



Editorial:

Reflecting on the last few years, I vividly remember the enormous stress, questions, and uncertainty COVID-19 brought to the healthcare community during the spring of 2020 and beyond. We, healthcare providers, had more questions than answers regarding the infection's prevention, natural course, treatment, and management along with capacity to stress the healthcare infrastructure and its direct burden on the healthcare systems worldwide. Nevertheless, we were in it together, trying tirelessly to build a fraternity of providers through various platforms to ensure we provide the best care for our patients, families, and the community. The need for healthcare provision in Nepal was even direr, with limited resources and a need for more healthcare manpower. America Nepal Medical Foundation was pivotal in connecting and collaborating with teams of healthcare providers across the globe. ANMF provided infrastructure,



equipment, and, more importantly, knowledge transfer from and experiences of clinical care between Nepal and the US. Fast forward three years, and we are on the other end, more potent as a team, with a better sense of community and a stronger desire to work together to uplift Nepal's healthcare.

Over the years, our challenges have been different, yet our commitment to our motherland with the responsibility in advancing healthcare in Nepal continues to grow stronger. Preparation for the upcoming AGM Meeting on June 7-9 is well underway as ANMF continues to bring together the healthcare community that is interested in advancing healthcare in Nepal. ANMF plans to release a periodic newsletter to update and inform you of all of the healthcare endeavors through our platform while reflecting on our past. As we welcome 2024, we ANMF board members wish you and your family prosperity and good health for the year ahead.

Navin Kaini MD FCCP MBA

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Message from the President:

Dear Everyone. Namaste.

Greetings to esteemed members of the America Nepal Medical Foundation, Donors, Supporters and Well-wishers. As the President of ANMF, we would like to extend our warmest wishes for a delightful holiday season on behalf of the entire organization. Thank you for all your help and support.

At ANMF, all your unwavering commitment to our cause has enabled us to positively impact numerous communities around Nepal in the last 27 Years with over 300 projects throughout Nepal. Our website has the details. Please visit. <https://www.anmf.org/projects>

We must also remember the words of Helen Keller, who famously said "Alone, we can do so little; together, we can do so much more." Together, we are making a positive difference. With this in mind, I ask you to join me in a shared commitment to organizational excellence. Let us leverage our collective strengths to take our ANMF organization to the next level. It is all of our Organization:- A Fabulous Platform for All to Advance Health Care in Nepal. Because of your generosity and kindness, we can positively impact countless individuals' lives.

We are grateful for the unwavering commitment and dedication that you have shown in providing healthcare services and support to those in need. Let us reflect on the successes and challenges we have faced. Let us embrace the spirit of gratitude and look forward to the opportunities ahead. We are confident that with your unwavering support, we will continue to accomplish great things in the future. We are excited to share the upcoming 28th Annual General Meeting (AGM) of the America Nepal Medical Foundation, to be held from June 7 to June 9, 2024, in the vibrant city of Chicago.

We look forward to your active participation in the America Nepal Medical Foundation's 28th AGM, as we work together towards a brighter, healthier future. Come with your Family; invite friends; connect; network. Inspire your kids and future generations to pass on the baton of volunteering and philanthropy. Please support us with sponsorships and charitable giving for this great cause. With the recent earthquake in Nepal, fundraising and support initiatives are ongoing.

Please join and support. Details on the website are below- <https://www.anmf.org/>

Thank You.

Binod Khadka MD, FACP, MBA, CPE. President, ANMF. Email: binodkhadka@anmf.org





ANMF Vice-President's Corner-ANMF in action -2023 NorthWestern Nepal Earthquake



A 6.4 Magnitude earthquake hit Jajarkot, Rukum West, and surrounding areas of Nepal on 11/3/2023. More than 150 lives were lost and more than 350 injured, 40,000 plus houses were fully or partially damaged. More than 140,000 people were affected. While the Nepal Government coordinated the rescue works, ANMF USA, in coordination with ANMF Nepal, joined the relief works early on and actively coordinated with local partners in providing relief works in earthquake-affected areas.

ANMF USA initiated the fundraising via our Facebook page and our website. As of early December 2023, almost \$29,000.00 has been raised via various platforms. ANMF Nepal did the ground assessment with the help of the Karnali Academy of Health Science (KAHS), the Center for Mental Health and Counseling (CMS), and other partners. We had a Zoom round table discussion with the ANMF Nepal team, HAPSA, HFN, KAHS, ASK foundation, and others to assess the need in the affected areas so that we could plan better for relief and rebuilding works.



So far, we have distributed 1000 sanitation Kits, 500 postpartum packages (mother and infants), and 100 blankets. There were challenges encountered in distributing these items initially. Among those challenges were the government's one-door policy,

lack of proper coordination and protocol, poor accessibility in remote places, as well as lack of a centralized database.

The sanitation packets were of two types: one type consisted of toothbrushes, toothpaste, bathing and washing soaps, chlorine drops, nail cutters, and towels, and the second type consisted of sanitary napkins. Postpartum kits included Jeevan Jal, soap, peanut, pad, water guard, chana, soybean, and sarbottam pitho. ANMF Nepal worked with the public health department and the Center for Mental Health and Counseling to distribute these items in the affected areas. Various needs have been identified for temporary and long-term relief works.

About 60,000 temporary shelters will be needed to provide temporary housing. Winter has started, and cold-related illnesses will increase in those areas. Lack of proper sanitation related to infectious disease epidemics is another concern. Psychosocial counseling of the affected ones, training of existing or new health workforce to provide the current and future needs in the affected areas, structural and safety assessment of existing health facilities, and rebuilding are a few of those identified needs.



ANMF USA is in regular communication and collaboration with ANMF Nepal and other organizations to identify areas where we can have the highest impact, and we will work in those areas going forward. ANMF USA would like to thank ANMF Nepal, KAHS, CMS, HFN, HAPSA, ASK foundation, Nepal Government, and everyone working on the ground and remotely for this relief and rebuilding efforts. ANMF would like to thank our donors who allowed us to carry on these relief works.

You can donate via these links.

<https://www.anmf.org/>

<https://www.facebook.com/donate/1257294514936727/>

I wish you all Happy Holidays and Happy New Year 2024. - Bishnu Sapkota Vice President, ANMF

Highlights from the ANMF 27th ANMF Annual General Meeting



America Nepal Medical Foundation (ANMF) 27th ANMF Annual General Meeting (AGM) was held on May 05-07, 2023, at Embassy Suites by Hilton Charlotte Concord Golf Resort and Spa, 5400 John Q. Hammons Drive NW, Concord, NC 28027. This AGM showcased a diverse range of activities and discussions.



with various healthcare initiatives showcased for support during the meeting. A notable addition to this year's AGM was the introduction of the "Wall of Hearts" initiative. Participants could contribute at different levels, including Gold (5K), Platinum (10K), Diamond (20K), Double Diamond (40K), and Kohinoor (100K) donations, showcasing a collective commitment to supporting ANMF's initiatives.

ANMF honored several distinguished individuals including Dr Sunil Sharma, Dr Libby Wilson, Kristen Stube, Julia Shepardson, Richard Katzman and Marvin Brustin with presidential award for the unwavering support and contribution to ANMF with their time, effort and money over the years.

The ANMF expressed heartfelt thanks to all attendees, members, donors, well-wishers, and partner organizations in the United States and abroad. The generosity displayed during the AGM reflects a shared commitment to advancing healthcare in Nepal.

In conclusion, the 27th ANMF Annual General Meeting was a resounding success, marking a milestone in the organization's journey. The collaborative spirit, informative sessions, and innovative initiatives have set the stage for continued progress and positive impact on healthcare in Nepal.

Narayan Neupane, MD FCCP

ANMF Secretary

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Attendees started the event on a healthy note with a Walk/Run event covering 3k and 5k distances. This physical activity was a symbol of unity and a demonstration of the importance of an active lifestyle for the participants. For those with a penchant for golf, the Rocky River Golf Course provided the perfect setting for a competitive and enjoyable tournament. The cultural and entertainment segment featured a delightful mix of singing, dancing, and a DJ performance. Attendees revealed the diverse expressions of art and culture, creating an atmosphere of joy and celebration.

The attendees unanimously approved the election of nominees for the board of directors, expanding the board to 30 members. This decision reflects the commitment to diverse and experienced leadership to steer the ANMF towards its objectives.

During the meeting, ANMF was recognized for its continuous endeavors to uplift Nepal's healthcare. ANMF started a continued medical education (CME) session for the attendees for the first time in ANMF's history in collaboration with the Binayatara Foundation, addressing critical healthcare issues in Nepal. Simultaneous mentorship sessions provided valuable insights and guidance to the attendees, emphasizing the importance of mentorship in professional growth.

The Gala Dinner served as a fundraising platform, and we raised a record-breaking amount in this AGM





Board Member Highlight: Libby Wilson



I am a practicing Reconstructive Plastic surgeon. My practice focuses on correcting congenital deformities such as cleft lip and palate. In 1984, I made my first trip to Nepal to hike with a group of Americans to Lo Boche in the Solu Khumbu area. During return trips in 1985 and

1986, I met Nepali physicians in Kathmandu who encouraged me to volunteer my services to treat the children of Nepal.

From 1987 to 2001, I made multiple trips to train Nepali surgeons and assist them with the Cleft Palate Programs now at TUTH and Kirtipur Hospitals. These programs continue to provide coordinated cleft care to the children of Nepal. With our various training sessions and educational courses, we established and grew cleft lip and palate surgery programs in various parts of Nepal. ***

In the Spring of 1997, I received a call from Arjun Karki, then a resident in the Critical Care Program at Brown University in Rhode Island. He encouraged me to attend the upcoming ANA meeting in July at Brandeis University. ANMF came into being during that meeting.

I currently serve as a member of the Collaboration Committee. Previously, I have facilitated projects supported by ANMF, including:

- A Speech Therapy Program created to train children following cleft palate surgery
- Funding for the Skin Bank Program for care of patients post-burn.

Both of these projects were directed by my colleague, Shankar Rai.

During my time on the Board, ANMF has grown dramatically. There have been multiple occasions when the efforts of ANMF have significantly impacted the ability to deliver healthcare in many areas of Nepal. These include but are not limited to, funding: - Construction of health care centers that were then turned over to the government to staff and maintain - Delivery of oxygen plants to hospitals to provide for their patients with pulmonary problems -Creation of the SIM Lab at Bir Hospital

I am proud to have been on the ANMF Board since day one.



Voice from the Membership Committee:

ANMF welcomes anyone interested in joining the organization, with various forms of membership – Life membership, Sustaining membership, Regular membership or Student Membership. You can contact membership committee or go to ANMF website and join us for the noble cause. We look forward to growing our organization with you all.

Saroj Kandel - Chair, Membership Committee

Voice from the Collaboration Committee:

As a board member, I have been able to observe closely how ANMF works. If anyone wants to give back to Nepal, ANMF is there for you. It is a trusted and reliable non-profit organization which has delivered impactful projects and much needed resources year after year trying to bridge the healthcare gaps in Nepal for brighter future.

Uendra Kaphle MD, Membership Committee



Project Highlight: Burn Care and ICU Management in Nepal

Burn injuries are a significant public health problem, which can lead to high morbidity and mortality. These injuries can arise from direct contact with surfaces, fire, hot liquids, chemicals, gasses, electricity, or radiation, which cause tissue damage inside or outside the body. Over 90% of burns are avoidable, and 95% of burn deaths occur in low- and middle-income countries and are preventable. The World Health Organization identifies burn injuries as the fourth most prevalent traumatic injury, accounting for 180,000 deaths annually, and its incidence is high in low- and middle-income countries. The treatment of Burns is not well organized. The number of beds available for admitting patients with burn injuries is minimal. There are few plastic surgeons in and outside the country. The outcome of burn care in Nepal is inferior limited by factors like late arrival of burn patients in the treatment center, poor economic conditions of patients and costly burn treatment and, lack of proper physical infrastructure for taking care of acute burn patients, and lack of trained human resources plays an equal role.



The Cleft and Burn Center of Kantipur Hospital, run by Public Health Concern Trust- Nepal (check-NEPAL), is the de facto center for the acute care of these patients. It is the only center with a dedicated Burn ICU with seven beds and two dedicated operating rooms for burn patients.

Knowing the ground reality of Burn Care in Nepal-America Nepal Medical

Foundation (ANMF) has responded to the proposal sent by Kantipur Burn Center on April 20, 2023. The annual grand meeting 2023 of ANMF unanimously agreed to a donation of USD 100,000 to uplift the ICU infrastructure and care at the Burn Center. ANMF commends the services provided by local experts at Burn Center and congratulates dedications from Dr. Kiran Nakarmi and Dr. Shankar Rai.



Compiled by Jivan Lamichhane MD, past secretary/board member ANMF

Source: Proposal Burn ICU Equipment 2023 23ANMF001, Burn Project 2024 Jivan Lamichhane MD/SUNY Upstate Medical University, Biraj Karmacharya/Kathmandu University.

In Another News : Building relationship and bridging Gaps, Building Strong collaboration:

ANMF has recently signed mutual agreement with Karnali Academy of Health Sciences to collaborate in sharing knowledge, expertise and clinical experience through multiple platforms and bring the healthcare workforce together in uplifting care in remote western part of Nepal. Please stay tuned



Please Join Us At ... Chicago, 28th AGM



Welcome to the 28th Annual General Meeting (AGM) of America Nepal Medical Foundation

We are excited to announce the 28th AGM of the America Nepal Medical Foundation. This important event is an excellent opportunity for our members and stakeholders to come together and reflect on the past year's achievements and discuss future goals.

Date: June 7-9, 2024

Location: Hilton at Rosemont, Chicago, Illinois

Please save the date on your calendar, and we look forward to your active participation. Your presence and insights will contribute to the success and growth of ANMF City of Chicago. As you all know, Chicago is known for its iconic skyline, which features architectural marvels such as the Willis Tower (formerly the Sears Tower) and the John Hancock Center. Millennium Park, Navy Pier, and the Bean (Cloud Gate) are popular attractions. The city has a rich cultural scene with numerous museums, including the Art Institute of Chicago, the Field Museum, and the Museum of Science and Industry. Chicago is also renowned for its theaters, including the historic Chicago Theatre.

It has a vibrant music scene, especially in blues and jazz. The annual Chicago Blues Festival attracts music enthusiasts from around the world. The city is also known for its diverse culinary scene.

Chicago is renowned for its architecture, and the Chicago Architecture Foundation offers tours showcasing the city's impressive buildings.

It is a major transportation hub, with O'Hare International Airport being one of the busiest airports globally. The city has extensive public transportation, including buses and the "L" train system. Chicago experiences a continental climate with four distinct

seasons. June is delightful, with an average temperature in the mid-70s

What to expect in the meeting

AGMs typically include discussions about the organization's achievements, challenges, financial reports, and plans for the future.

Attendees often have the chance to network with other professionals, stakeholders, and organization members.

AGMs may feature presentations or workshops on relevant topics related to the organization's mission and goals, including accredited CME activities

Friday, June 7, is allocated for Wellness activities, including a golf tournament, Soccer tournament, and City tour, followed by an evening of Cultural activities and dinner. Saturday, June 8, will include AGM and CME presentations and a GALA fundraising dinner. There will be daycare for kids (5-12) from 8 am until 10 pm. Registration for the event has already started. Early bird ends on Feb 28, and registration closes at midnight on June 2, 2024.

Since CME is available, you can also get reimbursement for the event.

Please register early and get the benefit of early bird registration.

We hope to see all of you there

Bikash Bhattarai

Chair Of Organizing Committee.

