



# HOSPITAL & REHABILITATION CENTER FOR DISABLED CHILDREN

*Nepal*

*Enabling Abilities since 1985*

Annual Report 2019





**HRDC  
SINCE  
1985**

35 YEARS ON,  
**96,054**  
CHILDREN'S  
LIVES CHANGED

# WHO ARE WE?

HRDC is a 100 bedded paediatric orthopaedic hospital and rehabilitation centre that treats physically disabled children 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 Re-integration

## OUR ACHIEVEMENTS SO FAR

Total Children Served  
**96,054**  
(39.31% Female)

Surgeries  
Performed  
**46,318**

Prostheses & Orthoses  
Fabricated **78,685**

## 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,

Our heartfelt greetings for a most happy and successful 2020 to all of you from us at HRDC.

2019 concluded with many lessons learnt and new hope for a more productive and stable year. Our revamped and energetic leadership team has swung into action to meet the numerous pending challenges faced by the hospital. We are actively engaging with different offices at local, regional, provincial, and central levels of government to seek the recognition and assistance that might be forthcoming. We have been successful in realizing some early gains!

Our perennial water problem is now solved with the functioning of the boring completed by our collaboration with the local government. Similarly, numerous plans are underway towards sustainability in food supplies, power consumption and the like. Eliminating waste of all kind is an important goal! A very innovative organic vegetable farming scheme has just been started to secure self-sufficiency in the long run for most types of farm produce required by our hospital.

Despite all our efforts, the help that we receive from our friends nationally and internationally continues to be vital to meet the ever-growing demand for our services. The comprehensive high quality of care that HRDC provides to its children makes all of us proud. This further reinforces our commitment to carry this success story over the long term into the future.

Sincere thanks to all of you who continue to help support our work here in Nepal.

Professor. Dr. Ashok K Banskota  
Founder and Chairperson



## OUR MISSION

Creating an **inclusive, compassionate** and **caring** society, in which children with physical disability 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 disability.

## INTERNATIONAL 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



# BINITA

Once a patient at HRDC, now helping disabled children heal.



**Binita is a former patient and now on the staff at HRDC, serving as the Information Officer in the Child Protection and Support Unit.**

The majority of people with disabilities in the developing world have an extremely difficult time with everyday survival, let alone productive employment and personal fulfilment. HRDC has 28 staff with disabilities working in various positions and the majority of these are our former patients. Binita Khadka Shrestha is one such staff member who got treatment at HRDC for Poliomyelitis affecting her left leg.

Excerpts from an interview with Binita:

***How were you connected with HRDC?***

When I was 10 and severely disabled by poliomyelitis affecting my leg, HRDC's mobile clinic found me and brought me here for treatment. My life transformed following treatment in that I was able to finish my education and then start my family. I was later hired by HRDC.

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

HRDC is where I learnt that every dark cloud has a silver lining. I have very fond memories of my time here as a patient due to the loving and caring environment, respectful behaviour, and uninterrupted learning experience that I received. Now, as staff, I am extremely grateful for this opportunity to help children heal and look forward to a life of hope and dignity.

***Tell us about the hardships that you experienced as a person with disability?***

It was not only me, but my parents too had to go through hardships because they were raising a daughter with disability. We faced social ostracism in the community and at school, and my future, as a girl child with disability, looked bleak at that point in time. My family and HRDC have been my rock throughout this journey and this enabled me to become the confident person that I am today.

***What inspires you at work?***

As a person with disability, I always feel that no child should be deprived of their basic rights, and this pushed me to become the voice of children with disability. Disabled children are very vulnerable to exploitation and abuse. I love my job because it mainly deals with protecting such children from any possible abuse and violence.



# CHILDREN STORIES

## A FAMILY THAT REVIVED FROM A 'CURSE'

Born to farmer parents in rural west Nepal, these siblings were both afflicted with clubfeet, a condition in which the feet are turned inward and upward. Due to the family's poverty they were unable to receive treatment. Their parents had no means or choice but to accept the situation as a curse, until HRDC found them during one of the mobile clinics. After prolonged treatment with circular frames that pull the feet back in normal position, they can both walk now, without assistance! The family is forever grateful to HRDC for helping them get rid of the 'curse'.



Ashim & Anuragi  
Before Treatment



Anuragi & Friends During Treatment



Ashim & Anuragi After Treatment



# CHANDAN'S STORY SO FAR

When Chandan was 14, he was found by HRDC at one of the mobile clinics, with complex bone deformities in his lower extremities that limited his capacity to walk. After multiple surgeries to both legs his life transformed completely. From a physically disabled boy with limited opportunities, he is now a confident young man who is able to walk independently. He is now pursuing his high school education, plays in a local music band and looks forward to a life of dignity and opportunities.



Chandan Before Treatment



Chandan During Treatment



Strong and Confident Chandan After Treatment

# LAXMAN IS BACK TO CHASING HIS DREAMS!

Osteogenesis Imperfecta (OI) affects approximately 1 in 20,000 births. The bones break easily and heal in deformed positions leaving many afflicted children crawling to get around. Laxman from west Nepal suffered such a fate. He loved to study but was often bullied at school, and as a result, stopped going. His farmer parents found out about HRDC from a fellow patient treated here, and brought him for treatment. After several surgeries to his legs at HRDC, he not only regained the ability to walk upright, but also joined our in-house school and re-started his education. His head is high, his smile is back and he's on track to chase his dream of going to school!



Happy Mother & Son During Treatment





# STANDING TALL

Nipana was born to farmer parents in a remote hilly village in central Nepal. She has two siblings and the family survives on subsistence farming. When she was seven, she suffered from tuberculosis of the spine which severely affected her ability to move around. When identified early, TB can be managed only with medications, but in rural communities there is a paucity of such awareness. As a result, delayed presentations with gross deformity and neurological problems affecting the legs, as in Nipana's case, are very common. Fortunately for Nipana and her family, HRDC found her through our mobile clinic. Our expert team of spine surgeons reconstructed her deformed back, and anti-tubercular medications helped eradicate the disease. To protect her fragile back, she wears a custom-made brace manufactured in HRDC's own workshop. Comprehensive and holistic recovery under one roof has been HRDC's mantra for disadvantaged children like Nipana. Now she can resume her childhood normally and look forward to a life of hope and dignity!



# WHEELS NO MORE

Little Gita from Ramechhap district in east Nepal lost both her legs to severe burns. She has five brothers and two sisters and her parents are subsistence farmers. In the villages, the kitchen is an open fire "chulo" (mud stove) in a corner of a room. Children can fall into these open fires when the parents are away farming. Post-burn contractures are the fifth most common category of diseases that HRDC treats. On her lucky days, one of her brothers would carry Gita to school. More often she just stayed around at home and shuffled around on her home-made three-wheeler skateboard. Her world was only as wide as this vehicle would take her - until HRDC found her! At HRDC she underwent some surgeries to revise her leg stumps.

Our very own workshop made her new legs and she started to walk for the first time in her life!! HRDC's workshop has manufactured over 78,000 orthosis and prosthesis since 1985. These low-cost artificial limbs and appliances have a life-changing impact on children like Gita. Enabling them to stand restores their confidence and dignity and confers hope and happiness to the entire family. Now Gita walks to school herself, on her new legs, alongside her siblings and friends, her skateboard a distant memory of a life transformed by HRDC!



## OUT PATIENT CONSULTATION

Total Consultation: 22177  
 Follow up Consultation: 16641 (Girls - 5669)  
 New Consultation: 5536 (Girls - 2089)

## IN PATIENT SERVICES

Total Admission: 1742 (Girls - 770)  
 Total Surgery: 2104  
 Occupancy: 75%  
 Average Length Stay: 17 Days

## PROSTHESIS & ORTHOTICS DEPARTMENT

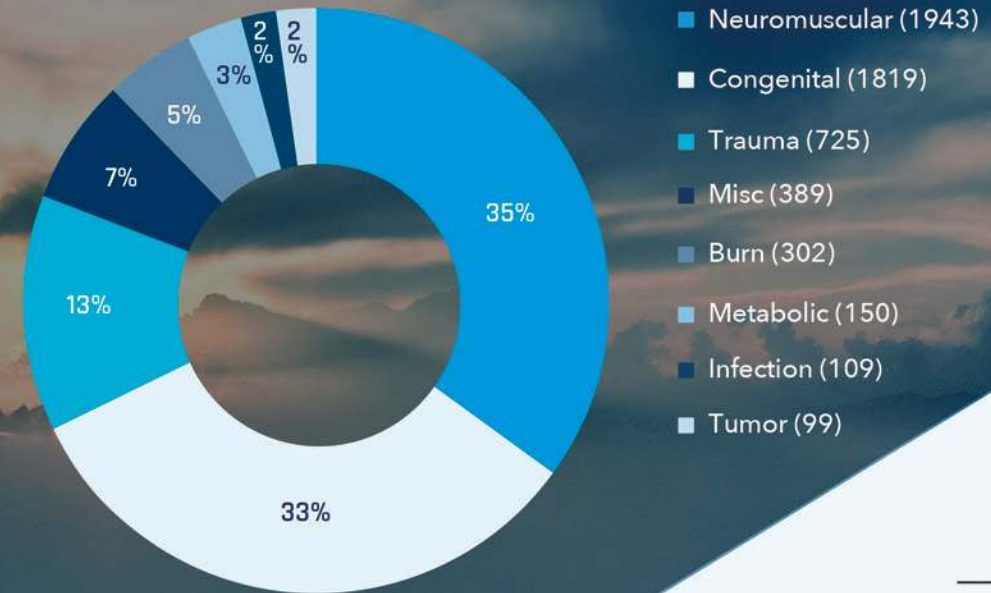
Total Prosthesis Manufactured: 94  
 Total Orthotics Manufactured: 6170

## FIELD ACTIVITIES (CBR)

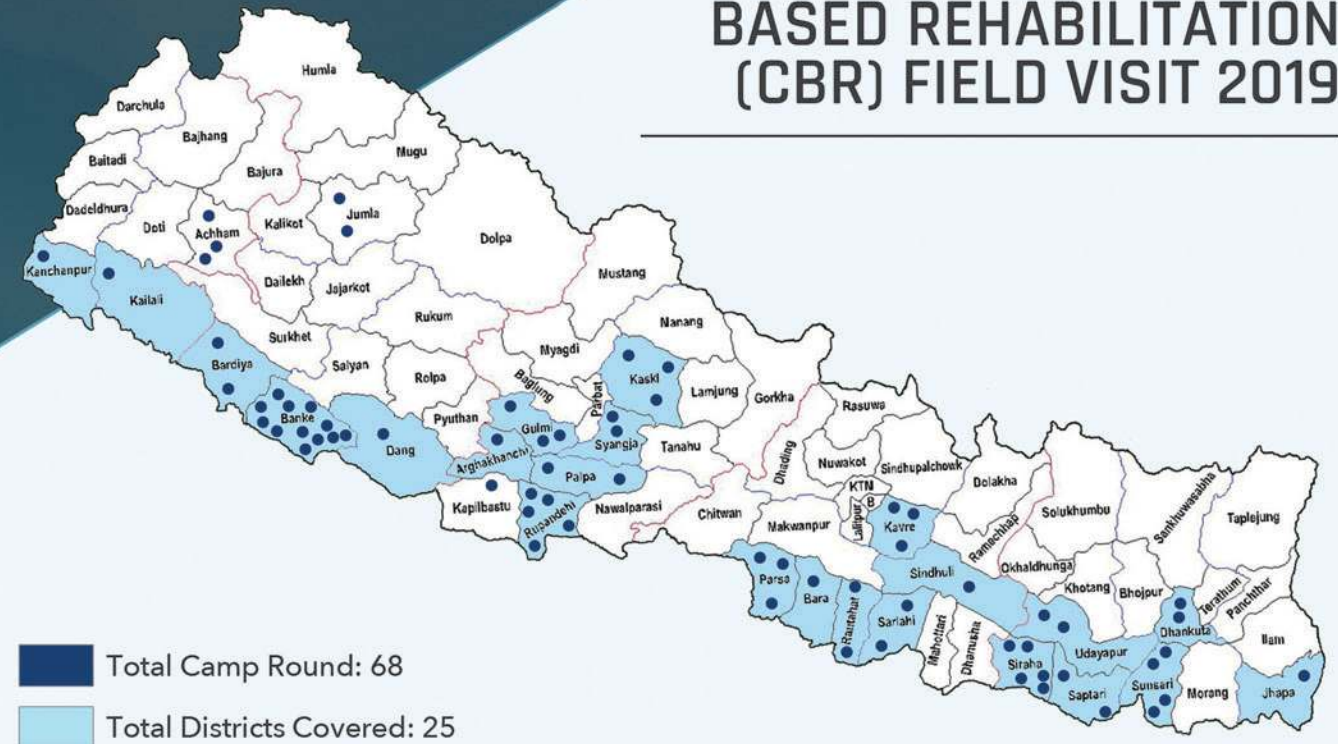
Total Camp: 68  
 District Covered: 25  
 Total Patients: 9531 (Girls - 3544)  
 New Patients: 2915 (Girls - 1208)

## HRDC CLUBFOOT PROGRAM

Total Clubfoot Patients: 521  
 Total Clubfeet: 742



## COMMUNITY BASED REHABILITATION (CBR) FIELD VISIT 2019



# HIGHLIGHTS OF 2019



# ACTIVITIES 2019



HRDC executive director receiving a cheque of 1 million rupees from the chairman of Siddhartha bank Mr. Manoj K Kedia and CEO Mr. Shambhu Nath Gautam as a part of their Corporate Social Responsibility (CSR) initiative.



HRDC executive director Dr. Bibek Banskota receiving a cheque of 2.5 million rupees from the chairman of NCC bank Mr. Upendra Keshari Neupane CEO Mr. Ramesh Raj Aryal and Vice CEO Mrs. Bandana Pathak as a part of their Corporate Social Responsibility (CSR) initiative.



Inauguration of the newly complete rehabilitation ward



HRDC Vice Chairman Mr. Krishna Bhattarai teaching.



The opening of our newly renovated operating suite



AHF president Erica Stone at our International Children's Day celebration



Dr Johan Mostert from Australia conducting a training on the use of hexapod frames



Primary Rehabilitation Therapy (PRT) classes in progress, and the 10th batch of graduates. HRDC has trained over 600 PRT workers who work in different parts of rural Nepal, and serve as important links between HRDC and their communities.





Nyayadheesh Shreemati Samuha donated 100,000 rupees to HRDC



Dr. Yam Gurung examining a child at a rural mobile clinic in Jumla....



Orthosis measurement in progress at HRDC's workshop.



Executive director briefing government officials on HRDC activities



Ambassador of Luxemburg and FNEL representative Mr. Paul Getiz visiting HRDC



Children and parents waiting for their turn in a camp of west Nepal.



Outdoor consultation clinic in progress. Jumla, West Nepal. Such clinics are often set up by HRDC in places where no infrastructure is available.



Members of the province-7 government at HRDC



Mr. Bruce Moore, AHF Nepal Country Director distributing prizes to children on International Children's Day.

A vantage point view of the road to Kalikot camp, West Nepal! Difficult geography and precarious roads are a part of the challenge to overcome while doing field clinics in remote areas.







# EDUCATION AT HRDC SCHOOL



At HRDC, if a child smiles ("the smile test") we feel that we're helping them heal not just physically but also emotionally! Healing in a happy environment has a tremendous impact on the overall well-being of the child.

An estimated 90% of children with disabilities in the developing world do not go to school. In a resource-poor country like Nepal, giving a child with physical disability access to education gives them the tools needed to become a productive member of society.

Since many children come from remote areas and many undergo protracted treatment, the average length of hospital stay is long, about 3 weeks. However, children undergoing multiple procedures have to stay at HRDC for months. This causes a great gap in their already limited access to education. The HRDC School started in 2014 with the aim of providing continuing education to admitted children and priming the ones who have had no exposure to education.

At HRDC three in-house teachers ensure that regular classes following standard national curriculum continue during hospital stay. The school space is also utilized to deliver parent education classes on preventable disability, lessons to overcome social stigma surrounding disability, and interaction programs where families talk to each other about their child's disability and treatment. So far 4,048 (1,856 girls) as of Dec., 2019 children have benefitted from the HRDC School.





# DECENTRALIZATION OF HRDC SERVICES

## HRDC East



HRDC – ITAHARI CONSTRUCTION COMMITTEE

A group of local people from Itahari donated a 2,811 square meter plot of land to HRDC some 5 years ago. HRDC constructed the compound wall in 2016 at a cost of around 2.5 million rupees. A construction committee has been formed with the leadership of the local people and the first phase of construction began in 2019 with the construction of an annex at a cost of around 7 million rupees. We would like to thank the Ministry of Social Development, Itahari Sub-metropolis, and the Civil Society.

# OUR MAJOR SUPPORTERS

Collaboration is at the core of our work to improve health and save lives through the power of innovation. We extend our heartfelt thanks to all those individual donors, foundations, corporations and institutions that supported HRDC's work in 2019.



Dr. Bibek Banskota  
Executive/Medical Director  
HRDC, Nepal



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 orthopedic 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.

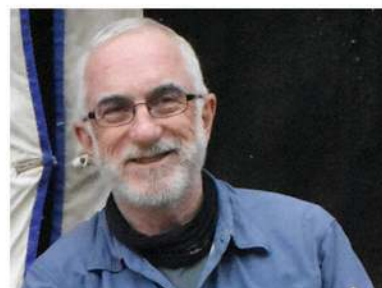


## OTHER WAYS YOU CAN HELP OUR CAUSE

HRDC has several ways you can contribute your time and money that will assist us to fulfil our mission to help children with disabilities. There are simple things you do in your everyday life that can help HRDC significantly. These include engaging us on social media, and hosting and/or attending fundraisers and benefits. Check out these opportunities and begin donating today!

### FOR MORE INFORMATION CONTACT:

- Prakash Yadav +977-9841606663
- Arjun Adhikari +977-9849661041
- E-mail: [info@hrdcnepal.org](mailto:info@hrdcnepal.org)



**Bruce Moore**

*Nepal Country Director  
American Himalayan Foundation*

The American Himalayan Foundation finds partners by looking for organizations led by inspirational people doing great work for underserved populations. We start off small and help our partners grow with financial support and capacity building advice and guidance. And we stick with them for as long as it takes.

HRDC is the epitome of such a partner. We found the amazing Dr. Ashok Banskota in 1998 working out of a small hospital on the outskirts of Kathmandu. He needed an autoclave and we were happy to help. Over 25 years later HRDC remains one of our cornerstone projects and we are immensely proud to have helped them change the lives of over 90,000 poor, disabled Nepalese children.

We particularly admire their 'soup to nuts' approach. Yes, curing the disability is important, but so is curing the child. HRDC's relationship with a patient lasts well after they have been discharged from the hospital near Banepa. Their CBR team ensures they continue their physiotherapy once back home, and helps them register for disability benefits, enroll in school, and reintegrate into society.

Often Nepalese culture isn't very kind to disabled children and their emotional scars can be as deep as their surgical ones. At HRDC emotional mending is as essential as healing the physical body.

Personally, I have been working with HRDC since 2001, visiting the hospital often, joining the team on mobile camps, dropping in on their satellite centers and visiting patients in their homes. Over this time, I have seen the organization go from strength to strength and have witnessed their patients do the same.

Memories include watching a young teenage girl walk for the first time - all she needed was a prosthetic leg. I followed the life of a young desolate boy whose legs had to be amputated because of severe electrical burns. Desolate no more, he is now confidently completing his master's degree in biotechnology. Three siblings, aged 12, 13 and 15 from a poor marginalized community in Chitwan, were suffering from Legg-Calve-Perthes disease (LCPD), a congenital deformity of the hip. When they showed up at the HRDC mobile camp, they could hardly walk and were in constant pain, and had been for most of their lives. It wasn't easy, but seven months later all three children were walking without crutches. They were back in school, and their Activity for Daily Living scores (a set of measures to determine abilities to perform daily tasks) were normal. To their father it was nothing short of a miracle. As another former patient put it "HRDC is not a hospital, it is a temple".

AHF is looking forward to our next 25 years of collaboration with HRDC and healing the bodies, minds and souls of another 90,000 children.

- Bruce

# TESTIMONIALS



**Dr. David Andrew Spiegel**

*Professor of Pediatric Orthopedics  
Division of Orthopaedic Surgery  
Children's Hospital of Philadelphia (CHOP)  
University of Pennsylvania, USA*

HRDC is a wonderful place and has been an important part of my career since 1996. I have been truly inspired by Dr. Banskota and his team, their skills, work ethic, humility, and sense of humanity. The opportunity to spend time at HRDC, more than 20 visits with one trip of 6 months, has been the highlight of my career, and I think about HRDC nearly every day. The institution offers complex orthopaedic services in a family-oriented environment, with excellent presence in rural communities, while also providing patients with access to a range of braces, splints, prostheses and assistive devices. The surgeons are extremely talented and are handling very complex cases, and their skills are on par with the best surgeons globally. The physiotherapists are fantastic both in the hospital and in the field. I cannot overemphasize the warm and friendly environment, how patients and their families are treated as "family", and how much the staff love to care for children with physical disabilities. The HRDC team fully understands the importance of context, and are sensitive to the unique features of each patient, their family structure, and their community, as caring for children with complex physical disabilities must be contextually based. HRDC exemplifies family centered care, both at the facility and through the wonderful Community Based Rehabilitation (CBR) network, which provides screening, follow-up care, physiotherapy, and maintenance of equipment and braces in the field. CBR is the "glue" which makes the HRDC service model so unique and successful. The HRDC model should serve as a template for the development of programs aimed at treating physical disabilities in children in low and middle-income countries. Dr. Banskota and his team have done amazing work over more than 30 years, changing the lives of tens of thousands of Nepali children, and I look forward to many more visits and hopefully to contribute in a meaningful way to this wonderful institution.

- Dave



A photograph of an elderly man with white hair, wearing a white shirt and a dark tie, smiling warmly. He is holding a young girl with dark hair, wearing a plaid shirt, who is also smiling. The background is a soft, out-of-focus orange and white.

IF YOU WISH TO  
**DONATE**  
PLEASE CONTACT:

- Prakash Yadav +977-9841606663
- Arjun Adhikari +977-9849661041
- E-mail: [info@hrdcnepal.org](mailto:info@hrdcnepal.org)

<https://charity.gofundme.com/friendsofhrdcfoundat>

# 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	75,000	660
The fabrication and fitting of ten low cost orthoses for ten children	70,000	800
Comprehensive Physiotherapy for ten children for a week at HRDC	105,000	920
One patient's medical and social rehabilitation for the whole year including follow up	112,000	1,260
One patient's surgical intervention	81,000	800
Management of ten clubfoot children below 4 years of Age, through Ponseti technique	450,000	3,950
One week-long health and rehabilitation camp in a remote district of Nepal	650,000	5,700
One surgical camp in regional Nepal treating 16 children with disabilities.	1,200,000	10,500





## HOSPITAL & REHABILITATION CENTER FOR DISABLED CHILDREN

📍 Adhikari Gaun, Banepa-11, Kavre, Nepal  
P.O. Box: 6757, Kathmandu, Nepal

☎ +977 11 661666, 661888

🌐 [www.hrdcnepal.org](http://www.hrdcnepal.org)

