



End of year report

2016 Project

Fundación Nuria García/Fundación Okume AZ

Reconditioning of a building as medical centre  
Katmandu, Nepal

*Also called locally: "Free Health Camp"*



## Project details

1. Please summarise in a few words the project supported by TFWA Care, including the principle objectives and duration.

*The project that received TFWA's help consisted of the reconditioning of part of an existing building, in order to set up a medical centre in Katmandu, Nepal, especially vital after the devastation caused by the earthquake of April 2015.*

*People with economic difficulties have no access to medical care and a new free centre was a huge need. The number of potential beneficiaries is 1.200 : the local community, orphans from the nearby orphanage and also the elderly people who live in the same house, on top of the clinic. The objective is to attend about 100 patients a week and for the centre to become self-sufficient thanks to the voluntary work of the doctors, the donations of medicines by pharmaceutical companies and the help from people who can afford to pay a little for their medical treatment.*

*The project has taken place from February 2016 until December 2016. As of September 2016, the centre is already functioning although not at its full capacity.*

2. What activities were carried out within the scope of the project over the course of the year?

*Throughout the year were carried out all the activities related to the setting up of the clinic: cleaning of the building and the patio, repairs of the electrical system, painting, purchase of the equipment, supplies, medicines and installation of the solar panels.*

*The activities of the centre, once terminated, include general medical attention, ophthalmology, physiotherapy, controls of urine, blood, sugar, etc...*

## Evaluation

3. Has the project been successful? Please outline the success factors for each objective as well as the challenges encountered and solutions adopted to overcome them.

*The Project has been a great success. There were difficulties at the beginning due to the energetic blockade that the country suffered, which prevented the purchase of materials at the normal price. Some parts of the budget had to be increased. It was overcome thanks to the collaboration of the whole community who realized most of the tasks without charging.*

4. Did the work accomplished this year help you learn lessons that will benefit future work?

*Working hand in hand with the local community to set up the medical centre has helped us to further understand the needs and priorities of the beneficiaries of the clinic and to revise some of the initial ideas (which rooms to dedicate to which treatment, which material or medicine is more urgent...).*

*Especially in this case, since we had to overcome the difficulties related to the blockade and to rely even more on the local community, we have witnessed the country disastrous situation and learned how to get help from local companies in order to obtain supplies at a reasonable price.*

### Sustainability

5. How has the project had a positive impact on the community/ies at the core of the project and what will be the long term benefits? Please explain if the project has helped empower the beneficiaries by providing greater autonomy.

*The impact is very positive and will save lives. We speak of **1.200 potential beneficiaries** who could not afford to go to the doctor because of the cost. The usual process was to treat themselves with home-made remedies, which have limited effect in cases of diabetes, problems of cholesterol or thyroid, for instance. A diagnosis and posterior treatment are necessary.*

*The controls of sugar, blood pressure, sight and the visits with a general practitioner are already taking place and this provokes that many people start coming to the medical centre for their medical follow-up and treatment. Some continue treating themselves with home-made remedies but value the new controls. Nowadays, the centre attends **40 patients a week**, it is forecasted to attend **100 a week** next year, thanks to the staff increase.*

*At the moment, the medical staff is composed of 3 people: a general practitioner, an ophthalmologist and a physiotherapist. In the next few months, will join two nurses, a microbiologist to run the laboratory, a dentist and an administrative staff.*



6. Will the project continue in the future or is it now complete?

*The reconditioning phase is almost completed; it will end in December 2016 with the installation of the solar panels that ensure power autonomy. It is very important to provide uninterrupted power to the medications refrigerator and treatment equipment in a country that suffers from numerous electricity cuts. The centre is already in function, at the level of primary attention and visits with some specialists, although not at full capacity yet.*

*In the future, the centre will be equipped with additional instruments in order to offer more extensive and specialized treatment (basic surgery, for instance...) and it will increase the number of consultations with specialists. The centre staff will also initiate campaigns of prevention in agreement with the Public Health Department.*

## **Finance**

7. Please provide a summarised breakdown of how TFWA Care funds were utilised for the project.

*- Infrastructure conditioning (cleaning of rubbles in the outside and inside of the centre)*

*- Works related to water circuits and bathrooms for hygiene*

*- Painting of the walls, parquet*

*- Solar panels installation*

*- Purchase of medical equipment (for blood pressure, ophthalmology, stretchers), furniture, (shelves, chairs and table, sofa), medicines, etc...*

*- Preparation of the future laboratory room.*

**See the excel file with the summary of the invoices and the pdf file with the invoices scanned, both attached to this mail.**