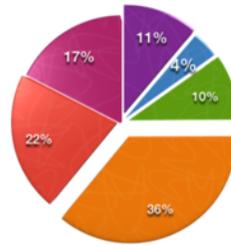




AMERICA NEPAL  
MEDICAL  
FOUNDATION  
Advancing Healthcare in Nepal



Financial Snapshot



CHAIR'S CORNER

HISTORY

# NEWSLETTER



Attendees at 20th Annual conference, Houston

# ANMF HISTORY

- Gaury Adhikari, MD

(Continued from Previous Issue)

## Projects:

### Capacity building

Kathmandu University Medical School (KUMS) and Nick Simon Institute

Arjun Karki, MD was the first director of KUMS. As Dr. Karki started to set up KUMS, he made calls to the Foundation for the necessary assistance in small and bigger measures.

The Foundation first decided to help with the University library for the medical school and shipped many books (this was Pre pen drive and CD ROM days!). This was followed up by discussing the possibility of building a hospital for KUMS under the American Schools and Hospitals Abroad (ASHA) Grant (1). Prof Donald Blair visited Kathmandu University and the KUMS to gather a real feel for the project. Geoffrey Tabin, MD, Board member of ANMF, was an old friend of Nepal through his works with Himalayan Cataract Project and Tilganga Hospital(2). He introduced his brother Prof. Clifford Tabin to the Foundation. Prof Clifford Tabin, MD of Harvard Medical School created a program to send postdoctoral fellows at Harvard Medical School to teach basic science at KUMS for next two years.

This program was so successful that philanthropist Dr. Jim Simon got interested in working in Nepal through ANMF. His representative attended the ANMF meeting in Boston, MA. Originally, Mr. Simon tried to help finance and develop KUMS under Dr. Karki's leadership, but for some technical difficulty at KU, this could not be achieved at the time. However Mr Simon built and developed the child and maternity wing at Patan Hospital and subsequently, he established the Nick Simon Institute to help develop manpower for rural Nepal under the leadership of Dr. Mark Zimmerman, who is also a member of ANMF/Nepal (3).



Dr. Arjun Karki



Bayalpata Hospital



PICU/ NICU at Patan Hospital

## **Targeted Projects:**

### **Uterine Prolapse Project:**

Prof. Murari Subedi of Michigan State University discovered women's health issues, Urogenital prolapse while developing a running water project for his village of Hanshapur in western Nepal. He made a moving presentation about this hidden issue of women's health at an ANMF conference (Toronto 2007). ANMF followed up and subsequently undertook this matter and implemented a pilot project. The first health camp to address uterine prolapse in the community was initiated at the GauriShankar Hospital in Dolakha, under Dr. Ganesh Dangal's leadership. Thanks to ANMF board members, Marvin and Allison Brustin of Chicago, who raised funds to successfully implement this project. After tremendous success of this pilot project, Nepal government made it a priority to prevent and cure this health concern among rural Nepali women population.

### **Nyaya Health (now Possible)- Bayalpata Hospital in Achham:**

ANMF provided seed money at clutch time for this project which has been very successful to provide quality health care in rural Achham. Possible is now starting a new project in Dolakha district. ANMF once again provided the seed money for this venture. Richard Katzman, MD is the coordinator for this project.

**Pediatric Intensive Care Unit and Neonatal Intensive Care Unit (PICU/ NICU):** This project in Patan Hospital was executed by ANMF board member and current President Dr. Sangita Basnet (4). ANMF provided logistical and seed money for this project as well.

The following are some listed projects and their coordinators:

Speech Therapy for Post Surgical Cleft Palate/Lip Repair: Dr. Shankar Rai and Dr. Libby Wilson.

Skin Bank Project: Dr. Shankar Rai and Dr. Libby Wilson.

Snakebite Project in Chitwan: Dr. Dev Pandey.

Anesthesia machine to Hospital and rehabilitation centre for the disabled children, Banepa

Generator to Bhaktapur Cancer Hospital: Dr. Bob Gerzoff.

Smriti Bhawan for Bhaktapur Cancer Hospital: Dr Bibek Pradhan of United Kingdom was main supporter and Dr. Gaury S. Adhikary raised funds within USA for this project.

Electrophysiology (EP) Fellowship for Gangalal Heart Hospital: Prof. Bhagwan Koirala

Dr. Sujeeb Rajbhandari was funded for one year fellowship program at National University Hospital and Heart institute, Singapore. Upon his return, Dr Rajbhandari established a well functioning EP Cardiology department at Gangalal Hospital in Kathmandu.

Eye bank project at Lumbini Eye Institute: Dr. Manoj Sharma and Gaury S Adhikary.

Book keeping: To run a voluntary non profit organization, accounting requires special rigor to keep track of the flow of money. Over the years, ANMF has been lucky to find diligent board members to step in to keep the account current and transparent: Dr. Kristin Steuber, Julia Shepardson, Dr. Rupa Hamal, Dr. Dinesh Mainali have provided their valuable time and skill to do the job over the years(5).

**Recent developments:**

Earthquake disaster preparation paper in collaboration with Nepali American Engineers Association and Computer association of Nepal (USA): Dr. Sunil Sharma was the lead from ANMF to develop this important white paper(6).

Kidney Care Committee: Nepali American Nephrologists have formed this committee within ANMF to provide kidney care for renal patients in Nepal.

Since the inception of ANMF, Drs. Arjun Karki, Gaury S. Adhikary, Sanjaya Khanal, Janak Koirala, Bhargav Dixit, Sunil Sharma, Prakash Thapaliya and have provided leadership to the organization during their tenures as President. Currently, Dr. Sangita Basnet is taking charge to help with the difficult task of coordinating delivery of assistance for earthquake victims in Nepal and carrying out other several projects in tandem with our friends in Nepal. Dr. Brendan Thomson and Dr. Bob Gerzoff have both contributed to the ANMF mission by operating CME programs, hosting the conference in their hometown and coordinating the projects for Nepal.

Similarly, ANMF/Nepal is successively led by Drs. Arjun Karki, Prativa Pandey, Shankar Rai, Saroj Dhital, and Bhagwan Koirala. Currently, Jyoti Bhattarai is carrying out a stellar job of leading the relief works for Earthquake victims in Nepal.

In summary, ANMF as a volunteer, non-profit organization has left footprints in healthcare delivery in Nepal in a small but substantial manner for past two decades. Many of the original board members continue to be engaged with various activities and provide their valuable expertise and advice to fulfil the mission and objectives of the foundation. After 20 years, the Foundation is slowly but definitely transitioning into a brighter future with involvement of young and energetic members committed to improve the health care delivery system in Nepal. This is one of the most important milestones in the growth of the foundation and it gives us a sense of fulfilling satisfaction to witness this transition in such a positive note.

**References:**

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## President's Corner

With the mission of “Enhancing healthcare in Nepal”, America Nepal Medical Foundation (ANMF) has always recognized and supported innovative projects in Nepal. Examples include Uterine Prolapse Project led by Dr Ganesh Dangal, Cleft Palate/Lip Repair Project by Dr Shankar Rai, Nepal's first Skin Bank Project, Possible Health, (formerly Nyaya Health), and Patan Hospital pediatric/neonatal ICU.

With your contributions, ANMF has supported and conducted many important projects and activities in Nepal this past year. I would like to share a few with you.

### **Major Projects:**

Within one year, ANMF completed building twelve health posts in the earthquake-hit district of Sindhupalchok, and transferred to the government of Nepal. The health posts are now providing much needed medical and maternal and child care in these villages hardest hit from the 2015 earthquake. All these buildings followed government specifications and consist of important features including solar water heater and electricity, septic and placenta pit, clean labor and delivery units.

An unusually harsh winter with heavy snowfall caused much suffering and even deaths from hypothermia on those earthquake survivors living in frail tarp shelters. ANMF Nepal team quickly assembled a relief plan and travelled the risky road to Uiya and Kashigaun, two out of the way forgotten villages in Gorkha. The team distributed blankets and other warm materials worth \$50,000 to the cold-stricken earthquake victims.

Disease outbreaks are imminent after natural disasters due to improper sanitation. To prevent such outbreaks, ANMF conducted public health activities including toilet construction and health education. We partnered with undergraduate students from the local public health school in Kathmandu. In collaboration with Dhulikhel Hospital, we set up safe drinking water facilities in several villages.

There are several important projects ANMF will be supporting this year, including building of the Tilganga Community Eye Center in Liwang, Rolpa; building of the oxygen concentrator plant in Maharajgunj Teaching Hospital; supporting ASK Foundation telemedicine project that links rural health providers with experts in Kathmandu and abroad; and supporting Tarkang Community Health Center (to name a few). You can look at all the activities we are doing on the projects map <http://anmf.info/map/ProjectsMap.html>. Thanks to Fred Shepardson for creating the map and keeping the projects information up to date.

### **Medical Training:**

ANMF believes in advancing professional knowledge, enhancing skills, and sharing best practices between the United States and Nepal. In the last year, activities to support transfer of knowledge included a two day Pediatric Fundamental Critical Care Support Course at Patan Hospital in Kathmandu, in collaboration with Nepal Pediatric Society (NEPAS), as a workshop during the NEPAS official congress. Nurse critical care training workshops in Kathmandu, Bhairahawa, and Biratnagar are being held in collaboration with the Nepal Critical Care Foundation. ANMF is supporting promising Nepali physicians to travel to the United States for observerships training in medical specialties that will help to improve the standards of health care. Many ANMF members

have been supporting medical education and training in Nepal by giving talks and visiting various facilities.

### Membership:

Our members are our strength and we have grown our membership exponentially in the last few years. Our life membership has reached over one hundred. We welcome members from all fields, who can provide their unique skills to enhance the goals of ANMF; not just medical. Members have opportunities to work in various subcommittees. For members who wish to work or volunteer in Nepal, ANMF will arrange work and volunteering in facilities that need assistance.

As you can see, there are lots of activities happening with ANMF. Thank you for your continued support in helping our foundation to support various projects in Nepal. We hope to see you in Kansas City in May 2017 for our next annual meeting.

Sangita Basnet, MD

President, America Nepal Medical Foundation

## Financial Summary

### America Nepal Medical Foundation Income & Expense January through October 2016

	Jan - Oct 16
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
Earthquake Relief Income	114,898.00
General Fund Income	24,148.95
<b>Total Income</b>	139,046.95
<b>Expense</b>	
Annual Conference Expense	11,833.31
Bank & Service Charges	1,155.32
Events	6,763.52
Insurance - Liability, D and O	687.00
Operations	3,417.82
Projects in Nepal - Earthquake	211,990.00
<b>Total Expense</b>	235,846.97
<b>Net Ordinary Income</b>	-96,800.02
<b>Net Income</b>	-96,800.02



21st Annual Conference  
Kansas city, Kansas  
May 12-14

## ANMF/SANN DC Fundraiser- September 17, 2016

### - Sunil Sharma, MD

The fall gala fundraiser dinner was the first of its kind in the east coast. The Society of Nepali Nurses in America (SANN) led by its president Manju Sangraula, RN helped in many ways to make it a grand collaborative success. The Reston Sheraton lobby was magically converted into an elegant Nepali venue with displays of thanka paintings, Nepali handicrafts and delicious Nepali appetizers. Later in the evening, “NEPDOCS”, the world's first and only all Physician Nepali band, had their debut by entertaining the guest with classical Nepali songs.

We had a successful turnout with more than 100 attendees who helped to raise more than \$20,000. We gained many new life members with donations of \$1000: Dr Suresh Basnet, Dr. Hari Sharma, Dr. Sapana Mainali, Dr. Guna Subedi, Dr. Rajesh Subedi, and Dr. Sachin Mudvari, Dr Ajay Virmani, and Dr. Janak Koirala.



During the event, ANMF projects that were highlighted for fundraising were the Critical Care Nursing Education Project and the Rolpa Rural Community Eye Center. The onsite bidding campaign for these projects raised \$13,300 in the span of about 20 minutes! This completely funded the Critical Care Nursing Education project with remaining funds going towards the Tilganga Community Eye Center. Critical Care Nursing Education project will provide education and equipment's such as medical mannequins to help train nursing in basic support of critically ill patients. The Rolpa Community Eye Center is a joint collaboration with Tilganga Ophthalmology Institute. This Eye Center will be providing long-term, low-cost, comprehensive eye care services to the poorest and most rural communities in Nepal. It will greatly reduce the impact of the current and future burden of blindness, as well as other visual impairments.

We were honored to have the presence of His Excellency, Nepali Ambassador Dr. Arjun Karki, former US Ambassador Micheal Malinowski, former US Ambassador Scott DeLisi, and our own ANMF Board Member Honorary Counsel General Marvin Brustin and Allison Brustin.

We look forward to similar fundraisers in different US cities in near future.



# ANMF 20th Annual Conference

Hyatt Regency North Houston May 6-8, 2016

A year after the devastating Earthquake in Nepal and ANMF's support on the reconstruction effort, many of us gathered for it's annual conference. With lot of hard work by the organizing team, here we were ready for the conference. The conference was hosted by Drs Manoj and Bandana Nepal. Pre-conference board meeting was organized from 630-730 pm followed by a cocktail dinner.

Historically, pre conference dinner has been a wonderful avenue to meet and greet all the like minded people who love Nepal. A total of 65 people attended the conference.

The conference kicked off on May 7 with morning session moderated by Dr Gaury Adhikary. Dr Prakash Thapaliya spoke about his experience of his tenure of 3 years as the president and thanked all who had helped him. He recollected starting fund raiser few hours after the earthquake and how it took off in the subsequent days to weeks. He outlined the major work done by ANMF over the last year after the earthquake.



Key note speech was given by Dr Donald Blair: on “America Nepal Medical Foundation-how it all began?”. It was very interesting to hear about how the organization came to being about 20 years ago. He was felicitated with life time achievement award and Dr Santosh Sapkota presented him with an ANMF mug as token of appreciation.

The next speaker, Dr Mark Zimmerman, gave a presentation on “Nick Simmons Institute: Improving rural health care in Nepal”. He talked about how NSI, has partnered with ministry of health, government of Nepal in providing training/education to develop skilled health care workers including MDGP, anesthesia assistant, skill birth attendant etc at over 11 district hospitals in Nepal. He encouraged ANMF to take up such activities.

Dr Manoj Kumar Poudel, then presented a very important but frequently undermined issue of health care in Nepal-“ Disability in Nepal, its status after the earthquake and future needs”. He pointed out the enormous need for physical rehabilitation of the people who have sustained injury during the earthquake and elucidated the need for residency programs on physical medicine and rehabilitation to produce physicians in this field. BPKIHS has started residency program from 2016. He pointed out the dire need of physical and occupational therapists in the country.

Dr Sophia Banu, a child and Adolescent Psychiatrist, practicing at Baylor college of Medicine, Houston, shared her experience of her visit to Nepal few weeks after the earthquake. She helped number of earthquake survivors by providing psychotherapy. She also was involved with educating and training psychiatry residents/staffs of CWIN and school teachers in Kathmandu.



Dr Bhupendra Basnet, Secretary ANMF Nepal, represented Nepal board and updated the work done by ANMF Nepal which encompassed immediate acute relief efforts to several public health projects and construction of Health Posts. Video clips from ANMF Nepal executives were shared at the presentation. He stressed on streamlining the communication process between the boards.

At lunch break, documentary involving NSI's work at Kalikot district hospital was aired by Dr Mark Zimmerman. Afternoon session, moderated by Drs Prakash Thapaliya and Gaury Adhikary, began with an open discussion on improving working relationship between the US and Nepal boards. Several speakers thanked ANMF Nepal for their outstanding work. As members stressed on streamlining the communication process between the two bodies, suggestions were made to form combined projects committee and ANMF Nepal was asked to consider increasing their member base. Members also suggested to work with other nonprofits in Nepal on projects that were within mission of ANMF.

The next segment, moderated by Dr Pankaj Timsina started with Dr Nitesh Upadhaya presenting ANMF secretary's report. This was followed by treasurer's report from Dr Dinesh Mainali and Julia Shepardson. ANMF raised over 1.5 million USD which has been used on several different projects. Then, the floor was opened for discussion on CME at future conferences. After a vibrant discussion, it was agreed to let the CME committee work in advance to study its feasibility and choose a topic that would be relevant to ANMF.

After the coffee break, election of the new board members was held. There were 22 nominations out of which 2 withdrew and 20 were inducted as the new board of directors, after amending the previous board meeting decision which had decided to induct only fifteen members. Staggered tenure system has been adopted with 7 board members having one year, the other 7 board members having two years and remaining with 3 years. Election commission will be set if needed to conduct a timely induction of board members in the future with provision for voting. The new board had a closed door meeting and general members were excused. The new board elected the new executive office bearers. After the meeting ended, members attended dinner at a local restaurant.

On May 8, business meeting of the newly elected executives and board members was held. Other general members attended the meeting as well. Overall future plans were discussed in this meeting and the conference concluded at noon.

