

Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report

Sharminub Clinic Setup

Monastic life is to preserve the doctrine and teaching of Buddha. Buddhism is to free and enlightened all the sentient beings from the samsara of suffering, hatred, jealousy. Despite the fact that monks and nuns live in their own self-sufficient communities in order to focus all of their attention on their Buddhist studies and activities, we must not forget that they are the equal inhabitant of the community and health as their basic right. Karmapa's Health care project (KHCP) is the result of that beautiful initiation that looks beyond the tip of the iceberg and is still ongoing rapidly since 2005.

KHCP are there to look after them and keep them healthy and fit as mentally, physically and socially. Most of the adult monks are healthy enough and taking good care of their own health and physical fitness. Apart from that the little monks and children are always at risk and vulnerable of getting diseases. So to provide the basic healthcare and awareness to the monks and nuns, to educate about the communicable and non-communicable disease also to the community, to provide knowledge and skill about the first aid services, we KHCP had been established the clinic at Sharminub, Raniban collaborated with Dhulikhel Hospital. We will be visiting here once a month, every third week of the Thursday of Nepali calendar once it is complete. We will be conducting different specialized health camp and awareness program in future.



Sharminub Clinic setup: Members from Department of Community Program, Dhulikhel Hospital are at work.

Karmapa's Birthday

For the first time in Nepal, this year we celebrated His Holiness 17th Gyalwa Karmapa Trinley Thaye Dorje, 34th birthday at Sharminub, Raniban. The ceremony was inaugurated by His Eminence Jamgon Kontrul, Manewa Sherab Gyaltzen Rinpoche, Sang-sang Rinpoche and delegates from Lumbini Buddhist University. Many monks and nuns and devotees are also involved to make this program successful and cherished. Definitely we will be continuing to celebrate his birthday now onwards.

Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report



Cake cutting ceremony photo: His Eminence Jamgon Kontrul (center), Sangsang Rinoche (LT), Sherab Gyaltsen Rinpoche (RT).



Photo: H.H. Karmapa Photo at main shrine (LT) and the participants gather at main hall Sharminub, Raniban (RT).

Monasteries Visit

- ❖ Sharminub Institute, Raniban / Medical Camp
- ❖ Tilopa Buddhist Institute, Kangra, H.P. India
- ❖ Karma Dupgyud Choeling Monastery, Choklamsher, Ladakh, India.

As to meet our objectives this time we visited Sharminub Raniban on 2nd February 2017, with young surgeon, dentist and medical doctor. Mostly we have seen the little monks although we saw total of about 126 monks including the staff members. Most of the little kids are new they had been enrolled since after the devastating

Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report

earthquake. They are from remote area of Nepal where the basic need for the survival and healthcare facilities are always in struggling.

Since it is difficult to complete the full dental treatment in single day we visited two more session on 13th August and 1st December, 2017.



Photo (LT –RT): Mr Willi, Nurse Nirmala, Dr Bikesh Shrestha, Beshraj, Khenpo Rigjin and Dr. Sonam, in front of Sharminub Clinic.



(LT-RT) Dr Sonam, Dr Bikesh and Dr Sumita examining our beloved monks at Sharminub, Raniban cilinic.

In October and November 2017 KHCP team visited to Karma Dupgyud Choeling Monastery Leh, Ladakh and Tilopa Buddhist Institute, Kangra, H.P. India.

We provided free medical services during the great annual Mahakala Puja Led by 2nd Chime Rinpoche which begins in the 8th month of Tibetan lunar calendar from the 22nd to 30th of the month. The puja was held for the 7

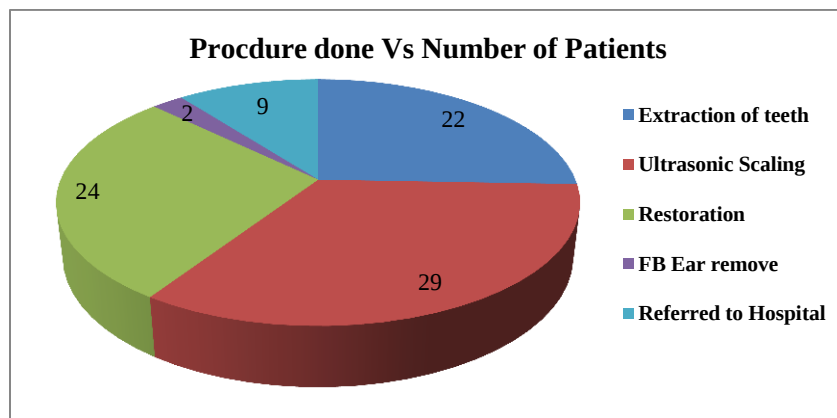
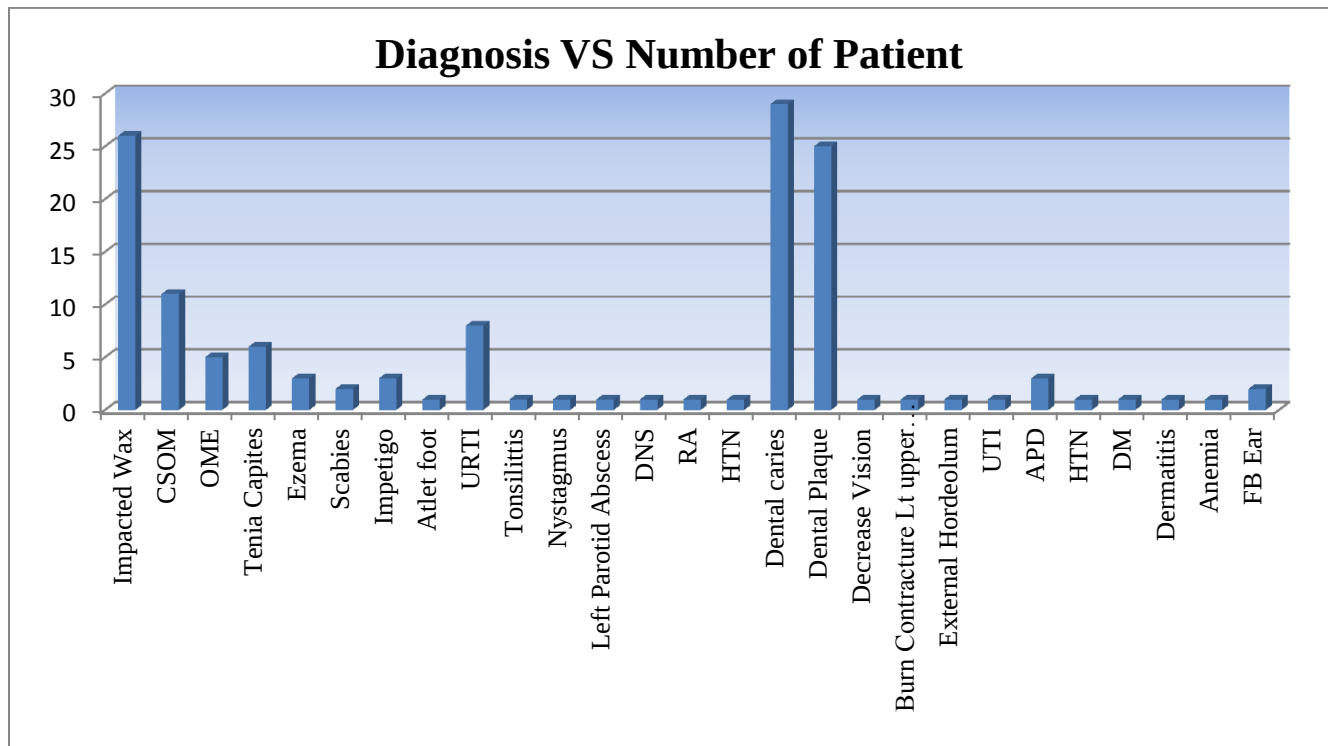
Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report

days and nights. After seven days of Puja, it is followed by Vajra dance on the 28th and 29 of the month and on the 30th the grand Fire Puja as a conclusion puja.

We have seen altogether 224 monks and nuns where we found that 62% are found to have medical problem and 38% are physically and mentally fit.

Dental caries and plaque are the top most problem in the montery and followed by ear infection such as Impacted wax, chronic suppurative otitis media and so on. Ear infection are due to poor hygiene since most of the children are used to swim in the river. Upper respiratory track infection is also common among the monastic children. We also found that dermalogy problem like scabies, tenia, ezema are also seen.

During our visit 22 extraction, 29 scaling and 24 restoration of tooth are done. We have also removed 2 foreign bodies at place and 9 patient needs to be referred to the Dhulikhel hospital for the further investigation and treatment. Among them one patient needs operation of Parotid abscess, which we have done successfully at Dhulikhel hospital.



Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report



KHCP team at Tilopa Buddhist Institute, Kangra, H.P. India



KHCP team at Sharminub Institute, Raniban, Kathmandu

Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report

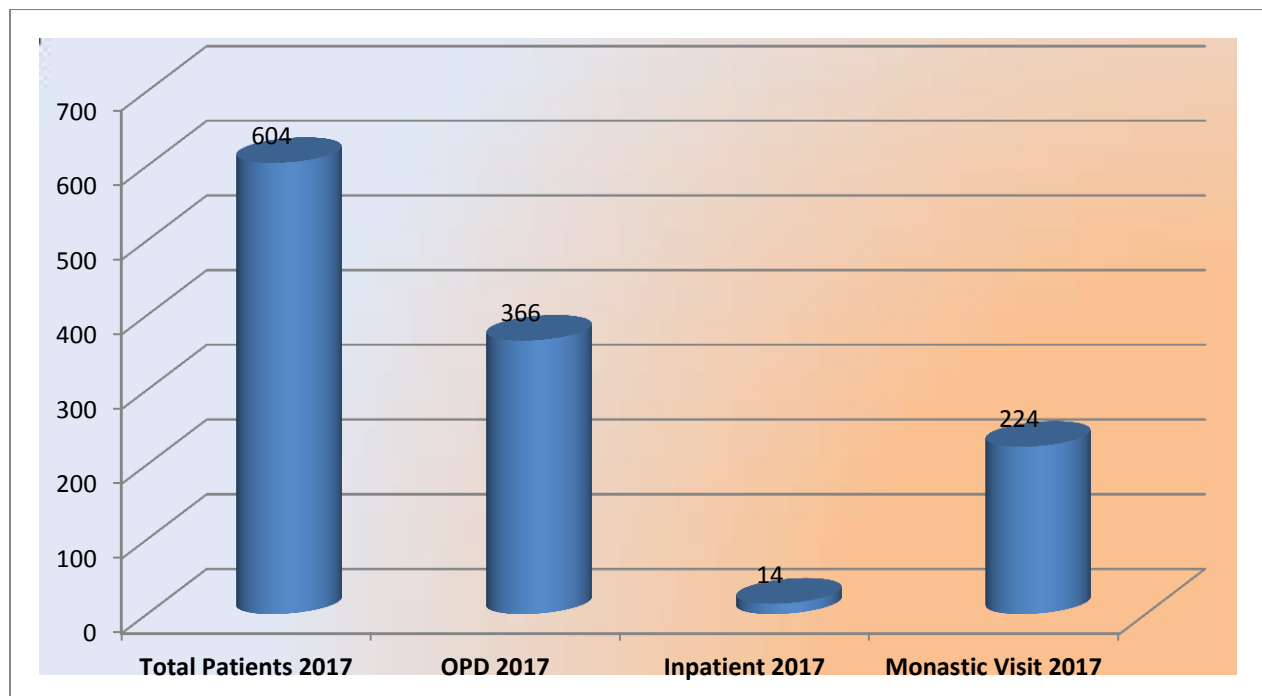
Hospital Services

- ❖ Outpatient service (OPD)
- ❖ Inpatient service (IPD)

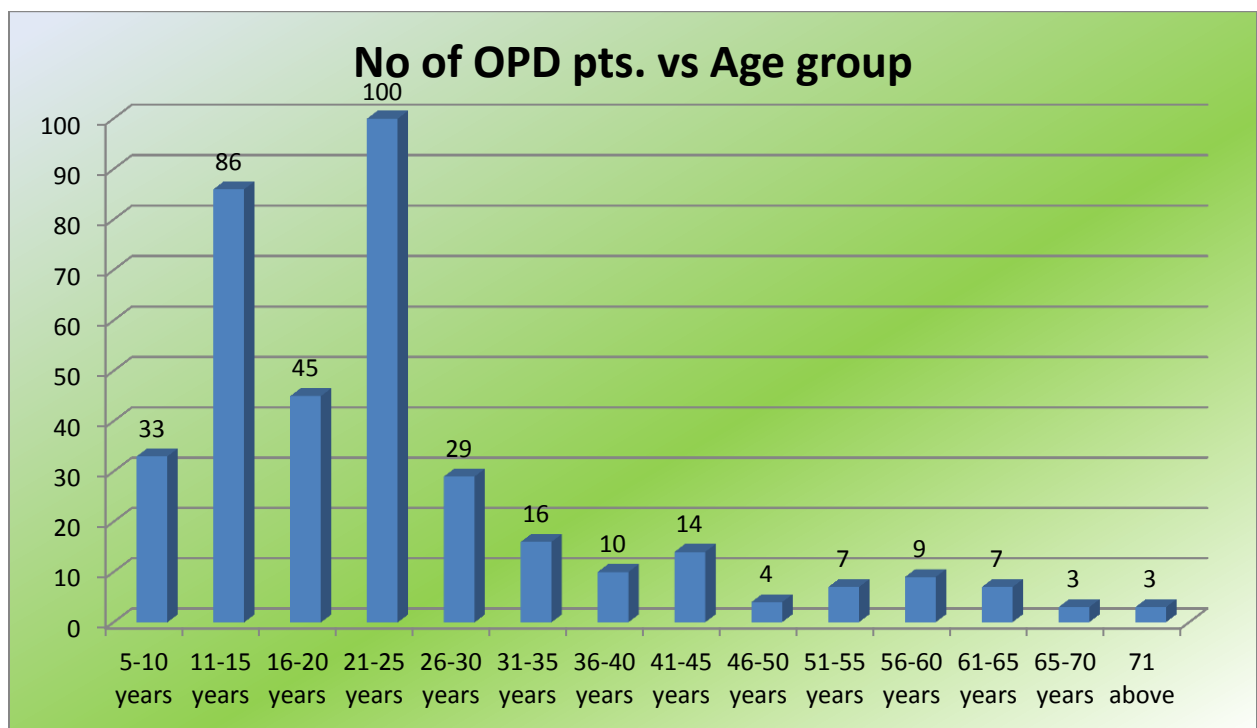
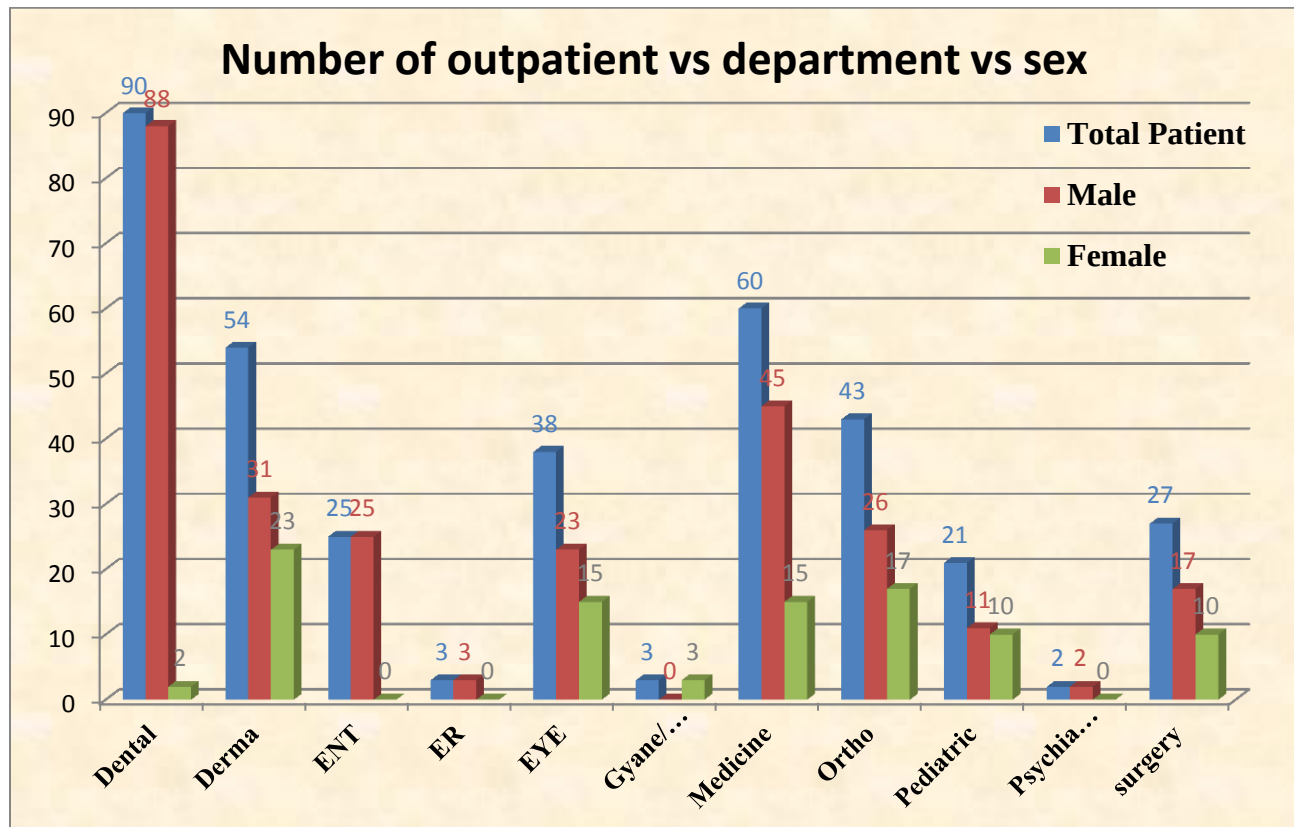
During the year 2017 we have given hospital services to 604 patients, among them 366 patients visited in outpatient department, 14 patients were admitted for the treatment and 224 patients are seen during monastic visit. Among the total patients registered we found that 80% are male and 20% were female population. This might be since we have less number of nunnery monastic schools than monks.

Outpatient Department: As per the data available from outpatient department, 11 departments are involved in providing healthcare services. Among them most of the patient visited to dental department for the treatment it covers about 25% followed by medicine department of 16% and dermatology department 15%. Regarding the age group we have patient from 5 years to 75 years. But the maximum number of age group visited in OPD was from 21 – 25 years.

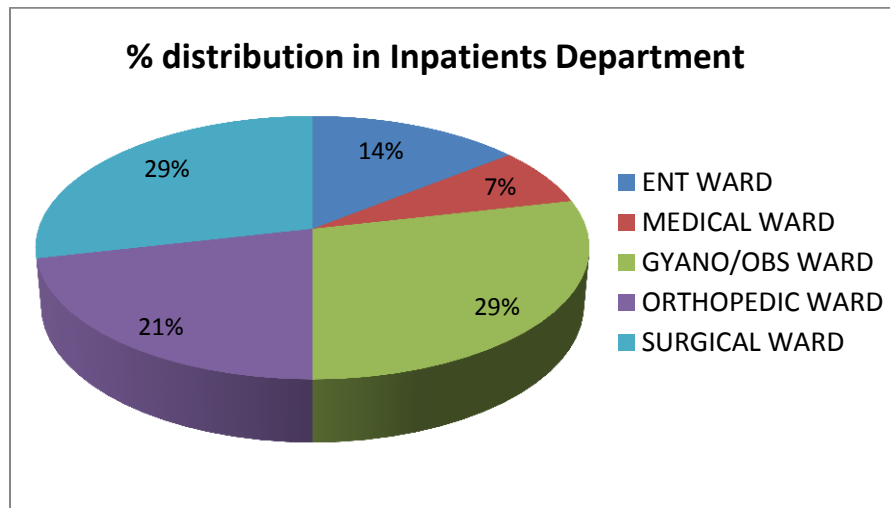
Inpatient Department: 14 patients are admitted in five different departments considering that 57% are male and 43% are female and among them 29% are admitted in surgery and gynecology and obstetrics department.



Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report



Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report



Community Services

- ❖ Awareness Program
- ❖ PAUL Filter Distribution

Awareness Program: Beside medical services we also conducted the health education and awareness program on water, sanitation and hygiene, First Aid on wound care, burn, epistaxis, and life saving procedure on choking, unconsciousness, and trauma prevention. For the nuns, we also highlighted on menstrual hygiene, self-breast examination and cervical cancer and its prevention. Beside that oral health teaching and education is our priority since most of them are in need of it.



(LT) Nurse Prasansa conducting awareness program on WASH also highlighted on menstrual hygiene, self-breast examination and cervical cancer and its prevention for the nuns.



(RT) Dr Sumita and team highlighted on oral health and demonstrated on brushing technique for our monks.

Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report



Dr Sonam, screening our little monks at Sharminub (LT) and smiley face of our nuns at Ladhak (RT).

Safe drinking water: Beside the health and sanitation, water is also a basic and fundamental need for each and every human on this planet. Each person required about 50 liters of safe and clean water for their domestic purpose like personal hygiene, cooking and drinking so that they can leave their life healthy.

Yearly millions of people died of diarrheal disease like cholera due to drinking of contaminated or polluted water. And thousands of people are seriously ill by water borne disease which can be easily preventable. Children are one of the target groups and vulnerable group affected more often than the adults. To prevent from the water borne diseases drinking filtered water is one method. We are able to donate PAUL filter to Sertshang Orphanage Home, Kimdol, Swayambhu and Dhagpo Sheydrup Ling Monastery, Nala, Kavre.

We want to express our gratitude to Department of Community Program, Dhulikhel Hospital and ROTARACT Club Germany for donating lovely PAUL filter with their generosity and making safe drinking water possible.



(LT) Dagpo Dheydrup Link Monastery little monks are happy to receive PAUL filter. PAUL filter hand over by Dr Sonam to Methok Dawa Sherpa, manager of Sertshang Orphanage Home (RT)

Karmapa's Healthcare Project Dhulikhel Hospital, Department of Community Program, 2017 Report

Referred Case

During our visit to Tilopa Buddhist Institute, we found 18 years monk is suffering from bone tumor and we referred him to AIIMS for the treatment. He is getting treatment in Dr B.R. Ambedkar Institute Rotary Cancer Hospital, AIIMS. Now he is in KIBI and already completed the 1st cycle of chemotherapy and plan for successive cycle of chemotherapy and surgery.

I would like to thank His Holiness Karmapa for his guidance and our donor *KHCP* and *Sandro* for their generosity and Team from Tilopa Buddhist Institute and KIBI for taking care of him and providing hospitality. Hope for the quick recovery.



18 years monk after 2nd cycle of Chemotherapy at Dr B.R. Ambedkar Institute Rotary Cancer Hosital AIIMS.

Prepared By:

Dr Sonam Rinchen Lama.

Karmapa's Healthcare Project

Department of Community Program

Dhulikhel Hospital Kathmandu University Hospital