



**Gear up for 2020**  
**May 1-3, 2020**  
**Cleveland, Ohio**

**24th Annual  
Conference**

## A big thank you!

We want to thank you for all the support provided to us. We have been committed to the betterment and have been striving for the best. Any contribution now and then has not been taken lightly but perhaps it has always been the constant source of energy to excite positive responses.



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I also visited the Oxygen Plant we helped built at the TUTH. After learning the impact of the project, I wanted to do similar projects in the rest of the country faster. I went to Aampipal Hospital to scope out the potential site for the ANMF second oxygen plant. The hospital is providing quality care in such a remote part of the country and I have no doubt the money will be well spent if we decide to move forward with our project. I met with ANMF Nepal's team members multiple times in both formal and informal settings. We went to Health Ministry together and met with the Health Minister, State Health Minister, Health Secretary, and other officials from the ministry. During the meeting at the Ministry of Health, the Health Minister has agreed to collaborate with ANMF to build Oxygen Plant at one of the big hospitals in Province One. He also reassured Government will prioritize funds to build oxygen plants in other remaining provinces.

## Advocacy still has a role - My recent experience from Nepal trip

I was recently in Nepal for a family visit. I decided to try "advocacy" this time and see how far I can go towards advancing healthcare in Nepal. I interacted with some officials at the highest level of government, healthcare leaders, and doctors. My main focus was related to the ANMF Oxygen Plants Project, Medical Education and Electronic Health Record Systems. Here are some of the activities I participated, meeting I attended and advocacy I attempted.

The day after I landed in Nepal, I visited Kathmandu University Dhulikhel Hospital and met Dr. Rajendra Koju, the Dean of Kathmandu University School of Medical Sciences and Dr. Biraj Karmacharya, a dynamic young physician who has been leading key initiatives for the institution. We discussed the possibility of creating adjunct faculty positions for the professionals who would like to help in the medical field a few days a year while they are in Nepal. Some of the likely areas would be CME, Clinical Care, mentoring young doctors, and Research.

When I was in my hometown Pokhara, I got an opportunity to meet with the Director of Western Regional Hospital in Pokhara, Dr. Arjun Acharya, and Pokhara Academy of Health Sciences (PAHS) VC, Dr. Buddhi Bahadur Thapa, and other government and hospital officials. There was a unanimous agreement for a need to build oxygen plant on site at the Western Regional Hospital. They have allocated 70 lakhs rupees already for the project and I am in constant touch with the officials to push this beyond planning. As the PAHS has recently received approval for several postgraduate seats, they are welcoming ALL knowledge sharing opportunities from the ANMF members.



I also met with the Chief Minister of Gandaki Province, Mr Prithvi Subba Gurung. I shared him my observation of the outpatient clinics at the Western Regional Hospital and how it has been the same for decades. He has reassured to prioritize and has already allocated 2 crores rupees for the expansion of the infrastructure in the outpatient department. He in fact has given me the personal cell phone dedicated to the Chief Minister so any roadblocks to implement any project could be minimized.



I provided 2 continuous medical education (CME) lectures to the medical students, residents and the attending physicians in Pokhara. I also gave an additional presentation at Bir Hospital on Electronic Health Record Systems and how they could allocate resources within to implement EMR and eventually EHR.

I also attended the dental health camp at Tarkang Community Health Center. My siblings and I decided to do this camp to celebrate 69th birthday of our dad. Around 100 patients were seen by the dentists and almost 25 dental extractions were done onsite. We also provided free toothbrush, toothpaste, and dental floss to all patients.

I also invited some of the project leaders who received ANMF grant for their projects. I met with Dr. Dinesh Koirala, who has been leading the Menstrual Cup project and Dr. Bijay Tamang from HDSN overseeing the health post construction in Makawanpur. I also met with Drs Mahabir Pun, Bharat Pradhan, and Saroj Dhital from PHECT leading our Nangi Rural Health Post Construction Project.

I also had a meeting at the Prime Minister office with two of his advisors, Dr. Kundan Aryal and Asgar Ali. I shared some of the work ANMF has done in the last 23 years. They agreed on the need for the implementation of an Electronic Health Record system across Nepal to minimize waste, cost and improve quality of care.

The Tribhuvan University Teaching Hospital (TUTH) at Maharajgunj would like to expand the Tele-consult services. Dr. Narayan Dharel, ANMF Board Member and Chair of ERC, is working closely with Dr. Ramesh Singh Bhandari from TUTH. I have contacted the vendor who provided similar service at Bir Hospital to extend the service to TUTH. As per the recent update from the vendor, they already met with Dr. Bhandari and have a plan in place to set up the Teleconsult/Telemedicine unit there.

I gave a few radio and TV interviews where I highlighted areas ANMF has been working, planning to work and where Nepal healthcare system should prioritize its focus. I realize the importance of advocacy more during this visit. If we could set aside a few hours to share knowledge and or explore opportunities during our visit to Nepal, we could achieve a lot.

**Santosh Sapkota MBBS, MHA**  
President ANMF



## Updates on Upcoming 24th Annual Conference in Cleveland, OH



-Bhupesh Khadka

The Cleveland, Ohio team is working diligently to organize the 24th ANMF Conference that is going to be held on May 1-3, 2020 at

Cleveland Marriott East, 26300 Harvard Rd, Warrensville Heights, OH 44122. "Networking to advance health care in Nepal" is the theme of the conference.

The program will start on Friday morning with an athletic event (details yet to be determined). Registration for most conference attendees will start from Friday afternoon. The evening will be marked by dinner and entertainment for attendees

Saturday's main event of the conference will kick off around 8:30 am with welcome speech. It will be followed by several presentations highlighting the work done by ANMF since its inception.

Immediately after these presentations, a panel which will include invited guests from Nepal, will discuss about health care in Nepal and role that diaspora can play in advancing health care in Nepal.

After lunch, the annual general meeting of Members will convene and elect new Board Members and executive committee. ANMF encourages everyone registered for the conference to attend this session.

Later on, Saturday evening, a Fundraiser Gala dinner will be hosted. This will be a formal seated dinner with invited guests and will include brief entertainment program and video broadcast of flagship project of ANMF for the year.

The Fundraiser dinner will close to a pulsating dance party then after.



Of note, babysitting services for children will be arranged for all day on Saturday.

Sunday morning meeting will be convened by the new executive committee where all attendees are invited to participate. This meeting will layout the plans for future direction of ANMF and will revamp different committees.

We welcome everyone who is interested in the health care of Nepal. We are going to have well known and established guests at the conference. Please stay tuned for the details on conference and the invited guests.



## America Nepal Medical Foundation (ANMF): a personal reflection.

It was sometime in early 1996 that I got a call from Dr Arjun Karki late in the evening. When he broached the idea of a foundation like ANMF I was thinking mostly of some sounding board on the Internet where interested people could bounce off the ideas to supplement health care issues of Nepal. Little did I know at the time that there was a small group of Nepali physicians in training at Syracuse who were thinking more in a formal organization like ANMF. Among those early participants on formation of ANMF, one of them was Dr Sunil Sharma. An ANMF early participant, later he held the presidency for 6 years at a difficult juncture of the organization and moreover he did the arduous job of going over projects from Nepal for their merits as a project chair for many years on end. He is one of the early founders that remains on the board today and has been the glue that held ANMF together. As there was nothing of such initiative at the time I supported his idea. Arjun had reached out to numerous people who were Nepali and friends of Nepal both in the US and Canada. Most importantly, he had gained support and confidence of Prof. Donald Blair. With

Dr. Donald Blair's generous help, de facto ANMF office was housed in his department at Syracuse.

Same year over the Memorial Day weekend, Arjun formally pitched the outline of ANMF at an annual meeting of Association of Nepalese in Midwestern America (ANMA) in Columbus, Ohio, and later same year at the annual meeting of Associations of Nepalese in Americas(ANA).

Both associations endorsed his idea favorably and it was during ANA convention at Brandies University, Boston, that interested people got to see each other in person.

Subsequently ANMF was registered in the state of New York, and first annual conference of ANMF was held at Columbia University, New York on 1997. Dr. Tara Niraula, PhD, was the organizer of this meeting and we had a fruitful discussion about future plans for the Foundation.

Couple years passed and ANMF was still busy networking and laying the foundation for communications among various specialists in North America. Foundation projects and actual works to help Nepal started once Arjun returned to Nepal and led the Kathmandu University Medical School.

Around this period, Dr. Shankar Rai returned to Nepal after finishing his fellowship training in plastics and burn at Cleveland. Dr Bhagwan Koirala returned after finishing his training at Boston and Toronto to lead Shahid Gangalal Hospital. Dr. Prativa Pandey returned after practicing medicine in Boston and subsequently led CIWEK clinic in Kathmandu.

All of these physicians were invited to ANMF annual conference as speakers and were impressed by ANMF's mission and people associated with it. Upon their return, with their help, an independent ANMF/Nepal organization was established. This was essential for administrative work and financial transactions.



Dr. Prativa Pandey coordinated CME program sponsored by ANMF at SIMON annual (society of internal medicine of Nepal) conferences. These annual CME programs were highly valuable exchanges of ideas among the professionals. Dr. Donald Blair, Roshan Shrestha, Janak Koirala were early speakers on these endeavors. Later Dr Janak Koirala led the CME committee to organize the program better. Currently it is led by Dr Sushil Pandey of Phoenix, Arizona.

ANMF as a small, all volunteer organization, has played a catalytic role in assisting with health care advancement in critical time. Some examples are worth reiterating here:

CME: continuing medical education (CME) as a formal teaching /learning education material of quality was introduced by ANMF to Nepali Medical fraternity. Currently CME as a learning modality for medical specialists is an established norm in Nepal.

Uterine Prolapse Project: based on the results of this successful pilot project run by ANMF at Gauri Shankar hospital in Dolakha under the guidance of Dr. Ganesh Dangal, Government of Nepal later adopted it as priority female public health issues as a policy. At present, it is work in progress and most important aspect of the project is that this hidden issue of women's' health is no longer a taboo subject among rural population of Nepal.

<https://reliefweb.int/report/nepal/rethinking-nepal-s-uterine-prolapse-treatment>

Basic science faculty at KUMS(Kathmandu University Medical School): Basic science teacher/faculty were nonexistent when first batch of students were admitted at KUMS. Arjun Karki was

the program director at the time so he requested for help. Through personal contacts of ANMF board members, Prof Cliff Tabin of Harvard agreed to send post doc students under his guidance to teach at KUMS in rotational basis. These teachers help establish evidence-based teaching/ learning methods at KUMS. Currently evidence based teaching methodology is adopted by many other medical schools in Nepal.

Nick Simon Institute: Mr. Jim Simon, father of Nick, made a short visit to Kathmandu and met up with Kathmandu University leadership of the time with an express wish to help develop KUMS in a sustainable manner. However, his plan fell apart at the time but he resumed his plan to gift Nepali with a sustainable program by establishing Nick Simon Institute and building a maternity and children unit at Patan Hospital. Nick Simon Institute is producing mid-level health care providers for rural Nepal for the past 15 years. ANMF was the connecting link for Jim Simon to Nepal at the time. <http://www.nsi.edu.np/en/category/newsletter>

Nyaya Health Project: ANMF provided some seed money in early years of Nyaya health at Bayalpata, Ascham, which was crucial at the time according to Dr. Richard Katzman. Over the years, Nyaya Health has been so successful in its mission that the organization changed the name to Possible health. Delivering health care in rural Nepal is no small feat but Possible made it happen and they got so encouraged that they are now expanding the model in Dolakha, with Charikot hospital as their base. ANMF remains a valuable sponsor for Possible health mission.

<https://possiblehealth.org/who-we-are/impact-reports-financials/>

It is important to note here that all of these projects are run in Nepal in full collaboration with Government of Nepal so the long-term sustainability of the programs remains assured.

I am not implying here that these program in Nepal would not operate had ANMF not assisted in the beginning, but I wanted to highlight the important linkage that ANMF could mobilize in critical times for these programs to be successfully launched.

Mega earthquake in Nepal of April 2015 changed everything about ANMF. An overwhelming support from Nepali and friends of Nepal to care for Nepali in need was unprecedented.

ANMF met the challenge by mobilizing all its resources and manpower, all volunteer, and delivered emergency material in real time in Nepal. This was followed up by planning and building many new health posts in affected areas. Drs. Sangita Koirala, Santosh Sapkota, Bijaya Acharya from USA and Drs. Prativa Pandey, Bhagwan Koirala and Jyoti Bhattarai from Nepal did phenomenal work with their teams in mobilizing resources and delivering the goods where it was needed. Remarkably, Julia Shepardson and Dr. Dinesh Mainali kept the tab on trail of money flow accounted at this seemingly hectic time!



Currently, under the leadership of Dr. Santosh Sapkota, ANMF is spearheading in establishing oxygen plant in most of regional hospital in Nepal. Similarly, his concept of mobile hospital on wheels to help trauma victims of road accidents is a novel one and needs support.

Going forward, ANMF as an organization is playing a vital role to catalyze the advancement of health care delivery in Nepal. It is more aligned with policies of government of Nepal. This is possible by developing valuable linkage between Nepali health care leaders and North American experts.

As ANMF grows in numbers and expertise in various specialities in North America, it is possible to imagine a future where American organization like American Medical Association, (AMA) National Institute of Health (NIH) would be linked to corresponding organization in Nepal to conduct various research projects relevant to Nepal through ANMF initiatives.

In conclusion, what started as a group of interested physicians trying to help Nepal has grown to be a formal organization with substantial potential to make a positive difference for Nepali health care scenario. What was once an abstract idea has now become a tangible, real time affair with a credible track record of years of hard work put up by many volunteers over the years. This is a phenomenal development and I am very fortunate to be part of that journey.

**Gaury S Adhikary, MD**

Ann Arbor, Michigan.

ANMF's Best Year Yet

A Brief Update from the Finance  
Department

As the newly-elected Treasurer of ANMF, I am honored to provide our members a financial update for 2019, a year that has shaped up to be the foundation's best year yet. ANMF has enjoyed a very successful 2019 as a result of your generous contributions and is proud to have supportive members like you.

During the first ten months of this year, ANMF added 89 Life members and 11 Annual members, a tremendous increase from the 54 Life members and 7 Annual members recruited in 2018.

ANMF raised a total of \$197,783.44 in funds as of October 31st, a 55% increase from last year's \$127,548.64 raised over the same period.

ANMF also approved 11 projects in 2019 of which four have been fully funded and closed. A total of 13 projects are open from 2018 and 2019 requiring funds totaling \$297,081.00.

Financial report as of October 31, 2019:

Total Income \$197,783.44

Total expenses \$119,925.87

Net Income \$77,857.57

Fund Balance as of Oct 31, 2019:

Total funds available \$361,827.45

Less: Funds on hold for the approved projects \$297,081.00

Remaining for future projects \$67,746.45

**Kalpana Shrestha, Treasurer**





## Who is who in ANMF

### Executive Committee

**Santosh Sapkota** – President  
**Bhupesh Khadka** - Vice President  
**Binod Khadka** - Secretary  
**Kalpana Shrestha** - Treasurer  
**Ganesh Chaudhary**- Project Committee Chair

### Project Committee

1. Ganesh Chaudhary Co-Chair
2. Bishnu Sapkota Co-Chair
3. Richard Katzman
4. Sandesh Pandit
5. Suresh Basnet
6. Julia Shepardson
7. Bhupendra Basnet - ANMF Nepal
8. Dixi Dhital
9. Kristin Stueber
9. Sunil Sharma - Advisor

### Education Research and Development Committee [ERDC]

1. Narayan Dharel- Chair
2. Bishnu Sapkota-
3. Anil Ghimire
4. Ananta Subedi
5. Prakash Neupane
6. Chandra Chataut
7. Janak Koirala- Chair Nepal
8. Anu Shrestha
9. Subhash Acharya- ANMF Nepal
10. Maniraj Neupane
11. Tara Adhikari

### Website Committee

1. Shreebatsa Dhital (Chair)
2. Fred Shepardson
3. Bijay Acharya
4. Binod Khadka

### Membership Committee

Anil Suwal - Chair	Dinesh Subedi Co Chair
Dipak KC	Sanjay Sharma
Basant Pathak	Bishow Paudel
Rishi Basnyat	Mahendra Poudel
Ananta Subedi	Surendra Kandel
Manish Guragain	Prashant Koirala
Binod Dhungana	

## National and International Collaboration Committee / Subspecialty groups

- 1 Raju Bishwakarma Chair
- 2 Binod Dhungana Co-Chair
- 3 Rajesh Subedi
- 4 Swikriti Upadhyay
- 5 Vikas Pathak
- 6 Elina Shakya
- 7 Libby Wilson
- 8 Navin Kaini
- 9 Paranawa Koirala
- 10 Sunil Sharma Advisor

## Finance Committee

1. Kalpana Shrestha - Treasurer Chair
2. Julia Shepardson
3. Dinesh Mainali
4. Elina Shakya
5. Sandeep Dhungel- Paypal Coordinator

## Publication/ Outreach Committee

Blogs/Newsletters/Web Presence/ social  
media

1. Sajan Koirala - Chair
2. Bijay Acharya
3. Gaury Adhikary - Historian
5. Kristin Stueber
6. Dinesh Subedi
7. Sangeeta Koirala
- 8 Hari Devkota
9. Elina Shakya

## Board Members

### US

1. ANIL SUWAL
2. BHUPESH KHADKA
3. BINOD DHUNGANA
4. BINOD KHADKA
5. BISHNU SAPKOTA
6. CHANDRA PRAKASH CHATAUT
7. DICK KATZMAN
8. DINESH MAINALI
9. DINESH SUBEDI
10. GANESH CHAUDHARY
11. JULIA SHEPARDSON
12. KALPANA SHRESTHA
13. LIBBY WILSON
14. MARVIN BRUSTIN
15. NARAYAN DHAREL
16. PRAKASH THAPALIYA
17. SANTOSH SAPKOTA
18. SUBODH MALLIK
19. SUNIL SHARMA

### NEPAL

#### EXECUTIVE MEMBERS:

1. ARUN KUNWAR
2. BAISHALI BHATTACHARYA
3. BHUPENDRA BASNET
4. BIJOY RAJBANSHI
5. DEEPENDRA SHRESTHA
6. HARI DHAKAL
7. MAHESH SIGDEL
8. PRADEEP VAIDYA
9. RAM GHIMIRE

#### LIFE MEMBERS:

1. ARJUN KARKI
2. BHAGWAN KOIRALA
3. JYOTI KUNWAR
4. RABINDRA TIMILA
5. SHANKAR RAI
6. SUBHASH ACHARYA





## Secretary's corner

Recently, I was in Nepal on October 2019 for a month. I volunteered to visit worksites and the splendid team in Nepal. I visited the Nepal Office, Koshi Zonal hospital, Biratnagar; where ANMF is

supporting the oxygen plant. Next stop was District Hospital in Jomsom, Mustang for oxygen plant feasibility and need assessment.

ANMF Nepal Team carries a marvelous history of excellence; the dedicated, distinguished professionals have taken a time out of their valuable busy schedule to collaborate, volunteer and make affirmative alterations in the society. It was amazing connecting with ANMF Nepal team Dr. Bhupendra Kumar Basnet, Dr Bhagwan Koirala and ANMF Nepal Office Staff Bikrant Narsingh Rana. It was motivating and inspiring meeting the team. Very thankful and happy with all the great team and teamworks. Bravo!! for all the volunteerism, fabulous work for a positive philanthropic cause.

My next destination was Koshi Zonal Hospital. It is the second largest Government Hospital in Nepal after Bir Hospital in Kathmandu. It was astounding meeting with the Hospital team there. Apparently, they have 500-bed hospital with oxygen supply to about 30 beds. The status quo was getting the oxygen from the plant in Rickshaw and van to supply in the hospital. Apparently, the cost for oxygen was about NRS 40/kg and with the plant expected cost was NRS 5-10/Kg and the supply could expand to many needed beds.

With current status they were unable to fully operate the ventilator and meet the desired requirement. The Government on Nepal had identified it as a priority project.

Team ANMF and the volunteers, supporters had done fund raising in 23rd Annual Conference, Washington DC and continues to do so to support oxygen plant and various health projects in Nepal.

ANMF Team supported \$101,000 USD. All the finances for the project will be handled by ANMF Nepal; similarly, to the successful completion of the Tribhuvan University Teaching Hospital (TUTH) oxygen plant project. The representative from Health Minister will assist us in Social Welfare Council (SWC) process. ANMF Nepal will work with the vendor directly who will install the Oxygen Plant Project at the hospital. Upon completion, ANMF will hand over the plant to the hospital officials. Thanks to all the altruism and volunteerism for this mission.

Then the next stop was visit to Mustang District Hospital, Jomsom. It was great meeting with Chief Medical Officer at district hospital Dr. Shiva Bhandari. We had a discussion on the need for oxygen plant there. The status quo was getting oxygen tanks in the bus from Pokhara to Jomsom; which is about 155 km of hilly road about 10 hours drive. Apparently, Government has prioritized and sanctioned budget of about 22,000 USD and they are looking for similar matching fund to initiate the projects. Being close to renowned Muktinath Temple, one of the world's highest temples at altitude of 3800 meter, and visit Nepal 2020 in the horizon; many pilgrims and travelers visit the area. Many people go through altitude sickness and oxygen is one of the highly desired necessities. The Local authorities and Government officials have been very supportive and looking forward to finding the matching resource for the project to go live and ANMF looking forward to partnering and helping in the success of the project. Kudos!! and Hats Off, To All the Team and supporters.

**Binod Khadka MD MBA CPE**  
**General Secretary. ANMF**