



2014 Annual Report

GASTRO FOUNDATION NEPAL GROUP

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Dear friends and patrons of the **Gastro Foundation-funded project 'ETC' Endoscopy Training Center** at Dhulikhel Hospital ('Dhos') in Nepal!

The GF Nepal Group would like to thank you for your generous support for the construction of the ETC at Dhulikhel Hospital. We have promised that every donation will go to the ETC with no deductions made for administration etc. This is our current 'statement of accounts'.

The success story of the Endoscopic Training Center at Dhulikhel Hospital continued in 2014. One of our principal aims, to support Dhulikhel Hospital in creating a new, modern endoscopy unit, was actually achieved last year. The dedication ceremony was celebrated on November 2, 2014, just in time for the '2nd Workshop for Interventional Endoscopy' at the big new polyclinic.

The new endoscopy unit (GFNG draft) is the important external framework that is needed to ensure patients receive adequate treatment. Of course, our over-riding aim of "quality for the poor" cannot be achieved without medical input. And here in particular the team of doctors, nurses, technicians etc, can be proud of their results.

Performance statistics for endoscopy at Dhulikhel Hospital							
	2008	2009	2010	2011	2012	2013	2014
Gastro	435	706	620	847	823	1304	1451
Colo	87	108	143	164	180	243	231
ERCP	0	0	13	36	255	367	764

ERCP = endoscopic retrograde cholangio pancreatography, a highly complicated diagnostic-therapeutic procedure!

It is worth looking back at how we achieved this fantastic success:

2008 und 2009: Two gastroenterologists, later to be founders of the GFNG, work as volunteers in endoscopy at the 'Dhos' and realize that the doctors and nurses are highly committed, but levels of education, hygiene standards etc. leave much to be desired and people are having to work with hopelessly outdated equipment, which it seemed irresponsible to use on patients. Urgent



assistance was needed. This experience led to the founding of the Nepal Group of the Gastro Foundation.

2010: Founding of the GF Nepal Group in Munich with the aim of bringing the endoscopy unit at Dhulikhel Hospital up to standards we Europeans would consider normal and - in order to serve the entire country of Nepal (population approximately 30 million) - to establish a training center, the ETC (**E**ndoscopy **T**raining **C**enter) under the motto: 'Help for Self-help'.

2010: Organization and financing of several weeks of training of the Head of Endoscopy and one nurse - both from Dhulikhel - at Hyderabad, India, by the Gastro Foundation.

Since then, GFNG members have visited (at their own expense) up to five times! - and for several weeks - for on-site supervision at Dhulikhel Hospital. The doctors and nurses there are extremely cooperative and eager to learn. As a result, in just a short period great progress was made in treating even very serious diseases.

2011: first major GF donation (an initiative by Prof. Classen) of a complete new Fujinon endoscope unit, the basis for the fantastic development of the ETC.

2012: Two Nepali doctors from Dhulikhel Hospital come to Bavaria for three months at the invitation of the GF as visiting physicians at a number of hospitals.

2013: Start of a new era at the ETC in the 'Dhos'. Following intensive discussions with the GF and the GFNG, OLYMPUS Europa agrees to support the Endoscopic Training Center at Dhulikhel Hospital. OLYMPUS Singapore and OLYMPUS Switzerland join a little later. Since then the ETC has been supplied with the necessary endoscopes, processors, monitors and even a repairs service. The GFNG covers the logistical costs associated with these.

2013: The ERBE company from Tübingen also very generously donates two new VIO 200 S Workstations (high-frequency surgical equipment) and an argon beam coagulation device (for hemostasis in abdominal and intestinal areas etc.)

2013: At the invitation of the Gastro Foundation two Nepali endoscopy nurses from the 'Dhos' come to Bavaria for five weeks to receive professional development training in endoscopy departments in various hospitals.

2013: A medical technician from the 'Dhos' completes a two-week basic course in conducting simple tests and repairs at OLYMPUS in Hamburg and subsequently another short intensive training course at ERBE in Tübingen.



Through intensive professional development and training and support by the GF the ETC quickly became the referral center for endoscopy for the whole of Nepal. The ETC team was now in a position to organize the '*1st Endoscopy Workshop in Nepal*' in November 2013 with on-site support from five members of the GFNG and a German endoscopy nurse. It was a very well respected, top quality conference. The theory and practice of modern endoscopy was communicated to doctors from the whole of Nepal. This historic event was made possible by the generous technical support of OLYMPUS Singapore in particular.

2014: A good year, full of successes. It started with the senior consultant in endoscopy from Dhulikhel Hospital, Dr Ram B. Gurung, coming to Bavaria as visiting physician at the invitation of the GFNG. He was followed in the summer by the Head of Pathology at Dhulikhel Hospital, Dr Makaju Ramesh, who came to the Institute of Pathology at Bayreuth Clinic as visiting physician under Prof. M. Vieth.

To sum up, the GFNG has not only provided good technical equipment by gaining generous supporters and donors, but we have prioritized good training and support for all those involved.

The ETC is now firmly in place as the undisputed referral center for endoscopy for the whole of Nepal. Brilliant results which are unprecedented in number and quality (see table above). There is hardly a hospital in Nepal which does not refer its special problem cases here - despite extremely poor transport conditions in most cases. The ETC is already living up to its intended function as a training center: doctors and nurses from Nepal, but also a doctor from Tanzania (Africa) have already successfully completed additional training.

In November 2014 six members of the GFNG traveled to Nepal to support the team of the ETC under the leadership of Dr R.B. Gurung at the '*2nd Workshop for Interventional Endoscopy*'. Two German teaching nurses again attended. Just beforehand, a '*1st Conference for Gastroenterology in Nepal*' was held together with the NSG (Nepal Society of Gastroenterologists), also with the cooperation of all GFNG members. The workshop at the 'Dhos' was - at the fantastic premises of the new endoscopy department - once again even better than the first workshop in the previous year. This year too, the support of OLYMPUS Singapore was of inestimable value.

Just in time for the opening of the ETC and the workshop on November 2, 2014, a new X-ray unit (C arm) and a new ultrasound device (both Siemens) were commissioned. Acquisition of the devices was made possible by a combined donation (matching grant) from three Rotary Clubs (RC Freising, RC Munich-International and RC Neustadt - Vohburg an der Donau). These devices are an effective and enormous help for the department and so for the



poorest people in the world. So once again a hearty thank you at this point to the three RCs involved!

The GFNG's aims in 2015

The development of the ETC at Dhulikhel Hospital to date has far exceeded our expectations. All of this has only been possible with the support we, the GFNG, have from you, our donors and patrons.

The economic conditions in Nepal have not improved in any way over recent years, and to call the political conditions 'unstable' is putting it very positively.

Nepal continues to be one of the poorest countries in the world. (per capita productivity: Nepal's GDP = approx. \$700, Germany's GDP = approx. \$45,000!). These figures document Nepal's indescribable poverty. This means in future - as it has since its founding almost 20 years ago - that Dhulikhel Hospital can only remain true to its motto by guaranteeing 'quality for the poor' with generous assistance from Europe.

The year has already started well for the ETC:

E&L medical systems GmbH from Erlangen donates an ultra-modern documentation system with a value of around €90,000.

OLYMPUS (Germany/ Switzerland) has sent more endoscopes and the latest processors.

Many thanks to both companies for your generous support.

And some very gratifying news: Dr. Ram B. Gurung has been appointed Professor by Kathmandu University for his outstanding services!

Enormous efforts are needed to ensure what has been achieved so far can be sustained. The building of the endoscopy department has been completed, but the hospital lacks the funds to buy fixtures and fittings, there is no state or other funding in place. The GFNG feels it is its duty to help. Further support is required from us in providing the equipment needed for clinical services to operate smoothly. Some items of furniture can be made by local carpenters. But furniture which needs to meet hygiene standards must be procured in Europe. There is a need for five special storage cabinets for endoscopes and ten (10) storage cabinets for endoscopy accessories. Funding is also required for a computer, an ambulance with emergency equipment, supervision monitors for the recovery room and much more. So we are hoping for help from our generous sponsors.

Wanting to ensure 'quality for the poor' means - in addition to material support - above all constantly improving the training of doctors and nurses. The members of the GF Nepal Group, which still has eight permanent members, and good friends are in constant contact here in Germany to organize assistance for the ETC. The GFNG also commits itself personally on-site as well as offering additional training at training hospitals in Bavaria. In November 2015 we are planning to make a major contribution to the '3rd



Professional Development Workshop' at the ETC of Dhulikhel Hospital, both administratively and as trainer.

We, the GFNG, are clear that quite special efforts are required to maintain the success of this ambitious project. Our hope is with you, our friends and supporters.

The Gastro Foundation Nepal Group would once again like to say a hearty thank you, also on behalf of Prof. Gurung and the team at the Endoscopy Training Center at Dhulikhel Hospital, and asks you for your life-saving, continuing support for the ETC. We once again guarantee that every cent you donate for the ETC at Dhulikhel Hospital will be properly used there.

With best wishes for 2015 and the hope that we can continue to count on you,

Gastro Foundation Nepal Group,
Dirk Hagen (signed),
February 2015

Account for donations: Gastroenterology Foundation

HypoVereinsbank Munich

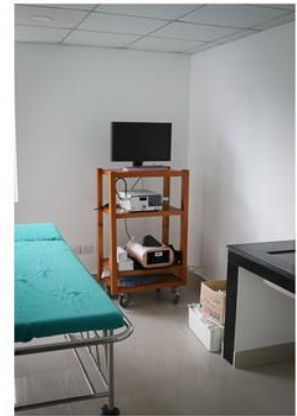
IBAN: DE09700202704410219633

BIC: HYVEDEMMXXX

Bank reference: ETC at DHos/Nepal

Please give your name and address if you would like a receipt for your donation

PS: The photos documenting key events at the ETC of the Dhos in 2014 can be found below



OPD at Dhulikhel Hospital. Opening of the Endo unit on the 3rd floor on November 2, 2014



The new endoscopy unit at the polyclinic of Dhulikhel Hospital – now the only things missing are the fixtures and fittings!



Matching grants handover in the OPD of Dhulikhel Hospital during the opening of the endoscopy unit on November 2, 2014



Handover ceremony for the new X-ray and ultrasound devices donated by three Rotary Clubs (RC Freising, RC Munich-International and RC Neustadt - Vohburg an der Donau) at the new endoscopy unit at the Dhos.



2nd Workshop for interventional endoscopy at the Endoscopy Training Center of the 'Dhos'



1st Conference of the Nepal Society of Gastroenterologists, 2014 in Kathmandu