



Final Medical Report after the earthquake in Nepal

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KHCP Medical Tour 28-May-2015 – 09-June-2015

directed by Dr. Angelika Leist and Dr. Sonam Rinchen
(heads of medical board of KHCP)

Consider 25th April 2015, Saturday as a "Black Day" of my life.

When Nepal hit by a major devastating earthquake on 25th April at magnitudes of 7.8 and followed by another big earthquake on 12th May 2015 at magnitude of 7.3 killing more than 8795 people and injured 22493 people, still missing hundreds of people.

Its epicenter was at Barpak, Gorkha district, and near by the Chinese border Kodari, Sindhupalchok respectively.

Hundreds of thousands of people were made homeless with entire villages flattened, across many districts of the country. Centuries-old buildings were destroyed at UNESCO World Heritage sites in the Kathmandu Valley, including some at the Kathmandu Durbar Square, the Patan Durbar Squar, the Bhaktapur Durbar Square, the Changu Narayan Temple and the Swayambhunath Stupa. Geophysicists and other experts had warned for decades that Nepal was vulnerable to a deadly earthquake, particularly because of its geology, urbanization, and architecture. But still Nepal government lacks preparedness for that not only in rural area but also in cities area.

In the immediate aftermath of the disaster, volunteers rather than the government agencies were the driving force in relief distribution and even in reconstruction and rebuilding immediate and transitional shelter for the victims.

Now most of the foreign rescue and medical teams and volunteers are sent back to their respective countries. But I would like to salute and thank to all the volunteers who sacrifice for our brothers and sisters, families and relatives, for our Nepalese peoples and for our entire nation.

Still we can fell aftershock, search and Rescue operation, assessment and relief distribution has been continue from government, NGOs and private sectors, for this, Helicopters, Nepal Army, Nepal Police, Armed Police Force and Civil servants were mobilized.

Almost about 66.66% districts are affected by the earthquake along with series of aftershock, 50 out of 75 districts are affected in terms of major to minor physical destruction.

Kathmandu, Lalitpur, Bhaktapur, Nuwakot, Dhading, Kavrepalanchok, Sindhupalchok, Gorkha, Rasuwa, Dolakha, Makawanpur, Sindhuli, Ramechhap, Chitwan are the 14 major districts which is heavily affected. In these districts about 4786 school were affected and 1512 water supply were damaged. Lots of volunteers are trying to rebuild temporary school to resume the activities to avoid child trafficking and gender violence.

According to Ministry of Home Affairs, Nepal / UNHCR (may 10 updated)

- Number of People Killed: 8795, M3938 F4851,
- Number of People Injured: 22493
- Total House hold Damaged: 799062,
Fully Damaged: 514710
Partially Damaged: 284352
- Government House Fully Damaged: 2656
- Government House Partially Damaged: 3622
- Private House Fully Damaged: 512054
- Private House Partially Damaged: 280730
- Total No of school affected: 8292,
Number of Affected School Building: 15353,
Fully Damaged Classroom: 19654, Major Damaged Class room: 10960, Minor Damaged Class room: 16617, Water supply damaged at School: 1542
- Number of Major District affected: 14 in which
Total Number of School: 5748
Number of Classroom: 60798, Total Number of Affected School: 4786,
Fully Damaged Classroom: 16370, Major Damaged Classroom: 7626, Minor Damaged Classroom: 11059, Water supply damaged at school: 1512 (source: Department of Education, Sanothimi, Bhaktapur)

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Our volunteers and team doctors from KHCP and Dhulikhel Hospital traveled to all of our Karma Kagyu Monasteries in Nepal to assess the physical condition and immediate helps in terms of relief or and medical aids.

Purpose of visit:

1. To evaluate the situation of the institute regarding physical and structural damage and any casualties from devastating earthquake.
2. Screening program for monks and nuns of the institute.
3. Psycho social counselling to monks and nuns.
4. WASH (water, sanitation, hygiene) in Emergency Program in different monasteries.
5. Deworming for monastic children.

Location of visit: Different Karma Kagyu Monasteries in Kathmandu, Kirtipur, Nala and Pokhara.

1. Jangchub Choling Monastery, Pokhara
2. Karma Dubgyu Choling Monastery, Matepani, Pokhara
3. Dhagpo Sheydrupling Monastic School, Nala, Kavre
4. Kagyu Institute Buddhist Studies, Kirtipur
5. Spark Children Home, Lalitpur, KTM
6. Karma Ngedhon Osal Chokhorling, Hasantar, KTM
7. Sangey Choling Monastery, Swayambhu, KTM
8. Sertshang Orphanage Home, Swayambhu, KTM
9. Sharminub Institute, Raniban, KTM
10. Lhundrup choling Kagyu Monastery, Bhudhanilkantha, KTM
11. Punarbac Plus, Swayambhu, KTM
12. Karma Tharjay Chokhorling Kagyupa Monastery, Baudha, KTM

Total Population covered in different institutes; 742

We had a great hospitality in every monasteries that we visited. We KHCP doctors Dr Angelika and Dhulikhel Hospital team treated almost about 400 monks and nuns. She was wonderful person with full of compassion and really takes care of the patients.

The effects of earthquake significantly reduce access to basic right of access to food, nutrition, education, health services, safe housing, protection, drinking water and sanitation in the affected area. In order to minimize the adverse effect the WASH (water, sanitation and hygiene) in emergency program is significantly important and right to carry out to reduce the consequences.

We provided not only screening program but also the WASH in emergency program in different monasteries focusing and involving the little monks and nuns. We teach them the technique and six steps of hand washing with soap to encourage and promote healthy life, better sanitation and safe and adequate drinking water. The proper disposal and management of organic solid waste so as to reduce major public health risks such as fly and rat breeding and surface water pollution. The kids are so happy to see us, they like to interact with us, share their knowledge with us. Along with this we discuss prevention on fecal-oral route transmission diseases like cholera, diarrhea and other water born disease that can be transmitted during this crises and pull it off from outbreaks in near future.

The main theme of this awareness program is to interact with them to avoid stress, make them calm and feel happy and joy among themselves to resume their daily activities as soon as possible. Psycho social counselling to them is also very important part of ours program.

There overall health condition is not bad but still we did this program successfully to improve the condition of the health and sanitation and hygiene of the monks and nuns.

No of patient treated in different monasteries: 397

S.N.	Department	No. of Cases
1	General Medicine	128
2	Gynecology	6
3	Ortho	36
4	ENT	37
5	Eye	50
6	Dermatology	39
7	Dental	101
	Total	397



Photo: Dr Angelika screening our little monks and paramedic Mr Bhuwan checking glucose level.

Conditions of Monasteries after earthquake:

Even though there are no casualties noted in the monasteries most of the monasteries are cracked and some of them are heavily destroyed by earthquake which needs immediate repair. The two monasteries Dhagpo Sheydrupling Monastic School, Nala, and Karma Tharjay Chokhorling Kagyupa Monastery, Boudha, are affected more than others monastery. The monks from the Boudha they were transferred to Bodhgaya for safety. The monks from the Nala monastery are staying in the same monasteries even though the top storage need completely repair but their living rooms are safe to stay. They are planning to replace that top storage with the bronze to reduce weight on the main monasteries.

Most of the people in Nepal stay in tent for couple of weeks to month. So as the monks also live in tent for few days to weeks. Till after few more days most of the monks are scared, nervous and terrified, they don't know to handle it. Then after a week it was settle down somehow. Now they are resuming their daily activities.

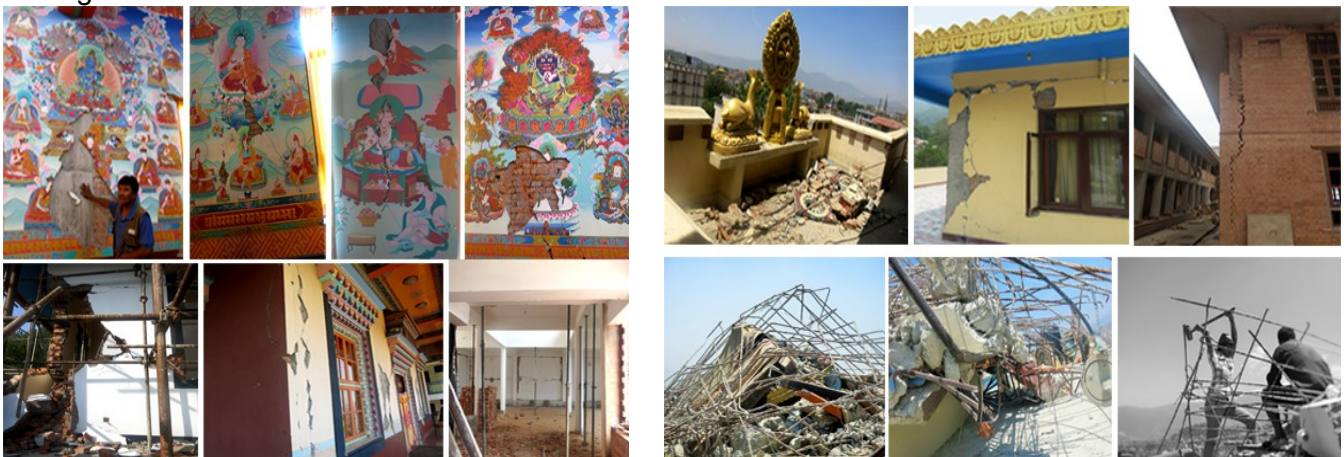
A nuns from Hasantar Nunnery, "We are at Nala monastery on Saturday reciting "White Tara" puja when first earthquake hit Nepal. I saw some monks are jumping like a frog on their seat then suddenly I saw the wall of the building are moving apart from each other and I can see the view outside shaking all the building and trees are dancing just in front of monasteries. I can't believe at first but when I asked some monks behind me then I realized they have also same experience as I do. I was not in dream, it's not illusion, I still can't believe".

As per the Man Bahadur Gurung, president of Manang Committee, Manang gumpa located at Swayambhu, Kathmandu is consider as soul of the Manang district of seven villages. It was built by late Pemba Tsering Gurung, in 2035 B.S. about 37 years ago. It consider as main foundation of Manang village which helps to connect each other, which helps to unite among them. Unfortunately tt was completely destroyed by the 1st earthquake. Not only the building were collapsed all the valuable stuff and statues are destroyed. Even though Manang districts is not so much affected by the earthquake but still all the Manang people are in deep sorrow. All the people of Manang are requesting to the government and international agencies to help them to rebuild it so as to help to reunite Manang people again.



Photo above: Discussion and Interaction on water born disease and its prevention and "Hand Washing with Soap" Protection from Disease that enhanced child survival and development.

(below): Devastating Earthquake destroyed lots of Karma Kagyu Monasteries in Nepal along with some world heritage site.





KHCP with Manang committee president Mr Man Bdr Gurung, Khanda Gurung (president womens society), Eden Gurung (vice president women society).

Next Plan:

- Water sampling and water treatment.
- General free medical camp for leh people at Swayambhu and Boudha.
- PAP smear for cervical screening.
- First Aid training for the monks and nuns of respective monastery.

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Please consider that such an earth quake leaves a workload behind for many years.
So we need a sustainable support, best as a recurring donation.