



Stories from PHASE Nepal Health Projects

Chhring Dokar Lama is a 25 year old women from ward 2 of Chumchet VDC, PHASE supported her during pregnancy. *"The first time I became pregnant I didn't have any checkups and delivered my baby alone. The baby was very small and did not survive; I bled very heavily and was ill for a long time.*

PHASE came to my village to provide health education and I talked to them about losing my child. When I became pregnant again I followed the advice of the PHASE staff and went for a checkup at the outreach clinic. The health workers told me my baby was not developing as usual and provided me with worm medicine and iron tablets, they also advised I eat nutritious food like green vegetables and meat. They asked me to attend the clinic every month for a checkup. I delivered a healthy baby with no problems."



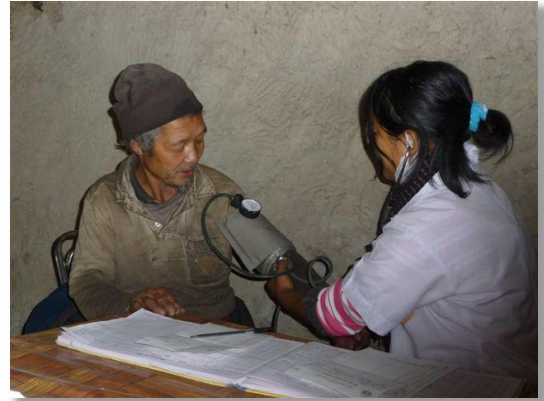
A story told by a PHASE health worker *'Whilst doing our house calls in Samagaun we found a two-year old boy suffering from severe pneumonia. He was in a bad way – lethargic and not eating. His parents, who had no other children, said that he had been like that for about a week. They had taken him to the dhami (traditional healer) but he had not improved. His parents had no education and they didn't trust modern medicine.*

As we were just on our routine house visits, we didn't have any medicine and we wanted to convince families to come to the clinic when they are sick. We talked to the family for a long time asking them to come to the health post the next day.

The next day came and went, and the family didn't come. I was so concerned that I went back to the boys home, his parents still seemed unsure about trusting us. I told them simply that I thought if they didn't bring the boy to us tomorrow he might die. The next day they came, we prescribed medicine and gave his parents counselling about ensuring he takes the full course and how to look after him.

When they came back they were all smiles– the boy had almost completely recovered! Now this family are one of our biggest advocates, they have told others their story, and encourage them to come to the health post.

Samdu Lama is a 42 year old male from ward 4 of Chumchet VDC. PHASE supported him with an ongoing health condition *"I was ill for 2 years. I was weak, constantly felt nauseous and was slowly losing my appetite. PHASE staff came to my house when they were visiting my village, they gave me a checkup and asked me to come to their outreach clinic. At the clinic they gave me some medicine and advised me not to eat acidic, fatty food or chilli. I now take medicine regularly and follow the advice of PHASE staff on food, I feel really healthy, however when myself or my family are unwell I always take them to the clinic"*



Mingmar Chhenjom Lama is a 37 year old women from ward 3 of Chumchet VDC, PHASE supported her with family planning advice. *"My family is very poor and I have four children, I had a fifth child but that baby died. I talked to my husband about family planning but he felt the community would not like it and it was sinful.*

When I became ill, I went to the outreach clinic run by PHASE for a checkup and explained my family planning situation while I was there. Later the PHASE staff came to my house and talked with my husband and I together. They told us about the problems caused by having too many children and different family planning options. My husband and I agreed I should receive a three monthly Depo injection from PHASE staff. Now my family and I are happy and healthy."



Pasang Lama is a 40 year old man from ward 5 of Chumchet VDC, PHASE provided him with emergency treatment. *"I was returning from Chumling one day and became involved in a fight; I was stabbed several times and fell unconscious. When I came around I found that my sister had called the PHASE staff. I had lost a lot of blood but the staff had already stitched my wounds, they came to my house each day for 2 weeks to change my dressings. If the PHASE staff had not been there I would have probably died, I now visit the outreach clinic whenever I feel ill."*

A 40 years old woman from Bihi receives support from PHASE with her seriously ill husband. *“My husband’s illness started with fever, a cough and headache, he quickly got worse experiencing stomach pain, nausea, shortness of breath and his feet swelled. He did not get out of bed for a month and became incontinent. My prayers to Lama and other shamans didn’t improve his condition and I was very worried he would die soon, I felt frustrated that I would not be able to save him.*



Luckily two young girls arrived at my door to ask questions about personal health and hygiene, after talking a while I hesitantly explained about my husband’s illness, they offered to check him with an instrument they had. They did not have any medicine with them and asked me to carry my husband 3 hours to the health post. As I couldn’t carry him I went to the health post alone and collected some medicines.

After 5 days of medicine my husband could walk again and on the sixth day we went to the health post together for further checkups. The same girls gave me some more medicine and said my husband was better but need rest and nutritious food. After 2 weeks my husband was back to full health and working in the field with no problems.

We found out the girls were PHASE health workers. Now I take part in all the health education they provide and tell my neighbors about the facilities. I have Depo for family planning, before I met the PHASE staff I didn’t know this was possible. From the PHASE staff I found out that family planning is possible and disease can be treated at the health post with medicine – Thank you”

All pictures do not represent actual people described in the text