

# RAN News OCTOBER 2014



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RAN supports the salaries of six teachers: four in Solukhumbu, one in Dolakh and another in Bardia, and a midwife. RAN helps volunteers (primarily medics), sending them to where they can help. Volunteers just need to cover their costs (travel, food and accommodation), but are not charged any fees to volunteer. Since February 2014, over 30 volunteers have come. Most went to Tamekoshi hospital, one to Deusa Secondary School and another helped at the local school in Manthali. Most came for a month or longer.

In September 2014, visits were made to the schools at Ranem and Deusa in Solukhumbu, and to the district hospital at Salyan in the far west of Nepal.

## RANEM LOWER SECONDARY SCHOOL, SOLUKHUMBU



Ranem is a poor part of Deusa village, in Solukhumbu. The lower secondary school is a couple of hours walk from Deusa Secondary School. There are 196 students registered in classes from 1 to 8. Nine teachers cover the eight classes. The government has only allocated five government teachers, so two teachers (including the head teacher) are paid for by a local NGO.



The science and English teacher were being supported by an American donor. In 2013 after he stopped paying the salaries (maybe through ill health), the local community with the help of their friends and relatives in Kathmandu continued to pay at a reduced salary until the end of the school year (March 2014), but were unable to afford to continue supporting the salaries after then. RAN agreed to take over paying for the English teacher and advised the school that RAN would also pay for a science teacher to replace the one who left the school at the end of March to work elsewhere.

Hemsari Rai has taught English for about five years and worked for a short time in a school in Kathmandu before returning to her home village. She is from Deusa and her husband is from Ranem, where she has lived for the past three years, working at the school.

Uttam Ghimire was appointed in August 2014 and also comes from Deusa where he lives at his family's home 90 minutes walk away. He studied science at Salleri and has just graduated.



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## DEUSA SECONDARY SCHOOL

The secondary school has classes from nursery up to class 10. Students from Ranem on completing class 8 come to Deusa (if they don't drop out). There are currently around 550 students, with class sizes ranging up to 70 in some of the secondary level classes. It is difficult to find teachers to work in village schools and unless the teacher is a local, typically they do not stay long. Dev Chandra Rai, the first teacher to be supported by RAN taught English for five years, but left in June 2014 due to personal reasons.



*Nara Rai*

Nara Rai, a primary teacher has received nominal support by RAN in the past and has taught at the school for several years. His salary has been paid for by the school, local village community and with some help from the Rai community in Kathmandu. Similarly Hira Rai, the nursery teacher has also received a little support by RAN in the past. In recent years she has been receiving a small government salary (just 3,000NRs a month) and also a little support from the school and local community.

Mani Ram Rai has been teaching English and social studies for the past three years. He had originally expected to stay just one year, but as well as teaching, stayed on another two years to supervise the reconstruction work at the school.

With the supply of electricity (just in the afternoons), and a donation of three computers, Mani has been teaching the students some basics of computing. He is also trying to teach some of the teachers about computing so that they can carry on computer lessons after he leaves in March 2015.



During the past two years, the school has had to rebuild its office building which was collapsing. However



as a walk around the school showed, there is still a lot of work to do. The end of one of the classrooms looks ready to fall apart at any time. It has been estimated that it will cost around £2,000 (about 3,500 USD) to repair it. However, the classroom should be rebuilt (maybe costing around £5,000-6,000 or 8,000-9,000 USD).

## DEUSA HEALTHPOST

The sub-healthpost is being upgraded to be a full healthpost and there are now four government nurses there. Following discussion with Dr Mingma Sherpa, it was agreed Kamala Rai will go to work at Phaplu District Hospital for a year and receive training on the use of ultra-sound equipment as well as gaining useful hospital experience in the hospital's maternity wards. She will then return to Deusa to provide support to pregnant mothers there, as well as continuing her useful work teaching about health and hygiene at the schools.

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*Dogie Veitch – at Deusa Secondary School*

In September, Dougie Veitch, a UK nurse went to Deusa on his second visit to help at the healthpost. With Kamala, they went to some of the local schools to give first aid training to teachers and hygiene instruction to the children.

He is now recovering satisfactorily in Kathmandu. In the meantime, he has put together some useful first aid kits for Kamala to distribute to the schools.

As he wryly said, "At least it gave Kamala and the staff at the healthpost some useful practice in dealing with this kind of injury!"

Many thanks to all the friends in Deusa and particularly in Kathmandu who helped look after Dougie. Volunteering in Nepal is not without its dangers.

However, an unfortunate fall on his way to Ranem Lower Secondary School meant he cracked his collar-bone. He then caused quite a stir when a helicopter landed at the school in Deusa to airlift him to Kathmandu.



*Not quite the mode of transport he expected to use to get back to Kathmandu!*



*First aid kits for schools*

## SALYAN DISTRICT HOSPITAL, SALYAN DISTRICT, WESTERN NEPAL



*Dr Shree Ram (left) supervising destruction of out of date medicines.*

Dr Shree Ram Tiwari started working as District Health Officer (DHO) in Salyan in August 2014. RAN has worked with him for a few years, first at Baijhang District Hospital, then at Soo Jung Hospital in Doti and now looks forward to working with him in Salyan.

The hospital at Salyan is a very typical rural district hospital. It has 15 beds (up to 27 in emergencies). There are two Nick Simon doctors working alongside two government doctors and Dr Shree Ram, who as well as performing his duties as DHO, also helps with treating patients and ward rounds as required.

Salyan district in the Far West of Nepal, is about three or four hours from Nepalganj and a 16 hour bus ride from Kathmandu. It is a very beautiful, unspoiled, forested hilly area, with its attractive old town of Salyan (1,500m) as the district headquarters, perched on the top of the hill about 20-30 minute walk up from the hospital.

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*Salyan District Hospital Emergency Services.*

As is usual in a rural district hospital like this, outpatients come to the hospital to see a doctor between 10am and 2pm. Around 40-50 patients typically come each day, Sunday to Friday. There are many babies delivered at the hospital, but so far the operating theatre is not yet running. This is one of Dr Shree Ram's priorities.

It is expected to start sending volunteers to this hospital as well as to Tamekoshi Hospital.

## **TAMEKOSHI COOPERATIVE HOSPITAL, RAMECHAPP**

Since February 2014, 14 health camps have been conducted around the district. Camps covered general, gynecology, dental and eye, seeing 4,374 patients over the period. RAN volunteers participated in all of the camps, working with doctors from German Rotary, staff from Tamakoshi Cooperative Hospital, the District Community Eye Center, Manthali, Tilganga Eye Hospital, Kathmandu and staff from health posts.

Dr Florian Schmitzberger, who has come for the third time to Nepal as a volunteer, this time came with his wife and a couple of American colleagues for a week following Dashain. They ran and funded a health camp for the hospital.



*Volunteers from Austria and America, in Kathmandu, ready to go to Tamekoshi.*

## **NURSES' TRAINING**

Money was provided to assist with the costs of nurses' training proposed by Dr Suman Karmachayra. He hopes to be able to provide them with employment at Tamekoshi Hospital once they have qualified. RAN hopes to do more in supporting the training of nurses to work in rural areas, especially midwives.

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A big thank you to everyone who has helped RAN in its work, whether as volunteers, donors or providing much appreciated moral support.

In particular, thanks to World Link Partners ([www.worldlinkpartners.org](http://www.worldlinkpartners.org)) who have provided money to pay a teacher and support a nursing student, and to HexN (UK) ([www.hexn.org](http://www.hexn.org)) for their support that is used to pay for health camps run by Tamekoshi Hospital.