



HOSPITAL & REHABILITATION CENTRE FOR DISABLED CHILDREN

Nepal

Enabling Abilities since 1985

Annual Report 2020



**HRDC
SINCE
1985**

36 YEARS ON,
99,006
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 Transformation

OUR ACHIEVEMENTS SO FAR

Total Children Served
99,006
(39.31% Female)

Surgeries
Performed
47,027

Prosthesis & Orthosis
Fabricated **82,151**

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
- ▶ Covid Orientation

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 always a joy to greet all our friends and to update you on the activities at HRDC during this past challenging year.

The global pandemic has touched the lives of millions the world over and HRDC has not been spared as well! The work routine was completely hampered and both our Hospital and Non- Hospital based services suffered. We however continued to function in a lowered capacity, implementing all safety measures which have added to our expenditures. Gradually from the beginning of 2021 the workload has now steadily increased, and we are currently running to near full capacity with the uncertain cloud of a second COVID wave!

Much needed and delayed construction works have finally again begun. We have a brand-new hygienic kitchen. The hospital waste management first phase work is ongoing. Plenty of repair and maintenance works are pending due to lack of resources.

Our main goal is providing high quality, compassionate care to the children who seek our assistance. This work continues through our dedicate team of doctors, nurses, therapists and community workers. Despite the multifarious challenges posed by COVID, we are facing the challenges head on under the able leadership of our executive director, Dr. Bibek Banskota.

HRDC is ever thankful to all our donors and well wishers for their continued support. Hopefully the year ahead will bring respite and permit us all to pursue our goals without encumbrances.

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 the
"Nobel Prize" for Child Advocacy



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



"2016"
World of Children
Alumni Award

I AM SO FORTUNATE TO HAVE FOUND HRDC BEFORE MY DISABILITY CONSUMED MY LIFE



Tara Badan Sadai

Tara Badan Sadai, a former patient, and now a patient educator at HRDC for over 30 years, talks about her journey...

How are you connected with HRDC?

When I was 13 years old, I got a sudden pain in my left hip and leg. I had difficulty walking and going to school. I was taken to different local shamans for treatment but my pain didn't abate. I had to drop out of school due to the constant pain, and I was often the focus of ridicule and bullying. I was very depressed and sometimes pondered on taking my own life! After several trips to various towns, we landed up in Kathmandu where I was diagnosed as having tuberculosis of the hip. It was under these trying circumstances that I finally landed up at HRDC and had the blessing of meeting Dr. Ashok K Banskota.

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

My life took a U-turn after meeting Dr. Ashok Banskota. At HRDC, Dr. Banskota performed surgery on my hip and got me walking on my feet again! I remember feeling tall standing on my own feet after such a long time! My pain disappeared completely after a prolonged course of medication. In my village, people gave me the impression that I would not be able to do anything in my life. With HRDC and Dr. Banskota's intervention and compassion, my life changed completely! My dream of becoming an independent working woman with a family was resurrected by this association. It would have been impossible to think of marriage and work before, but after my treatment, these became a reality. I got married a few years later, and was hired by HRDC. I now have a wonderful family, and have been working as a patient educator at HRDC for over 30 years! The transformation in my personal and professional life is testimony to the compassion and commitment with which Dr. Banskota has built this beautiful institution. I am one of many thousands of children who have benefited from this philosophy.

What were the changes in your personal life after getting treatment?

A lot of positive changes took place following treatment. My parents were finally happy and out of their insecurity concerning me, I got a secure job, my pain vanished, I got married and have a son! Successful treatment of physical disability, as in my case, may seem like an endpoint, but for the patient, it is actually a beginning to a life of dignity and equal opportunities. Currently, in the capacity of an educator at HRDC, I myself am involved in taking care of children with disability. My unique history enables me to relate to their problems personally, and perhaps my own story provides some much needed solace to these kids and their families. Due to my experience at HRDC, I am currently also serving as the president of the Disabled Human Rights Centre, Nepal. In a nutshell, Dr. Banskota's HRDC made all my dreams come true!

What inspires you at work?

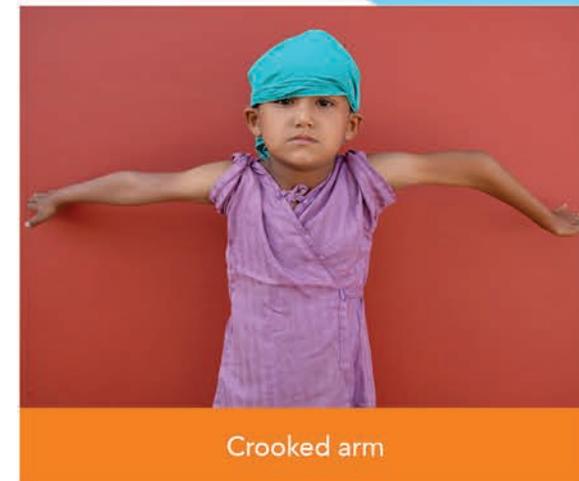
My own transformed life, along with the thousands of others that I have had the privilege to witness at HRDC, continues to inspire me. Also, Dr. Ashok Banskota's undying commitment to this cause is a major source of inspiration to all of us who work at this beautiful institution.

CHILDREN STORIES

A STRAIGHT ARM, FINALLY!

Nine years old Lacchu comes from a poor household in rural Nepal. His father is a subsistence farmer and his mother is a housewife. He fell off a tree and broke his left arm. Due to the precarious financial situation of his family, he was treated by the village bone-setter in a locally made splint called "kapro". His fracture healed but, over the years, he was left with a terrible deformity of his elbow. He was seen at an HRDC field clinic in Okhaldhunga district, and subsequently operated to correct his deformity. He now has a straight and fully functional elbow.

Lacchu's story illustrates how a common injury left untreated leads to gross deformity and disability. Lack of access to care or the means to seek care are common barriers for children like him. HRDC's mobile field clinics help identify such children so they can avail of the same services that are accessible to urban children.



Crooked arm



During treatment



After treatment

I DON'T HAVE TO CARRY MY LEG ANYMORE!

Fifteen year old Prakash fell off a tree and broke his left leg above the knee. In an unimaginable story of desperation, he lived with that fracture for eight months before finally being identified by HRDC's field team! The initial pain of the fracture caused him to "carry" his leg, which healed in a grotesque and non-functional position. He later told us that he felt helpless and depressed at his fate, and had given up on his dream to work and help his struggling parents.

At HRDC, he underwent a lengthy corrective surgery on his leg, followed by months of rehabilitative physiotherapy. He finally hit the ground again! He was delighted that he didn't have to carry his broken leg or hop on his normal one, a sight that often had made him the center of jokes and laughter. In a wonderful illustration of how his identification and subsequent treatment and rehabilitation have impacted his social life, Prakash now works as a cook in South India, rides a bike, and recently got married. He is a happy young man who is pursuing a life of independence and dignity!



Carry or hop



After treatment enjoying the beach in South India



On his own bike



With his new bride

STANDING UP FOR THE FIRST TIME IN HIS LIFE

Twelve years old Ramesh from Baglung district had never walked in his life. He was afflicted with a rare condition of bone deformity and skin pigmentation. His father is a daily wage laborer, so couldn't afford treatment for his child. He recalls feeling depressed and angry at his fate. He was brought to HRDC by another organization who had spotted him.

He spent months at the hospital, and after a prolonged journey of multiple surgeries to align both his deformed legs, he was able to stand up for the first time in his life! Now he can walk without support and has started going to school. Children like Ramesh demonstrate how the barriers of socioeconomic deprivation and disability prevent social participation for such children. With appropriate intervention, the results can be transforming, both physically and socially.



Before treatment



After treatment

STRAIGHT FEET, A BEAUTIFUL SMILE, AND A STRAIGHTENED LIFE

Reshma is from Darjeeling in India. She was born with clubfeet affecting both legs. This is a common birth anomaly which is usually treatable with plasters if done early in life. Unfortunately, Reshma had to live with her deformity, and the ostracism brought by it, until she was 16 years old. Dire social situations preclude early treatment, and Reshma is an example of four such barriers in play, namely disability, socioeconomic constraint, lack of education, and gender! Her father died when she was a small child and her mother abandoned her. She was brought to HRDC by some good local samaritans who had heard of other children treated here. She stayed nearly four months at HRDC receiving complex treatment to her feet in a device called the Ilizarov frame, which gradually corrects the deformity over a period of time. Our in-house workshop fabricated special shoes for her, and our in-house school gave her the opportunity to learn to read and write for the first time in her life. Her forlorn face when we first met her changed to a bright and beautiful smile, a herald of hope and confidence that she now feels when looking forward to her life. Again, a glaring example of how intervention to correct physical disability impacts the overall well-being and confidence of the child.



Before treatment of her clubfeet



During treatment in an Ilizarov frame



Reshma at HRDC's in-house school



Straight feet and a beautiful smile



Severe burns had plastered her left arm to her body



On an aeroplane splint following surgery



Able to move her arm freely again

RELEASE!

Little Sumita fell into the household kitchen fire and sustained severe burns to her back and left axilla. She survived but the scars caused her left arm to be plastered to her body. She comes from a daily-wages household with a laborer father, farmer mother and two siblings. In such rural households, it's not uncommon for a small child to tend on a smaller child while the parents are out working. Often the kitchen is no more than a corner of the room where the wood fire burns where such accidents occur. Fortunately for HRDC's community workers, Sumita was identified, and our brilliant plastic surgeons were able to release the contractures in her body to get her arm free again. This is in sorts not just a release of contractures, but also of the childhood and the future. It would be a difficult life with disability, a life of stigma, limited opportunities, and often exaggerated gender bias. Now she has both her hands to play and work with, HRDC's gift to her to shape her own life!

THANK YOU HRDC, FOR HAVING MY BACK!

Little Sudip comes from Mugu district in far-western Nepal, where forty percent of the population live under the poverty line. He has two siblings, his father is a daily wage laborer and mother is a housewife. At six years of age, he was afflicted with spinal tuberculosis, which gradually reduced his ability to walk independently. He had difficulty walking to his school, and often became a focus for bullying due to his unusual gait. As a result of these hardships, he stopped going to school! Fortunately, he was seen at HRDC's mobile clinic to rural far-western Nepal and brought to the hospital. HRDC's spine team carried out a major surgery to his spine that involved removing the infection from his back and "instrumenting" his spine with screws and rods, followed by anti-tubercular chemotherapy. Now eight year old Sudip can walk normally to school with a lively smile on his face. His condition, which would have been amenable to treatment with medications alone if diagnosed early on, reflects the many barriers that preclude early intervention in socioeconomically constrained environments.



Before treatment



After treatment

DISEASE BY CATEGORY

2020

OUT PATIENT CONSULTATION

	Pre-COVID	During COVID	Total
Consultation:	5558	7360	12918
Follow-up Consultation:	3290	6676	9966
New Consultation:	2268	684	2952

IN PATIENT SERVICES

Total Admission:	345	245	590
Total Surgery:	433	276	709
Occupancy: 74%			
Average Length Stay: 16 Days			

PROSTHESIS & ORTHOTICS DEPARTMENT

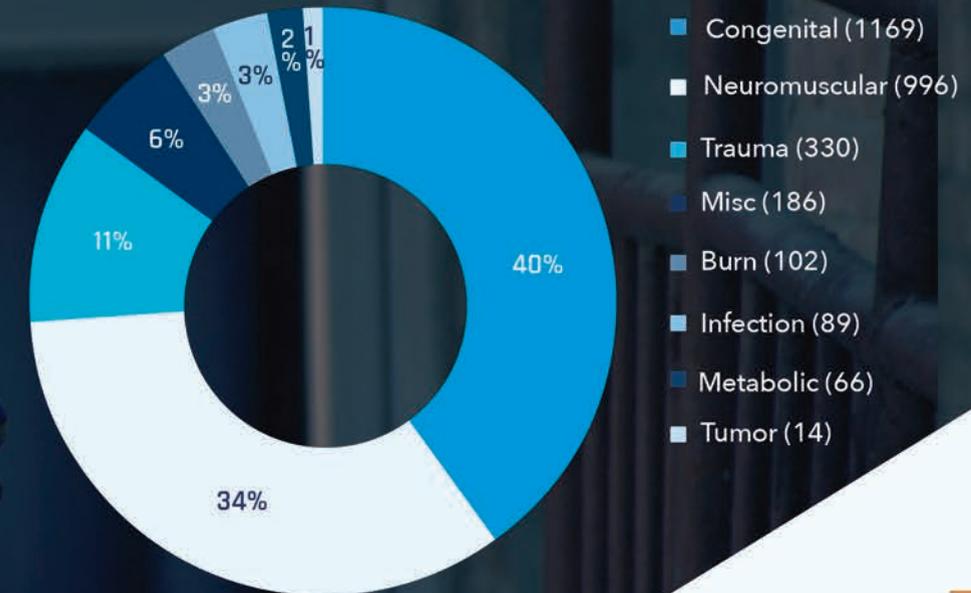
Total Prosthesis Manufactured:	19	23	42
Total Orthotics Manufactured:	1266	2158	3424

FIELD ACTIVITIES (CBR)

Total Camp Days:	34	22	56
District Covered:	13	16	29
Total Patients:	1817	4240	6057
New Patients:	1145	691	1836

HRDC CLUBFOOT PROGRAM

Total Clubfoot Patients:	128	197	325
Total Clubfeet:	209	275	484



COMMUNITY BASED REHABILITATION (CBR) FIELD VISIT 2020



HIGHLIGHTS OF 2020

ACTIVITIES 2020



Rotary club of Dhulikhel donation of wheelchairs



Food donation by Maitriya Saving & Credit Cooperative and Balkot Saving & Credit Cooperative Ltd



Christmas celebration



Disability Day celebration



International children's day celebration



Outpatient clinic consultation conforming to COVID precautions



Ponseti refresher training



HRDC has started its own organic farm that grows fresh vegetables for our children and staff. This has resulted in significant cost-saving to HRDC



All patients and care takers underwent mandatory PCR testing prior to hospital admission



Physio assessment in a mobile camp



Cast application by physiotherapist



Covid precautions are strictly followed in all activities



Maintaining social distancing between ward beds



COVID orientation at HRDC



Covid orientation during a field camp



COVID screening at a field camp



HRDC conducted 10 rounds of camps conforming to all COVID precaution during the pandemic



Hygiene kit distribution by CBR worker



Physiotherapy at HRDC



Prosthesis and orthosis fabrication workshop at HRDC in full swing



Teleconsultation by medical director at HRDC during COVID



Quarantine house at HRDC



Fever clinic at HRDC

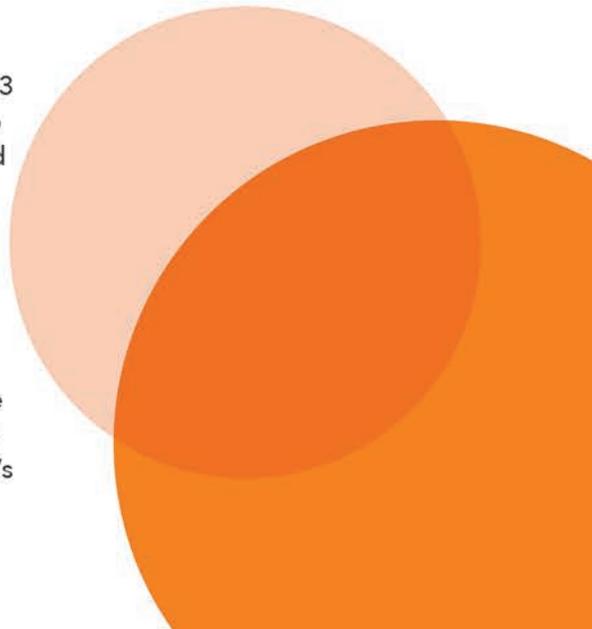
EDUCATION AT HRDC SCHOOL



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 more serious 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 4,165 (1,909 girls) as of Dec., 2020 children benefitted from the HRDC School.



DECENTRALIZATION OF HRDC SERVICES

 HRDC East

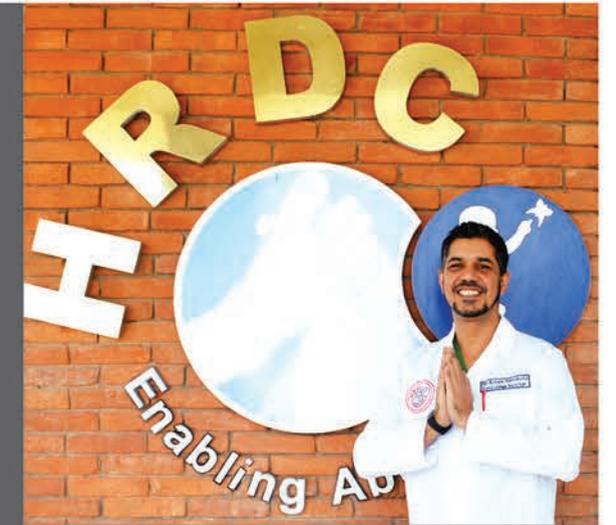


HRDC Eastern Provincial Rehabilitation Center, Itahari, Province-1

HRDC finally completed construction of its eastern rehabilitation satellite clinic. The inauguration was done by founding Chairman Prof. Dr. Ashok K Banskota with honourable Chief Minister of Province 1, Mr. Sher Dhan Rai. Our eastern center now has its own patient consultation area, Prosthesis & Orthosis department and conducts extensive work coordinating mobile clinics, follow-up clinics, education and awareness programs on physical disability for the east of Nepal.

OUR MAJOR SUPPORTERS

We extend our heartfelt thanks to all those individuals, donors, foundations, corporations and institutions that supported HRDC's work in 2020.



Dr. Bibek Banskota
Executive/Medical Director
HRDC, Nepal



GOVERNMENT OF NEPAL



FRIENDS OF HRDC
SWITZERLAND



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.



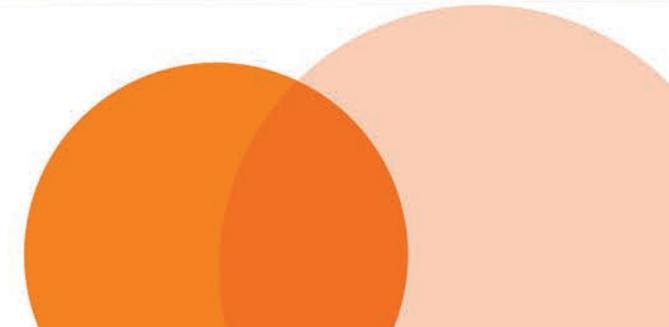
OTHER WAYS YOU CAN HELP OUR CAUSE

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:

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We want to thank all our donors and supporters for their undivided help and support during this very difficult time of the COVID pandemic





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 orthosis 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 four 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 CENTRE FOR DISABLED CHILDREN

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