

Autumn Newsletter 2010

As last year it is again late to be sending autumn newsletter, but I thought I could combine this with Seasons' Greetings. I summarise our activities, which has been possible with your generous support.

1. Nepal EASD Course: This course was organised with the help European Association of Study of Diabetes at Hotel Hyatt Regency in Nepal from 14th to 16th November 2010. The president of Nepal inaugurated this meeting. 10 faculties from Europe & India taught 240 Nepalese Doctors and nurses in this 3 days course. This was concluded with a MCQ examination. Dr Raju Pangen and Mrs Samjhana Shakya scored the highest mark and will be awarded HexN travel Fellowship to come to the UK for 6 weeks to observe diabetes management here. EASD will pay for the tickets and HexN will provide subsistence. I attach few photographs.



2. Diabetes Booklet: This patient held booklet is ready for printing and distribution. HexN will fund the printing of 1st edition but will raise further funds locally to continue its printing in Nepal. This book will be distributed free to the clinic but they are expected to charge NRs 50 for each book to the patients.

3. Deusa project: We have been supporting this health centre with medicines through out the year. In turn this health post has been hosting a number of UK medical students. Their stays in Deusa have been very fruitful.

4. Nepal Ambulance Service: The training for ambulance crew is complete and this service will be launched soon. There is a plan for 7 ambulances. HexN has been raising funds for this in the UK. There are 2 ways to donate, either by one off payment of £350 or monthly donation of £8 for 60 months. There are 4 donations up till now. Members are encouraged to be patron member of Nepal Ambulance Service (<http://nepalambulanceservice.org/>).

5. UK Undergraduate Medical Students: HexN has supported around 15 final year medical students from the UK for their electives in Nepal. They were picked up from the airport on arrival, were provided with 2 nights' complimentary accommodation

during their orientation. In addition whenever possible, they were also introduced to local contacts and provided with SIM cards for use in Nepal. Medical students found this very helpful. Some medical students went to Deusa village health posts to get the real taste of medical problem in Nepal.

6. Nepalese Health Care Worker Training: HexN has been active in training Nepalese health care professionals. Mrs Ishwori Khanal was awarded HexN travel fellowship to attend training as Diabetes Nurse in Lancashire. She is currently working to improve diabetes care in TU Teaching Hospital. Dr Srijana Shrestha came to train in Radiology in Lancashire Teaching Hospital in 2010 April to learn about Multi-Disciplinary Teamwork. With the help of EASD we are providing training of a doctor and a nurse in year 2011 in Diabetes.

7. Support to raise fund for MAHA Diabetes Film in Nepal: There is a film made by Madan Krishna & Hari Bansa to raise awareness of diabetes in Nepal, which has landed in problem with fund. HexN will try to raise fund in the UK. Both Madan Krishna & Hari Bansa will sign a personalised special edition DVD if anyone donates more than £50, however any donation is welcome. Please make cheques payable to HexN and post it to me.

8. Support Nepalese doctors taking PLAB examination: There are many doctors of Nepalese origin who are keen to take PLAB exam to start work here. They have indefinite leave to stay here. HexN will support up to 4 candidates per year by paying £30 per week for 3 months and subsidising their accommodation for 3 months in discussion with Lancashire Teaching Hospital. This support will be available for PLAB 2 candidates only. We hope to start this programme in 2011.

9. Training Manikin: One of the hospitals in Nepal has approached HexN through Dr Khonju to request supply of new or used training manikin in Nepal. If anyone has contact with their training dept and a part or full manikin is available please contact me.

10. Raising Funds: We conducted a successful charity dinner in Chorley and raised about £2000. In addition we received some donations raised by local people with coffee morning and Christmas hampers. We need more support this year, as we want to build on our success. Please encourage your friends and families to be the member of HexN. For the cost of one bottle of wine a month they can save life in Nepal.



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Gift Aid forms & Standing Order forms for various donations are attached.