

WE SERVE, JESUS HEALS



Friends of Tansen 2011

हामी सेवा गर्छौं  
येसुले तिम्रो पार्छौं सुख



We Serve Jesus Heals

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## A note from the hospital director



Dear Friends,

This year was a record breaking year for the hospital! We saw the highest number of deliveries and emergency room visits ever and out-patient numbers increased to the highest level for 10 years. Another record was the amount of free care we gave during the year: NRS 10,773,532 rupees (approximately USD 147,500). I am really thankful for all the friends of Tansen who have supported our Medical Assistance Fund and enabled us to provide financial assistance to so many patients. The story of Manoj in this edition is just one example of the thousands of patients that benefit from this support.

Renovation work at the hospital continues at a pace and really does enhance the environment as well as the level of facilities we can offer. There is now a central oxygen system in place in the operating rooms which replaces the large and extremely heavy cylinders that used to be carried in and out by hand! However, with increasing activities, we are running out of space again. Our 16 - bedded maternity ward is no longer big enough - the record this year is 18 deliveries in a 24 hour period. This is good news as it means that more women are aware of the need for a safe delivery, and our Community Health Department is obviously doing a great job getting the "safer motherhood" message to mothers. However, it does mean that we are now exploring how to provide more space for maternity patients. As in previous years, we were busy with our training work. Some of the newer trainings are

now well established, and we are hopeful that our pediatric nurse-training course may form the basis for a national pediatric nursing course in the future.

The local community around Tansen plays a key role in the running of the hospital. Without their support, there would have been times this year when it would have been very difficult to function. We continue to aim to strengthen our relationships.

Looking back on the year, it is the patient stories which stick in my mind. Some are stories with happy endings when a very sick person recovers against all the odds as a result of medical care combined with prayer. Some are sad stories of patients arriving too late or with problems that are beyond our resources in Tansen. With your help and prayer support, we endeavor to provide holistic care to all our patients. I think that this is reflected in the stories in this edition of Friends of Tansen. Thank you for being a part of this.

Kind regards.

*Rachel Karrach  
Hospital Director*





Krishna examining a child in the ART clinic.

In 2007, Tansen Mission Hospital began reaching out to HIV/AIDS patients through an anti-retroviral therapy (ART) clinic. Since then, 241 patients have been registered in the clinic - 131 were identified as needing ART. Of these, 15 have died, 27 have not returned for treatment and 19 are out of contact.

The National Centre for AIDS and STD Control (NCASC) provides the ART clinic with training, drugs, laboratory equipment, books, furniture

and computers. Laboratory tests, drugs and food are provided free of cost to the patients. The ART clinic also provides a "prevention of mother-to-child transmission (PMTCT)" service. As a result, there has been a significant reduction in the rate of mother-to-child HIV/AIDS transmission.

Many HIV/AIDS-infected people in the Tansen area have benefited from the ART clinic. Because of the stigma of AIDS, patients may

easily lose hope, with many considering suicide. After visiting with a counselor from the hospital's Pastoral Care department, many patients have gained new hope. It has been observed that after ART treatment, most patients are not only healthier and physically stronger, but also spiritually nourished. Thus, the ART clinic strives to provide physical treatment, as well as spiritual support.

*Krishna Lal GR  
ART Clinic In-charge*

Fourteen-year-old Jamuna presented like most of the other patients with 'monsoon fever'. Her condition deteriorated rapidly over the next few days and it soon became clear that she would not survive without intensive support. She was too ill to transport to a higher centre and we decided to admit her in our small Intensive Care Unit (ICU) for ventilation.

Both her parents were working overseas at the time, and while they were trying to arrange to return to Nepal, she deteriorated further. We feared that she would not live until their return, but when her mother arrived two days later, Jamuna was sedated, yet conscious enough to recognize her and to acknowledge her presence. We knew that patients with this condition (ARDS) have a very poor prognosis even in the best care centres and so explained to her family that her chances of survival would be very slim unless God intervened.

Jamuna stayed in the ICU for 14 days. During that time, there were many tears, many prayers and many moments when it looked like she would not live. Yet through it all, we saw His grace and rejoiced with her family when she started to improve.



Jamuna on a recent follow-up visit.

Today, Jamuna is well, with only a slight limp. She and her family had the opportunity to hear of God's goodness, of Jesus who forgives and heals – and we continue to pray that they may come to know Him who gave her another chance to live.

*Dr. Ansie van Rensburg*



Palpa District Development Committee awarded United Mission Hospital Tansen with a certificate for "Namuna Aspatal Sewa (Model Hospital Service Award)" in the district during a recent District Council meeting.



*Educational support enables patients to stay in hospital when long-term care is needed.*

United Mission Hospital provides free nutritious food and toys for children admitted in the hospital. Many children spend weeks or months in the hospital, which hinders their schooling. Since 2007, the hospital has been providing such children with continued education.

I work as a teacher in the hospital and teach children according to their curriculum. I make sure that they do not miss out on their schooling whilst they are in hospital. It is challenging to keep up with several different schools' curriculum, but we have been sent many thank-you letters from schools, making the effort worthwhile. This programme helps children to cope with being in hospital for long periods and also motivates parents to keep their children in the hospital when long-term care is needed.

I would like to share Bikram's story. Bikram came to the hospital with a fractured leg and

needed to be admitted for two months for proper healing. He was very upset to miss school as his final high school exam was approaching. Coming from a poor family and unable to afford extra classes, we provided Bikram with the needed books. As a result, he passed his exam in the first division. Bikram appreciated our help. Now, he has joined a college and teaches small children. It is a joy to see students benefiting from our hospital.

We thank all who have contributed toward this work. We are especially grateful to an Australian friend for donating a laptop computer with DVD games. For many of these children, it is their first experience to see and hold a laptop. Thank you for your prayers and for bringing happiness to our children.

*Deborah Sherpa  
Educational Teacher*



*Sister Parvati conducting birth-preparedness training*

The Community Health Department (CHD) of United Mission Hospital has formed community-led women's groups to promote safe motherhood and newborn care. The CHD staff visit these groups monthly to offer health education focusing on antenatal care, iron tablets, the importance of a nutritious diet and maintaining personal hygiene. They give a single dose of de-worming medication for pregnant women and discuss potential health problems like severe headaches, vaginal bleeding, abdominal pain and high fever. The labour process and what to expect is also discussed.

This programme has significantly encouraged ladies to deliver at a hospital and has

increased birth preparedness for families. Furthermore, group members discuss the topics of transportation, decision-making, skill sharing and giving blood if the delivery is complicated, as well as organising monthly financial collections to support the women's group for the future.

Sharmila Neupane, a 22-year old female from rural Palpa, has been married for two years now. She is from a well-educated family and is studying social science. Sharmila and her mother-in-law are members of a women's group and have taken health education from CHD staff.

At midnight, a few days before the due date of her first child, Sharmila experienced severe abdominal pain. Due to the

training and preparedness she had received at the women's group, she made the decision to head immediately for the hospital. On arrival, her baby was in a breech position and so the decision was taken to do an emergency caesarean to protect the life of both mother and baby. The operation was successful and now both are doing well. On returning home, she received the care and support from her family that she needed and is quoted as saying; "The CHD showed me the road to life and I am now proud to continue to be a member of our village mother's group."

*Sister Parvati Gautam  
Head of Community Health  
Department*

Dear Friends,

Many of you know that for several years UMN, wanting to involve local Nepali ownership and governance, has been seeking a robust, sustainable, and appropriate framework for the two UMN hospitals (Tansen and Okhaldunga). After a year of no response to our proposals, the Ministry of Health sent a team to Tansen to determine the thoughts of local stakeholders.



Although, as yet, we have not received any official word from the Ministry, we understand that they are going to ask UMN to continue, for five years, to run the two hospitals and to agree on a modality for the future. The UMN Board has agreed, in principle, with these anticipated proposals. A new modality for the hospitals will be beneficial for Tansen, as the previous agreement is several years out-of-date.

Tansen Hospital will be developing a long term Strategic Plan – determining how best to serve Nepalis over the next 5 years. Please pray for all involved in this process. We want to hear from God and use our gifts to work hard on these plans. The agreement with the government will follow on from that.

David McConkey  
Hospitals' Executive Committee Chairman

For twenty-three years, Khila has been working as the Nepali Language Teacher at Tansen Mission Hospital. One event last spring has changed his life forever.

Last April 2010, Khila received word that his wife, Saraswati, who was visiting Kathmandu, was missing. For three days, Khila, family, and friends searched and worried. Finally, the family was informed that Saraswati had been admitted to Patan Hospital. After regaining consciousness, Saraswati had the following story to tell.

One morning, Saraswati saw a vision of darkness and light, which alternated three times in a row. Following the vision, Saraswati became lost physically and aimlessly wandered around town, experiencing memory loss, neither eating nor drinking and going in and out of consciousness. After three days, Saraswati was found on the street. She was taken to the hospital and later discharged to her family. The following day, a Nepali Christian shared with



*Khila has been teaching Nepali for 23 years.*

Saraswati and Khila about faith in Jesus. From that day forward, the two have been following Jesus.

Having taught many missionaries, Khila knew many things about Christianity, but it was this event that spurred his belief. Three aspects of the event are significant for Khila: the wrestling of darkness and light that Saraswati experienced, the fact that Saraswati was

lost for three days before being found (as Jesus was in the grave for three days before rising), and Saraswati's "blindness" before her eyes were opened to God's truth (as Saul the Apostle was blinded before turning to faith).

Khila is a blessing to missionaries learning the Nepali language. We praise God for bringing Khila and Saraswati into fellowship with Him.

“Are you from Norway? Did you know Sister Ingeborg?”

This is a common question that Norwegians in Nepal hear.

Ingeborg Skjervheim, a Norwegian midwife known as the “Mother of Tansen”, worked in Nepal from 1955 until 1988. She died in 2006. Many people remember her – the smiling lady with the long white braid. It is easy to recognize the contribution she made – not houses built, books written or research projects. The memories of Ingeborg are imprinted in the faces of

Nepalese whose eyes fill with joy and peace upon hearing her name.

Recently, I read Ingeborg’s biography and was filled with humility and respect for her. I was also proud. Yes, I am from Norway too. Now, it is my turn to take the baton, run for a while and pass it on to others. The race is serving people and allowing them a taste of heaven. This is done by treating people’s diseases and showing Christ through our actions.



*Ingeborg Skjervheim*

Ingeborg has run the race before me and I am thankful for her ministry. She, among others, has laid a foundation for the Gospel. Ingeborg once wrote: “I just want to be a water-pipe, hidden under the ground; a pipe that no one can see. I want to be like a water-pipe giving life-giving water...” What a reminder of the One who says: “I am the Bread of Life. He who comes to Me will never go hungry, and he who believes in Me will never be thirsty.” (John 6:35)

*Dr. Gunnar Mollestad, G.P.  
Tansen Mission Hospital*



*Dr. Gunnar with his family.*

Manoj had been in and out of Tansen Hospital for years. I met him one year ago when he was admitted with yet another intestinal obstruction. When he failed to improve with treatment, we attempted surgery. After four hours, seeing that our efforts were futile, we closed his abdominal wall. There was nothing more we could do.

Despite a failed operation, Manoj’s intestine partially opened and he was able to start eating, but he intermittently bled from his intestine. We prayed for healing and salvation. Manoj improved and he, with his family, heard the Gospel of Jesus. He returned home, having to manage the bleeding, yet strong enough to care for himself.

A few months later, Manoj returned, swollen and weak from bleeding and malnutrition. Because our blood types matched, I was able to contribute to the many units of blood needed to stabilize his



*Doug operating.*

condition. However, Manoj continued to weaken - our treatments had failed.

Now, his family was taking him home to die. Manoj could hardly breathe. He could not see me. Through tears, I saw him; I saw my failure... but I also saw Jesus’ success. A young man had come to our hospital, had heard the Gospel, and lay wearing a cross, the symbol of Jesus’ success over death. I had

given my blood for Manoj - it didn’t save him. Jesus gave His blood for Manoj and it saves...forever.

Manoj confessed belief in Jesus. His family heard of eternal life. God promises His Word will never fail. May Jesus’ “success story” spread through Manoj’s entire village.

*Dr. Douglas Brown  
Surgeon*

“Friends of Tansen is also available in pdf format on our website. If you would rather not receive a paper copy of our magazine or you have changed your address please email Dr. Roshan Kharel on [drkharel@gmail.com](mailto:drkharel@gmail.com). Thank you.”

Since graduating as a nurse back in 1991, I felt the Lord leading me to Nepal. This was really confirmed after spending four months volunteering in a government hospital in Pokhara. Seeing the need for paediatric nursing, I felt a desire to go back to Nepal to work alongside nurses again.

Realising I first needed more experience, I worked in children's wards in Sweden for 15 years, specialised in pediatrics and found a wonderful husband who also wanted to work in a developing country. I attended a Bible School in London and went to Nepal again in 1997 for a short outreach. We prayed that the Lord would open the door to Nepal if it was His will, but due to the security situation, the chances that our mission would send workers to Nepal was small.

In 2006, an email came from Tansen Mission Hospital. They were looking for a nurse to come, work alongside the nurses and to develop a Paediatric Nursing Course - the job description felt as if it had been written for me. In 2008, we, as a family, landed in Kathmandu and have felt from the first day that this is where we are meant to be for this time. Coming to Tansen, the pediatrician Sunil John shared that he had seen the need for a pediatric nursing course and had been praying for this for many years. God is good and He brings about His works in the right time.



Recently graduated PNC students.

For 1 year, I worked alongside the nurses on the Pediatric ward, before starting to develop the Pediatric Nursing Course (PNC), supervised by Dr Sunil. The pilot PNC course started in October 2009. After nine months of preparations, it almost felt as if it was my 4th baby being born that day! The PNC is an 8-week course designed for nurses and Assistant Nurse Midwives (ANMs) working in a Nepali hospital setting. It consists of lectures, group discussions, role plays and demonstrations as well as written and practical exams. The material is in English, but all teaching is in Nepali.

The nurses have been eager to learn and a special focus has been placed on pain assessment and management as well as on emotional support: how to make the life of a child in pain easier through small interventions, e.g distracting the child during wound dressing

by blowing bubbles or showing a doll. The nurses and I have laughed and cried together, thinking about ill and dying children we have met on the ward. Working with sick children is difficult but also joyful and rewarding.

Sister Moona Acharya and Sister Radhika Ghimire did an excellent job teaching on the last two courses with me and will be taking over the course in the future.

In February, the 4th training class starts and our hope is that in the future the PNC can receive official recognition and be used nationwide. Please pray with us that this would be possible!

It is a privilege to be working with pediatric nursing at Tansen Mission Hospital, alongside the lovely nurses here, and I am so grateful that God put me and my family in Tansen for this time.

*Pernilla Ardeby  
Pediatric Nurse from Sweden*



A front view of the hospital.

It is a blessing to the Bhusaldanda community to have the United Mission Hospital on its doorstep. We are thankful to Dr. Carl Fredricks and Dr. Fleming who established this hospital when the Bhusaldada area was considered a barren and undesirable part of Tansen. Now the scenario has changed. A town has been formed around the hospital. We are also thankful to all expatriate and Nepali staff who have given immense support to the work of the hospital over the years.

Since its formation, many patients from different parts of Nepal and India have been getting quality, holistic care from this hospital. The hospital has also been a blessing to poor and marginalized patients, who can access the same quality treatment as the rich despite the lack of money.

We, as a community, are pleased to hear that a record amount of free care was given to the poorest of patients in the last 12 months, not only for medical treatment but also to help with travel back to their home or on to other hospitals for further treatment. This

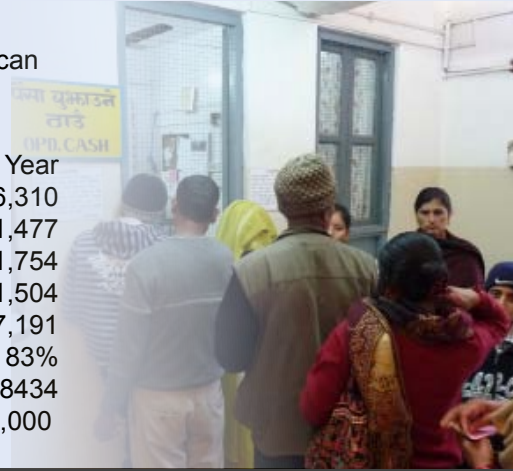
commitment to help those in need is the reason this hospital is popularly known as the Hospital for the Poor.

The hospital and community have a 'hand in glove' relationship and since the development of the hospital, many local people have learned to live healthier lives. The benefits to the economy the hospital provides through the employment of many locals. We, as the local community, stand by the hospital and extend our hands of support.

*Narayan Neupane  
Ward 10  
Tansen*

It has been another busy year at the hospital as you can see from the figures below:

	This Year	Previous Year
Patients seen in our clinics	83,218	76,310
Emergency cases treated	12,987	11,477
Babies delivered	2,116	1,754
Patients admitted	11,201	11,504
Surgeries performed	7,624	7,191
Bed occupancy rate	79%	83%
Town Clinic visits made	8,759	8434
Free care given (MAF)	USD 147,500	USD 125,000



## Thanks to your donations we were able to:

- Increase by 15% the total amount of free care given to the poorest patients.
- Continue with our renovation improvements to the hospital and upgrade several departments.
- Continue our training focus, offering courses both for internal and external medical staff.
- Expand the range of lab tests we offer – several new tests have been made available this year.
- Start an Echocardiograph service - helping with early diagnosis of heart problems.

## Future projects - can you help?

1. The Medical Assistance Fund (MAF) provides charity for the poorest patients. This year we have seen a reduction in the fund, yet increasing numbers of patients in need of assistance, so donations to this are always very welcome.
2. We are very much in need of long-term medical personnel - GPs, Surgeons, etc. If you feel that God may be leading you to serve here please do get in touch. Our website has more details of staffing needs.
3. We hope to purchase the following needed items of equipment:
  - Autoclave
  - Washing machine
  - Ultrasound machine
  - Mobile X-ray machine
  - Cardiac monitors
  - Oxygen concentrators

We would like to say a special thank you for your continued support to us as a hospital, in spite of all the global financial struggles. This year your giving has allowed us to treat a greater number of patients, provide more free care than ever before, and continue to further expand and enhance our services.

Thank you.  
Dr Rachel Karrach

When donating to Tansen Mission Hospital please send us a letter or email [tansen@umn.org.np](mailto:tansen@umn.org.np) (and copy to [fin@umn.org.np](mailto:fin@umn.org.np)) giving the following details:

1. Your name 2. Your address 3. The amount 4. The date of the transaction 5. The account number it was paid into (if by money transfer); and 6. What area the gift has been given for. e.g. for general use, training, pastoral care fund, etc. Please also state clearly that the funds are for Tansen Mission Hospital.

The above details make the tracking and allocation of donations that much easier. Thank you. There are three main ways you can give financially:

### MONEY TRANSFER

Set up a payment or monthly standing order to transfer funds.

#### UK & EUROPEAN CURRENCIES

Pay to: **United Mission to Nepal**  
Sort code: **60-91-99**  
Account Number: 10078177 (Sterling account)  
10615512 (Euro account)

#### USD & NEPAL CURRENCIES

Transfer or wire to:  
**Standard Chartered Bank Nepal Ltd.**  
**PO Box 3990**  
**Kathmandu, Nepal**  
Account name: United Mission Hospital  
Tansen, Palpa  
Account number: 01-1565281-01  
Swift Code: SCBL NP KA

Alternative Account:  
**Standard Chartered Bank Nepal Ltd.**  
**PO Box 3990**  
**Kathmandu, Nepal**  
Account Name: United Mission to Nepal  
Account number:  
Swift Code: SCBLNPKA  
01-0488798-51 (USD account)  
01-0488798-01 (Nepali NRS account)

\* All undesignated gifts will be used as needed

### DONATE ONLINE

[www.umn.org.np](http://www.umn.org.np)

Give via credit or debit card from anywhere in the world. For UK donors, this site offers tax efficient giving.

### MAIL DONATIONS

The other alternative is to send a cheque made payable to United Mission Hospital Tansen and post to:

United Mission Hospital Tansen  
c/o United Mission to Nepal  
P.O. Box 126, Kathmandu, Nepal

Again, please advise us that you have posted the cheque so we can ensure it arrives safely and contact you again if it is not received. Another safer option would be to send the cheque with someone visiting Tansen from your own country. If you contact us we can let you know details of anyone that may be traveling back to Tansen in the near future. All donations made will receive a letter of acknowledgement and thanks.

### OTHER OPTIONS

For help or advice about giving please contact [tansen@umn.org.np](mailto:tansen@umn.org.np) or look at our website: [www.tansenhospital.org.np/support/support-money.html](http://www.tansenhospital.org.np/support/support-money.html)

# SNAPSHOTS FROM 2010



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