



HOSPITAL & REHABILITATION CENTER FOR DISABLED CHILDREN

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HOSPITAL & REHABILITATION CENTER FOR DISABLED CHILDREN

Nepal

Enabling Abilities since 1985

Annual Report 2021



**HRDC
SINCE
1985**

37 YEARS ON,
103,404
CHILDREN'S
LIVES CHANGED

WHO ARE WE?

HRDC is a 100 bedded non-profit paediatric orthopaedic hospital and rehabilitation centre that treats children with physical disabilities 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
103,404
(40% Female)

Surgeries
Performed
48,349

Prosthesis & Orthosis
Fabricated **87,246**

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

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,

Greetings of 2022 to each one of you from all of us at HRDC. With COVID recurring in serial waves, it has been a challenging year that we have just lived through, as it must be in one way or another for all of you.

We have strived to provide continuity of services to the best extent possible. Our staffs have worked hard to reach out to the children in need even during the lockdown. The mobile Ponseti program is representative of the exceptional effort to reach out to those in need!

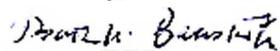
Our new construction, though stalled for lack of adequate finances has picked up sporadically and it has been possible to bring into function the refurbished and expanded kitchen and dining area. Bits and pieces of work continue, as funds become sporadically available.

New initiatives include the establishment of the "AKB Education Foundation" and the enrolment of fellows for specialized training in the orthopaedic subspecialties. The rich volume and variety creates a paradise for the keen learner! Other activities include further refinements in the 'Hip' and 'Spine' program at HRDC. More challenging pathologies are addressed with compassion and skills on par with the best centres in the world.

I can feel the new energy emanating from the young team that spearheads the activities of HRDC. Despite many monumental and recurring challenges, HRDC is marching on to provide more and better care for the needy children with physical disabilities.

Nothing would be possible without the kindness of all you friends who have generously extended your support to this cause. Please receive my heartfelt thanks on behalf of the entire HRDC family, and continue to support this noble effort.

Sincerely,



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
Nobel Prize for Child Advocacy



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



"2016"
World of Children
Alumni Award

JUDDHA NEPALI, A FORMER PATIENT AND NOW A STAFF, AT HIS WORK STATION IN THE PROSTHETIC-ORTHOTIC LAB AT HRDC



How are you connected with HRDC?

When I was 13 years old, I got an infection in my right hip that caused me a lot of pain and made me unable to function. Since I came from a very poor family, we could not afford treatment, so I had to accept my plight, until one day I heard about a doctor taking care of children like myself. When I and my family saw Dr. Ashok Banskota for the first time, it was as if we saw our guardian angel, and I retain that feeling to this very day. In this very hospital (HRDC), Dr. Banskota and his team performed multiple surgeries on my diseased hip, and eventually got me back on my feet and enabled me to walk without pain. Several years after my treatment, I got an opportunity to join HRDC as a staff in the prosthetic and orthotic department, and 30 years later today, I'm still here.

What inspires you at work?

As someone who has experienced the curse of disability and poverty, I can relate to the plight of others in that situation, and that inspires me to give my best to them. Also the philosophy of compassion on which Dr. Banskota has built this institution to help those in need really inspires me. When we fit a new prosthesis or assistive device on a child and see the change in his function and overall wellbeing, it is the most rewarding feeling!

What do you want to say about HRDC?

HRDC not only made me stand on my feet, but also employed me and helped me become a socially productive person. For this I am ever grateful. I can understand the gap that this hospital fills in a country like ours. I often thought that, for us as individuals it is sometimes difficult to manage a small family, but Dr. Banskota has managed this big family, and provided not only treatment for needy children, but also a wonderful platform of work and livelihood for hundreds of people like myself. I can only imagine the hardships involved in running an institution like this, and this to me is a phenomenal achievement.

What can others learn from your story?

My story is a testimony to the commitment, quality, and compassion on which HRDC is built. I want everyone to know that there is a place in Nepal, where children with physical disability can go and receive world-class treatment irrespective of their caste, creed, and socioeconomic status, in an environment that is imbued with love and hope.



CHILDREN STORIES



I CAN NOW WALK
WITHOUT PAIN, AND
WITHOUT PEOPLE STARING AT ME.

Pasang Temba Sherpa is an 18 years old boy from Okhaldhunga district in the Eastern hills of Nepal. His dad is a farmer, mom is a housewife, and he has nine siblings. The family has difficulty making ends meet every day, thus Pasang's leg deformity remained untreated for years. In families where there is not enough to eat, a child's disability seldom makes it to the priority list. HRDC caters to such families and children through its comprehensive approach of "identify-treat-rehabilitate-socially reintegrate", delivered through a philosophy of compassion. After Pasang was scouted by our "mobile clinic" in Okhaldhunga, he was operated on at HRDC to correct the deformity in his right leg. He has now rejoined school, and is looking forward to doing a job to help the needs of his big family.



Before treatment



Attending HRDC's mobile clinic with his mom



After treatment

I CAN GO BACK TO SCHOOL NOW.

Munna is a 9 year old boy from Motihari, India, across the Nepalese border. He is one of five siblings, and comes from a socioeconomically marginal household where dad is a daily wage laborer and mom is a housewife. He suffered from a condition called 'genu varum' where the knees are bent abnormally and cause difficulty in walking. This is usually due to poor nutrition to the growth plates in bones due to vitamin D deficiency. HRDC sees a lot of patients like Munna from across the border from India who come to one of our 'mobile clinics' that scout such children across the length and breadth of Nepal.

At HRDC, Munna underwent 'growth modulation', a surgical technique that exploits the concept of differential growth in growing children to straighten deformities, particularly around the knee. In due course, Munna regained a normal knee, and with it, the ability to walk and run comfortably. His situation at school improved from that of an ostracized and often bullied child to a confident and enthusiastic one, thanks to HRDC's intervention.



Before treatment



After treatment

I CAN NOW WORK TO SUPPORT MY FAMILY.

Surendra fell off a tree and broke his right arm at the elbow. Normally we would expect him to go to a hospital and get treated, but amazingly found him through our 'mobile clinics' six years later, with a crooked arm that had healed in a deformed position. He comes from a socioeconomically disadvantaged family near the Indian border in Eastern Nepal. His dad is a daily wage earner who does odd jobs, mom is a housewife, and he has one sibling. His family could not afford treatment so he had to live with the pain until his bone healed in a deformed position. This is the plight of many such families who are socioeconomically disadvantaged, and HRDC's mission is to help them! After corrective surgery at HRDC, Surendra made a full recovery, and now works across the border, earning his own livelihood and supporting his family.



Before treatment



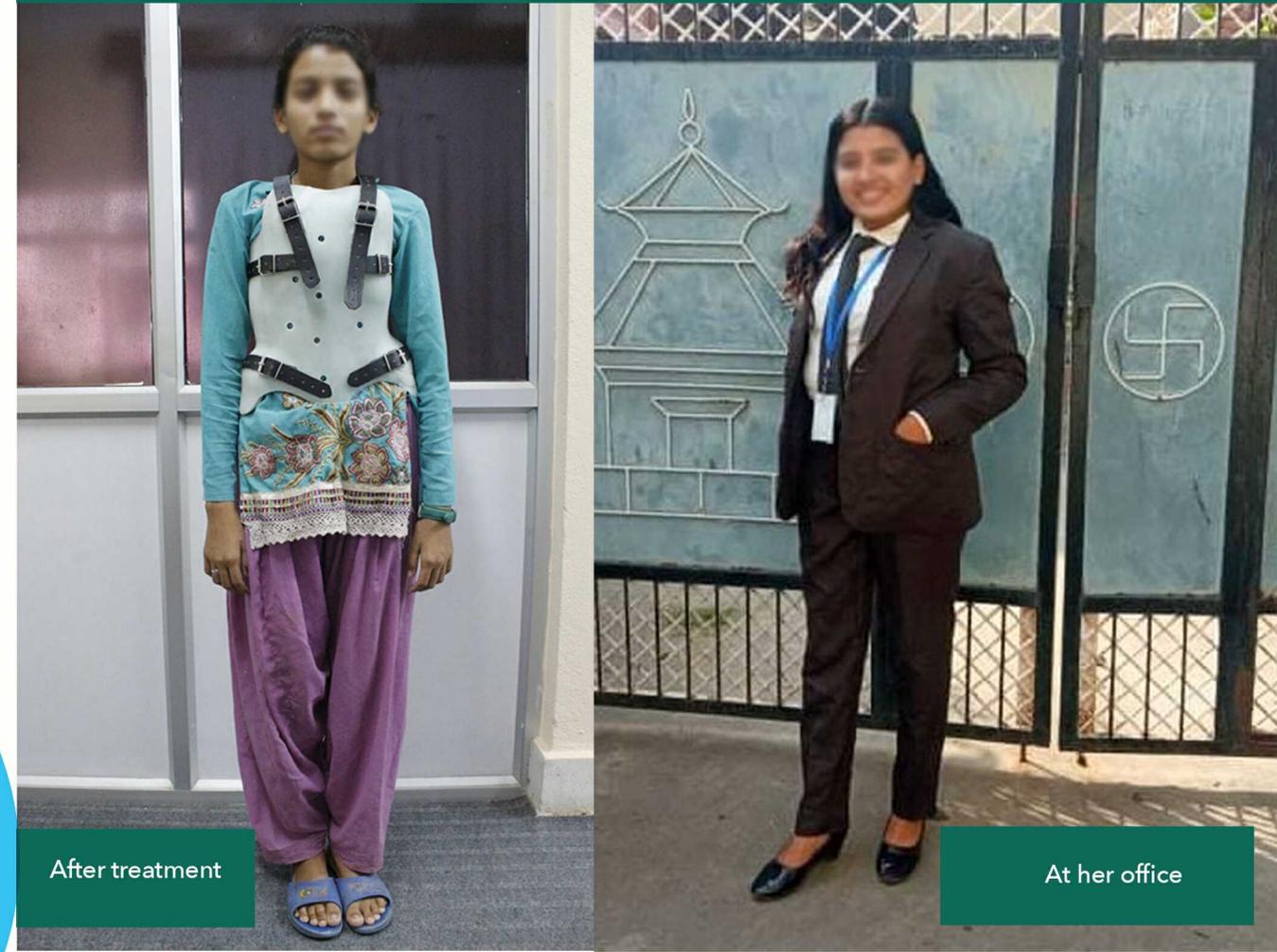
After treatment

I AM NOW HAPPY, CONFIDENT AND INDEPENDENT.

Sumitra is the eldest of three siblings from a rural family in Western Nepal. Her parents are subsistence farmers. She was born with scoliosis, a deformity of her back, which progressively worsened over the years due to lack of treatment. At one point she stopped going to school because she felt very self-conscious, and was often poked fun at. Her parents were worried that there was no prospect for her to get married and have a family. She learnt about HRDC's spine program from one of our field workers visiting her village, and wasted no time to enroll for much needed treatment. Spine surgery is often a very complicated and expensive affair, often beyond the reach of many families who live on a meagre budget. Such children are the very target of our spine program: a world-class team led by senior anesthesiologists and three fellowship-trained spine surgeons delivering high-quality care in a safe environment that includes state-of-the-art operating room with modern anesthesia machines, neuromonitoring during surgery to improve safety, and an in-house lab that manufactures spinal braces amongst other prosthetics and orthotic devices. After treatment at HRDC, Sumitra's life changed dramatically. She finished school and was able to secure a job in the land registration department of the government. She is now a happy, confident, and independent young woman, with a bright future ahead of her, thanks to HRDC's intervention.



Before treatment



After treatment

At her office

MOBILE PONSETI

An innovative idea to reach the unreached children during the COVID Pandemic

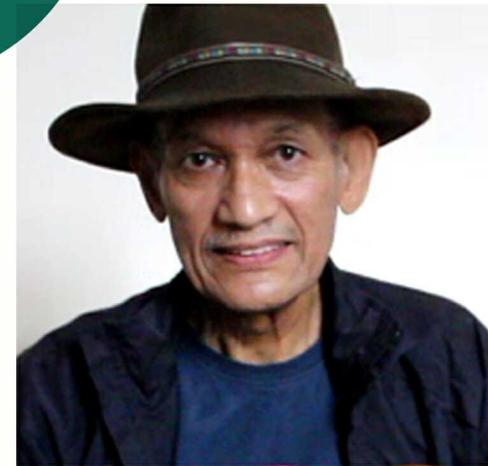
When the pandemic hit, it was very difficult for our patients to come to us and for us to reach our patients. So, we had to devise new and innovative ways to overcome these new barriers. To address this HRDC came up with the idea of "mobile Ponseti". We are already getting very encouraging results since its inception. Our staff carry the casting materials and supplies in their motorbikes, bicycle and go to the homes of clubfoot patients to apply cast for clubfoot correction. This is an extension of our Community Based Rehabilitation (CBR) philosophy in which we trace every patients that we treat and identify new patients wherever possible. In the face of the COVID pandemic, the mobile Ponseti program has been a very novel addition to our services.

Our staff go and visit homes of patients. In some way it is better than crowding them in our clinics. We have taken clubfoot and Ponseti care right to their door steps, literally! This has allowed us to reach many unreached children who would have otherwise been deprived of treatment during the COVID pandemic. This is going to continue now at HRDC because the results are very good. The mobile Ponseti program is also helping to reduce dropouts/ loss of follow up, to identify new cases, and to deliver orthosis.



"WE WILL MISS YOU"

Krishna Gurung (1947-2020)



Krishna Gurung was a river raft guide when I first met him at Shanta Bhawan Hospital way back in 1980. Groups of trek and raft guides attended at the emergency room to learn first aid. During this period in 1981, Krishna Gurung served as the trek guide for the family of one of my closest American orthopaedic surgeon friend Dr. H. Phil Goss, who was spending six months working with me in Nepal. Krishna was an accomplished guitarist and spent a year touring the USA with some friends. Subsequently, he enrolled in the Physician Assistant course and gained exposure and experience in several prestigious institutions in Colorado and Washington State.

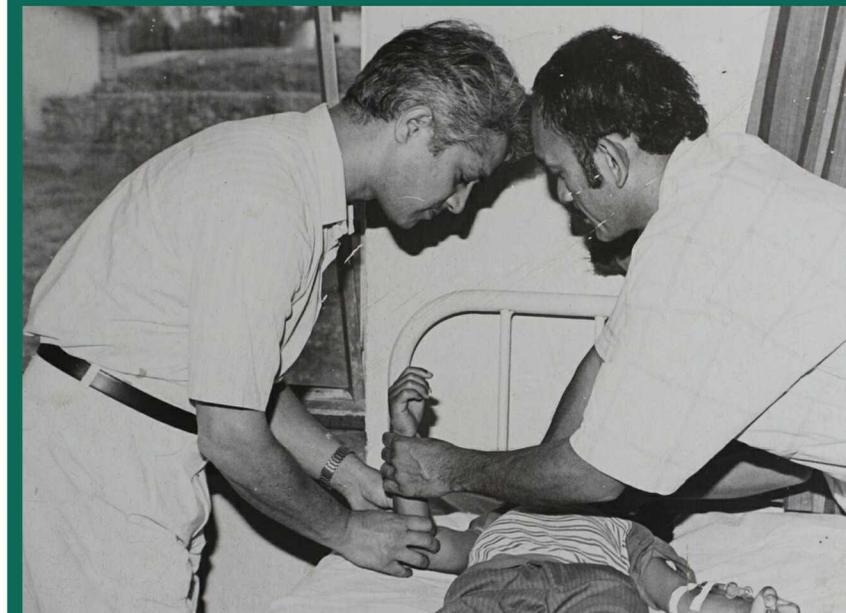
Krishna joined HRDC on my invitation during one of my visits to the US, and this is where he truly demonstrated his hidden qualities as the kind human being he was. His instant rapport with the children, and his love for nature, made him one of the most loved staff at our hospital. In the early days of HRDC, a few of us had to deliver all over. Krishna Gurung played a pivotal role in assisting me in the clinic, assisting me in the surgery, and starting our field follow up program, the start of our current CBR program.

Loyalty is regarded as one of the greatest virtues. You could not find any staff more loyal to the institution than Krishna. As the years passed on, he assumed more responsibilities and started to also assist in the

Anaesthesia services. He was loved by the children who hovered around him with confidence, as someone they could trust whole heartedly. He gave more than 30 years of his professional life to serving HRDC's work. Even after the diagnosis of his ill-fated illness, Krishna continued to visit HRDC, although intermittently. His demise is a loss for all of us who worked closely with him, but his bigger than life presence at HRDC will continue to be missed by all.

Prof. AK Banskota
Chairman, HRDC

Mr. Krishna Gurung at work with Dr. Banskota, HRDC, 1987



DISEASE BY CATEGORY

2021

OUT PATIENT CONSULTATION

	Total
Consultation:	17,347 (Girls: 6,262)
Follow-up Consultation:	12,949 (Girls: 4,601)
New Consultation:	4,398 (Girls: 1,661)

IN PATIENT SERVICES

Total Admission:	863 (Girls: 317)
Total Surgery:	1,322
Occupancy:	51%
Average Length Stay:	19 Days

PROSTHESIS & ORTHOTICS DEPARTMENT

Total Prosthesis Manufactured:	92
Total Orthotics Manufactured:	5,003

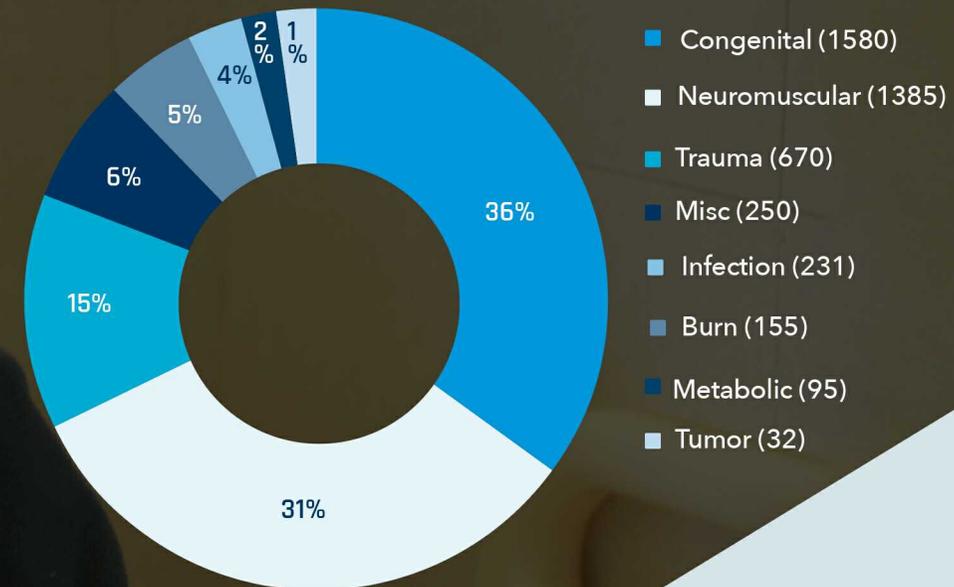
FIELD ACTIVITIES (CBR)

Total Camp Rounds:	31
District Covered:	22
Total Patients:	8,581
New Patients:	2,209

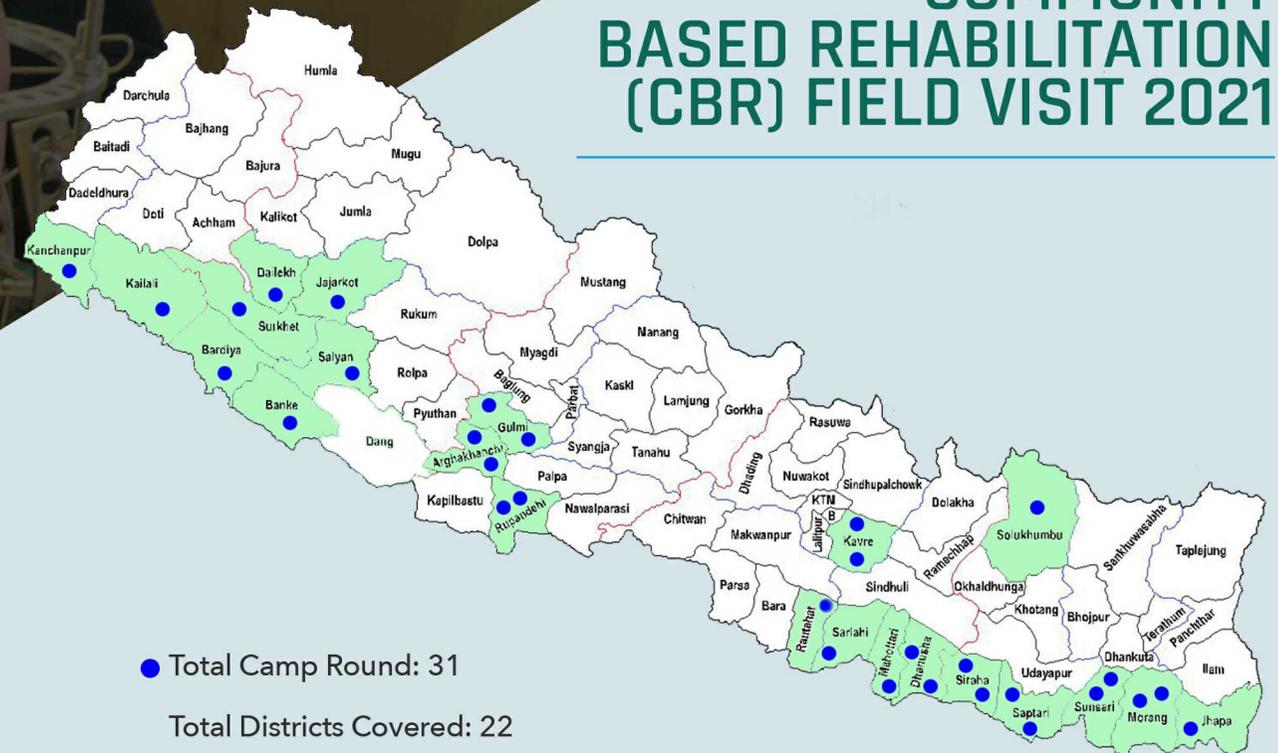
HRDC CLUBFOOT PROGRAM

Total Patients:	466
Total Feet:	677

HIGHLIGHTS OF 2021



COMMUNITY BASED REHABILITATION (CBR) FIELD VISIT 2021



ACTIVITIES 2021



Our spine team at work! The addition of "neuromonitoring (Black device on the bottom right of the image)" (Courtesy USAID-ASHA grant) has allowed us to tackle complex spinal surgery safely

Our anesthesia team using newly acquired ultrasonogram and anesthetic machine, courtesy of the USAID ASHA grant.



Prof. AK Banskota and Prof. JL Baidya inaugurating the AKB education foundation, a non-profit aimed at promoting orthopaedics and allied health care in Nepal



Mrs. Padma Banskota, First President of AKB Education Foundation outlining the purpose and philosophy of the foundation at the inauguration ceremony



Doctors team making regular ward rounds



Food being delivered to quarantine house using full COVID precautions



Government representatives from Bagmati province visiting HRDC



Induction ceremony of new orthopaedic fellows at HRDC



COVID PCR testing in progress: all pre-operative patients are quarantined, and only those with a negative result are admitted to the main hospital



COVID protective gears donated by Three Summits for Nepal (Teen Chuli Nepal)



Clubfoot management by the Ponseti technique: HRDC sees one of the highest numbers of clubfoot for a single center in the world (on average >500 children, >800 feet annually)



World Clubfoot Day Celebration



International Disability Day Celebration



The Mayor, Deputy Mayor and their delegation of Banepa municipality, visiting HRDC



A happy environment for treatment and recovery at HRDC



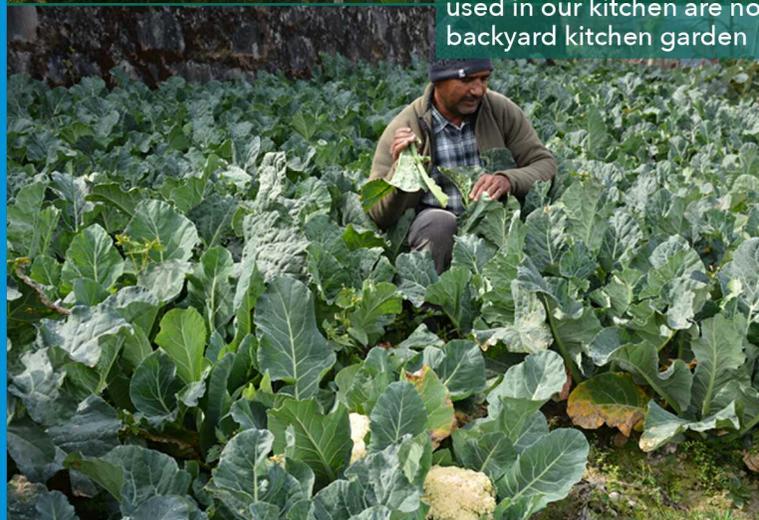
Organic Farming at HRDC: Most of the vegetables used in our kitchen are now farmed in our very own backyard kitchen garden



Newly constructed rehabilitation ward in function



HRDC's team with Mr. Rameshwar Phuyal, Physical Infrastructure Development Minister, Bagmati Province: Collaboration and partnerships at various levels of government is being pursued



HRDC's kitchen before and after reconstruction

ACTIVITIES 2021



Wheelchair distribution during a mobile clinic



HRDC Mobile Camp inauguration by the Mayor of Dhulikhel



Patient consultation at a mobile clinic using full COVID precautions



Measurement of assistive device at a mobile camp: HRDC's in-house "Prosthetic and orthotic lab" manufactures over 4000 low cost assistive devices every year



Logistical difficulties pose considerable challenges in reaching rural locations during mobile clinics

EDUCATION AT HRDC SCHOOL



Our in-house school has been attended by over 4,616 patients(2,096 girls) since starting in 2014. The school is also used to educate patient families on social stigma surrounding disabilities



TELEMEDICINE AT HRDC

Our telemedicine services continued during the pandemic, and we have been able to consult over 8,000 patients through this service so far



HRDC's Eastern provincial rehabilitation center is assuming more responsibilities with regards to patient identification and follow-up, as well as networking and resource mobilization



HRDC's satellite clinic in the east and west of Nepal felicitated by their respective municipalities for outstanding contribution towards children's disability

The last year continued to pose unimaginable challenges with the pandemic showing no signs of receding. Without all your support, it would have been impossible to sustain and continue our operations at the hospital and on the field. On behalf of all of us at HRDC, I would like to express our heartfelt gratitude and thanks to all of you who supported HRDC's work through these difficult times.



Dr. Bibek Banskota
Executive Director
HRDC, Nepal

OUR MAJOR SUPPORTERS



GOVERNMENT OF NEPAL



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.



WE WANT TO THANK ALL OUR DONORS AND SUPPORTERS
FOR THEIR UNDIVIDED HELP AND SUPPORT
DURING THIS VERY DIFFICULT TIME OF THE COVID PANDEMIC



FOR MORE INFORMATION CONTACT:

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CHANGE LIVES DONATE AND HELP

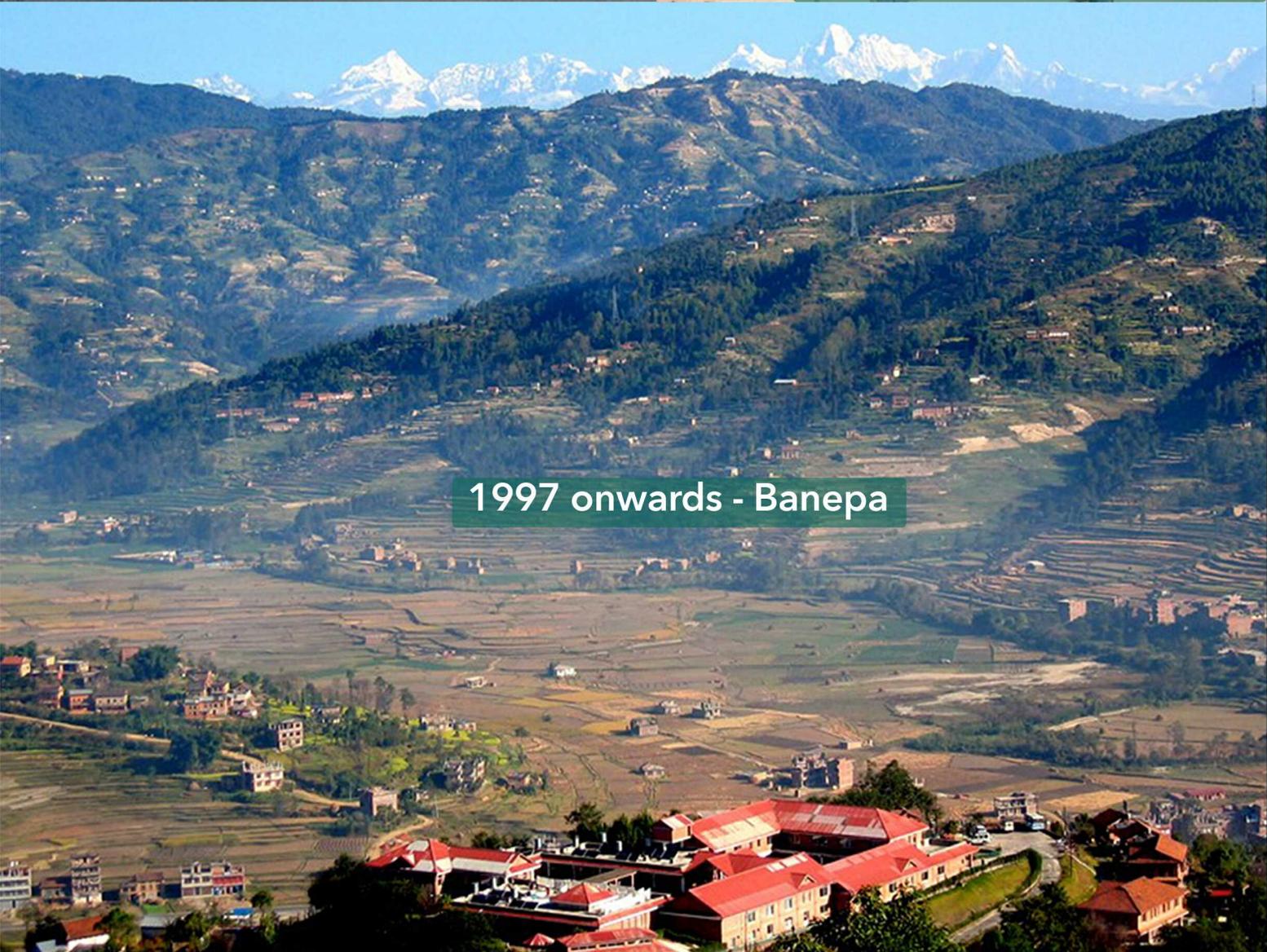
HOW YOU CAN HELP?	AMOUNT NRS	AMOUNT US\$
An early identification screening camp (to identify Scoliosis for example) for 800 to 1,000 students in nearby schools	90,000	763
The fabrication and fitting of ten low cost orthosis for ten children	70,000	593
Comprehensive Physiotherapy for ten children for a week at HRDC	115,000	975
One patient's medical and social rehabilitation for the whole year including follow up	125,000	1,059
One patient's surgical intervention	90,000	763
Management of ten clubfoot children below four years of age, through Ponseti technique	650,000	5,508
One week-long health and rehabilitation camp in a remote district of Nepal	700,000	5,932
One surgical camp in regional Nepal treating 16 children with disabilities	1,250,000	10,593



1985-1992 - Jorpati



1993-1997 - Dhobighat



1997 onwards - Banepa

HRDC TODAY

- 100 Beds
- 6 Operating Rooms
- 150 Days of Field Work Per Year
- 4 Satellite Clinics
- 76 CBR Workers
- >20K Consultations Per Year
- >2K Surgeries Per Year

