

Dear friends,

The Hospital and Rehabilitation Centre for Disabled Children (HRDC) is celebrating its twentieth year of service to the needy physically disabled children of Nepal through its hospital based services and its community programs in more than thirty-five districts of the country. Every year brings new challenges and also the rewards of many little children who have been able to look ahead with new hope for a better chance in life.

On the one hand, our services have become very specialized at the centre with almost every type of musculo-skeletal problem addressed through dedicated team effort. On the other hand our community links are getting stronger and we are experiencing the possibilities of further expansion of follow up care.

The hospital management is constantly receiving schemes to get the maximum for the money spent. We are most thankful to the major support partners the American Himalayan Foundation, Terre des hommes, Christoffel Blindenmission and FNEL – NGOD Luxembourg for their confidence in our work and their continued support. We are also grateful to many other individuals who have supported HRDC in one way or another. We look forward to your continued support in the years ahead.

I am amazed that our patients continue to make the long and uncertain trips to HRDC for treatment. Their confidence boosts our morale and our determination to maintain HRDC as a centre of excellence is further strengthened.

Our education activities continue unhampered and over all we have been able to achieve most of our objectives satisfactorily. Please continue your support and visit us when you can.
Sincerely,

Ashok K. Banskota

Prof. (Dr.) Ashok K. Banskota
Chairman
The Friends of the Disabled



Hospital and
Rehabilitation Centre for
Disabled Children



Enabling Abilities

Hospital and Rehabilitation Centre for Disabled Children
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Introduction

The Hospital and Rehabilitation Centre for Disabled Children is a program of the Friends of the Disabled a non-governmental organization. Since 1985, it has been providing comprehensive rehabilitation care to under privileged physically challenged children of Nepal.

Located 25 Km east of Kathmandu, in the beautiful natural surroundings of Banepa valley atop a small promontory south of Arniko Highway, HRDC is a leader in the rehabilitation of orthopedic related disabilities.

At HRDC, children and their family members are attended to with compassion and encouraged to actively participate in the therapies in whatever way possible. They are taught rehabilitation methods that can be carried out at home and are also educated on preventive measures that can be adopted in the villages to minimize disabilities in the future.

Program Vision & Mission

Vision

A society in which individuals (specially children) with disabilities and their guardians live as equal citizens with optimum quality of life, independence and participation

Mission

Provide comprehensive quality medical care, rehabilitation and integration to children with participation restriction due to physical challenges

Activities

A brief description of services at HRDC:

- 1. Inpatient Services** carry out surgical and non-surgical interventions at the Centre:
 - 1.1. General Wards / Nursing** care provide pre-operative and post-operative medical care in the Wards.
 - 1.2. The Operating Theatre** carries out surgical interventions necessitated by the physical functional situation of the physically challenged children.
 - 1.3. Overflow and Rehabilitation Wards** provide services for those children who undergo surgical and conservative interventions and who require longer-term stay for intensive physiotherapy, functional education and training.
- 2. Medical Support Services: The Outpatient Department** provides assessment services both at the Centre and in the field involving both the child and the family, and diagnostic services such as x-ray and laboratory at the Centre.
- 3. Prosthetics-Orthotics Department** designs and produces orthopedic assistive devices, namely orthoses, prostheses and wheel-chairs all tailored to individual patients. Donated wheel-chairs are also adjusted and distributed according to availability, patient's need and suitability of the terrain.
- 4. Physiotherapy Department** provides regular physiotherapy and conservative management services as and when applicable for in- and out-patients.

5. Community Based Rehabilitation (CBR)

Department provides follow-up care through home visits, health and rehabilitation mobile camps, and in collaboration with other community organizations where and when applicable.

6. Training and Education Department

coordinates and plans internal and external training programs, research activities and library facility as well as health education to clients.

6.1. FOD / HRDC also has a teaching partnership with Kathmandu University Hospital and has been functioning as one of the two training centers of Kathmandu University for Master Degree in Orthopedic Surgery. This Department has accepted a progressively higher role since its conception and will be playing a greater in the immediate future.

Community Based Rehabilitation (CBR) Department provides follow-up care through home visits, health and rehabilitation mobile camps, and in collaboration with other community organizations where and when applicable.

7. Finance and Marketing / Fundraising: This department keeps track of all economic transactions. Realizing that continuous effort is inevitable to meet the financial requirement of the Project, a marketing / fundraising section has been established recently. The section under the direct supervision of the Executive Director works closely with a Consultant to market HRDC both internally and out of the country.

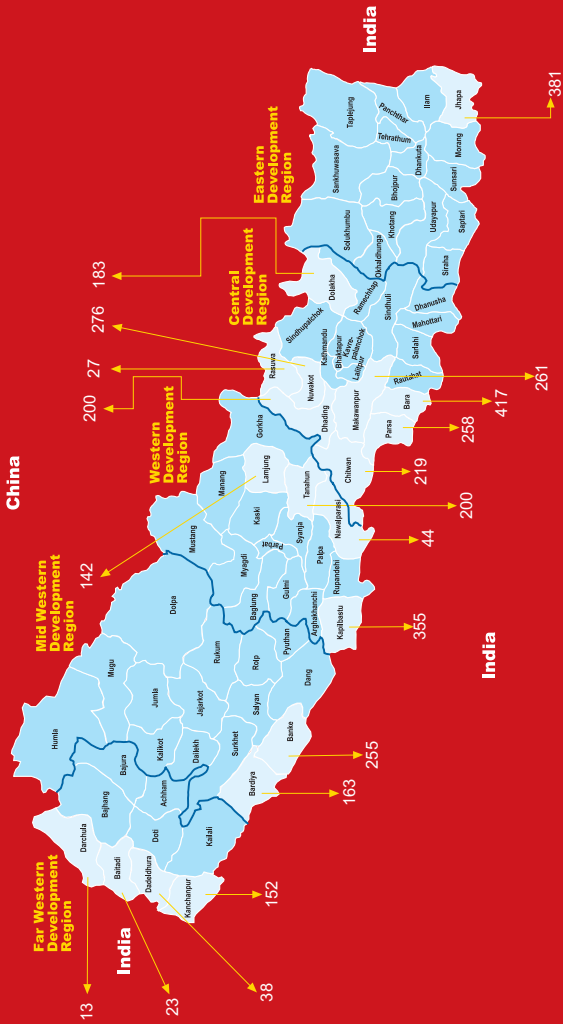
8. General Administration provides administrative, managerial and logistical support to department / section of HRDC. It ensures the implementation of the Policies and Programs of the HRDC approved by the Board.

Achievements

- 20,908 patients have been treated at HRDC as of Dec 2004
- 15,035 plus patients are under follow up care
- 21,292 surgical procedures have been carried out so far
- 23,163 orthopedic assistive devices have been fabricated and distributed. Approximately 70% of the boys and girls needed assistive devices
- More than 15% of the pediatric population of Nepal suffering from physical disabilities has been served so far.
- Health and Rehabilitation Mobile Camps cater to more than 2500 patients every year.



Through Community Based Rehabilitation (CBR) Program and outreach services, HRDC covers more than 40 districts. The Map below shows our regular follow-up care with the number of children who are provided the treatment and rehab services as of 2004:



Achievements – Output Level

- 20,908 patients already served as of Dec 2004
- 15,035 plus patients are under follow up care
- 21,292 surgeries both major and minor have been performed so far
- 23,163 orthopedic assistive devices fabricated and distributed. Approx. 70% needed assistive devices
- More than 15% + of the pediatric population served
- Mobile and Rehab Camps cater more than 2500 patients every year.

Contact Person

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Banking Information

Nepal Investment Bank Limited
 Banepa, Branch
Account Title FOD / HRDC
Saving A/C 8011540 (Nepali Currency)
Account Title HRDC – USD Account
Saving A/C 800864 (US Dollar)

Standard Chartered Bank Nepal Limited
 Kanti Path, Kathmandu
Account Title Friends of the Disabled / HRDC
Saving A/C 18 0137499 01

HRDC's training, education and research activities

HRDC is the only tertiary level Hospital in the country in managing physical disability. To utilize our understanding for the ultimate benefit of larger number of persons with disability; education, research and training have been made part of the intervention carried out at HRDC.

In agreement with B&B Hospital, Kathmandu University and Dhulikhel Hospital, HRDC is involved in teaching – learning as well as intra - and inter – disciplinary research activities. HRDC also organizes training programs at different levels for its own staff and staff from partner organizations. The training programs cover different degree of skill and knowledge.

1. MS Program in Orthopedic Surgery and Research: Under the Post Graduate Program of Kathmandu University, HRDC and B & B Hospital are collaboratively training junior Doctors in Orthopedic Surgery.
2. Primary Rehabilitation Therapy (PRT): Training to address the need of low level workforce in physiotherapy and rehabilitation in the country.
3. Training to Patients and Guardians:
 - To transfer skills to them regarding the rehabilitation of their children.
 - To provide the guardians with the vocational training and the therapeutic (stimulating) skill training to patients include knitting, sewing, painting, etc.
4. Follow up Training to Individual Patient's Family: CBR Department staffs carry this out through home visit. The training includes:
 - a. Physiotherapy
 - b. Counseling

HRDC is involved in teaching - learning as well as intra - and inter - disciplinary research activities.



- c. Importance of the use and repair of simple orthopedic appliances
- d. Preventive Education: Personal hygiene/Sanitation/cleanliness/ Immunization: what, where and how
- e. Family planning/ Nutrition from locally available food items and their importance/ Counseling and sharing information to enable them in taking decision.

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Categories

- A. Three month long Primary Rehabilitation Training (PRT) to 2 Rehab Workers : NRs.80,000
- B. Sponsoring a Junior Doctor for MS Program in Orthopedic Surgery for 3 years : NRs. 650,000 at HRDC under KU program
- C. Vocational training to guardians during their hospital stay : NRs. 15,000 for 15 people
- D. Orientation workshop to 50 grass-root level CBR workers : NRs. 12,000
- E. Disability management education for 20 Patients : NRs. 20,000 per month
- F. 5 Leather workers' training for fabrication of shoe orthosis (2 week long) : NRs. 45,000

Enabling Abilities!

There is so much one can do with so little, because some do not have any. Please check the box (es) to indicate your area of support

Name

Address

Telephone

Email

Category (ies) ... A B C D E F

Mode of support Cheque Cash

Amount in words

Field Program: CBR and Outreach Services



In the year 1988/89, FOD/HRDC charted out, and has been implementing a follow-up care program to assist patients' social and educational intervention on disability management. To make rehabilitation more effective and sustainable, the field program was progressively expanded to the concept of Community Based Rehabilitation (CBR) for better impact in the lives of children with physical disabilities.

The field program runs an efficient follow-up care and outreach program through well-trained field workers who reach all the way from far east to far west of the country to just identify those children doomed in the darkness of uncertain future. On many an occasion the children have themselves become ambassadors for others.

In line with and supplementing the overall objectives of the organization, through CBR and Outreach Program, HRDC

1. Endeavors to create an environment that enables every physical disabled child to mainstream in the community.
2. Efficiently implement prevention and rehabilitation activities in collaboration with organizations at the grass-roots level to enhance the quality of life of a disabled child.

Categories

- A. Establishment of a satellite centre: NRs. 300,000
- B. Operation of a Satellite Centre / year: NRs. 400,000 coverage to a total of 1300 disabled children
- C. A week long camp to offer outdoor clinical assessment, treatment and follow up care away from the Centre : NRs. 120,000
- D. In hospice follow up care for 200 children / year: NRs. 250,000
- E. Screening day camp:- 1000 children/ day: NRs. 15,000
 - a. disability identification by a team of experts: NRs.5,000
 - b. Medicine for camp / day: NRs. 5,000
 - c. Medical materials for camps / camp: NRs. 5,000



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Name	<input type="text"/>
Address	<input type="text"/>
Telephone	<input type="text"/>
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Category (ies) ...	<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E
Mode of support	<input type="checkbox"/> Cheque <input type="checkbox"/> Cash
Amount in words	<input type="text"/>
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Reconstructive Surgery and Nursing Care

In a country like Nepal, disability is looked upon as a shame or a disgrace. We often observe people with disability being discarded from society either due to ignorance or sheer superstition.

And to those who have lost their self-esteem, HRDC brings back hope by providing comprehensive quality treatment and rehabilitation services. HRDC's goal is to re-institute the lost self-respect, dignity and confidence in the children and make them functionally independent in the society.

At HRDC dedicated groups of experts work in collaboration to rehabilitate children. Most of whom are from under-privileged and socio-economically deprived communities.

Over 1500 surgeries (more than 60% major) are carried out every year. Physiotherapy is carried out hand in hand with the medical treatment. Transfer of skills is also taken care of during the guardians' stay at the hospital. HRDC fabricates custom made assistive devices to prevent further deformity as well as facilitate the child's functional mobility.



Over 1500 surgeries (more than 60% major) are carried out every year.

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Categories

- A. Two major surgeries at the Hospital: NRs.35,000
- B. Follow Up Care for 5 children: NRs.55,000 (Ponsetti program)
- C. Assistive devices of 10 children for a period of one year: NRs.100,000
- D. Intra- and Inter-disciplinary research from medical team for 3 year: NRs.150,000 / research
- E. Comprehensive package of services per patient at HRDC: NRs.38000
- F. Support for medication and nutritional care for a child: NRs.10,000



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Name

Address

Telephone

Email

Category (ies) ... A B C D E F

Mode of support Cheque Cash

Amount in words