

WE SERVE, JESUS HEALS



Friends of Tansen
2010





ICU training

Content

A note from the hospital director	3
Count your blessings name them one by one	4
What a busy year it has been !	5
Daring to dream	6
An attempt to save lives	7
Packing up your tools to follow Jesus	8
Family ties	9
Miracles happen	10
Occupational therapy department - a journey begins	12
Facts and figures	14
To give	15
Snapshots from 2009	16



Nutrition training



Paediatric training



Anaesthesia training



A note from the hospital director

Dear Friends,

I am always encouraged when I write for Friends of Tansen to think of all the people from many countries who are friends of this hospital - thank you for your prayers, gifts and support, and for being part of our team for another year.

When I think of a word to sum up 2009 I think it should be training. Several new training courses were started. Sometimes we run out of classroom space and this provides a challenge in creative room-booking and diplomacy for our training secretary!

- Skilled Birth Attendant training started on January 8th 2009, this is midwifery training for nurses who work in rural locations.
- Mid Level Practicum training on February 1st which is a skill update training for government health post workers.
- Two-week Anaesthesia Assistant Refresher training was given to two groups of Anaesthetic Assistants from surrounding districts and other mission hospitals.

These three trainings are run in partnership with The Nick Simon's Training Institute and The National Health Training Centre.

Three completely new courses started this year:

- The Paediatric Nursing Course is an eight week course which has been prepared by our paediatric nurse educator, Pernilla Ardeby from Sweden.
- Diploma in Pastoral Healing Ministry. This is being run in partnership with the Elijah

Counselling and Training Centre. It is a modular course for hospital and church pastoral care workers which will build up over 5 years to a diploma from Christian Medical Association of India and it is a first in Nepal.

- Intensive Care Training run by two groups of overseas trainers to equip a small group of Nepali nurses to run our new Intensive Care Unit.

An unfortunate trend in the country at the moment is for dissatisfied patients, or relatives of patients who have not recovered to cause disturbances at hospitals. We read of incidents in the newspapers in which hospital buildings have been damaged or health workers assaulted. Sadly, we have not been immune from this problem in Tansen although we try to work hard on good communication with patients and families to avoid these incidents. Over the summer they were a few difficult situations but as an answer to prayer these were resolved without anyone being harmed or any damage to property.

Please pray for the on going protection of the hospital, for wisdom when dealing with complaints and that we have good relationships with patients and the community.

We endeavour to update our website every two months with current prayer needs and items to give thanks for www.tansenhospital.org.np.

Thank you again for all your support.

*Rachel Karrach
Hospital Director*

Count Your Blessings

name them one by one...

As I review the many changes at Tansen Mission Hospital, I can't help but thank the Lord for the many blessings He has given to us. As many of you have been praying for the hospital, I would like to give you an update of all the new additions and changes that have taken place throughout the hospital this year.

First of all, through the generous assistance of the Australian Embassy, we were able to renovate the current x-ray department. Previously we had one exam room where patients were examined and a dark room for developing x-ray films. As the number of patients requiring radiology services have increased, we have been able to not only add a 2nd exam room, but also reorganise and update the current exam room, dark room, and office. The Sweden Rotary Club at the same time donated a new x-ray machine mobile unit. The timing of the arrival of this unit was perfect!! As the x-ray department was expanded, the Outpatients Lab, which is located next to the x-ray department was also affected and was updated and transformed as well.



We have also relocated and updated our Surgical Consult and Plaster and Dressing clinics this year. These two clinics were previously very small, congested and not very accessible for patients. The Minor Operating Room (MOR) has also been extensively updated this year - a new patient waiting room, two new operating rooms, a recovery room, an instrument washing area, storeroom and a doctor's office area have been added.

An area of particular interest to me is the hospital Maintenance and Biomedical department. As I oversee the renovations at the hospital, I depend heavily on these staff members to make it all possible. One of the major tasks these past few months has been to clean up and reorganise items that have accumulated over the past 30-40 years within this department. The carpentry area, office, inventory storeroom, cement and oxygen cylinder stores, and the diesel tank storage area have all been reorganised. Together with the maintenance supervisor, Mr. Narayan Shrestha, we have also tried to refine some of the work processes within the department so that we are able to give prompt and efficient service to the hospital. It is a joy and privilege each day to come together as a department (30 staff) in the morning to read a portion from the Bible and pray. Each of



the staff have been helpful in coming early before the workday begins and taking turns reading from God's Word.

Finally, the hospital chapel has been totally revamped – it has been made larger, repainted, has a new layout, new doors and can now house twice as many people as the old chapel, which was getting far too small to cope with increasing numbers. We even have wheelchair access too!

As you can see, God is at work at Tansen Mission Hospital in the non-medical areas too. Thank you for your prayers, love, and encouragement for this place.

*Jeena John
Engineer*

What a busy year it has been!!



During 2009 we saw an unprecedented number of expatriate visitors and short-term workers in both the hospital and nursing school. Why? The improvements seen in the security situation over the last few years have undoubtedly been a factor, as people now feel happier to make the trip out, as well as the worldwide rise in popularity of short-term mission trips. However, coupled with this, has been a push to try and expand the variety of specialist areas of medicine and surgery offered here, as well as to further enhance training opportunities.

In 2009 we have had well over 65 short-term expatriate personnel (excluding visitors here on holiday) for terms from 1 week to 10 months - medical students, surgeons, GPs, physiotherapy trainers, nurses,

occupational therapists, ICU trainers, anesthetics trainers, life-support trainers, lab technicians, and more. It has also been nice this year to see many ex-Tansen families returning for holidays as well as many Kathmandu-based people choosing Tansen as a holiday destination.

Such a wide variety of people and skills coming through the doors brings a whole new dynamic to hospital life. It has allowed us to continue to enhance the services and facilities we offer patients, which is extremely important, but has also brought much wider benefits as many of the spouses of these volunteers have helped out in non-medical areas like pastoral support, helping at the children's library, assisting the toy round, etc.

It is easy with our task-driven mindsets to focus on the work-related achievements that short-term people have made within the hospital. Of course these are important, but we must not forget the impact both they and their spouses have made on others simply by who they are and the relationships they have made. Time and time again this year I have heard many Nepalis talking about past expatriates who have been here. Without exception people are remembered most fondly because of who they were and how they related to Nepalis, more than for their work. For me as a very task-driven person it is quite a challenge!

Thank you to all those who served here short-term during 2009! Each one has performed a significant role and will have made an impact in many different ways. The effects of these they may never see, but God knows!

If you are interested in volunteering please take a look at our website where our current staffing needs are listed, or contact me directly on tansenpersonnel@hotmail.com

Jason Day



Daring to dream

We recently caught up with Sonia Park, a Korean, who runs the Children's Library here at Tansen Nursing School:

Q. Tell me about the history of the Children's Library.

The numbers of poorer children attending school only sporadically is sadly on the increase. Parental problems of low-income, gambling and alcoholism often lead to a lack of care and poor role models for many youngsters. The result... many children spend their time wandering around town unsupervised, missing school, having no boundaries and receiving little encouragement from parents.

In 2008 Shakuntala Thanju (Principal of Tansen Nursing School) and some of the teachers identified this worsening trend and felt challenged as to what they could do to provide some alternative for these children. I joined in May 2008.

Numbers are regularly at 40 children, swelling to around 80 when it is time for the Christmas Party! In the last 6 months we have been able to hire 2 Nepali Christian staff which has been a huge boost.

Q. What do you teach them?

The school runs from 3pm to 5.30pm, 6 days-a-week. On arrival they do their school homework, and then read a book for 30 min. We then have daily classes in English, Music, Drawing, Craft or an outdoor activity. In all classes we aim for a Christian focus.

Q. What have been the challenges in the last 12 months?

I would say 4 things:

1. Asking many of the children about their dreams in life was sadly met with silence. We are trying to give the children a vision for their own future, to light a spark that will give them a goal in life.

2. Most children have not been taught to sit down with a book and just read. At the beginning all they wanted to do was play, so we are slowly trying to teach the importance of books for learning as well as for fun.

3. The children initially had no experience of how to use scissors, glue sticks and crayons, so we are now doing LOTS of drawing.

4. The age range is a huge challenge (3 – 15), as are the sheer numbers. We are always grateful for extra help and have really benefited from some of the short-term visitors we have had this year, each bringing different skills.

Q. What have been the highlights?

Seeing changes in behaviour. Now, when many of the children enter the library they run straight to the bookshelf pick up a book and start reading. It is also great to see new children, especially ones who we have seen for many months out on the street smoking or gambling, who have been initially wary of what we are doing.

Q. How can we pray for the Children's Library?

- Protection for the children from danger as they travel to the library and home again.
- For wisdom, ideas and courage.
- For more helpers!
- That we can give the children a vision for their future.



An attempt to save lives

Nepal's healthcare system is still struggling to develop. Patients need to pay for all their own healthcare, often being landed with bills that are way above their means. The result - many people are forced to borrow money at high rates of interest, or even sell their animals and land to meet these medical debts. Raising money in this way can cripple many families and make for a very bleak future.

The story of Rajendra is no exception - a 12-year old boy who was herding the family oxen out in the jungle with his younger cousin. A fire had caught hold of the trees and whilst attempting to save the cattle the boys ended up surrounded by flames. Both suffered extreme burns, with Rajendra coming off worse with a horrendous 65% of his body affected – an amount that is often fatal.

Rajendra's other, older, brother died a year ago due to Leukemia, and the resultant bill all but crippled the family, causing them to sell the piece of land they owned, farmed and lived on. His parents had to look at alternative income sources and so are now working as day labourers. This really just provides enough income to feed the family – Rajendra, his younger brother and sister. Sadly, these scenarios are all too common in Nepal.

Rajendra stayed here at Tansen Hospital just over 3 months and during that time had countless surgeries and skin grafts. Our Medical Assistance Fund (MAF) was able to pay 95% of the total medical costs (just over US\$1000), as well as provide daily food and an extra high-protein diet during this time. Our surgical team worked on grafting; our physiotherapy and occupational therapy staff worked daily to try and improve limb function; whilst our Pastoral Care team provided emotional support for his family, praying with them regularly as they wondered what the future would hold.



We are pleased to say that Rajendra survived and has now been discharged home. Of course the burns will always be with him as a lasting reminder of what happened that day, but we hope that he now has a chance at life. His family has seen the hospital in action – financial assistance, medical help and spiritual support. We hope this in itself will be a witness to them as they rebuild their lives amongst whatever the future holds.

Please continue to pray for Rajendra and his cousin as their recovery still has a long way to go; and for our Pastoral Care team as they seek to support many people in similar, often tragic, circumstances.

Thank you to all who have contributed to our Medical Assistance Fund over the year – it really does make a difference for countless people like Rajendra.

Pastoral Care Team

Packing up your tools to follow Jesus

Until coming to Tansen United Mission Hospital, I had never understood how being a dentist could be a useful occupation as a missionary. Being told that I could pack up my instruments and leave, never truly made sense - bringing a dental chair, portable drills, the suction machine, materials and not to mention a steriliser all seemed a bit too much! Coming to Tansen has made me change my mind and at the same time God has allowed me to see that He just wants our hands and a willing heart. Here I've been reminded that we serve, but Jesus heals.

Generous donations have allowed the Dental Department to purchase two fairly modern dental chairs, as well as adequate equipment and materials. The four members of staff here use everything that is donated to them in order to improve the oral health needs of the people in Tansen and wider districts.

There are many ideological issues to overcome - mostly cultural, in order for oral health to see some improvements. Extractions are sometimes avoided by Nepalis (even if necessary) as they are thought to lead to blindness. Also, there is difficulty accessing dental care due to distance and other priorities at home, such as tending their farm for the source of their food and livelihood. Another area of educational development is tackling the unacceptable concept of brushing teeth twice daily: "Once is normal, twice - well you'd be laughed at if you were caught doing so!"

Doing dentistry here is very rewarding, though it also brings a new set of challenges. Language barriers and the limitations of certain resources due to the expense; but dentists are always looking for a new challenge to overcome.



Coming with my husband to Tansen for five weeks, as part of his medical elective, has been a golden opportunity. If we had not come, but instead stayed in the comfort of our own home, we would never have seen God's working through the hands of His people. There are great needs for the Nepali people: dentally, medically and most importantly spiritually. Please pray for them, that more hands will come to serve, not only to lighten and share the healthcare load, but to act as ambassadors of Jesus, our Lord and saviour.

Catherine Del-Fante

Family ties...



I am Salomi Paudel - born and raised in Tansen. After finishing school I decided to study Engineering. My 4-year Bachelors in Electronics and Communication was funded by United Mission Hospital Tansen (where both my parents work) through its education allowance scheme.

My father, Bishop, works as the main Cashier and my mother, Dhana, as a nursing sister at the hospital. As for me I am now working in the Biomedical Department – so now nearly all my family work at the hospital in different fields. My interest in Engineering has always been focused in the biomedical field, and so when I heard of a

vacancy in the hospital biomedical department I was very excited. As they say 'the rest is history'.

I have been in post for 6 months now and am learning many new and interesting things about electronics equipment from Mr. Otto Ardeby and Mr. Ramesh Rana. Mr. Otto Ardeby is from Sweden and has done his Masters in Biomedical Engineering. Mr. Ramesh is one of the most experienced people in our department. We work together complementing each other in the field of biomedical maintenance.

I am also getting to know more about the vision and values of the hospital and the work

of UMN. I am so impressed by the work of the social service department. They are committed to assisting the needy and poor. They never get tired helping and praying for poor and needy people. As a result patients get new life from this hospital.

Lastly, I would like to thank United Mission Hospital Tansen for hiring me and giving me this golden opportunity of working with them. I will try to give my best to this hospital and am so grateful for all the help and support it has given me and my parents over the years. I pray to God for its further prosperous development.

Miracles happen

“If this child survives, he will be this year’s miracle Christmas child,” I said to my intern with little hope. Eight-year-old Kulchan had had a dental abscess for several days before suffering repeated seizures that morning – a sign that the infection had spread to his brain. I simultaneously wrote medication orders and called for our pastoral care team to begin praying. My co-workers worked quickly to arrange for surgical drainage of the abscess with subsequent care in our new critical care unit. Meanwhile I spoke with the weeping father about Kulchan’s poor prognosis.

I went off duty and the following day asked my intern how things had gone. I braced myself for bad news but instead was relieved to hear that the child was doing all right. Was this to truly be our Christmas miracle? The next day in church my doubt turned to rejoicing faith as I had a strong sense that God had given life back to this boy to reveal Himself to the child, his family and his whole community.

During Kulchan’s miraculous recovery, his father and uncles faithfully attended chapel services. Our pastoral care staff diligently prayed for Kulchan and ministered to his family. One day as the father was leaving the chapel, he stopped and pulled a New Testament from his pocket and said, “I now believe that this is true.”



My heart swelled with joy as I watched Kulchan attentively listen to our children sing Christmas carols on the ward. God has indeed performed a Christmas miracle in Kulchan’s life as well as in his family’s.

Dr Lisa Ruohoniemi

“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. Thank you.”

Dear Friends,

Soon after taking over my new role as Director of UMN I had the privilege of visiting Tansen. As I walked into the hospital that morning the first thing I heard was the voices of the Christian fellowship singing choruses. Later on, walking around the wards I was struck by the smiling faces of the patients and their carers as well as the staff. What a contrast this was to the despair so evident in many other hospitals I have visited here in Nepal. This brought home to me the uniqueness of the service that Tansen provides to many thousands of people every year, caring for them not only physically but socially and spiritually as well, with love and compassion.

All of you are of course a key part of this service and we are conscious and very grateful for your faithful prayers and support for the hospital. I would like to ask you to continue and even increase your support and prayers for the hospital in these challenging times here in Nepal, and particularly as we continue to seek the best future for Tansen – a future where the hospital can continue to flourish and grow and provide the care so well summed up by the Tansen Hospital motto – “We serve - Jesus heals”.

Yours in Him,

Mark Galpin
Executive Director
UMN

Occupational Therapy Department – a journey begins.....

There are only 2 qualified Nepali Occupational Therapists (OT) in Nepal. Thankfully one of them is now here with us in Tansen. Rebecca Rai tells her story.....

Where has the time gone??? It's already been 6 months since the opening of a new department - Occupational Therapy - in Tansen Mission Hospital, but to be honest it feels like just the other day I arrived in Tansen.

After completing my training in Velore, India with the help of UMN sponsorship I was quite nervous to be Tansen's first ever Occupational Therapist. 'What should the OT department look like?' 'How would I cope being responsible for a type of rehabilitation care that is new to Nepal?' 'How could I raise the awareness of

OT, an otherwise unknown medical science in Nepal?' These were some of the questions and concerns going round in my mind, although I was also excited by the challenge. To my surprise, the whole process went far smoother than I had expected largely due to the enormous hard work of Alice Holmen, an occupational therapist from Norway who had been working in Tansen while I was still studying.

One of the biggest hurdles to overcome was awareness raising and ensuring that we would get patients referred by the medical staff for treatment. This involved running training courses to allow people to see what we do and how we can help people, as well as working



on the wards to identify suitable patients. To help with this it was wonderful to have 2 volunteer Occupational Therapists – Michelle from Switzerland and Maria from the UK were a huge boost in making things happen and also in sharing their experience with me.

Now, with all the OT volunteers gone, I am working with Sunita Thapa (OT Assistant) whose support and help has been a blessing. So far the OT department has provided services to people with Strokes, Encephalitis, spinal cord injuries; hand injuries, children with developmental problems, etc. Our focus is on educating patients and family members, about the need for exercises at home, how to become involved in daily activities again, about managing at home and what can be done in the house to aid normal living, especially following a severe illness that has impaired mobility.

Patience and hard work was certainly needed but I feel pleased at the progress we have

made in setting up the department, both in terms of the resources we have in place and the awareness raising we have done to give people a better understanding of what OT is all about. Psalms reminds me that “The lord will perfect that which concerneth me” (Psalm 138:8). Even before I arrived in Tansen God was putting the pieces in place for my work and the new department – both resources and staffing came at just the right time.

God has been faithful in making it this far!

My prayer is that patients will be able to cherish their lives after recovering to live normal lives again with the help of this department.

Rebecca Rai

Maria Sleggs (volunteer OT) recalls one of the cases she worked on with Rebecca :There are many successful cases I can recall. One in particular is of a Nepali immigrant worker, who sustained a traumatic hand injury from the machinery he was working with in Saudi Arabia. He had lost function of left hand in that he could not fully flex his wrist and finger joints, and therefore could not grip or manipulate objects (skills you need to get dressed, even). We made a resting splint, to prevent further damage, took measurements of range of movement and



taught exercises to his wife to continue his rehab at home. Within two weeks we saw a marked improvement where

he could do ‘finger-thumb’ opposition! It was wonderful to see.

Facts and figures

It has been a busy year at the hospital as you can see from the figures below, with increases seen in all areas of hospital activity compared to the previous year:

	This Year	Previous Year
Patients seen in our clinics	76,310	(68,711)
Emergency cases treated	11,477	(9851)
Babies delivered	1,754	(1473)
Patients admitted	11,504	(10,256)
Surgeries performed	7,191	(6553)
Bed occupancy rate	83%	(73%)
Town Clinic visits made	8,438	(8185)



Thanks to your donations we were able to:

- Give free patient care totalling 9,257,427 rupees (US\$ 125,000) to the poorest patients.
- Make major renovation improvements to the hospital and upgrade several departments.
- Offer a variety of new training courses for staff and outside medical professionals.
- Offer a new Intensive Care service for patients.
- Enhance the lab through the supply of several new pieces of equipment.
- Provide greater staffing support for the Pastoral Care Team
- Open our first ever Occupational Therapy Department.

Future projects - can you help?

1. The Medical Assistance Fund (MAF) provides charity for the poorest patients. Each year we are seeing more and more patients in need of assistance, so donations to this are always very welcome.

2. We hope to purchase the following needed items of equipment:

- Oxygen concentrators,
- Incubator,
- Industrial washing machine,
- Pulse oximeters,
- Wheelchairs,
- Suction machines,
- Phototherapy machine.

Thank you again for all your generous giving that allows us to further enhance the level of service we offer.

To give

When donating to Tansen Mission Hospital please send us a letter or email tansen@umn.org.np (and copy to 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. For e.g. 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)

US & NEPAL CURRENCIES

Transfer or wire to:
Standard Chartered Bank Nepal Ltd.
Lazimpat, Kathmandu

Account name: United Mission Hospital
Tansen, Palpa
Account number: 01-1565281-01
Swift Code: SCBL NP KA

Alternative Bank:
Standard Chartered Bank Nepal Ltd.
Kathmandu

Account number:
Swift Code: SCBLNPKA
01-0488798-51 (US \$ account)
01-0488798-01 (Nepali Rs account)

** All undesignated gifts will be used as needed*

DONATE ONLINE

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 or look at our website: www.tansenhospital.org.np/support/support-money.html

Snapshots from 2009



हामी सेवा गर्छौं
येशुले निकी पार्छु हुन्छ



We Serve Jesus Heals

For More Information, Please Contact:

United Mission Hospital Tansen
United Mission to Nepal
P.O.Box 126, Kathmandu, Nepal
Tel: (977 75) 520489
Fax: (977 75) 520039
tansen@umn.org.np
www.tansenhospital.org.np

 यूनाइटेड मिशन टु नेपाल
UNITED MISSION TO NEPAL

Produced by the United Mission Hospital Tansen,
Editor: Jason Day, Roshan Kharel and Rachel Karrach
Design: Ramesh Man Maharjan

© UMN 2010