



# Annual Report 2017

## **GASTROENTEROLOGY FOUNDATION NEPAL Group ,GFNG`**

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

Nepal is no longer in the news. The world is full of other tragedies and catastrophes. Ruthless, capricious heads of state both in East and West promote fear and anxiety with populist propaganda; these leaders have no compunctions about stirring up the dangers of war with their xenophobic rhetoric and aggressive, inhumane actions. And herewith, the unspeakable poverty in the developing nations has been forgotten. Nepal is still one of the poorest countries in the world. The country's BIP for 2017 is figured at approximately 800 USD (In Germany, 50.000 USD!). There has been no war in Nepal, but the catastrophic earthquake of 2015 completely destroyed 500.000 houses and buildings in the country. Although the international community sent immediate help directly after the earthquake, the incredible distress still prevalent in the country seems now to have been forgotten by most of the world community. Without help from outside the country, reconstruction cannot succeed, since the respective programs put into effect by the Nepalese government are completely inadequate to aid the poorest part of the population. Slowly, and only with the help of international aid agencies, reconstruction is getting underway, but in wide regions of the country, people have been living in inhumane conditions in emergency quarters for over three years now.

**The Gastroenterology Foundation, Munich, „GF“**, has the declared goal of providing „The Poorest of the Poor“ in Nepal with high-quality, modern medical care. Under the motto „Help for Self-Help“, the GF-Nepal Project **„ETC“ „Endoscopy Training Center“**, founded in 2010, has, throughout the year 2017, continued its unabated efforts and commitments to the project.

Dear Friends, your enormous financial support has made it possible for the **„GF-Nepal Group“** to successfully continue their work during the past year. **Heartfelt Thanks** for your help!



Ten German medical specialists in internal medicine and gastroenterology from Germany and Switzerland, as well as a specialist in gastroenterological Pathology, are now doing active work in the program. The large number of tasks to be accomplished have been divided up among the members, all of whom work for the foundation voluntarily and with great dedication. Our activities have the ultimate goal of enabling the Team at the Nepal-ETC, through our „*Help for Self-Help*“, to achieve international levels of standards. All the activities of the group members are discussed in regular meetings in Munich and jointly agreed upon with the Gastro-Foundation.

The focal points of the „GFNG“ activities at the „ETC“ are:

1. The training and further education of doctors and endoscopy nurses
2. Technical support
3. The provision of scientific qualifications

The „ETC at Dhulikhel Hospital is the only qualified Training Center for invasive-operative endoscopy in Nepal!

The GFNG promotes the training and further education of doctors and endoscopy nurses from the „ETC“, both in Dhulikhel and in Germany, with the goal of providing training and experience which can then be disseminated to other medical centers in Nepal.

In 2017, as in the years before, the GFNG sponsored two workshops of several days each (April/ November) for endoscopy and ultrasound. Interest is high; the courses are always booked up. The participants (2x25 persons) were doctors and nurses from all parts of Nepal.

Also in 2017, two nepalese doctors and an endoscopy nurse each spent a month in Germany as trainees in the endoscopy wards of various southern German hospitals.

As well, also in 2017, ten members of the GFNG spent time at Dhulikhel, assisting at two workshops on Endoscopy and offering extra training in Ultrasound and Endosonography to the ETC team. All travel costs were paid by the visiting doctors themselves.

The GFNG provides technical support for the hospital. This includes acquisition and purchase of practically all of the medical equipment for the ETC, plus the complete EDV system and the necessary diagnostic software. This technical support is only possible due to donations by our friends as well to the very generous support from partners in the medical industry. Repairs and necessary modernization of the medical equipment are continually necessary. In November 2017, the GFNG was able to present two new OLYMPUS endoscopes (TFJ180) (financed through donations) to the hospital. Since 2000, Dhulikhel hospital has been the Teaching Hospital of Kathmandu University. In order to fulfill the scientific requirements of the university, the ETC team is required to undertake and carry out



research projects, and, at the same time, to carry on with the daily regimen in the gastroenterological outpatient clinic and to train students.

The goal of the GFNG is now to provide support for the ETC Team to establish a country-wide training school for doctors wishing to specialize in gastroenterological medicine. To further the possibility to qualify as a medical specialist in the field of gastroenterology directly in Nepal, the GFNG has managed to establish cooperation with the following research groups: The University of Saarland (Prof. Dr. Lammert and Dr. Krawczyk), The Medical University of Hannover (PD Dr. Voigtländer and Prof. Dr. von Hahn) and Prof. Dr. Malfertheiner. The main research topics are the increased occurrence of stones and tumors in the biliary tract and research in the areas of *Helicobacter pylori* and gastric carcinoma. To help coordinate the research programs, the ETC hired a highly qualified department secretary in 2017. Her position is fully financed by the GFNG.

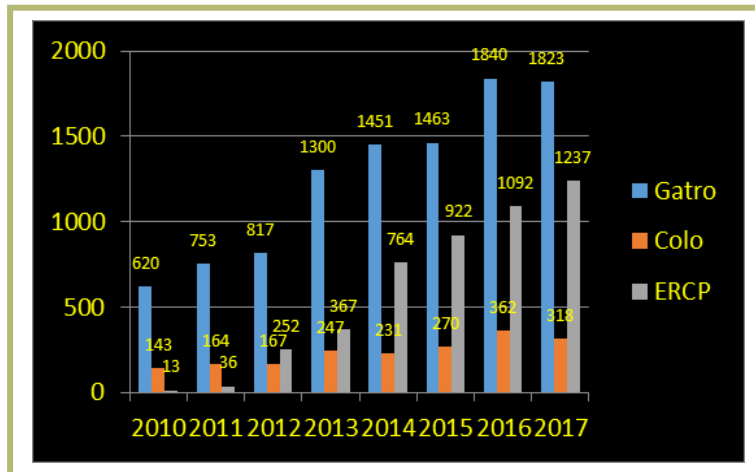
In **2017** the **GF Support Project „Endoscopy Training Center“** was able to further enlarge its position as a center of reference for endoscopy in Nepal. The operational statistics of the achievements of the ETC in the past year illustrate this achievement:

Gastroenterological Outpatient Clinic in the Polyclinic of Dhulikhel Hospital:



In 2017 more than 11.000 patients were treated. With approximately 300 work days in a year, this means a case load of between 35 and 40 patients examined daily!

**Endoscopy**- Examination statistics of the „ETC“ 2010-2017  
 A fantastic increase in the number of patients treated.



Gastroscopy (blue), Coloscopy (brown), ERCP (grey) = endoscopic operative treatment of biliary tracts, liver and pancreas

Explanatory note: Gastroscopy and coloscopy are, as a rule, diagnostic procedures. „ERCP“, first introduced in Nepal by the GFNG in 2010 is mostly an operative-therapeutical life-saving measure. The ETC is unique in this field in Nepal. The high numbers of examinations are equal to those prevailing in European University Hospital Centers! The high success quota of endoscopic operations in relation to an extremely low rate of medical complications show an excellent standard of quality.

Map of referrals for endoscopic treatment 2017, shown by district. Patients from all of Nepal come to be treated here!



**Dhulikhel Hospital**

Nepal, from east to west, is almost 1.000 kilometers long.



**New at the „ETC“:** As an award for above average medical accomplishments at Dhulikhel, the government of Nepal has financed a valuable unit for endoscopic examinations. Members of the GFNG provided the necessary and intensive training for the team at the „ETC“ and the team is now completely competent in executing this difficult method. Endosonography broadens the diagnostic and therapeutic spectrum for disorders of biliary tract and pancreas and helps avoid complicated X-ray examinations (radioactive rays). Almost 100 of these very important examinations were carried out in 2017.

### **This is „Quality for the Poor“**

This is not an exaggeration: „Everything is well on the way!“ The „ETC“ was able to maintain its indisputable position as a primary reference center for endoscopy in Nepal. The „Bosses“ of the department, Ass. Prof. Ram B. Gurung and Dr. Bibek Purbey are a stroke of luck for Dhulikhel Hospital: Both combine more than above average medical competence with admirable ability (in constantly highly complicated operations) and show an estimable loyalty and fealty as regards the hospital. During the eight years of support by the GFNG, both doctors' qualifications have increased immeasurably and now are equivalent to European standards, which enables them to guide the „ETC“ in complete autonomy. Naturally, there are setbacks at the hospital as well, above all in the personnel sector: The nurse's team is young, attractive, and intelligent — and it is therefore no wonder that they leave the hospital to get married. And doctors trained at the „ETC“ are recruited by other clinics and leave Dhulikhel. On the one hand, the medical capabilities in other parts of the country are increasing, but on the other hand, lack of well-trained personnel increases the workload of the rest of the medical staff. The GFNG will continue to support Prof. Gurung and Dr. Bibek and the entire „ETC“ team to the utmost of its capabilities.

Several members of the GFNG undertook intensive private fundraising; an admirer and supporter of our Nepal Project left €10,000 to the project in his will. However, our widely based project in Nepal cannot be realized without the broad support of our friends and donors.

### **Therefore, Many Thanks To:**

- ❖ The team of the *German Rotary Volunteer Doctors „GRVD“*, especially for the start-up help in founding the GFNG as well as its permanent support.



- ❖ The many *donors* among our friends and relatives
- ❖ The *leadership of Dhos*, Head of Department Prof. Ram Shrestha and the Director, Ass. Prof. Ramesh Makaju, for continual and amicable cooperation
- ❖ The *OLYMPUS Company, Singapore* for the generous donation agreement and the support in providing equipment and manpower at the workshops
- ❖ The *OLYMPUS Company, Hamburg, ERBE Company, Tübingen* and *E&L Company, Erlangen* for permanent support in providing equipment, maintenance repairs and manpower for ‚Nepal-ETC‘.
- ❖ The *Medela Company, Baar, Switzerland*, for the generous donation of three new suction pumps
- ❖ *Medi-Globe GmbH, Achenmühle*, for the generous transport of many necessary materials and extra instruments, as well as several donations of equipment
- ❖ *NepaliMed Switzerland* for the transport of ceiling lighting fixtures and other materials to Dhulikhel.

### **GFNG Planning for 2018**

- *Special Training* Ultrasound-Endosonography in Nepal: Febr. 2018
- *Spring Workshop Nr. 3* at the „ETC“: April 2018
- *6. HoWEU-Workshop* at the „ETC“: October, 2018
  
- *Training in Germany*: The GFNG will invite two endoscopy nurses to Germany for a four-week's training course in various clinics in southern Germany
  
- *Equipment Provision*: Urgently needed replacement endoscopes and various other materiel for the „ETC“
  
- *Scientific Research*: Continued organization and coordination of current research projects.
  
- *The sponsoring (GFNG-Financed) of a position for a scientific secretary at the „ETC“.*
  
- *Seven visits of GFNG members to Nepal* are planned for 2017 (all costs will be borne by the GFNG members themselves)



Dear Friends and Supporters of the Endoscopy Training Center in Nepal,

It is once again a great pleasure to report on the fantastic development of the Nepal Project of our Gastro-Foundation, the Endoscopy Trainings Center „ETC“ at Dhulikhel Hospital. We can all look back proudly at what we have accomplished, but the unsurpassed success of this project should not lead us to imagine that our continuing and ongoing support is no longer needed. Nepal has neither the financial means nor the technical infrastructure to maintain a (necessarily) highly technical hospital department. The important research projects carried out there are mainly dependant on support from Germany as well.

The need of funds for the GFNG's Agenda 2018 for the project add up to ca. 50.000 EUR.

Without your generous help, these fantastic accomplishments would never have become reality. Our heartfelt thanks to all of you, also in the names of Prof. Gurung, Dr. Bibek, and the ETC-Team. May we hope that you will support us in the future in our quest to bring first-class medical treatment to the „Poorest of the Poor“? We assure you all once again, that all donations will be channeled directly to the ETC Project, since the work of the entire Nepal Group is honorary and unsalaried.

Best wishes—NAMASTÉ\* (\*Sanskrit, „God bless the Good in you)

Your Gastro Foundation Nepal Group ‚GFNG‘

Dirk Hagen

Spring 2018

**Donation account of**

Gastroenterology Foundation e.V.

HypoVereinsbank München

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**Object: ‚Nepal ETC‘**