

Nepal Projects January - February 2022

Coronavirus lockdowns and cold weather provided fewer opportunities for social work in January of the current year. The Omicron variant spread quickly. These conditions inspired the idea of providing level one health checks to elderly people in their own home. Basic equipment and basic medications were purchased. For a while, Paracetamol was unavailable in Kathmandu but SRC was able to acquire a supply and distribute to those in need.

Several visits to elderly people at home to assess health conditions and provide basic support. Some basic supplies like bed-side commode, urinal, clothing, supplements, and hearing aid.



This homeless man received a snack, a pack of paracetamol, pocket change, and some kind words.



As contagion and weather improved the focus opened up to larger groups. Activity was divided between health screening for elderly people and dental camps for children. Two days were devoted to health checkups for about 100 people. Two days were devoted to dental hygiene for about 200 children.



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3 March 2022

Aparna visited Rosana and her two children. The youngest is 1 month old. Rosana seems very happy and expressed her gratitude to WMT for the support received over the years.



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23-February 2022 – Sallebas school

On this day, dental hygiene, nutrition instruction and toothbrushes and toothpaste was provided to children and teachers and administration.



26-February – Sallebas health screening for elderly

Here we assembled a small team to provide health counseling. Patients were tested for blood pressure, blood glucose, and blood oxygen level (spo2). Advice is given for those with elevated blood sugar. If the sugar is borderline or moderate, they were advised to eat less rice and potatoes or sugar or sweets. Those with very high sugar were advised to find expert medical help. Those with elevated blood pressure were advised depending on the seriousness of it. Non-prescription medications were provided to treat any minor ailments. A local pharmacist from Nagarkot was very adept at taking BPs, taking notes, and counseling.



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27-February – Shree Tauthali Basic School, Nagarkot

A dental camp provided dental care instruction, tooth brush, and toothpaste to children and teachers. The schools are always receptive to these types of interactive demonstrations. Oftentimes we simply show up with the needed supplies and we are welcomed in to give a presentation and hand out supplies.



28-February – Elderly health screening, Nagarkot

Elderly members of the Gadgade, Nagarkot community attended free health screening. Patients were tested for blood pressure, blood glucose, and blood oxygen level (spo2). Dietary counseling for those Patients with borderline or elevated blood sugar or abnormal BP were counseled.



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Plans for March and second quarter 2022

Oral Health & dental

Oral health, dental, and nutrition programs will be carried out in schools, monasteries, children's homes and orphanages, and Human Welfare Society of Bhaktapur.

Elderly health screening & support

Neglect for elderly has always been prevalent in Nepal's multi generation households. Since the coronavirus era, elderly and sick people suffer the most. Seniors are often ignored, isolated from entertainment media, can't get to the pharmacy, barred from visiting neighbor's temple, or other social events. Many are depressed, sad, or disappointed. Many are suffering from diabetes, elevated blood pressure, high uric acid, and arthritis. SRC feels that health screening, at home or in groups, will be an important contribution to the communities of Kavre, Changu, Kathmandu, and Bhaktapur. SRC will continue to provide health screening and provide medications and basic supplies as needed.

Women's health program

Women's health camps are in the planning stage to be conducted in Kavre, Sindhupalchok, Lamjung, and Myagdi. The women's health camps provide education about reproductive health and risk of prolapse. Basic treatment and counseling will be provided as needed. It has been noted in recent years women who are using contraceptives, oral pills, Depo-Provera and Norplant are experiencing high blood pressure. SRC will monitor blood pressure in the women using contraceptives.

Continued support for earthquake survivors

There are various ways that earthquake survivors are supported by individual follow-up visits and various programs for health and dental. These programs will be offered to schools, monasteries, social welfare institutions, and orphanages.