



Rehab Nepal Inc. is a 501(3)c organization with a mission to oversee and enhance the provision of rehabilitation services across a continuum of venues in Nepal. Rehabilitation encompassing physical therapy, occupational therapy, and vocational training is almost nonexistent. In Nepal there is currently one center to provide services to persons with spinal cord injury, one center in western Nepal mostly for persons with leprosy, and one residential center for children with disabilities. Rural clinics, including the 14 supported by Dhulikhel Hospital, provide acute medical and nursing care. No consistent rehabilitation services exist at these rural 'camps' and home care is minimal if at all. Most people do not have access to inpatient rehabilitation and outpatient services are currently inadequate to meet the need.

Before the earthquakes the need for rehabilitation existed. Now since the quakes the need has exploded. Most of the injured cannot adequately care for themselves. Family members with no training do their best to provide essential care. In the long term many of the injured will not be able to return to their previous occupation which for most people in Nepal is subsistence farming requiring full physical ability. Vocational retraining is essential in order for these persons to return to the job market and become financially self-sufficient.

There is one physical therapy academic program located at Dhulikhel Hospital the medical center for Kathmandu University. The therapy faculty also staff the in- and outpatient services at Dhulikhel Hospital. At this hospital there are no inpatient rehabilitation beds.

The financial support of the UUA is requested. Improving equality of access to essential rehabilitation care and reducing poverty by vocational training is consistent with the mission and principles of Unitarian Universalists.

Goals of Rehab Nepal

1. Build, equip, and sustain an in- and outpatient Rehabilitation Center where physical, occupational and vocational therapy will be provided. This facility will be located on the Dhulikhel Hospital campus.
2. Expand the 14 existing rural clinics operated by Dhulikhel Hospital to accommodate consistent staffing adequate to provide outpatient and home care to persons requiring rehabilitation.
3. Provide education and training programs for rehabilitation staff and community health workers.

Plan

The staff of Dhulikhel Hospital has joined in partnership with Rehab Nepal, Inc. to address these rehabilitation needs. Rehab Nepal, Inc. has been incorporated in the USA to assist with the planning, fundraising and implementation of this rehabilitation initiative.

Locating the new Rehabilitation Center facility on the Dhulikhel Hospital (DH) campus will ensure that medical personnel are available to attend to the medical needs of the rehabilitation patients. The adjacent Kathmandu University (KU) will provide the educational infrastructure required to disseminate educational and training materials to staff in the Center and in the rural clinics, and to attract international experts who can provide advanced academic programs to the rehabilitation professionals. The only Physical Therapy academic program in Nepal is located at KU. The physiotherapy faculty are also staff members at DH and currently provide periodic services at the rural clinics. With this initiative the number of PT staff will increase to accommodate the Center and to provide more consistent services at the clinics. Occupational therapy (OT) and vocational training (VT) will become integral aspects of the initiative. Additionally, we have collaborated with a team from Jaya Rehabilitation Institute and Research Center, Gujarat, India, to establish prosthetics and orthotics care for earthquake victims. They have committed to develop a PNO unit within the Rehabilitation Center including all the equipment necessary, and provide intensive and long term staff training.

In the words of Dr. Ram, the Vice Chancellor at Kathmandu University, “At Dhulikhel Hospital and Kathmandu University, we have put in place the 3Rs; RETURNING the recuperated survivors home, helping them in REBUILDING and in their REHABILITATION process”. At Dhulikhel Hospital we are now in the REHABILITATION process: Helping people in their physical rehabilitation and with vocational training. This proposal presents the needs of Dhulikhel Hospital to assist the Nepali victims of the earthquakes in their rehabilitation process.

Goals expanded

1. Build, equip, and sustain an in- and outpatient Rehabilitation Center where physical and occupational therapy and vocational training will be provided.

The new Rehabilitation Center building will have patient rooms housing four persons per room, medical and nursing stations, large physical therapy and occupational gym areas where patients will receive rehabilitation, a vocational training space, a cafeteria and recreational area.

The physical therapy area will house equipment including raised mats so patients can learn to transfer, a skill needed when moving from a wheelchair to a bed, toilet or chair. Some patient with greater injury or disability will learn to roll over, come to sitting, and balance in sitting and standing so they can dress. Treatment tables will be used when providing other exercises and when using modalities. Weights will be used both as cuff weights which strap onto a wrist or ankle, and dumbbell type weights for strengthening. Pulleys (also termed cable weights) will provide another mechanism for strengthening. Balance in sitting and standing will be tested and then treated by measures commonly used internationally. Ambulation will be practiced first in parallel bars then with appropriate assistive devices before the patient progresses to climbing stairs, ramps and walking on uneven ground. Individual treatment rooms will provide a more private and quiet area in which persons who react adversely to noise and stimulation can receive care.

Occupational therapy (OT) will integrate with the physical therapy service and have a separate treatment area. OT typically teaches the patient how to perform activities of daily living such as dressing, feeding, self-hygiene, once they have the strength and balance to learn those tasks. OT will prepare the patients for Vocational Training integral to returning them to their homes and communities. Vocational Training (VT) is particularly important for the Nepali population. Many of the persons injured in the earthquakes and many in the general population who require rehabilitation have been farmers. This occupation may not be available to them if they cannot walk. VT, including a literacy program, will retrain people to perform financially self-sustaining occupations that are possible given their limited physical abilities.

Prosthetics and orthotic area will design and construct artificial limbs for persons with amputations and braces for persons with paralysis. This section will be coordinated by the Jaya Rehabilitation Institute and will be fully integrated with the other services of the Rehabilitation Center.

2. Expand the 14 existing rural clinics operated by Dhulikhel Hospital to accommodate consistent staffing adequate to provide outpatient and home care.

Dhulikhel Hospital currently operates rural clinics where medical, nursing and physical therapy staffs provide periodic visits. However, the need for outpatient rehabilitation services in these rural areas has expanded as has the need for home care. There will be an increase in the number of staff providing rehabilitation at these rural sites. Professional therapists or community health workers will provide services on a full or part time basis depending on patient needs. Home care will be given to persons unable to travel to the rural clinics. In the clinics basic rehabilitation equipment will be added so that staff can provide flexibility, strengthening, balance, and gait training. Additionally, these clinics will

have internet connection to the main Rehabilitation Center to ensure continuity of care between the Dhulikhel location and rural sites.

3. Provide education and training programs for rehabilitation staff and community health workers.

Best practice requires continuous quality improvement. Education and advanced training of all the rehabilitation personal is essential to ensure that the rehabilitation of those injured in the earthquakes and disabled children and adults in the general population received the care needed. Some of this training will occur at the Rehabilitation Center on the Dhulikhel Hospital campus, some in the rural clinics. International experts will augment the PT program faculty to ensure best practice is provided. We also will phase in e-learning materials that can be accessed in rural areas. Essential will be training in standardized outcome measures, and documentation across sites as well as evidenced based practice.

Integral with education will be key performance indicators to track patient outcomes. We will standardize documentation using internationally accepted, evidence based assessment tools and interventions to monitor outcomes. The intent is to achieve an internationally accepted standard of care. We will benchmark our outcomes to other rehabilitation facilities and to the evidence.

Milestones	Begun	Achieved
Wrote full proposal outlining space, equipment, staffing needs in conjunction with and as indicated by DH professionals	June 2015	Sept 2015
Established Rehab Nepal Inc. as a 501c3 incorporated charitable organization ready to receive tax deductible donations	Nov 2015	Dec 501c3 received
Presented Rehab Nepal to organizations, and through social media and other modalities to solicit contributions	Nov 2015	ongoing
Wrote short proposal for submission to funding agencies	Dec 2015	ongoing
Phase in goals <ul style="list-style-type: none"> ● Build, equip and staff rehabilitation building ● Equip and staff rural clinics ● Staff education 		

Budget

Task	Cost in USD	Total
Build, equip and staff the Rehabilitation Center	Build 1.5 million Equip and staff 500,000	\$2 million
Equip and staff rural clinics	15,000 each x 14 clinics	\$210,000
Provide staff education with a goal of 6 courses/year including PT, OT, orthotics, prosthetics and vocational training.	5,000 for international faculty for a 3-5 day course (including travel expenses). 3 international faculty courses/year We will invite faculty to Nepal so many participants can learn at the same time.	\$15,000 per year for at least 5 years Faculty will teach first standardized outcome measures and evidence based treatments, assist with standardizing documentation across sites.

Summary

Caring for those in need can take many perspectives. Ensuring that rehabilitation and vocational services are provided is one way to offer social justice. Rehab Nepal, Inc. in coordination with the medical and physical therapy staff of Dhulikhel Hospital will oversee the phasing in of these services. The people of Nepal need to receive this essential care. We as a community devoted to social justice need to provide it.