

Kakani & Chaiju Clinic Report

JANUARY 2020

OVERVIEW

During January 2020, the Wild Medic Project (WMP) team visited three villages to perform health assessments and provide essential care for a range of conditions. The three villages visited during the visit included Kakani, Chaiju and Kapa Danda. We were gratefully accompanied by a team of Nepalese leaders who assisted with interpretation with patients. The team were responsible for providing initial vital sign assessments and treatment in the form of medications, physical intervention and education. There were cases requiring follow up the proceeding day where improvements were observed.



Over the course of a week, the team assessed and treated approximately 400 patients. A variety of conditions were treated with the most common conditions being gastrointestinal reflux and associated abdominal pain, chronic pain and arthritis, visual impairments and dental concerns. During the visit to Kakani, the WMP team assessed 138 villagers. This was the second Wild Medic Project visit to Kakani where a remote clinic was set up in the Shree Kakani Ganesh Basic School. With the assistance of Nepalese Doctors Nacool Poudel and Kapil Belbase, the team administered required medications and treatments for villagers and essential health education. Patients were aged from 2 to 96 years of age. There were a few cases of ear pain in children which were treated with antibiotic ear drops and pain relief with success. It was imperative for the team to educate children and carers how to safely care for their ears to avoid long term damage to ears. Arthritic pain was the most common ailment assessed during the clinic in Kakani. The WMP team treated patients with anti inflammatory gels and demonstrated use alongside holistic pain relief such as rest, stretching and application of heat at the end of the day. Upon departure of Kakani, the WMP team presented Shree Kakani Ganesh Basic School with stationary supplies and some basic medications. We visited the site at which the Kakani Health Post would be constructed in the near future.

After three days, we travelled to Chaiju and set up the clinic at the local school. Space at the school was ideal for the team as we were able to set up a well lit organised room with the medications which could be safely secured. During the time in Chaiju, the WMP team assessed approximately 125 patients. Day one was our busiest day at Chaiju which saw some patient's vital signs assessed but not treated. These villagers were asked to return the following day but did not. The most common conditions assessed included chronic arthritic pain, visual concerns associated with ageing and fungal and bacterial infections. Among women, the most common complaint was gastrointestinal pain and bacterial infections. There were many cases of fungal infections requiring extensive

cleaning and treatment in children. The most severe case was a 14 year old female with a fungal infection covering the majority of the occipital region of her scalp. The doctor and team leader shaved her scalp cautiously and applied anti-fungal cream and supplied the young girl with a complete course of anti-fungal cream and advised regular cleaning. It was identified by the team that poor hygiene was a recurring trend with most patients stating that they had not washed in over a month due to the temperature. As a result of this, many skin conditions were observed. The clinic also saw patients suspected of suffering from tuberculosis.

Lastly, our visit to Kapa Danda was impacted by inclement weather and thus, saw less patients than expected. During the two day clinic setup, the WMP team set up in the local school. Approximately 92 patients were assessed and treated over the two days. One female presented approximately 4 months gestation and was supplied with sufficient vitamins for the remainder of her pregnancy. Of the three villages visited, Kapa Danda presented with the worst dental hygiene resulting in poor dental outcomes in children aged as young as 2 (cavities were observed). Extensive education was provided in Kapa Danda to parents in particular regarding skin and dental hygiene. Many adults presented with conditions that can be greatly reduced with lifestyle and diet changes. As a group we found that extensive education was required, patients were less grateful and were not as responsive to recommendations the team were suggesting. This made some treatment very difficult as patients were complaining of multiple conditions to ensure they received medication got treatment of complaints that could otherwise be treated with lifestyle changes. An example of this was patients presenting with headaches that commonly drink only 300mLs of water daily and work in the field for many hours a day. The team were most concerned with dental hygiene in this village and discussed the importance of educating the village to prevent easily preventable ailments.

Overall, the January 2020 clinical expedition was very successful. Suggestions for the proceeding WMP team were passed on. An extensive medication list was documented with assistance of Dr Nacool Poudel at the completion of the clinic in Kapa Danda with suggestions for purchasing documented also for the next team to purchase in Kathmandu.

Compiled by Team Leader Jessie Rodgers

Paramedic students involved in the January expedition were Jennie Curham, William Messer, Bradley Walters, Cherie Lowe, Callum McTague and Victoria Fernandez. Patrick Fernandez also accompanied the group as a first aid trained observer.