

ANNUAL REPORT OF TSARKA HEALTH PROJECT

DOLPO TOMORROW

DATE: 13th NOV 2022

INTRODUCTION:

Tsarka health project is a small project initiated by a nonprofit volunteer organization called Dolpo Tomorrow supported and funded by Bambus Schule (a Germany organisation). It was initiated from 2021 with an aim to improve and promote health of people in Tsarka village and neighboring community through awareness program and direct health services. This year the project started providing services from May 2nd till November 1st.

AIMS:

- Impart general health services to the people in the village.
- Provide emergency and first aid services.
- Conduct school health program.
- Improve health condition of women in the village.
- Promote and encourage personal hygiene practices and change individual approach towards preventive health care
- Extend health services to the neighboring villages through health campaigns.

ACTIVITIES DONE:

Following activities were completed during six months of service in Tsarka village in 2022.

- 1) Out-patient services
- 2) Student health check up
- 3) De-worming program
- 4) Supplementation of Iron and Folic acid
- 5) Health education program
- 6) Awareness program
- 7) Outreach program

1)Out-patient services:

The clinic opens for 8 hours (9am to 5pm). Our services include:

- General health check up
- Administration of medication (through oral, SC, IM, IV or rectal route)
- Emergency care and services
- Dental examination and tooth extraction
- Administration of IV fluids
- Health advices
- Home visit and visit to pasture areas(dhong)



Major outbreak symptoms include;

- From the end of July till August, majority of the people showed symptoms like cold, cough, stomachache, and diarrhea. It was monsoon season and the village had heavy rainfall for several continuous days, which resulted in water sources unsafe for consumption.
- From the end of September till October, the cases with symptoms of flu along with whole body ache and joint pain increased. The winter started with its first snowfall on October 6 and the temperature had dropped down to -7°C .

Critical cases;

- May 8 – Mrs. Nyima Sangmo (48 years, female) lost consciousness while she was staying in the pasture area of the village due to bradycardia and hypotension. She regained consciousness within 8 hours after treatment.
- July 14- Master Rinchen Chompel(6 years, male) fell down from the wall on to a pointed stone and had a deep cut on his forehead for which suturing (2 stitches) was required. The wound was completely healed within 25 days after periodic aseptic dressing.



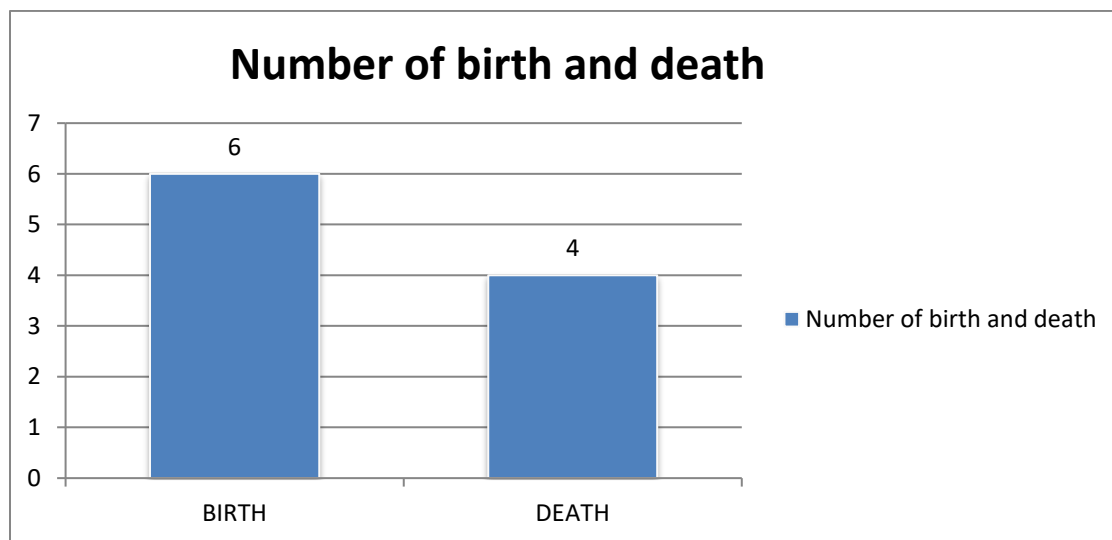
- August 12-Mr. Samdup (40 years, male) met with an accident while riding motorcycle on a bridge at night and almost lost his right hand's little finger (70% broken). Proper healing was seen after periodic dressing and immobilization of the injured finger.

- October 9 -Due to heavy snowfall in the passes, 3 porters travelling with tourists suffered from frost bite (both eyes were affected). They recovered within a day with proper rest and analgesics (pain killer).
- October 18- Mr. Tsering (20 years, male) also suffered from frostbite. His both foot were affected (2nd degree frostbite).

Number of Death cases with reason;

- May- 1 (an unmarried female of 25 years old committed suicide after 2 previous unsuccessful attempts. She was mentally unstable for several years.)
- July-1 on June 5 (a male baby of 14 days due to undernourishment, oral thrush, swallowing difficulty)
- August- 1 on August 24 (a male baby of 15 days due to pneumonia.)
- October- 1 (a female of 55 years due to chest infection and breathing difficulty)
1 miscarriage on October 3 as the mother fell down from a ladder a week ago

BAR DIAGRAM SHOWING NUMBER OF BIRTH AND DEATH WITHIN 6 MONTHS



2) Student health checkup:

Individual health checkup was conducted for all the students every month to find out any abnormalities or diseases condition and to monitor their physical growth and development. Health record was maintained accordingly. However, health services were provided to the students anytime as per their need. Common health problems among the students include;

- Flu symptoms
- Headache
- Stomachache, diarrhea
- Toothache

- Minor accidents (small cuts and wounds, epistaxis)



3) De-worming program:

It was done for the school going children under the age of 20 years in the month of May and November by administering T. Albendazole 400mg.

4) Supplementation of Iron and Folic acid:

Oral supplementation of Iron and folic acid was started from May 9 for the female students of age 12 to 18 years. Supplementation of T. Iron and Folic acid (60mg+0.4mg) was done once every week in a month for 4 months.

5) Health education program-

Health education program was conducted for the students on following topics;

- Importance of wearing masks –was conducted for the junior students (nursery, 1, 3, 4, 6) by the senior students (grade 7 and 8) under the guidance of health staff (myself) on June 22 and 23. All the students were provided with a pair of reusable masks.



- Menstrual hygiene- was conducted on June 25 for grade 4, 6, 7 and 8. Disposable pads and underwear were distributed to all the female students and each female students of grade 3 and 4 were provided with underwear.
- Importance of brushing and brushing technique- was conducted on June 27. Toothbrush and toothpaste were distributed to every student by Dr. Roshan, Mr. PJ and their team. SDF application was done for all the students in the evening of that day.



- Hand hygiene- demonstration class was held for all the students using glow germ powder on June 28 with assistance of Mrs. Chime Lhamo. Soap distribution was done for all the students where as a nail cutter was provided to each class in order to promote and encourage personal hygiene practices.
- Distribution of handkerchief to the students to promote personal hygiene.



- Family planning method- conducted for the students of grade 7 and 8 and few teachers on September 26.



6) Awareness program:

With an aim to spread awareness among the villagers, awareness program on following topics were conducted based on the schedule of villagers:

- Brushing technique- was conducted by Dr. Roshan(dentist, Okhaldunga mission hospital) for the staffs (teachers, nurses, cook) on June 26 so that they can share the information to others (their own family members, students, neighbors, etc).
- Family planning method and prenatal care- was conducted for the female villagers in the evening on October 11 in Tsarka village. The program was attended by 31 women.



- Menstrual hygiene, family planning method, sex education- was conducted for the female villagers in Yardley (Ba-rhong) on June 17. It was attended by 37 women. They were provided with 2 pairs of pads and underwear.



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7) Outreach program:

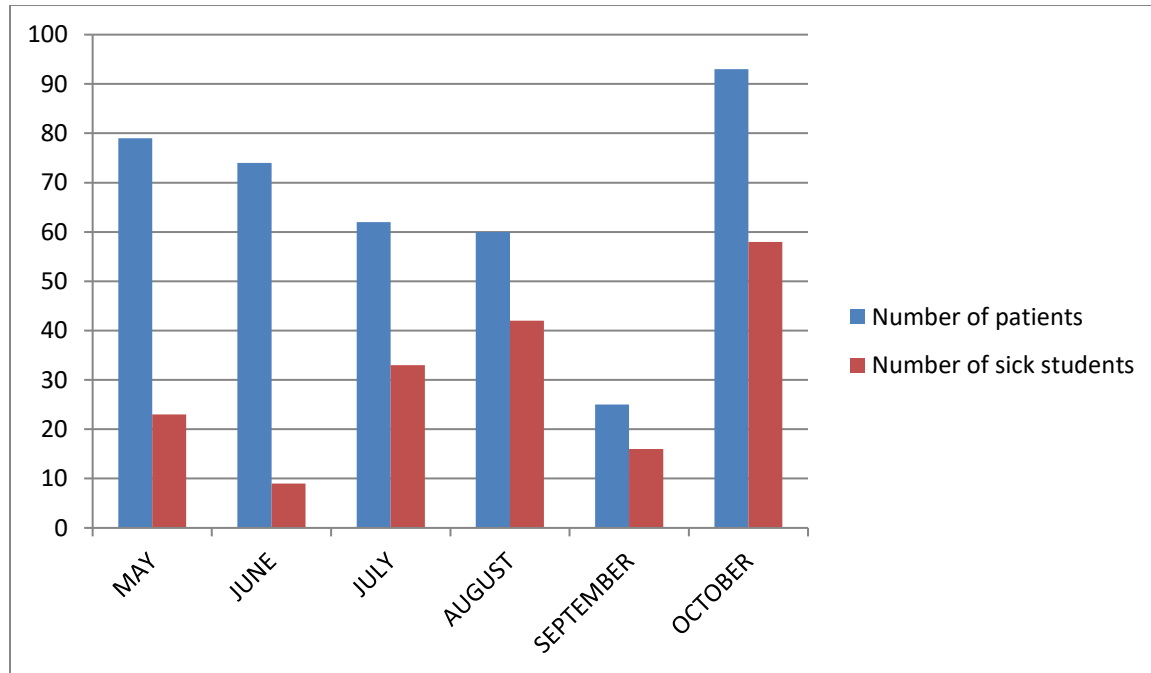
A free health campaign was conducted twice in Ba-rhong VDC (covering 4 small villages- Thimyer, Punkag, Yardley and Dukot). The first campaign was conducted on June 17 and 18 in

Yardley village and provided services to 114 people. The second one was conducted in two villages- Punkag and Yardley on October 15 and 16 providing services to 53 people. The common cases were;

- Gastritis 6
- Cold and cough
- Joint pain
- Generalized weakness
- Eye ache, irritation
- Toothache
- Stomachache, diarrhea
- Anemia
- Hypotension



STATISTICAL DATA ON TOTAL NUMBER OF PATIENTS TREATED:



CHALLENGES:

- Negative stereotypes against modern health care practices among villagers such as IV fluid administered to a patient with fever may kill him or her, taking analgesics in pain may hamper body etc.
- Patients not taking medications properly (many do not complete the medication dosage or fail to follow medical instruction)
- Failed to organize awareness program as per planned due to busy schedule of the villagers. The only free time they had was at the beginning of October (1st week) after harvesting the crops.
- Disobedience from students (in taking medicines, wearing proper clothing as per weather, unhealthy food habits) as well as negligence from parents in taking care of their children. Parents are too busy in their chores that they can hardly spare time for their children.
- Difficulty in performing complete physical examination due to lack of space in the clinic and patient bed.
- Lack of proper lighting in the clinic hinders performing certain procedures such as tooth extraction, suturing.
- Extreme cold weather, cold bedroom is also a challenge while working in Tsarka.

OVERALL IMPRESSION:

On many occasions activities and programs couldn't be conducted as planned due to lack of proper co-ordination and co-operation from villagers. Despite of all the hurdles and challenges,

it's been my honor to work as a health in charge of Tsarka health project and provide health services to the needy people in Tsarka village and neighboring communities.

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