

GLOBAL RECOGNITION



"2011"
Winner World of Children
Health Award hailed as
Nobel Prize for Child Advocacy



"2014"
Stars Impact Award
in
Health in Asia Pacific Region



"2016"
World of Children
Alumni Award



"2022"
TKS Gold Medal



HOSPITAL & REHABILITATION CENTER FOR DISABLED CHILDREN

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HOSPITAL & REHABILITATION CENTER FOR DISABLED CHILDREN

Nepal

Enabling Abilities Since 1985

Annual Report 2022

**HRDC
SINCE
1985**



38 YEARS ON,
108,981
CHILDREN'S
LIVES CHANGED

WHO ARE WE?

HRDC is a 100 bedded non-profit paediatric orthopaedic hospital and rehabilitation centre that treats children with physical disabilities from socioeconomically disadvantaged families. We also have a network of community-based rehabilitation specialists who take our work nationwide.

OUR APPROACH

1. Identification
2. Treatment
3. Rehabilitation
4. Social Transformation

OUR ACHIEVEMENTS SO FAR

Total Children Served
108,981
(40% Female)

Surgeries
Performed
50,381

Prosthesis & Orthosis
Fabricated **92,479**

OUR SERVICES

HOSPITAL BASED SERVICES

- ▶ Out and In-patient Services
- ▶ 6 Operating Theatres
- ▶ Physiotherapy
- ▶ Workshop manufacturing low-cost Prosthesis and Orthosis
- ▶ Radiology & Pathology
- ▶ Training & Education
- ▶ Cerebral Palsy Clinic & Gym

FIELD BASED SERVICES

- ▶ Community Based Rehabilitation (CBR) Program
- ▶ 4 Satellite Clinics
- ▶ 150 Days of Field Work in a Year
- ▶ 76 CBR Workers
- ▶ Mobile Clinics, School Screening Camps Surgical Camp, Identification and Follow-up Camps, Disability Orientation and Awareness Activities

MESSAGE FROM THE CHAIRPERSON

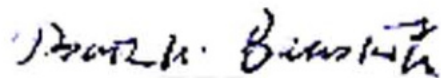
Dear Friends,

It is such a joy to greet and share information about the past year's activities and challenges faced by HRDC. With the annual festivities and elections now over, the patient flow and work at the Hospital is steadily on the rise. Complex work of rehabilitating children with physical ailments proceeds with great expertise and finesse, and our community-based workers make sure the treatment continues to its finality in the child's rural / home environment.

Repair and renovation of our quarter century old facility have been going on in piecemeal fashion, as budgeting becomes available. Our new training hall at the AKB Education Foundation Center has now become functional, along with smaller tutorial rooms for various meetings and tutorial lessons for our fellows and trainees. When funds become available, we will start much needed renovation of our quarters for on-call doctors and CBR workers.

HRDC prides itself in the high quality of services it provides without any bias to all the children who seek treatment with us. The work continues to attract worldwide appreciation, as was recently with the TKS Gold medal award by the World Orthopedic Concern/ SICOT for outstanding services in Orthopaedics in Nepal.

The work is getting done and challenges met by our energetic team headed by Dr. Bibek Banskota. All this would be impossible without the continued assistance and co-operation of so many of you, both organizations and individuals. Please accept my sincere thanks, and continue to support HRDC. The best of the season's and new year's greetings from all of us at HRDC.



Professor Dr. Ashok K Banskota
Founder and Chairperson



OUR MISSION

Creating an inclusive, compassionate, and caring society in which children with physical disabilities enjoy equal opportunities and optimum quality of life.

OUR VISION

Ensure equitable access to quality of life through appropriate interventions and enabling environments for children with physical disabilities.



INTERNATIONAL RECOGNITION



"2011"
Winner World of Children
Award



"2014"
Stars Impact Award



"2016"
World of Children
Alumni Award



"2022"
TKS Gold Medal

PEOPLE SEE MY **DISABILITY**; I SEE MY **ABILITY**. PEOPLE CALL ME **DISABLED**; I CALL MYSELF **DIFFERENTLY ABLED**.

Lekhnath Acharya was a former patient at HRDC and is now a staff member responsible for senior supervisor in the Community-Based Rehabilitation (CBR) department.



How were you connected with HRDC?

One of the previously treated patients of HRDC gave me hope that I could be treated and walk normally. And in all that distress and grief, those words became the silver lining in my dark cloud and made me connect with HRDC.

Describe your journey from being a former patient to a current staff at HRDC.

The day I landed at HRDC, my psychology changed after seeing so many others like me, some much worse off than me yet smiling in the compassionate environment provided by this particular hospital. I was admitted for several months and received multiple surgeries, followed by daily physiotherapy and calipers to increase my mobility, eventually making me independent again! HRDC gave me a second birth. After completing my education, I was hired by HRDC, and I am happy to be a member of the beautiful HRDC family. I am extremely happy for this opportunity to help children heal and look forward to a life of hope and dignity.

I am now 36 years old, married, supporting my family, and living a fulfilling life. People who once made fun of me now say I have become a role model for children like myself.

Tell us about the hardships you experienced as a person with a disability.

When I was 12, I fell from a tree and broke my legs and right hand. I was left untreated for several days because my family could not afford treatment. I developed an infection in the fractured bone of one leg and was admitted to a local hospital for several months. Unfortunately, my condition didn't improve, and, as a result, I developed an impairment. I could not walk alone, I had to crawl and depend on others even for basic activities of daily living. I was often made fun of due to my disability. My parents, especially my stepmother, planned and decided to isolate me from them and send me to a residential care home. That day I was devastated, helpless, and emotionally splintered. Sometimes I had drastic thoughts and questioned why I was even alive.

What inspires you at work?

My transformed life, the inspiring stories that I encounter daily at HRDC, and the blessings of the children and their families I have had the opportunity to help inspire me to work at HRDC.

CHILDREN STORIES

FROM HOPELESSNESS TO HAPPINESS: A MOTHER'S TALE

We were overjoyed when my husband and I found out I was pregnant, but I didn't know my son had a disability until after he was born.

"Every 3 minutes, a child is born with clubfoot."

When I heard the news, I cried endlessly. We questioned why this had to happen to us. Some said it was because of our past sins! It was a horrible experience to listen to such baseless accusations.

"The social stigma and blame surrounding disability in children often fall primarily, and unfairly, on mothers."

We used to hide inside our homes to avoid people's slander outside. Fortunately, a nurse working at a local hospital connected me to a social mobilizer of HRDC, who promised me that my son would walk and run one day. The experienced cast technicians at HRDC's Regional Rehabilitation Centre (RRC) in East Nepal corrected my child's feet through serial casting. He is now using low-cost 'club shoes' manufactured in HRDC's workshop that help to prevent a recurrence. The locally available clubfoot management service has been a blessing regarding logistics and costs. We would have never been able to afford treatment in a more distant or expensive setup.

We are so happy and lucky to have benefitted from HRDC's competent and compassionate care. I am filled with joy when I think about where our life was and how it is now. I am thankful that HRDC serves many families like ours here in Nepal.



BEFORE TREATMENT



AFTER TREATMENT



IN HIS SCHOOL

I WANT TO BECOME A TEACHER AND FIGHT AGAINST SOCIAL DISCRIMINATION

Topendra was born with congenital kyphoscoliosis, a spinal deformity that causes cosmetic and breathing problems. This problem continues to increase as the child grows up. Unfortunately, his farming family was unable to afford any treatment. He often became the target of jokes and fun at school, so he dropped going to school and lived an isolated life.

A previous patient at HRDC from the same village referred Topendra to one of our Regional Rehabilitation Centres (RRC). Although the COVID pandemic was at its peak, HRDC's teleconsultation clinic connected him with our spine team, and soon he was on his way to our center. After surgical reconstruction of his deformed back, a custom-made brace manufactured in our workshop was prescribed until healing occurred. As his spine straightened, so did his life! His confidence is back, and he has rejoined school. He wishes to become a teacher and battle social stigmas surrounding disability.

"No one should face social discrimination, as I experienced." Topendra



NO MORE SOCIAL ISOLATION FOR MY FAMILY!

Dhiraja was born to laborer parents in Dailekh, one of Nepal's most remote and hilly districts. She was born with 'osteogenesis imperfecta', a genetic disorder where bones break easily and heal in deformed positions if not treated on time. The consequence can be significant disability and impairment. Sadly, as is often the case, her wider family and community blamed her mother for this! Dhiraja's mother says that she was isolated from her family and community for several years as a result of this ostracism. Children like Dhiraja face the "quadruple whammy" of gender bias, disability, lack of education, and socioeconomic deprivation, which pose unimaginable barriers to treatment and rehabilitation. Fortunately, for HRDC's robust field program, she was identified and referred for treatment.

After several complex reconstructive surgeries to both her legs, and an extended period of rehabilitation, Dhiraja was able to walk on her own.

This physical transformation helped the subsequent psychological change, and social reintegration back in her village. She started school, and her wider family and community perceptions changed for the better. What could have been an incredibly difficult life has been transformed into a much more dignified and hopeful future for this little rural child, thanks to HRDC's comprehensive approach.

"At HRDC, we felt loved and assured. Seeing so many others like us, at different stages of treatment and rehabilitation, we were convinced that we were in good hands." Dhiraja's mother



I AM LEADING A CHILD CLUB NOW!

Dilasha was born to farmer parents in rural Nepal. She had left Genu Valgum, a condition where the knee(s) is bent inward, in her case, due to an infection to her growth plate that she may have sustained in early childhood. She had to drop out of school because she was often laughed at for her "funny" walking. In families with insufficient resources, even to feed, a child's disability seldom makes it to the priority list. Such was Dilasha's plight! She was often depressed, had decreased self-confidence, and felt embarrassed while with others.

An HRDC mobile clinic scouted her at nine years of age. After corrective surgery to her left leg using a versatile external device called the Ilizarov ring fixator and an extended period of rehabilitation to restore strength in her muscles and movement in her knee joint, she is now back home, has rejoined school, and participates in social activities and play. Her beautiful smile is back, and she is leading the child club at her school!



I WISH TO BE A TEACHER

Heera was born with Spina Bifida, a condition affecting the spine and nerves, leading to impaired leg sensation. Her parents, who are laborers, borrowed money from their neighbors and took her to several places in India for treatment. They also sold some property for treatment, but Heera's condition did not improve.

At the age of 6 years, a previously treated patient from a nearby village referred her to HRDC. By the time she landed at HRDC, she had already developed chronic non-healing infective ulcers on her left foot. Such an infection can be life-threatening if left untreated. Unfortunately, her leg had to be amputated to address the advanced infection and lack of sensation. After her wounds healed, she was fitted with a custom-made prosthetic leg manufactured at our workshop. HRDC's Orthotic and Prosthetic Lab fabricates more than five thousand assistive devices annually. Heera can now move around freely and participate with friends and family again. She wishes to become a teacher when she grows up.

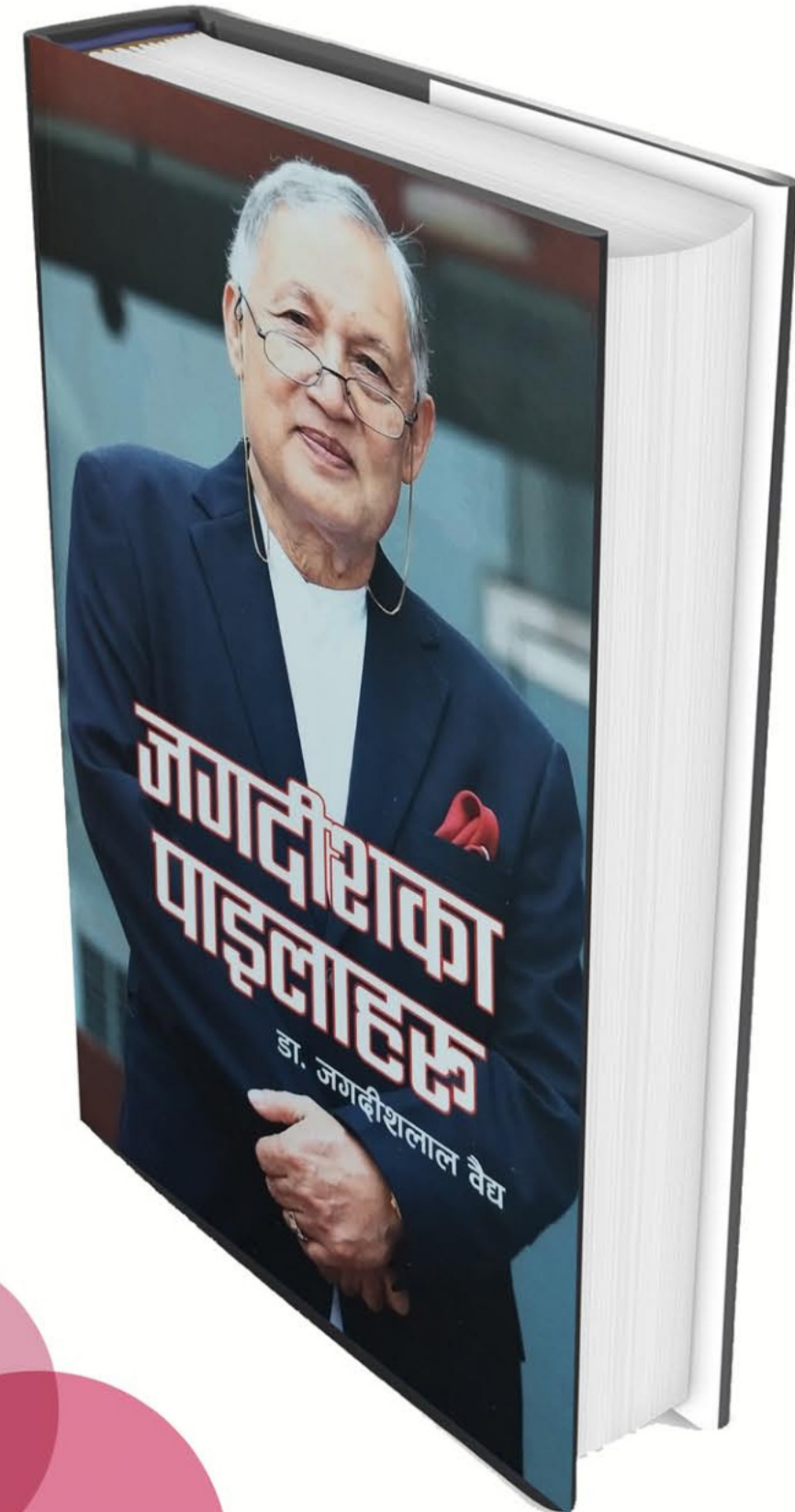


TKS GOLD MEDAL AWARD 2022



THE SICOT WORLD ORTHOPEDIC CONCERN (WOC) AWARDED PROFESSOR ASHOK K BANSKOTA WITH THE 'PRESTIGIOUS' TKS GOLD MEDAL', IN 2022.

THIS AWARD IS PEER REVIEWED AND GIVEN EACH YEAR TO AN ORTHOPEDIC SURGEON WHO HAS MADE AN OUTSTANDING CONTRIBUTION TO THE FIELD OF ORTHOPEDICS IN A LOW-RESOURCE ENVIRONMENT.



WE WANT TO EXPRESS OUR HEARTFELT GRATITUDE TO PROFESSOR JAGDISH LAL BAIDYA FOR DONATING ALL THE PROCEEDS OF HIS BIOGRAPHY TO HRDC.

HIGHLIGHTS OF 2022

DISEASE BY CATEGORY

2022

OUT PATIENT CONSULTATION

| | Total |
|-------------------------|-----------------------|
| Consultation: | 19,738 (Girls: 7,476) |
| Follow-up Consultation: | 14,161 (Girls: 5,267) |
| New Consultation: | 5,577 (Girls: 2,209) |

IN PATIENT SERVICES

| | |
|----------------------|--------------------|
| Total Admission: | 1,383 (Girls: 608) |
| Total Surgery: | 2,032 |
| Occupancy: | 90% |
| Average Length Stay: | 21 Days |

PROSTHESIS & ORTHOTICS DEPARTMENT

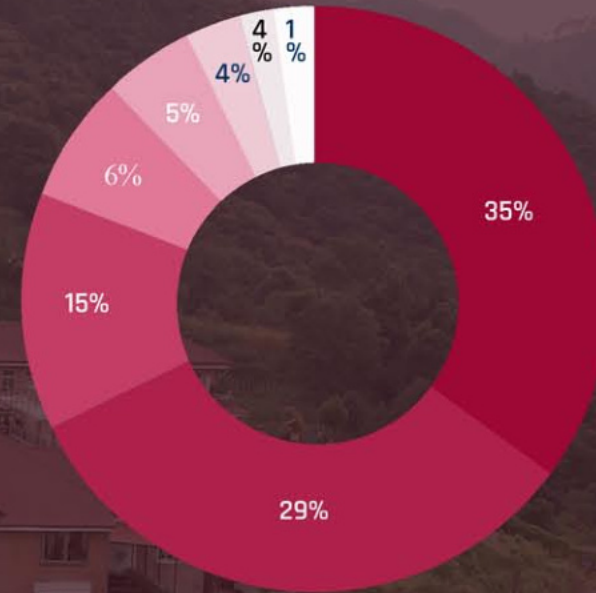
| | |
|--------------------------------|-------|
| Total Prosthesis Manufactured: | 144 |
| Total Orthotics Manufactured: | 5,089 |

FIELD ACTIVITIES (CBR)

| | |
|--------------------|-------|
| Total Camp Days: | 127 |
| Total Clinic Days: | 81 |
| Districts Covered: | 32 |
| Total Patients: | 8,488 |
| New Patients: | 3,170 |

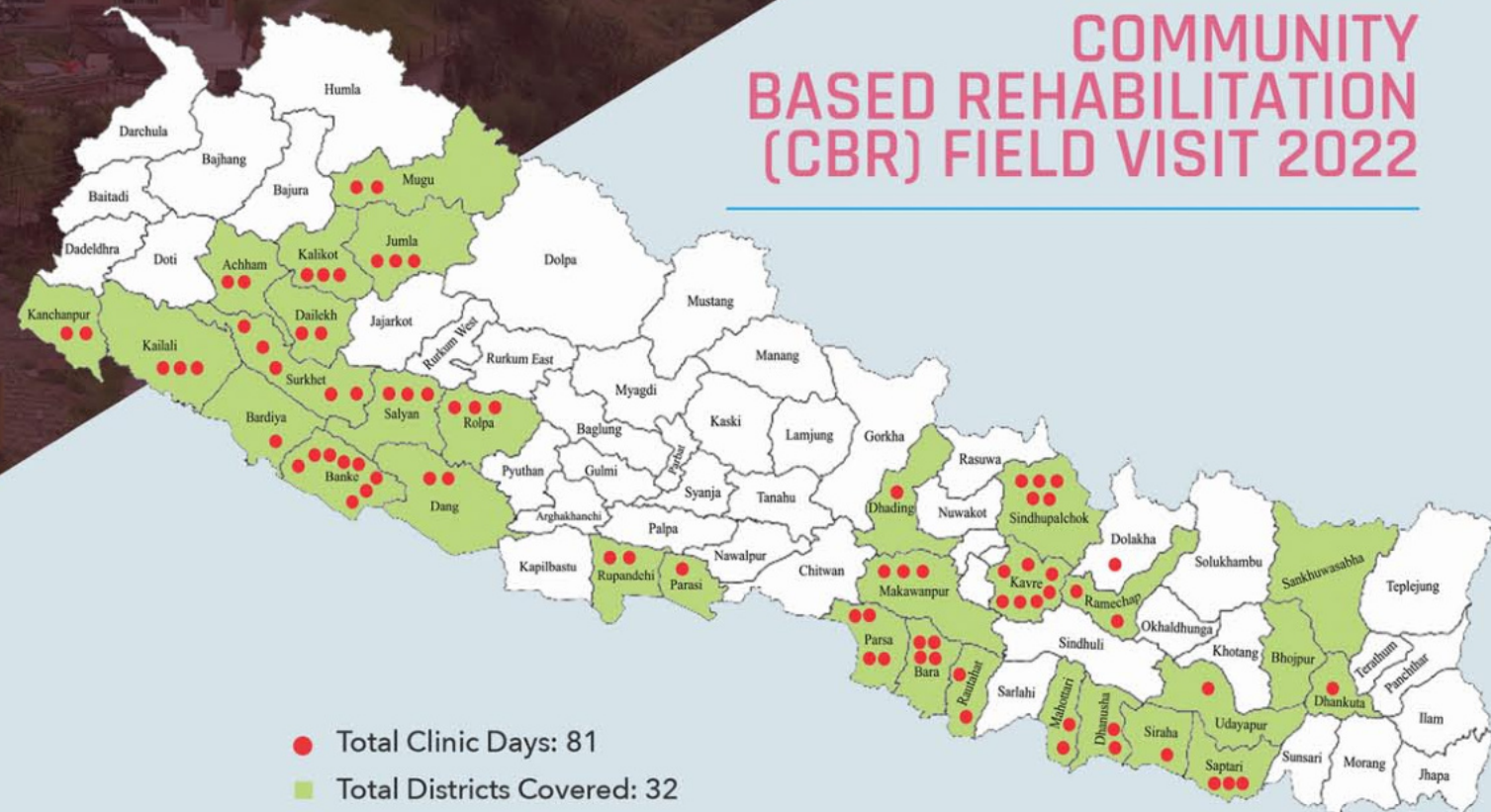
HRDC CLUBFOOT PROGRAM

| | |
|-----------------|-----|
| Total Patients: | 506 |
| Total Feet: | 757 |



- Congenital (1949)
- Neuromuscular (1612)
- Trauma (913)
- Infection (339)
- Burn (275)
- Misc (231)
- Metabolic (197)
- Tumor (61)

COMMUNITY BASED REHABILITATION (CBR) FIELD VISIT 2022



ACTIVITIES 2022



Doctors team making regular ward rounds



Dr. Bibek Banskota, Executive Director, teaching orthopedic residents and fellows at HRDC



Patient consultation at a rural mobile camp, 60% of HRDC consultations are done through mobile clinics



Typhoid Vaccination program at HRDC



Plantation of trees as part of the 'Green HRDC' campaign

ACTIVITIES 2022



World Clubfoot Day celebration



Disability orientation during a mobile clinic



HRDC team helping a child with Cerebral Palsy walk for the first time in his life



Low-cost Prosthesis and Orthosis fabrication workshop at HRDC in action so far, our workshop has fabricated more than 92,000 appliances



'Guru Purnima' celebration with Prof. AK Banskota at HRDC



Government representative from province-3 visiting the HRDC



Symposium on Reach and Outcomes of Medical Equipment and Instruments Supported by the USAID/ ASHA Grants



President of the American Himalayan Foundation, Ms. Erica Stone, visiting the HRDC



The Mayor of our local Banepa Municipality, Mr. Shanti Ratna Shakya, was briefed about HRDC activities by the hospital manager Mr. Prakash Yadav.



Chairman Prof. AKB receiving keys to HRDC mobile Clubfoot clinic van, donated by Miraclefeet USA



Prof. AK Banskota addressing spine surgeons at the pre-conference spine workshop hosted by the AKB Education Foundation



His Excellency The Ambassador of Qatar visiting HRDC



CPI representative Mr. Anup Tiwari's visits HRDC to discuss the progress of our joint project in the rural Karnali Province, Nepal



Clubfoot management by the Ponseti technique: HRDC sees one of the highest numbers of clubfoot for a single centre in the world (on an average > 500 children, >800 feet annually)



Annual Clubfoot Refresher Training is mandatory for the all clubfoot providers at HRDC.



Felicitations of American Himalayan Foundation Country Director Mr. Bruce Moore



Interaction program on expansion of HRDC's activities in West Nepal with the mayor of Kohalpur Municipality and his team.

ACTIVITIES 2022



Prof. AK Banskota and Prof. JL Baidya inaugurating the AKB conference centre for promoting orthopedic and allied health care in Nepal



HRDC celebrating the TKS Gold Medal Award awarded to Prof. Ashok K. Banskota



American Himalayan Foundation (AHF) visiting the HRDC



Prof. Ashok Kumar Banskota, Chairman and Dr. Bibek Banskota, Executive Director receiving keys of staff bus and Electronic Vehicle, donated by AHF



WE WILL MISS YOU
Lekh Kumari Basnet (1965-2022)
Service at HRDC: 1st June 1993 to 30th June 2022 (29 years)



On the 30th of June, 2022, our staff bus plunged down the HRDC cliff on its afternoon return journey. One staff lost her life, and many were injured, some seriously. Three seriously injured staff were admitted to ICU, and 4 underwent emergency trauma surgery at B&B Hospital.

EDUCATION AT HRDC SCHOOL



Our in-house school has been attended by over 5,383 patients (2,471 girls) since starting in 2014. The school also educates patient and families on the social stigma surrounding Disabilities.



OUR SETELLITE CLINICS

 HRDC Itahari



 HRDC Nepalgunj



 HRDC Lahan



On behalf of the HRDC family, I would like to express my heartfelt gratitude and thanks to all the individuals, organizations, and projects, that supported HRDC's work in the last year. In spite of the challenges and backlog due to COVID, we have bounced back to full capacity, courtesy of your generosity.

Many many thanks!

Namaste.



Dr. Bibek Banskota
Executive Director, HRDC, Nepal

OUR MAJOR SUPPORTERS



GOVERNMENT OF NEPAL



BECOME A CORPORATE PARTNER

A corporate partnership with HRDC provides an opportunity for your company to impact the lives of children in need of specialized paediatric care and align your brand with the most renowned children's hospital in Nepal. With your corporate support, our children with physical disabilities benefit from new technology, the latest research and the best experts who are able to provide the highest level of care in a compassionate, family-focused and safe environment. Choosing HRDC as your philanthropic partner or beneficiary helps to not only create healthy tomorrows for one child, but for all children. There are a number of ways for your company to partner with HRDC including philanthropic activities, events, employee-led engagement, and community programs. Our goal is to customize the involvement that is best for you.



FOR MORE INFORMATION CONTACT:

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MAJOR PUBLICATIONS

Hip Arthrodesis in Children: A Review of 26 Cases With a Mean of 20 Years Follow-up
The Bone & Joint Journal

Factors Predictive of Tenotomy After Ponseti Casting for Idiopathic Clubfoot: A Tertiary Care Center Study
Journal of Pediatric Orthopaedics

Outcome Measures in Clubfoot
Journal of Foot and Ankle Surgery (Asia Pacific)

Clubfoot Correction in Walking-age Children: A Review
Journal of Foot and Ankle Surgery (Asia Pacific)

Physiotherapists and Paramedics Led Decentralized Ponseti Services: An Effective Model for Low-resource Environments?
B&B Medical journal

Disability Orientation Outcomes in Three Districts of Nepal: An Interventional Study
B&B Medical journal

Short-term Results of Open Surgical Intervention in Developmental Dysplasia of Hip Among Nepalese Children Presenting After Walking Age: A Prospective Study
B&B Medical journal

Beneficiaries' Satisfaction at Hospital and Rehabilitation Centre for Disabled Children in 2017: A Cross Sectional Study
B&B Medical journal

Chronic Osteomyelitis of Long Bones in Children: Overview and Challenges in Management
B&B Medical journal



CHANGE LIVES DONATE AND HELP

| HOW YOU CAN HELP? | AMOUNT NRS | AMOUNT US\$ |
|--|------------|-------------|
| An early identification screening camp (to identify Scoliosis for example) for 800 to 1,000 students in nearby schools | 90,000 | 763 |
| The fabrication and fitting of ten low cost orthosis for ten children | 70,000 | 593 |
| Comprehensive Physiotherapy for ten children for a week at HRDC | 115,000 | 975 |
| One patient's medical and social rehabilitation for the whole year including follow up | 125,000 | 1,059 |
| One patient's surgical intervention | 90,000 | 763 |
| Management of ten clubfoot children below four years of age, through Ponseti technique | 650,000 | 5,508 |
| One week-long health and rehabilitation camp in a remote district of Nepal | 700,000 | 5,932 |
| One surgical camp in regional Nepal treating 16 children with disabilities | 1,250,000 | 10,593 |



1985-1992 - Jorpati



1993-1997 - Dhobighat



1997 onwards - Banepa

HRDC TODAY

100 Beds

6 Operating Rooms

3 Satellite Clinics

150 Days of Field Work Per Year

76 CBR Workers

>20K Consultations Per Year

>2K Surgeries Per Year

