



## Annual Report 2015

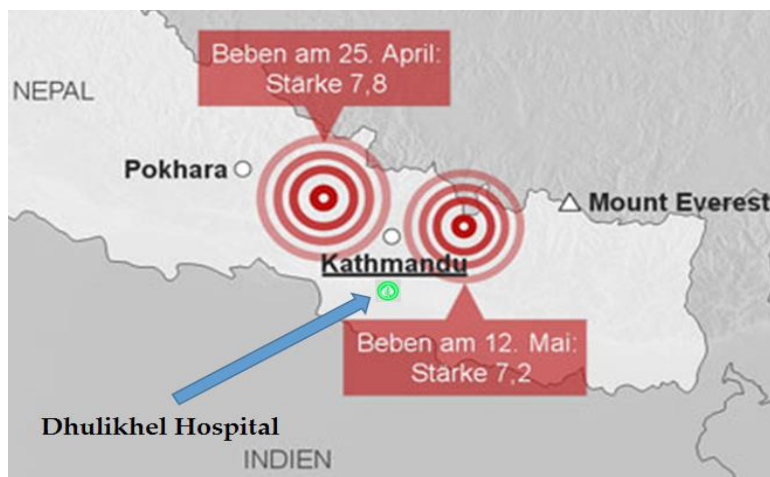
### **GASTROENTEROLOGY FOUNDATION NEPAL GROUP ,GFNG‘**

Priv.Doz. Dr. Matthias Breidert, Dr. Dirk Hagena, Prof. Dr. Josef Phillip,  
Dr. Wolfgang Scharnke, Prof. Dr. Rudolf Riepl, Dr. Volker Stagge,  
Dr. Michael Guggenberger, Dr. Wolfgang Blank, Dr. Lothar Veits

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

The past year was an extremely difficult time for most regions in Nepal and, as a consequence of the disastrous earthquakes, an especially difficult time for Dhulikhel Hospital, which the Gastro-Foundation supports. With the generous help of our donors, we were able to provide immediate help and relief for thousands of earthquake victims. **THANK YOU** for your help!

The success story of the Endoscopic Training Center at Dhulikhel Hospital (**„ETC“**) – started in 2010 - continues in 2015. The massive earthquakes of April 25 and May 12, 2015 (7.8 and 7.2. on the Richter Scale), along with hundreds of aftershocks, caused indescribable suffering for the population of Nepal. To help during this time of trouble was a given for our Nepal-Group (**„GFNG“**).



„Dhos‘ at the focus of the earthquakes in 2015!

Immediately after the earthquakes, the GFNG launched a fundraising drive for donations to Dhulikhel Hospital. The response was fantastic! The appeal spread throughout all of Germany, musicians gave benefit concerts in several cities, the press published the appeal in papers throughout the country, etc. Within a very few weeks we were able to collect the quite unbelievable sum of € 399,000, one half of which was used for immediate relief of victims of the earthquake. The other half was spent for necessary repairs of the oxygen and water supply units at the hospital, which had been damaged by the earthquake. Again, heartfelt thanks to all of our supporters!



Details pertaining to our **Support Project Endoscopy Training Center 'ETC'** at Dhulikhel Hospital (**'Dhos'**) in Nepal.

In November of 2014 we were able to celebrate the dedication of the Endoscopy Department in the new Polyclinic at Dhulikhel Hospital. Great efforts were undertaken to provide the bright and attractive new clinic, built to European specifications, with the necessary equipment. Many thanks and acknowledgement to the following companies:

- ❖ Ongoing provision and maintenance of endoscopy technique for the ETC:
  - >>OLYMPUS Company Hamburg, Germany – Volketsweil, Switzerland – Singapore
- ❖ Supply of high quality endoscopy accessoires for the ETC (catheters, sensors, papillotoms, etc.)
  - >>MEDI-GLOBE Company, Achenmühle, Germany
- ❖ Establishment of the Diagnostic Documentation System 'CLINIC WINDATA', installation of the necessary hardware, and intensive personnel instruction at the hospital in Dhulikhel:
  - >> E&L medical systems Ltd., Erlangen, Germany
- ❖ Provision of examination room furniture, cabinets, etc.
  - >> ZARGES Company, Weilheim, Germany
- ❖ Sponsoring of high tech devices for patient monitoring and an X-ray compatible examination table:
  - >> Three Rotary Clubs: RC Freising, RC München-International, and RC Neustadt Vohburg an der Donau, all Germany
- ❖ Sponsoring of a 'FAN-C13-breathtest' device (the second in Nepal!) for non-invasive Helicobacter pylori diagnostics:
  - >> Fischer **AN**alysen Instrumente Company Ltd., Leipzig, Germany
- ❖ Fundraising for various acquisitions such as PCs, equipment cabinets for all examination rooms, emergency resuscitation unit, special endoscopy cabinets, endoscope replacements, etc.
  - >> Various private fundraising actions undertaken by members of the GF-Nepal Group: Lectures, press campaigns, MOMO Party, etc.

These broad areas of support are the basis of the GFNG program and are a major factor in the fantastic, 6-year long development of the Endoscopy Training Center.



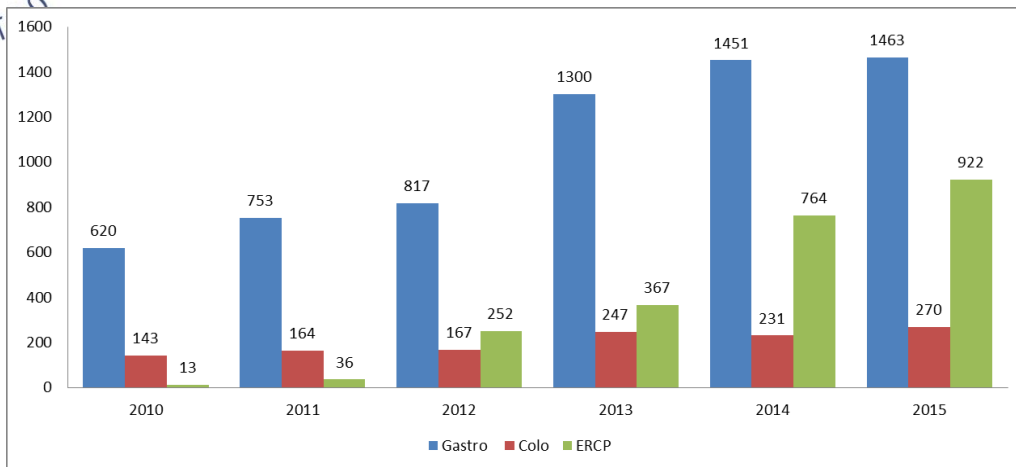
The success of the Endoscopy Department at Dhulikhel Hospital has had an exemplary model function for all of Nepal. The four major factors contributing to this are:

1. Prof. Ram M. Shrestha (Surgeon), Clinic Director – (Studies and training in Europe)- - who is aware of the importance of the endoscopic diagnosis and therapy and who supports the program with great enthusiasm.
2. A completely modern department, set up to conform to prevailing European standards, unique in Nepal .
3. Assistant Professor, Dr. R.B. Gurung, who heads the highly motivated team of the department.
4. The coworkers of the team themselves, who, due to the constantly increasing quality of their performance and achievement, are becoming increasingly capable of assuming responsibility for the independent running of the department.



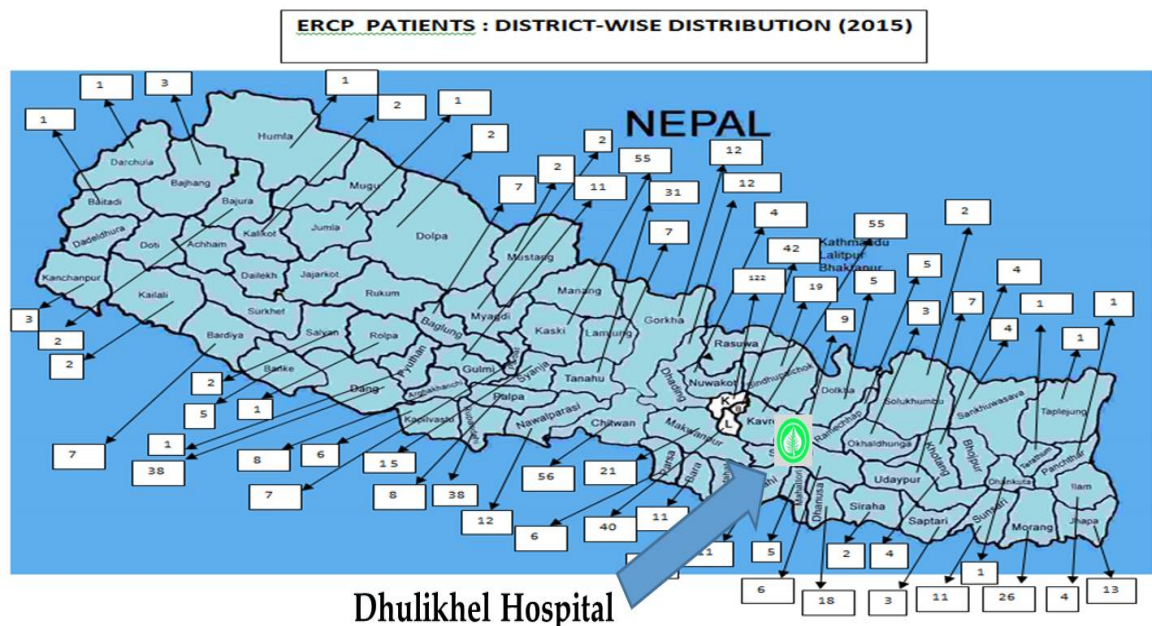
Prof.Gurung (at the right) with his team

The basic working conditions at the hospital are excellent, and the quality of the results can only be described as fantastic. This can be seen in the two following diagrams:



Development and progress of the examination statistics since 2010.  
Gastroscopy (blue), colonoscopy (red) - and: Implemented by the GFNG in 2010:  
Endoscopic operations on the CBD – common bile duct (green)

The examination data of over 900 per year ('green') are comparable and equal to those of European University clinics.  
The high success rate of the endoscopic operations with minimal medicinal complication rates document the high standard of quality. This is „Quality for the Poor!“



Referrals of patients for endoscopic operations of the common bile duct from almost all districts in Nepal. Please note: Nepal is about 1000 km from east to west.

The GF Nepal Group supports the ETC in 'Dhos' under the precept of *Help for Self-Help*. At the ETC in 'Dhos' we have already reached our primary goal - the training of nepalese colleagues and nurses there is more or less complete.



The GNFG's goal is to provide endoscopic training for Nepalese doctors and nurses from all over the country at the Endoscopic Training Center, so that high quality care can be extended to the poorest of the poor throughout Nepal.

The primary goal of the Endoscopy program at Dhos is, along with the care of the patients there, to transmit knowledge and experience in the field and to offer training courses and hold scientific conferences there.

In the meantime, annual workshops are held at Dhos on a routine basis: Doctors and assisting personnel from all parts of the country have the opportunity to learn about endoscopy, hygiene, use of the applicable apparatus, ultrasound diagnostics, and so forth. The staff at the ETC are now organizing this diversified program on their own, the GFNG group now acting 'only' as training supervisors and instructors. Eight members of the Nepal Group of the Gastro Foundation were involved in the Workshop Nr. 3 which took place in November of 2015. All members of the GFNG work in an honorary capacity.

As well as attending workshops, many doctors and nurses from all over Nepal absolve intensive training programs at the ETC. In 2015 around 10 internship periods of several weeks each took place.

The Nepal Group of the Gastro Foundation is highly satisfied with the development of the Nepal project. We are very aware of the fact that these excellent results were only made possible due to the help of our many supporters. It is our earnest wish to thank all of you most cordially!

**„2016 - The year after the earthquake of the century“** **„2016 – The year after the five-month blockade of the entire border“** awaits us with special responsibilities and duties . It goes without saying that the earthquake created monumental suffering: Over 9,000 dead, innumerable injured, 500.000 destroyed dwellings and over 3 million people made homeless. Furthermore, the long blockade of the border to India caused incredible economic damage to Nepal. This means that poverty in Nepal has increased and that our support is now more important than ever.

Now that the primary work in setting up the Endoscopy Training Center 'ETC' at Dhulikhel Hospital is finished, the GFNG now seeks to consolidate its previous work. To provide sustainability, continued support of the ETC through the Nepal Group is necessary to ensure continuing standards of quality and increasing responsibility and independence for the center. Financial independence for the 'ETC', however, is not in sight in the foreseeable future.

In 2016, the first *Endoscopy Spring Workshop* will take place in April, as well as the *4<sup>th</sup> Annual Hands on Workshop for Endoscopy and Ultrasound in November*. The GFNG is primarily involved in both workshops.



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

This report shows, that in collective efforts to make ambitious projects in the third world possible, an amazing strength is hidden. We, the members of the Nepal Group of the Gastro Foundation, assure you that we will continue in our engagement for this project. We are, however, clear about the fact that without help of others, this project will not be possible.

Once again, heartfelt thanks to all of you, also in the name of Professor Gurung and his team! We hope that you will help us support our project in the future. We guarantee that every cent donated to the ETC at Dhulikhel Hospital will be sent directly to the hospital and used expediently.

Best Regards, **NAMASTE\*** (\*from the Sanskrit „may God bless the Good in You“)

Your Gastroenterology Foundation Nepal Group

Dirk Hagen  
Spring 2016

**Donation account:**

Gastroenterology Foundation  
HypoVereinsbank München  
IBAN: DE09700202704410219633  
BIC: HYVEDEMMXXX

**Codeword: ‚Nepal ETC‘**