



The Wild Medic Project
POWERED BY EARTH TRAILS EXPEDITIONS

Kakani & Simle Clinic Report

09-12 FEBRUARY 2019



OVERVIEW

The Kakani Village Clinic experienced 140 patient presentations, and the Simle clinic 120 bringing the total to 260 consultations. In total 514 medicines, vitamins and hygiene items were dispensed following detailed medical assessments by the WMP team and a Nepalese physician.

The WMP team consisted of seven paramedic students from the Australian Paramedic College and WMP team leader and Critical Care Paramedic Jan Muhlenberg. The paramedic students conducted an initial vital sign survey, detailed primary and secondary survey and medical history for each patient with assistance of local interpreters. The students were then required to give a detailed handover to the supervising physician as well as their recommendations. The physician completed the assessment and prescribed appropriate treatment. The students then dispensed the appropriate medications from the pharmacy/treatment area with instructions to patients, again utilising the assistance of local interpreters. The students worked in pairs attending each patient from start to finish.

Health clinic No.2 was conducted in the small village of Simle, about a 1 hr walk from camp. The process for attending remained the same and a similar number of patients was seen at both sites (130 vs 127). Notably more children of school age were seen in Simle for a regular checkup especially on the first day.

All equipment used to conduct assessments was kept locally and found in satisfactory working order, only slightly affected by cold weather on 1 day.

Please see the below chart for the breakdown of the main conditions assessed and the medicated dispensed.

Compiled by: Jan Muhlenberg (Team Leader)

	Kakani	Simle
Total Patients over 2 days	140	120
Conditions		
Muscular Skeletal Conditions	20	5
Eye	6	4
General Medical	76	65
Gastrointestinal	3	10
Woman's health	4	1
Minor trauma	1	
Respiratory	1	2
Skin	7	11
Eye	6	4
ENT/Dental	15	18
Urinary	1	
Medications		
Vitamins/Calcium supplements	52	46
Paracetamol	44	38
NSAIDs (burden, mefenamic acid)	16	8
Antibiotics	9	9
Antacids	8	11
Antihistamine	4	11
Benzyl Benzoate/Zod	2	5
Buscopan	3	2
Chamomile lotion	3	5
Clobital cream	5	5
Clotrimazol	1	2
Cough syrup	11	4
Ear drops	5	6
Eye drops (Saline)	16	2
Metformin	1	
Amlodipine	1	2
Ninja gel (Voltaren)	37	34
Ninja tabs	3	2
Omeprazole/Ranitidine	27	12
Ondansetron	0	2
Respiratory puffers	3	4
Cough syrup	2	4
Ear drops	2	6
Eye drops	6	2
Mouthwash	20	11
Rehydration satchels	23	29

Sanitary Pads	30	30
Dental kit	20	25

Team Leaders

Jan Muhlenberg

Chandra Rai

Team Members

Luke Viles

Ben Burey

Daniel Echantille

Paris Lunan

Karlie Macgregor

Sarisha Moodley

Recommendations

The clinic continues to improve in its ability to cater for the needs of local population in villages of Nepal.

Apart from regular refills of batteries and Australian type glucose test strips, some items that could assist future teams would include:

- Urine test strips
- Elastic knee braces
- More sanitary pads
- Oral hygiene packs (toothbrush, paste and mouthwash)
- Basic sandals/footwear
- Heal balm
- Iron tablets
- Tetanus injections

For any questions or clarification regarding anything in this report, please contact [REDACTED]

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