



Annual report 2016

GASTROENTEROLOGY FOUNDATION - NEPAL GROUP ,GFNG‘

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Dear Friends of the **Gastroenterology Foundation – Support Project „ETC“**
Endoscopy Training Center at Dhulikhel Hospital („Dhos“) in Nepal!

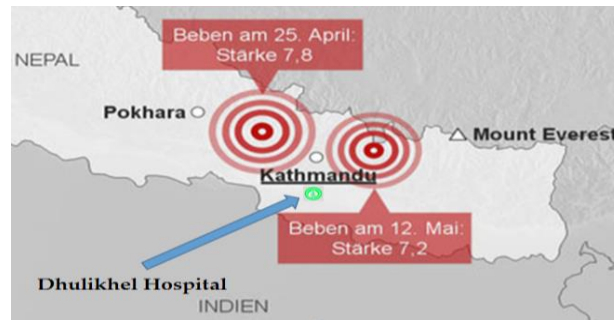
2016 The year after the two devastating earthquakes of 2015, in April and May.

2016: The year with a five-month-long blockade of the Indian border - September 2015 to February 2016 (!) - was a severe test of endurance for the entire population of Nepal. For us, completely unimaginable! A five-month-long stoppage of all goods and supplies: Gasoline, medical supplies, foodstuffs, technical supplies and requirements, etc. The people of Nepal had no choice but to accommodate to and deal with the situation; however, we feel that the country's virtue of proverbial cheerfulness has suffered during this time. Seeing a happy smile has become a rare occurrence. No wonder! The feeling of disappointment is large. The entire world donated money, the government overtook the "superintendence" of the donations — supposedly several billions dollars. But in many regions, people are still living in provisory shelters ever since the earthquake, so how can they be cheerful? Our long years of commitment in „Dhos“, fortunately put us in the position to help the suffering population directly and without waste of money or equipment (see below).

The generous and permanent support of our friends allowed us to continue to support of the **Endoscopic Training Center (ETC)** in Dhulikhel Hospital (established seven years ago by the **Gastro-Foundation (‘GF’)** at the hospital during **2016**.

THANK YOU for your help!!

The Gastroenterology Foundation's **Special Donation Drive** for the earthquake victims :



„DHos“ at the epicenter of the 2015 earthquakes

Directly after the **earthquakes of 2015**, the GF-Nepal Group sent out an appeal for donations, which brought in the fantastic sum of **EUR 399 000,00**. The money was sent directly to the hospital without any deductions.

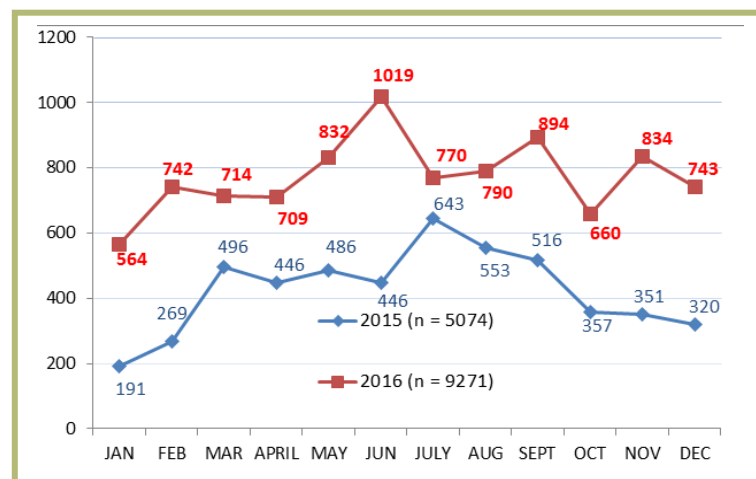
Uses: The first half was used for medical supplies for the immediate relief of the earthquake victims; the second half for the renovation of the indispensable drinking water supply and the construction of an oxygen supply for the hospital.

Both projects were dedicated and put into operation in November, 2016-- members of the „GFNG“ were able to be present for the opening -- and both projects are now completed.

Here, once again, heartfelt thanks to all of our donors!

In **2016**, the GF-Project **Endoscopy-Training-Center „ETC“** at Dhulikhel Hospital was strengthened and extended and was able to enhance its position as a center of reference for endoscopy in Nepal. This is best shown in the following graph:

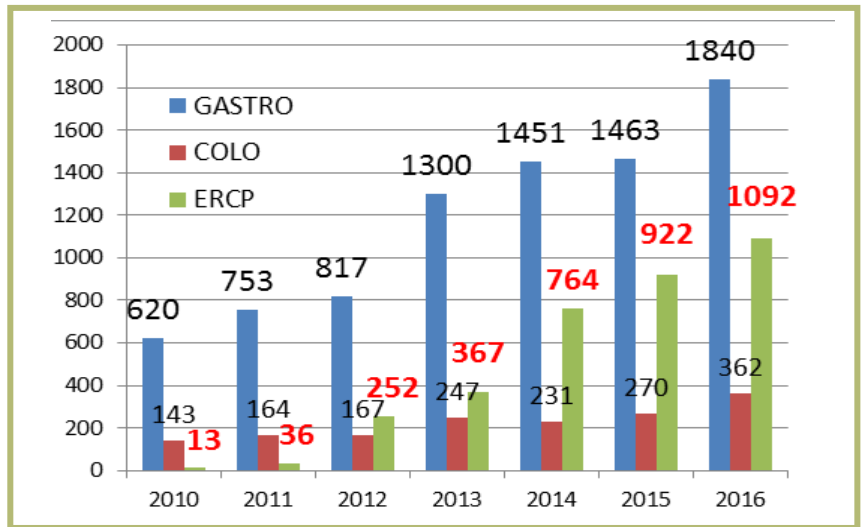
The number of outpatients in the gastroenterological polyclinic at „Dhos“ climbed from ca 5.000 in 2015 to over 9.000 patients in 2016





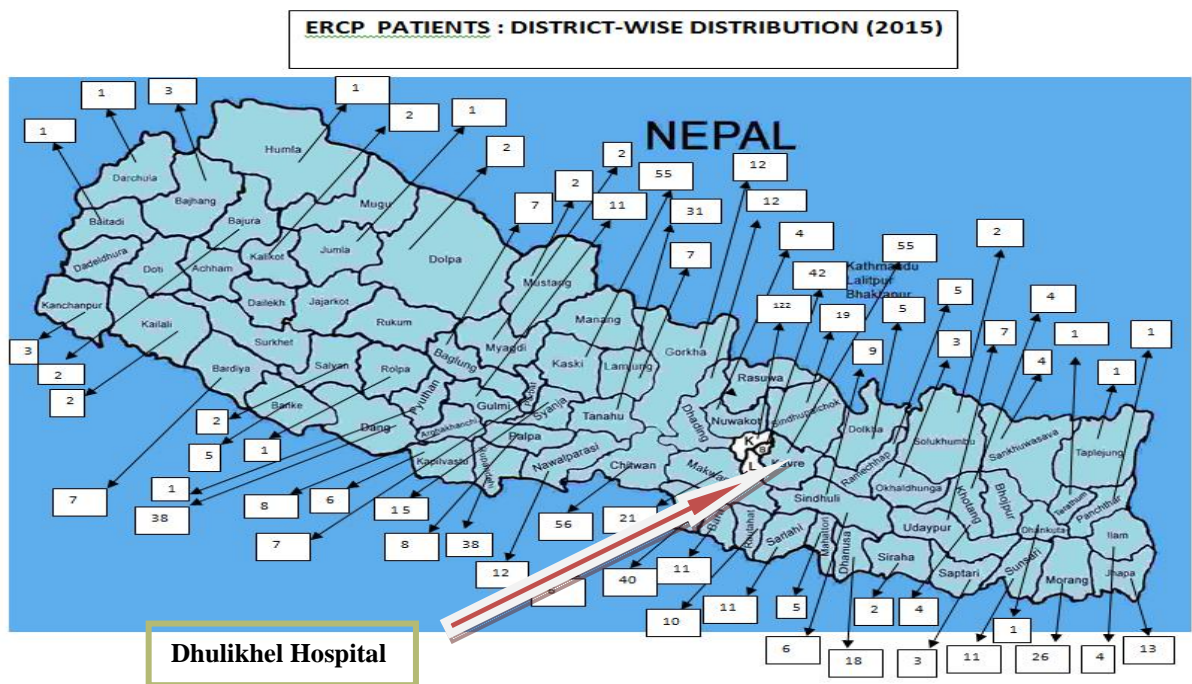
The fantastic performance at the „ETC“:

Gastroscopy (blue),
 Colonoscopy (brown),
 ERCP (green) (endoscopic-therapeutic operations of the bile - system)



Gastroscopy and colonoscopy are, for the most part, diagnostic examinations. „ERCP“, first introduced in Nepal in 2010 by ‘GFNG’, is, in most cases, a life-saving therapeutic-operative intervention. The ETC is unique in this function in Nepal! The extremely high number of examinations are equal to those done in many European university endoscopic centers! The high rate of success of the endoscopic examinations and operations underline the high standard of quality. This is „Quality for the Poor“!

Patient referrals come from clinics from almost all districts in Nepal.



The east-west dimension of Nepal is 1000 km!



Teaching seminars at the „ETC“ with the support of the Gastro-Foundation

Spring Workshop 2016: March 30-April 1

The following courses were offered: Elementary Basis-Course for Gastroscopy and Colonoscopy (fully booked). Program: Lectures (technical installation / handling / preparation / hygiene / anesthesia / indication / diagnostic findings / complications / therapy) followed by extensive practice on models and patients, with ample time allowed for every participant to practice and to ask all necessary questions. Eleven very satisfied participants from all over Nepal. Perfect preparation and implementation by the team at Dhos. Superintendance (guidance) of the course by a member of the „GFNG“, together with the doctors of the ETC-Team.



Spring-Workshop 2016

4th HoWEU 2016: Nov. 9 -11. **H**ands **o**n **W**orkshop for **E**ndoscopy and **U**ltrasound and **G**astro-**P**athology: Fully booked advanced training workshop for 25 doctors and nurses from all over Nepal, teaching expertise in the areas of diagnostic and therapeutic endoscopy on models, as well as patients, basic courses in Ultrasound and first-time live demonstrations for an introduction to endoscopic-sonography. A further novum: histo-pathological microscope course. The tutors of the course were five members of the „GFNG“ and the doctors of the „ETC“ Team.

4th HoWEU, 2016 Participants, tutors and nurses of the „ETC“, assistant head of the endoscopy, Dr. Bibek (front left)





The declared *Goal of the „Gastro-Foundation“* is to help all of Nepal to help itself. The facts given here show, what a high level of achievement the „ETC“ has attained in the past years. The well-established, regular and well-organized workshops pass on newly learned techniques to many colleagues from all parts of Nepal. These fantastic and admirable results were only achievable through the high level of medical knowledge, operational readiness and unquestionable loyalty of the entire „ETC“ team under the leadership of Ass. Prof. Ram Gurung.

It should be mentioned that the Nepal Group of the Gastro-Foundation „GFNG“, with its nine members, plus the GF Office (Saskia Hannig) has been successful in their support of the Nepal ETC, through intensive cooperation, enthusiasm and division of work of all kinds. Regular meetings of the members, who live throughout southern Germany, are the basis of successful participation in the „ETC“.

- ❖ The GFNG would certainly not be able to provide the necessary support for this project alone!
- ❖ **Our special thanks go to our loyal patrons and donors.** Without your valuable support, our project would not be possible.
- ❖ An important prerequisite for the success of the Gastro Foundation in Nepal is also the friendly and cooperative dialogue with the leadership of DHos, most especially with the leaders of the department, Dr. Ram Shrestha and the director Prof. Koju.
- ❖ Furthermore, we would like to express our thanks to the employees of the following companies: OLYMPUS Hamburg, ERBE Tübingen and E&L Erlangen, for their continual support through equipment donation, repairs and manpower for the Nepal-ETC.
- ❖ Without the continual and generous support of OLYMPUS Singapore (demo-equipment and manpower), the workshops would not be possible.

Commendation for the ETC in 2016! In recognition of the outstanding achievements in the area of the development of operative endoscopy in Nepal, **the Nepalese Government** has provided the „ETC“ at DHos with an extremely high-quality, very expensive facility for endoscopic sonography. This gift is an honorable award, but carries with it the obligation to learn the uses of this complex method



and disseminate this knowledge throughout Nepal. With the help of the GFNG's members who are specialists in this field, endoscopic sonography will enhance the prominence of the „ETC“ at DHos nationally, and further progress in achieving „Quality for the Poor“ in Nepal

GFNG Agenda for 2017

- ❖ *Special Training (1)* On-site Ultrasound-Endosonography: February, 2017
- ❖ *Special Training (2)* On-site Ultrasound Endosonography: April, 2017

- ❖ *Spring.Workshop Nr. 2* at the ETC: April, 2017

- ❖ *5th HoWEU-Workshop* at the ETC: November, 2017

- ❖ *Hospitation in Germany:* (3 doctors) two endoscopic doctors, a pathologist and two endoscopy nurses have been invited to Germany for four-week training periods in several clinics in southern Germany in 2017.

- ❖ *Sponsoring (funded by the GFNG) of a position for a doctor at the ETC* to further education and science.

- ❖ *Equipment procural:* Urgently needed endoscopes and other equipment for the ETC.

- ❖ *Scientific research:* Organization of research cooperation with several German universities is planned. Research areas are the high frequency of bileduct affections in Nepal: concrements, carcinomas etc. and studies of helicobacter pylori (cause of stomach ulcers and stomach cancer).

- ❖ *In 2017, 8 members* of the GFNG will take part in sessions at the Nepal. (All costs will be born by the members themselves.)



Dear Friends and Sponsors of the Endoscopy Training Center in Nepal. The installations in the Endoscopy Training Center „ETC“ at the Dhulikhel Hospital were finished nearly one year ago. An exemplary, ground-breaking department for all of Nepal has been formed. Due to the terrible financial situation of the Nepalese Nation and its social structures, financial independence for the ETC will not be possible in the foreseeable future. To keep the department viable, continued support of the ETC by the GF - Nepal Group is necessary. The financial costs of the GFNG's support for 2017 are estimated at 50.000,00 €.

As in past years, it gives great pleasure to be able to report the continuing successful development of this Nepal Project. The instrumentation of the „ETC“ at Dhulikhel hospital shows that effective foreign aid, under conditions of continual collective efforts, is possible. For the continuation and preservation of our project, concerted action is necessary. We, the Nepal Group of the GastroFoundation, promise once again, that we will not cease in our support of this project. We have high goals for 2017—see above. We are sure, that we can reach these goals, but are aware that we will need support from outside to reach them.

We thank you — also in the name of Prof. Gurung and his team — for your past help and hope that you will continue to give us the support which is essential for the continuance of this project. We guarantee that all activities of the Nepal Group are voluntary and unsalaried, and that all donations are sent on to Nepal without any deductions.

Many heartfelt greetings – NAMASTÉ*

* from the Sanskrit: „May God bless the good in you“

Gastro Foundation Nepal-Group

Yours Dirk Hagena

Spring 2017

for Donations: Gastroenterology Foundation e.V.

HypoVereinsbank München

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Codeword: ‚*Nepal ETC*‘