to the Mai River and uphill once again to reach Dr. Megh Bahadur Community Hospital in the small town of Ilam.





The Dr. Megh Bahadur Community Hospital, Ilam, Nepal

Established in 2004 by Himalayan HealthCare, a not for profit organization, has expanded and improved its services since its inception, from outpatient to inpatient service to surgery and delivery, allowing more women, especially mothers, to receive maternal health care services for the first time in their lives.



WHH Mission to Nepal 2013

INTRODUCING THE TEAM MEMBERS and THEIR RESPONSIBILITIES:

the 2013 WHH team of 9 volunteers:

Dr. Paula Dhanda, Obstetrician and Gynecologist, team leader



"It is my privilege to be able to care for women both locally and internationally."

As a Gynecologist OB GYN, Paula Dhanda is known for her service to the women of Lake County for over 20 years and, for half as many years, her activities in the international community promoting women's health. Dr. Dhanda has led several medical missions in the past 10 years. She has received numerous awards for alleviating suffering and promoting wellness, including the 2013 Medical Red Cross Hero Award, the 2012 Marla Ruzicka Humanitarian of the Year Award, as well as the 2010 Adventist Health Physician of the Year Mission Award. It was stated at the 2012 Stars of Lake County Ceremony that she is truly an angel of mercy who spreads love and caring wherever she goes.. Her passion to save the lives of the mothers and babies in Nepal is evident in leading this – a second – mission to Nepal.

Dr. Nancy Jane Reynolds, Obstetrician and Gynecologist



"I love to travel and work with different cultures; providing surgical and medical care."

Nancy traveled to Nepal in the early 1980s and this inspired her to volunteer to return with this mission.

Dr. Rafal Jan Wyskowski, Anesthesiologist



"I love being a doctor."

Rafal is an anesthesiologist and this was his first medical mission; he loves his profession – and offered his skills at administering pain medication in that spirit.

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Margaret Jennifer Burns, R.N., OB/GYN



"I have wanted to work on a medical mission and now that I have retired, this is the perfect time."

Jennifer's experience for the past 25 years has been as an OB GYN nurse.

Lonnie Marie Hlusko, Registered Ultrasound Technician



"I am dedicated to women's healthcare in the developing world."

Lonnie founded the organization Hands for Humanity in 2000 to educate nurses and hospital staff in the outlying remote rural settings of such as Nepal on healthcare and the use of ultrasound as a tool to early-on discovery of problem pregnancies. Since its founding, Lonnie has traveled on several medical missions assisting WHH, this being her second mission trip to Nepal.

Flora Shepherd Krasnovsky, Epidemiologist



Flora volunteered *"to gather information [on this mission] for training."*

Flora's skills are in research, counseling, training, data gathering and analysis; so she volunteered.

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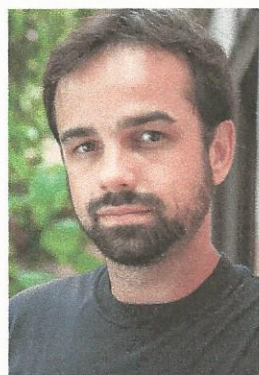
Linda Arnold, Licensed practicing midwife



Lynn feels she has *“a unique ability to teach at a simplistic level” – grasp the complex and translate so everyone can understand – she volunteered to go, help, learn and - “pass on my knowledge [gained from this experience] to others.”*

Lynn is a licensed midwife, practicing in women's health since 1975. She founded and operated a free standing birth center from 1985 – 2011 serving more than 13,000 Hispanic women. She also wrote and taught a state approved midwifery educational program to 800 plus students from around the world.

Nathan DeHart, Professional Photographer



“I want to provide inspiring professional photography for WHH to use for promotion and education.”

Nathan has traveled as a student photographer to South East Asia and India in the recent past.

Nathan Powers, student



Nathan volunteered for this mission. . . *“to have an opportunity to learn about the medical field while giving to the less fortunate and learn about the world I live in.”*

This was not Nathan's first trip out of the US; he traveled to Ghana in the summer of 2011 working with children there.

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WHH partnered with Nepali



Drs. Asha Jha (right), Ob-gyn and Chunmila Maharjan (left), Ob-gyn;

"I'm very Grateful to work with you in Ilam Camp. It was a wonderful experience working with u both in surgical or clinical cases. You and your whole team were very helpful. I m very Grateful to work with u in surgery. I learn lots of new technique in Surgery. You also gave us a chance to do Surgery Independently which is a great achievement. As a whole Ilam Camp was a full of new achievement for me. Thank you for your co-operation."



Sunil Kumar, Anesthetist;

Sunil Kumar is an anesthetist who works alone in a rural hospital providing anesthesia for all types of surgeries. He was very appreciative of the knowledge he gained from Dr. Rafal as they worked side by side during all the surgeries we performed.



Dr. Ernesto Jones, family doctor from the UK; and,

"I had the pleasure of working with Worldwide Healing Hands whilst placed at Ilam Community Hospital; part of my Out Of Programme Experience as a GP trainee. I thought they did a fantastic job of providing free gynecological healthcare to a community much in need. The experience I gained as a result made my placement even more valuable. Their work included operations, cervical screening and patient education. I found the staff very friendly and committed to their mission, often working in challenging conditions with very few resources and long hours. I also had the great pleasure of meeting

the leaders of the team and experiencing the valuable teaching that they provided both to doctors and midwives. Working with the team was an unforgettable pleasurable experience and would love to work with them again."

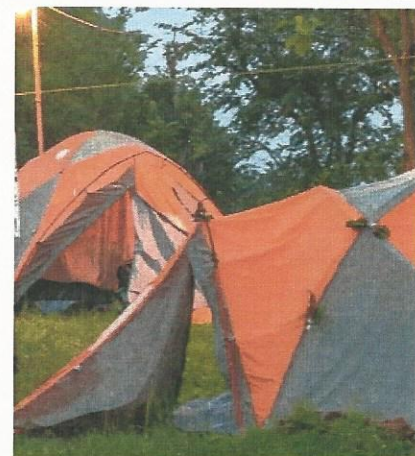
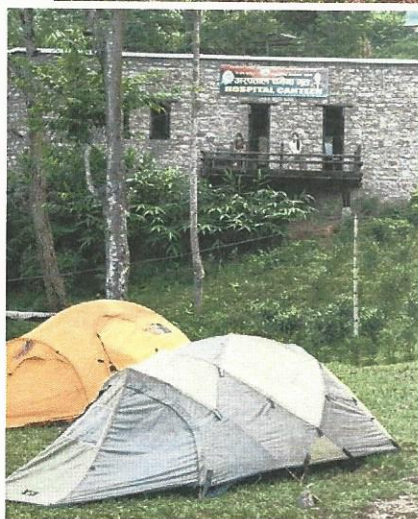
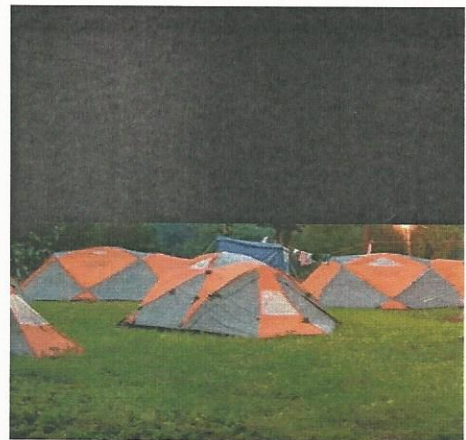


medical officer, **Dr. Saroj Subba**

Dr. Saroj Subba joined us in 2012 and again on our 2013 mission. He mentioned that he delayed leaving for his pediatric residency because he had such a good experience with us. Afterward, he wrote us . . . "[w]anted to thank you for all the valuable lessons you gave me while you were here."

WHH Mission to Nepal 2013

ACCOMMODATIONS for VOLUNTEERS and MIDWIVES:



WHH Mission to Nepal 2013

MEDICAL SUPPLIES and EQUIPMENT FOR THE MISSION:

WHH volunteers carried about 600 pounds of donated medical supplies which included stethoscopes, blood pressure cuffs, neonatal ambu bags, Helping Babies Breathe (books), instrument sets for suturing and sutures, umbilical tapes, Clean Birth Kits (multiple), Kiwi vacuums (for operative delivery), gestation wheels, OB tape measures, nail brushes and clippers, soap and soap dishes, hand towels, a notebook and pen and a waterproof tote bag. Then too, the team members divied up baby clothes, over 100 hand-knit hats, 16 hand-made baby quilts, many baby blankets donated by members of our local community - and a t-shirt with the WHH logo.

**WHH Stethoscope
and Hand Towel**



**Umbilical tape, soap in soap dish (jar),
sutures, and gestation wheel**

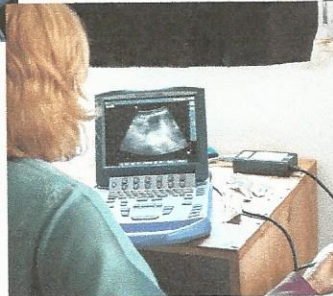
In addition, the WHH team carried with their luggage surgical instruments, including a hysterectomy tray, as well as the following:

1. An ultrasound loaned by FujiFilm Sonosite, Inc;
2. sutures and medications donated by MAP International (Medical Assistance Programs);
3. 16 boxes of medical and surgical supplies donated by MedShare;
4. a LigaSure donated by Sutter Novato Community Hospital (thanks to Margaret Walker); and,
5. stirrups donated by St. Helena Hospital Napa Valley (thanks to Dr. Bryan Henry).

WHH Mission to Nepal 2013



Ultrasound loaned by
Fujifilm SonoSite, Inc.

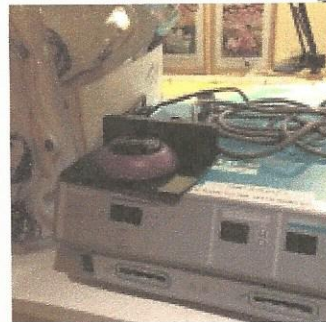


Medical and surgical
supplies donated by
MedShare



LigaSure donated to WHH by
Sutter Novato Community Hospital
thanks to the generosity of
Brian Alexander, CEO

Hard-to-come-by
foot pedal to
operate LigaSure →



Stirrups donated by
Saint Helena,
Napa Valley

WHH Mission to Nepal 2013

Each day begins by greeting the hundreds of Nepali women - some of whom have traveled several days - waiting to be seen by the Worldwide Healing Hands Medical Team



WHH made 960 patient visits - outpatient as well as emergency visits



WHH Mission to Nepal 2013

BACKGROUND and OBJECTIVES OF THIS MISSION:

WHH partnered with Himalayan Healthcare (HHC) to provide maternal and gynecological care for women at the Ilam Dr. Megh Bahadur Parajuli Community Hospital located in the remote area of the Himalayas in eastern Nepal; serving a region of 300,000 people. HHC is a 501(c)(3) organization whose mission is "to create sustainable development programs in the remote areas of Nepal that will improve the quality of life for its people. Himalayan Healthcare achieves its mission by providing primary healthcare, community education, and income generation programs that enable people to be self-supporting in the long-term."

WHH MAIN GOALS:

1. Provide surgical care and gynecologic services;
2. train midwives;
3. mentor local Nepali physicians and staff.

WHH ACCOMPLISHMENTS:

1. WHH made 960 patient visits - outpatient as well as emergency visits;
2. performed 625 ultrasound examinations;
3. successfully performed 25 gynecological surgeries;
4. delivered 4 babies, including 1 emergency operative vaginal delivery;
5. introduced an innovative new surgical instrument, the LigaSure;
6. introduced a cervical cancer clinical practice prevention program;
7. trained midwives: we prepared in advance to train 10 midwives and thus carried equipment for that number. However, 18 midwives from the eastern region of Nepal traveled to Ilam for training (see separate midwife report). Many of these midwives traveled for 4-5 days, some of them either carrying their own young infants with them - or leaving them behind - just for the opportunity to attend the training, so we welcomed all eighteen;
8. equipped the 10 midwives - as promised - with basic supplies to carry on after our departure;
9. improved the skills of the Nepali OR staff; and,
10. mentored 2 Nepali ob/gyn physicians (to perform gynecological surgery), 1 Nepali anesthetist, 1 Nepali intern and 1 intern from the UK.

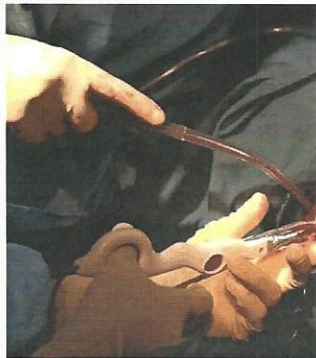
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NEPAL 2013 MISSION MAIN GOALS and ACCOMPLISHMENTS

Provide surgical care and gynecologic services



Introducing
the LigaSure ➡



Train Midwives

👉 how to deliver a
breech birth



👉 how to use gestation wheel



how to deliver
a breech birth ➡

Mentor Nepali Ob/gyn physicians and anesthetist



Deliver babies



WHH Mission to Nepal 2013

MISSION SPECIAL THANKS TO:

All Worldwide Healing Hands team member volunteers;

Himalayan HealthCare staff **Anil** and **Soni Parajuli** for all the time and effort they put into planning every single aspect of the mission from our travel and accommodations to all the delicious food - we thank them mostly for their friendship and kindness;

We thank **Milan Gurung**, hospital director (CEO), who made sure everything ran smoothly. He acted as translator, patient coordinator, patient transporter and even floor mopper;

Liza Chand Thkuri, RN for tirelessly performing every capacity in the operating room; and,

Nathan DeHart - Silent Images, for capturing the essence of this mission in the photography.

- and - an extra special thank you to **Good Works Institute** for a grant to help **WHH** fund the Nepal 2013 midwife training.



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