



HOSPITAL & REHABILITATION CENTRE FOR DISABLED CHILDREN

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HOSPITAL & REHABILITATION CENTRE FOR DISABLED CHILDREN NEPAL



ENABLING ABILITIES SINCE 1985 | ANNUAL REPORT 2023

HRDC SINCE 1985



39 YEARS ON: 116,468 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 ACHIEVEMENT SO FAR

Total Children Served 116,468 (40% Female)	Surgeries Performed 52,425	Prosthesis & Orthosis Fabricated 98,280
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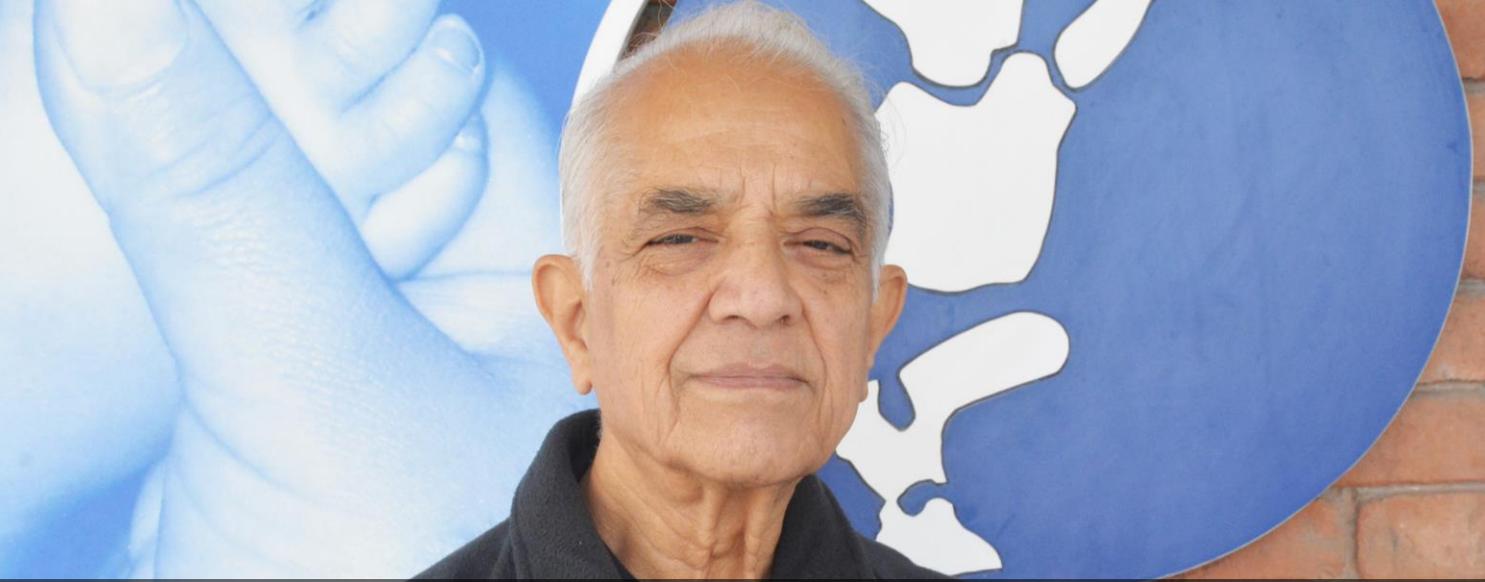
OUR SERVICES

HOSPITAL BASED SERVICES

- ◆ Out and Inpatient Services
- ◆ Six Operating Theatres
- ◆ Physiotherapy
- ◆ Workshop Manufacturing Low-cost Prosthesis and Orthosis
- ◆ Radiology & Pathology
- ◆ Training, Education & Research
- ◆ Cerebral Palsy Clinic & Gym

FIELD BASED SERVICES

- ◆ Community Based Rehabilitation (CBR) Program
- ◆ Four Satellite Clinics
- ◆ 150 Days of Field Work in a Year
- ◆ 76 CBR Workers
- ◆ Identification and Follow-up Camps, School Screening Camps, Disability Orientation and Awareness Activities
- ◆ Mobile Ponseti Program



MESSAGE FROM THE CHAIRPERSON

Dear Friends,
Greetings from the HRDC family in Nepal!
We are delighted to share updates on our activities, and challenges faced for the year 2023. With the support of the local government and valued partners, we have expanded our reach into the most remote districts, resulting in a steady increase in patient flow and other activities at the hospital. Our dedicated team continues the complex task of rehabilitating children with physical ailments with great expertise and finesse. Our community-based services ensure that treatment continues to its final stage in the child's rural or home environment. The 'Mobile Ponseti' Program, an innovation born during the COVID-19 lockdown, has now become an integral part of our services. It helps us identify new cases with clubfoot at an early age and significantly reduces dropouts.

We are pleased to announce that the repair and renovation of our quarter-century-old facility, including quarters for on-duty doctors and CBR workers, have been completed and are now functional. Once additional funds become available, we plan to start building a much-needed new patient ward to accommodate the overflow of patients seeking our services. HRDC takes pride in providing high-quality services without any bias to all the children who come to us for treatment. Our work continues to receive worldwide recognition, as evidenced by the recent 'Quality Performance Award' for our provision of clubfoot care in Nepal, which meets high global standards. Our young and energetic team, led by executive director Dr. Bibek Banskota, is forging ahead to explore avenues that ensure HRDC's long-term sustainability. None of this would be possible without the continued assistance and cooperation of generous people like yourselves. Over 116,000 children have been treated at HRDC, and we feel that we have just begun!! HRDC is now running into its 40th year and I couldn't be happier to see that the strong foundations that were laid decades ago are being further strengthened to address future needs. Please accept my sincere thanks for your continued support to HRDC.

Warm regards,
Prof. Dr. Ashok Kumar Banskota
Founder and Chairperson

OUR MISSION

Creating an **inclusive, compassionate,** and **caring** society in which children with physical disabilities 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 disabilities.

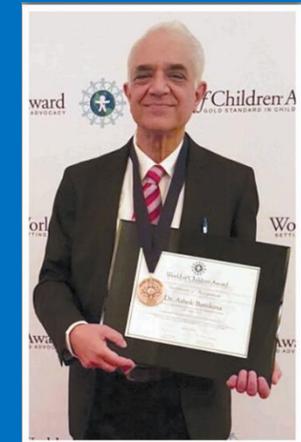
INTERNATIONAL RECOGNITIONS



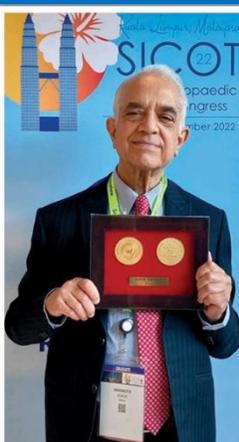
2011
Winner World of Children Award



2014
Stars Impact Award



2016
World of Children Alumni Award



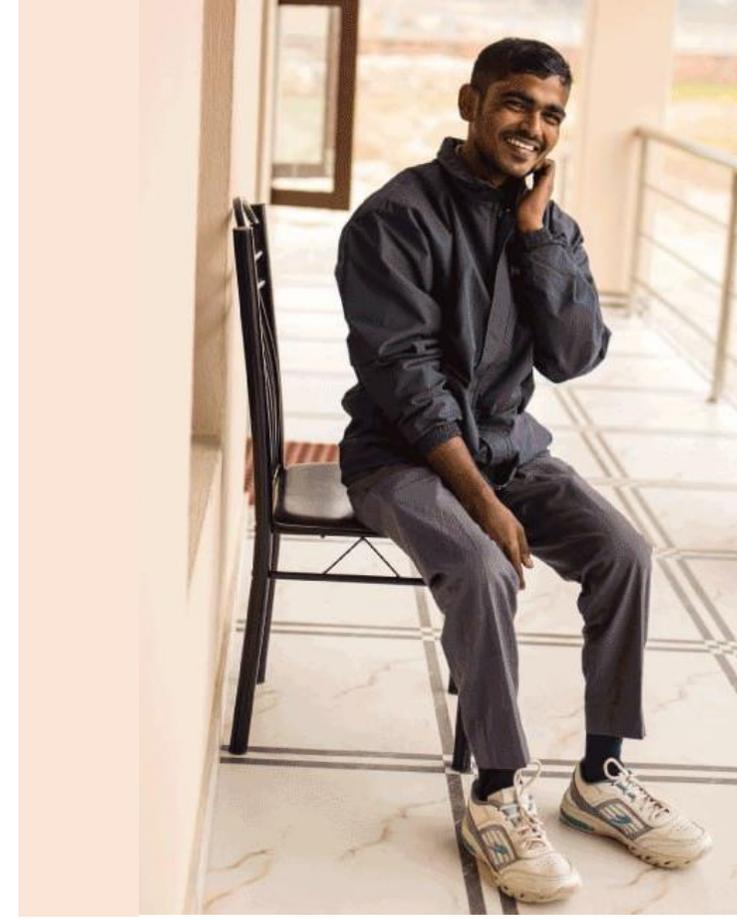
2022
TKS Gold Medal

FROM PATIENT TO CRAFTSMAN: DUKHI'S JOURNEY OF HOPE AND EMPOWERMENT AT HRDC

Dukhi, a master craftsman at the Hospital and Rehabilitation Center for Disabled Children (HRDC) in Nepal, finds deep purpose in his work of crafting shoes for children with disabilities. Like approximately 30 other staff members, Dukhi was once a patient himself. His daily task involves creating custom boots for children undergoing clubfoot treatment, a process that requires precision and care. Born with clubfoot in eastern Nepal, Dukhi understands the challenges and stigma associated with the condition. His journey from patient to craftsman is not only a personal triumph but also a testament to the meaningful impact of his work.

The resolve to find treatment

Growing up in Itahari, Nepal, Dukhi's dreams clashed with the reality of his bilateral clubfoot, weighing heavily on his childhood. In the throes of poverty, he shouldered adult responsibilities at just nine, trading school for menial jobs to support his family. The villagers' taunts pierced deeper than his physical pain, threatening his future. Yet, amidst despair, HRDC's social mobilizer extended a lifeline, offering to straighten Dukhi's feet. With the social mobilizer sparked a choice: accept his fate or envision a new path. Clinging to hope, Dukhi embarked on a journey at ten, fueled by uncertainty but driven by the possibility of transformation. In the face of shame and isolation, he dared to believe in straight feet.



Hope Becomes Him

After successful treatment, Dukhi's dream of living free from clubfoot became reality. He secured a job at an HRDC-backed bicycle garage, improving his income. Connected with HRDC, he seized the chance to work as a shoemaker there, eager to help others. Grateful, he acknowledges HRDC not just for correcting his feet but also for offering employment and educational support. Empathetic towards discrimination, he advocates for disability rights. HRDC annually treats 25,000 children, including 500 with clubfoot, ensuring equal opportunities. Once called Dukhi, meaning sorrow in Nepali language, HRDC staff now fondly know him as Amal, meaning hope. He is married and has two daughters, a once distant dream, Dukhi reflects on his transformed life, grateful for the treatment that granted his wishes.



CHILDREN'S STORIES

FROM TRAGEDY TO TRIUMPH: CHATURMAN'S JOURNEY OF HEALING, HOPE, AND RESILIENCE

Chaturman's story beautifully illustrates the life-changing influence of compassion and dedicated medical care.

Chaturman's early life was marred by tragedy when he accidentally fell into a kitchen fire, leaving him with severe burns on both arms. His laborer parents, sold their possessions and properties to seek help at a local hospital, but the deformity persisted and worsened. With seven mouths to feed, their financial struggles prevented them from exploring alternative treatments, and Chaturman suffered in silence for months.

Fortunately, Chaturman was screened through one of HRDC's community-based mobile clinic (mobile clinic team-including a doctor, nurse, physiotherapist, prosthetic and orthotic technician, psychosocial counselor, and various other paramedics). Under the skilled hands of our plastic surgeons, he underwent multiple procedures to release the burn contractures. Months of intensive physiotherapy followed.

"Over 10,000 Burn Patients have Benefitted by HRDC's Dedicated Team of Plastic Surgeons in the Past 39 Years"

The transformation was nothing short of miraculous. Today, Chaturman and his family radiate happiness and confidence. His once limited functionality has blossomed, allowing him to attend school, make friends, and dream of a future in politics.



REBUILDING HOPE: DIPA'S EARTHQUAKE RECOVERY WITH HRDC

At the age of 8, Little Dipa endured severe trauma to her right leg during a devastating earthquake. For 7 years, her family's poverty prevented her from receiving treatment, resulting in a severe infection that necessitated the amputation of her leg below the knee. Dipa and her family faced despair and anxiety about her future, as she struggled to walk without support and relied on others for daily activities. However, a turning point came when HRDC's community workers identified Dipa.

Under the care of HRDC's lower limb deformity correction team, Dipa underwent surgical intervention followed by months of nursing care. She was also provided with a low-cost prosthesis from HRDC, significantly enhancing her mobility and independence.

Over 98,000 Artificial Limbs have been Manufactured by HRDC in 39 Years, Fulfilling the Mission: 'Let the Children Walk'.

Previously marginalized due to her disability, Dipa now serves as an inspiration for those who once viewed her condition with stigma, limited opportunities, and gender bias.

Before treatment



After treatment



RAYS OF RESILIENCE: CHHORDEN'S INSPIRING JOURNEY TO A NEW DAWN

Before treatment



After treatment



In a small village of East Nepal, a story of spirit and hope unfolded in the life of Chhorden, a young girl born into a humble family. Chhorden brought immense joy as the first baby girl in their household. However, tragedy struck at the feeble age of 9 when she fell from a tree, breaking her right hand. Facing financial hardship, her farmer parents turned to home remedies and faith healers for treatment, hoping for a miraculous recovery.

Months passed, but the fractured hand healed in a deformed position known as cubitus varus, hindering its functionality and casting shadows of worry and despair over Chhorden's future. Her parents feared a life of isolation and ridicule due to societal stigmas surrounding disabilities.

A ray of hope entered Chhorden's life through HRDC mobile clinic. The dedicated team of hand surgeons operated on her, followed by months of painstaking physiotherapy. With an unwavering support from HRDC, Chhorden emerged triumphant, regaining functionality and resuming her education.

"Over 15,000 Patients With Cubitus Varus have Benefitted by HRDC's Dedicated Team of hand Surgeons in the Past 39 Years"

For Chhorden's parents, worries faded as their daughter thrived. Amidst adversity, this story stands as a reminder of the transformative power of compassion, medical expertise, and the indomitable human spirit.

BISHAL NEPALI'S JOURNEY FROM NEGLECT TO INSPIRATION

Bishal Nepali's story is one of toughness and transformation. Born with congenital kyphoscoliosis, a condition that not only affected his physical appearance but also made breathing a challenge, Bishal faced hardships that no child should endure. Despite his struggles, his family, mere laborers unable to afford medical treatment, could only watch helplessly as their son suffered both physically and emotionally.

At school, Bishal became the target of ridicule and mockery due to his condition. The cruelty of his peers forced him into isolation, robbing him of the simple joys of childhood. Days turned into years, and Bishal's world became smaller, his dreams overshadowed by the weight of his deformity and the relentless taunts of others.

But fate intervened in the form of HRDC's comprehensive mobile clinic, reaching remote villages with hope and healing. Referred to HRDC for further consultation, Bishal's journey toward transformation began. With the support of the spine team, he underwent surgical reconstruction, a glimmer of light in a life overshadowed by darkness.

"Over 7,000 Patients With Spine Deformities have Benefitted by HRDC's Dedicated Spine Team in the Past 39 Years"

A custom-made brace, crafted with care in HRDC's workshop, became Bishal's lifeline, cradling his fragile spine as it healed. And as his physical burdens lessened, so did the weight of his isolation and despair. Slowly, courage replaced fear, and confidence blossomed where doubt once thrived.

Today, Bishal's smile radiates the joy of newfound freedom. With his spine straightened, he stands tall, ready to embrace the world he once feared. No longer confined by the shadows of his past, he has returned to school, his dreams rekindled with a newfound determination.

Bishal's journey is not just one of survival, but of triumph. With each step he takes, he defies the stigma surrounding disability, an inspiring stories for others like him. His dream of becoming a teacher symbolizes his unwavering resolve to rewrite the narrative of his life, transforming pain into purpose, and adversity into strength.



SITA ASPIRES TO BECOME AN ADVOCATE FOR CHANGE

Sita Shahi, a resident of far-western Nepal, endured a traumatic incident at the age of 9 when she was struck by a motorbike in her village, resulting in severe injuries to her left leg. Unfortunately, her family's financial constraints prevented her from receiving timely treatment, and she suffered through months of pain with multiple fractures in her tibia.

As a consequence of the untreated fractures, her bone fused in a misaligned position, leading to the development of tibia vara—a condition where the lower leg bends inward. The resulting deformity not only restricted her mobility but also subjected her to ridicule from her community, who believed that her disability would hinder her chances of marriage. The prevailing social stigma further exacerbated her situation, forcing her to abandon her education and isolate herself from society.

Fortunately, Sita's life took a positive turn when she was referred to HRDC by a previously treated patient from her neighbouring village. Under the expert care of HRDC's deformity correction team, she underwent complex surgical procedures to correct her leg deformity. Following surgery, she received compassionate nursing and intensive physiotherapy, which played crucial roles in her rehabilitation journey.

Today, Sita's leg is straightened, allowing her to resume her education and contribute to household chores. She now lives independently with renewed dignity and optimism for the future. Her experience has inspired her to challenge the negative perceptions surrounding disabilities in her community, and she aspires to become an advocate for change.



TRANSFORMING DESPAIR INTO JOY: A MOTHER'S JOURNEY

The news of my pregnancy filled my husband and me with boundless joy. Yet, our world turned upside down when our son was born with a disability we hadn't anticipated: clubfoot.

The revelation shattered me, prompting endless tears and questions about why this had befallen us. Some unkind voices even insinuated that our misfortune was punishment for past transgressions. Enduring such hurtful accusations only added to our anguish. The weight of social stigma loomed large, driving us to seclude ourselves within our home, away from the harsh judgments of others. Thankfully, a compassionate nurse at a local hospital connected us with a social mobilizer from HRDC, offering a courage for our son's future mobility.

At HRDC's Regional Rehabilitation Centre (RRC) in East Nepal, skilled cast technicians embarked on correcting our son's clubfoot through a series of meticulous castings. With the aid of low-cost club shoes crafted in HRDC's workshop, the risk of recurrence was minimized, providing us with invaluable peace of mind.

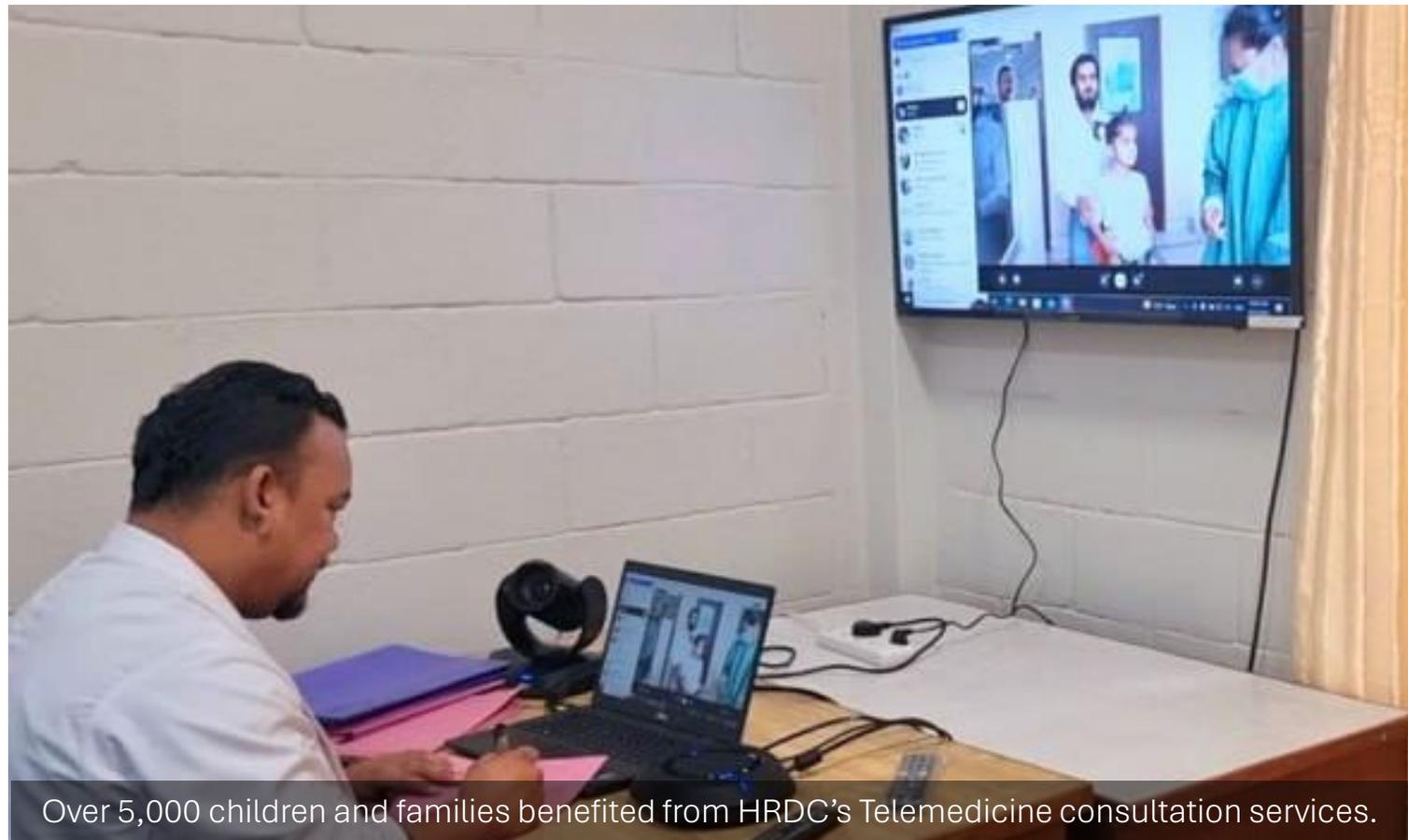
“Annually, HRDC positively impacts the lives of over 500 children with clubfoot”

The accessibility and affordability of HRDC's clubfoot management services proved to be a godsend, sparing us the financial burden of seeking treatment elsewhere. We are profoundly grateful for the competent and compassionate care extended to us by HRDC, a beacon of hope for families like ours across Nepal.

Reflecting on the journey from despair to happiness fills me with profound gratitude. Our son's newfound ability to walk and run is a testament to the transformative impact of dedicated care and support. In HRDC, we have found not only medical expertise but also a source of inspiration and solace.



Nearly 6,000 children have benefited from HRDC's in-house school since its inception in 2014. The school also educates patients and families about the social stigma surrounding disabilities



Over 5,000 children and families benefited from HRDC's Telemedicine consultation services.

HIGHLIGHTS OF YEAR 2023

OUT PATIENT CONSULTATION

Consultation : 22,427 (Girls: 8,581)
 Follow-up Consultation : 14,940 (Girls: 5,510)
 New Consultation : 7,487 (Girls: 3,071)

IN PATIENT SERVICES

Total Admission : 1,503 (Girls: 642)
 Total Surgery : 2,044
 Occupancy : 90%
 Average Length Stay : 20 Days

PROSTHESIS & ORTHOTICS DEPARTMENT

Total Orthotics & Prothesis
 Manufactured : 5,843

FIELD ACTIVITIES (CBR)

Total Camp Rounds : 27 Rounds
 District Covered : 32
 Total Patients : 11,076
 New Patients : 4,895
 Total Clinics : 119

HRDC CLUBFOOT PROGRAM

Total Patients : 592
 Total Feet : 890

DISEASE CATEGORY

■ Congenital

■ Neuromuscular

■ Trauma

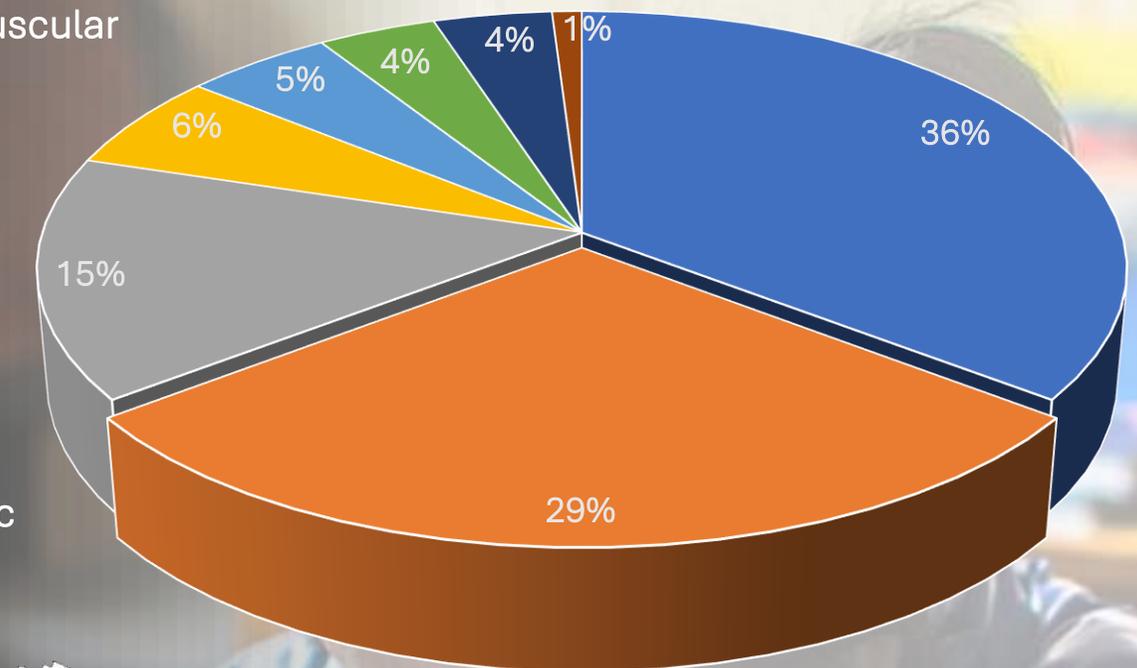
■ Infection

■ Burn

■ Misc

■ Metabolic

■ Tumor



In 2023, of the 77 districts in Nepal, we received patients from 71 districts (In Blue).

ACTIVITIES 2023



HRDC – B&B Pediatric Orthopedic & Trauma, and Clubfoot Management Course Hosted by HRDC, Was Attended by 90 Participants



Spine Conference Hosted by HRDC, Was Attended by 35 Participants



Research Conference hosted by HRDC, was attended by 55 participants



District Project Advisory Committee Meeting at Kavre

ACTIVITIES 2023



Children at Hospital Honored with Tokens of Appreciation for Winning Drawing Competition on International Day of Persons with Disabilities



Joyous Celebration Marks HRDC's 39th Anniversary, Honoring Prof. Banskota, Esteemed Founder, with Heartfelt Tokens of Appreciation from the HRDC Family



ACTIVITIES 2023



Embracing World Clubfoot Day: A Joyous Gathering with Patients and Families Affected by Clubfoot



Mobile Orthopaedic Team with Prof. Banskota, Chairman of HRDC

ACTIVITIES 2023



Minister and Delegation from the Ministry of Women, Children, and Senior Citizens Visiting HRDC



HRDC, in collaboration with the American Himalayan Foundation, successfully completed the USAID Surgical Innovation Project (USIP), supported by USAID/ASHA. Through USIP, HRDC has introduced eight state-of-the-art American surgical and diagnostic technologies in its operating rooms and wards, significantly enhancing equal access to high-quality healthcare for Nepalese children in need. This initiative, funded by USAID/ASHA grants, has not only modernized HRDC's medical infrastructure but also increased its capacity to perform major surgeries by 25%. Consequently, 1,485 individual patients have already benefited from these advancements, with many receiving care from multiple pieces of new equipment, far exceeding the project's initial targets.

ACTIVITIES 2023

ACTIVITIES 2023



HRDC Hosts Partner Review Meeting for American Himalayan Foundation, a Core Collaborator for HRDC



Erica Stone, President, Norbu Tenzing, Vice President and Bruce Moore, Senior Director of Program of AHF Visiting HRDC, Cementing a Partnership Since 1990



Karen Welch, Deputy Mission Director, USAID Nepal visiting HRDC



His Excellency, Peter W. Bodde, Former Ambassador of the United States, visiting HRDC



ONGD-FNEL Board Members' Visiting HRDC: A Partnership Spanning Since 1993

ACTIVITIES 2023



Chesca Colloredo (CEO), Emmanuel Otoo (Director of Programs, USA), and Faisal Imtiaz Sheikh (Senior Program Field Officer, South Asia/Pakistan) from MiracleFeet, Visiting HRDC: A Partnership Spanning Since 2015



Mr. Robert Donnelly, International Director of CBM Global Visiting HRDC



Mr. Wolfgang Visiting HRDC



Delegation from Luxembourg Visiting HRDC



ACTIVITIES 2023



Eileen Moncoeur, Director of HRDC | Sabal Foundation in the USA, and Team Visiting HRDC



Representatives from Save the Children, Thailand visiting HRDC



David Sokol and family with Peter Hillary, Visiting HRDC



Andrew Smith, Board Chair, and Spouse, Along with CBM New Zealand Team, Visiting HRDC

DECENTRALIZATION OF HRDC SERVICES

HRDC WEST – KOHALPUR



As a result of the fruitful partnership between HRDC and the government, the Regional Rehabilitation Centre has been relocated to a building provided by the government in Kohalpur, West Nepal. The inauguration ceremony was jointly officiated by Dr. Bibek Banskota, the executive director of HRDC, and the Honorable Mr. Gagan Thapa, former Health Minister of Nepal.

This collaborative effort with the local government has significantly bolstered our capacity to expand services, including patient consultation areas, prosthetic and orthotic departments, and extensive outreach activities such as mobile clinics, follow-up clinics, and educational programs on physical disabilities in West Nepal.



Previously, rental expenses for office space were incurred, but now, with the new arrangement, these costs have been eliminated. The funds saved are being redirected towards impactful initiatives that directly benefit children in need, facilitating life-changing activities for our young beneficiaries.

HRDC EAST – ITAHARI



HRDC's Eastern Provincial Rehabilitation Centre, Itahari



Nearly 900 minor surgeries have been performed. Providing services locally not only aids in early identification of cases but also helps prevent dropouts





A Dedicated clubfoot clinic at Lahan !

OUR MAJOR SUPPORTERS



HRDC's newly established Western Provincial Rehabilitation Centre in Karnali Province, West Nepal. An Outcome of the Local Government Partnership !



FRIENDS OF HRDC
SWITZERLAND

BECOME A CORPORATE PARTNER

A corporate partnership with HRDC provides an opportunity for 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 benefits 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.



FOR MORE INFORMATION, PLEASE CONTACT

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- Arjun Adhikari: +977-9849661041
- E-mail: prakash.hrdcnepal@gmail.com

MESSAGE FROM EXECUTIVE DIRECTOR

Dear Esteemed Partners and Well-wishers

On behalf of the Hospital and Rehabilitation Centre for Disabled Children (HRDC), I extend my deepest gratitude to each and every one of you for your unwavering support and collaboration in our mission to serve the Nepalese children in need.

Your tireless efforts and generous contributions have played an indispensable role in providing essential care, rehabilitation, and hope to countless children facing physical disabilities across Nepal. Your commitment to our cause has been nothing short of inspiring, and it is through your collective dedication that we have been able to make a meaningful difference in the lives of these vulnerable children and their families. Your support has been instrumental in enabling HRDC to expand its reach, improve its services, and enhance the quality of care provided to our young beneficiaries.

Additionally, we extend our heartfelt appreciation to all three layers of the government for their continued coordination and support. Your ongoing collaboration and advocacy efforts have been instrumental in taking our services to the far and corners of the country. Together, we have been able to navigate challenges, overcome obstacles, and create positive change that will have a lasting impact on the lives of those we serve.

As we look ahead to the future, we remain committed to our mission of providing holistic care and support to children with disabilities, empowering them to lead fulfilling and dignified lives. With your continued partnership and support, we are confident that we can achieve even greater milestones and continue to be a beacon of hope for those in need.

Once again, thank you for your unwavering dedication, generosity, and compassion. And we are profoundly grateful for your continued commitment to the HRDC and the children we serve.



Dr. Bibek Banskota
Executive Director, HRDC, Nepal

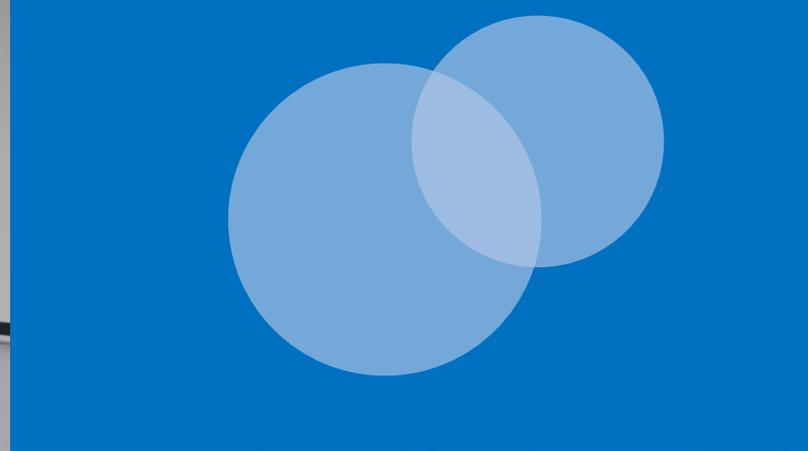


CHANGE LIVES

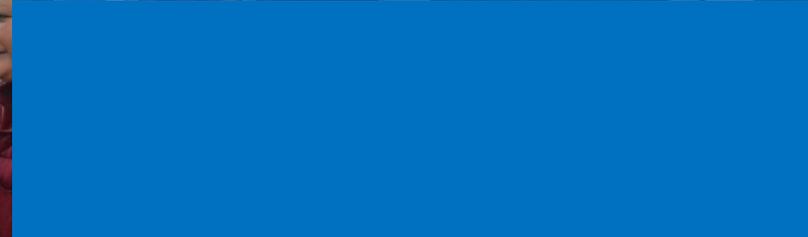
DONATE AND HELP

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 near by 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	5508
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

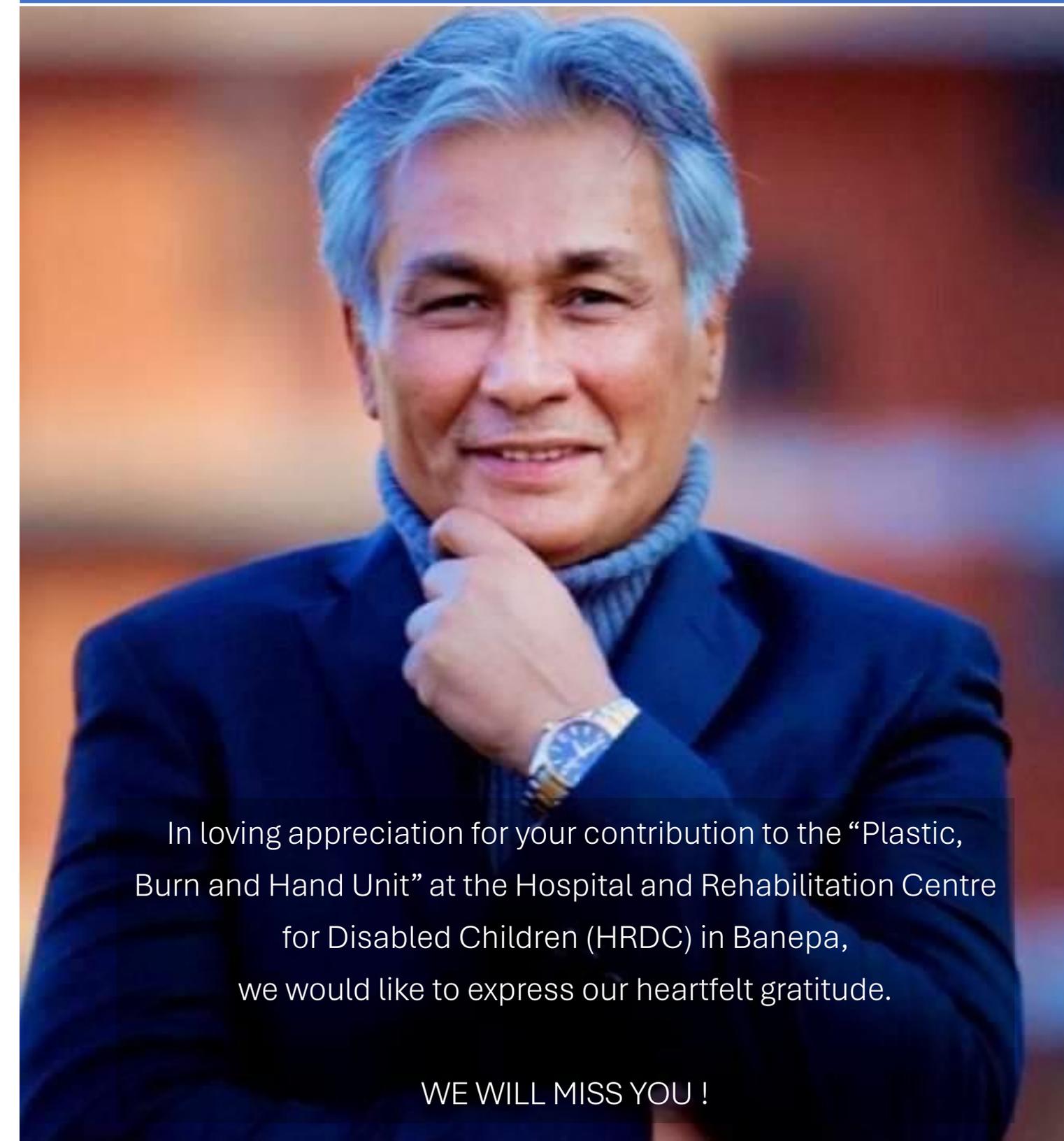
HEARTFELT CONDOLENCE DR. BASANTA MATHEMA
January 25, 1958 – April 18, 2023



Farewell Celebration for Ms. Sarita Khanal, Esteemed Matron Who Devoted Over Three Decades to HRDC



Farewell of transport & Maintenance Head Mr. Krishna Khatri, Who Devoted Over Three Decades to HRDC



In loving appreciation for your contribution to the “Plastic, Burn and Hand Unit” at the Hospital and Rehabilitation Centre for Disabled Children (HRDC) in Banepa, we would like to express our heartfelt gratitude.

WE WILL MISS YOU !



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