



Nepal

## Preventing Avoidable Disability



Annual Report 2021

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## A Brief Profile of Nepal

Nepal located between the two gigantic nations, China and India, with their fast-growing economy, is a small landlocked country encompassing a total size of 147,516 square kilometers with a population of about 29.2 million. Despite its richness in



biodiversity, natural resources and cultural multiplicity, it still lags behind in many aspects and is an emerging country where nearly 19 percent of the people live under the poverty line. The impact of poverty is seen in all

sectors of the society as: health and hygiene, education, disaster and conflict preparedness, access to and distribution of resources, gender equity as well as respect for humanitarian values. The political situation during the last decade was the reflection of all these problems. The infrastructures destroyed in the disastrous earthquake are at the final stage of reconstruction while new avenues have to be explored for the development of Nepal. However, the spread of COVID-19 and the consequent long lockdown severely affected the development of the nation.



## Key indicators for Nepal

Total population (2021)	29,192,480
% of population under 15 years	33.22
% of population above 65 years	5.13
% of urban population	66.08
Population growth rate	0.93
Population density per Sq. Km.	198
Life expectancy at birth	69.7
Infant mortality rate per 1000 live births	21
Under-five mortality rate per 1000 live births	39
Maternal mortality rate per 100,000 live births	239
Birth attended by skilled health personnel	68.28
One year old fully immunized against tuberculosis	96
One year old fully immunized against measles	92
HDI rank out of 189 countries (2020)	142
% of population living below national poverty line	18.7
Literacy rate for population aged 5 years and above	78%
% of population using an improved sanitation facility	62
Number of doctors per 100,000 population	70

(Source: Central Bureau of Statistics & National Planning Commission, Nepal Government)

## Situation of Disability in Nepal

Disability is prevalent across the world irrespective of gender, ethnicity, race, etc. In the context of Nepal, disability is viewed as a result of curse passed on from the previous birth. People with disabilities are either pitted or ignored. The notion that people with disabilities have equal rights and duties as any other individual, is largely absent from the popular mindset. There are no comprehensive data on disability in Nepal. Even the statistics on people with disabilities varies according to source. An estimated 7-10 percent of the total population in Nepal is with disabilities of one form or another. The Government of Nepal has classified disabilities according to the problem and difficulty in any organ or system of the body as: physical disability, disability related to vision, disability related to hearing, deaf-blind, disability related to voice and speech, mental or psycho-social disability, intellectual disability, disability associated with haemophilia, disability associated with autism and multiple disability.

It has been reported that Nepal has one of the highest incidence of deafness with the deaf and hard of hearing constituting 17% of Nepal's population.

## About IMPACT Nepal

IMPACT Nepal (IN) as a partner of the global movement of Impact Foundations was established in 1993 with the mission of preventing disability.

IN has grown into one of the leading organizations working for prevention of disability in the country. It has been striving continuously to serve the most vulnerable sections of the population and is also making constant efforts to build its institutional capacity in order to achieve its mission. It renders its services throughout the country and some specific projects are implemented in the districts of Kathmandu, Rautahat, Parsa, Bara, Saptari, Udayapur, Kailali, Kanchanpur, Doti and Dadeldhura.

# IMPACT Nepal Covid Response Programme

WHO characterized COVID-19 as a pandemic on 11th March, 2020. The coronavirus that was first detected in China spread worldwide in a short period and claimed many lives, nearly 12 thousands in Nepal in different waves. With the financial support of Impact Foundation UK and CBM Germany, IN helped Rural/Municipalities and Health Institutions to fight against COVID-19 with the support of medical safety and security kits and helped poor families with emergency food packages during and after the lockdown.

## A. Support of medical safety and security kits to Rural/Municipalities and Hospitals

### Support to 13 Rural/Municipalities

- |  |  |                                       |
|--|--|---------------------------------------|
| 1. Krishnapur Municipality, Kanchanpur     | 6. Alital Rural Municipality, Dadeldhura | 11. Triyuga Municipality, Udayapur    |
| 2. Laljhadi Rural Municipality, Kanchanpur | 7. Joraya Rural Municipality, Doti       | 12. Rajbiraj Municipality, Saptari    |
| 3. Gauriganga Municipality, Kailali        | 8. Ishnath Municipality, Rautahat        | 13. Birgunj Metro-municipality, Parsa |
| 4. Chure Rural Municipality, Kailali       | 9. Paroha Municipality, Rautahat         |                                       |
| 5. Godawari Municipality, Kailali          | 10. Gaur Municipality, Rautahat          |                                       |



### Support to 6 Hospitals/Centres

1. Tribhuvan University Teaching Hospital, Kathmandu
2. Spinal Injury Rehabilitation Centre, Kabhrepalanchowk
3. Narayani Hospital, Birgunj, Parsa
4. Auraiya Birthing Centre, Rautahat
5. Gajendra Narayan Singh Hospital, Rajbiraj, Saptari
6. Koshi Hospital, Biratnagar, Morang



Detail of medical safety and security kits supported is shown as below:

Medical safety and security kits	Unit	Supported quantity
KN95 respirators FFP2	pieces	2,210
3 Ply surgical mask	pieces	26,800
Medical use protective clothing	pieces	1,090
PPE gown	pieces	905
Medical grade disposable Examination gloves	pair	65,500
Surgical gloves	pair	200
Goggles protective	pieces	1,080
Face shield	pieces	1,150
IR thermometer	pieces	93
Shoe cover	pair	2,600
Head cover	pieces	3,950
Hand sanitizer	litres	220
Sodium hypochlorite	litres	50

## B. Support of grocery items to underprivileged families

1,608 poor families of persons with disabilities residing in Godawari, Gauriganga and Chure of Kailali, Krishnapur, Shuklaphanta and Laljhadi of Kanchanpur, Alital and Ganyapdhura of Dadeldhura, Jorayal of Doti, Birgunj of Parsa, Jitpur Simara and Parwanipur of Bara, Rajdevi, Paroha and

Durga Bhagawati of Rautahat, Rajbiraj of Saptari, Triguya of Udayapur and Siraha Municipality of Siraha district were provided the package of grocery items containing 30kg rice, 3kg pulses, 2ltrs cooking oil, 2kg salt, 2kg sugar and 4pcs hand washing soap.





Detail of grocery items supported is shown as below:

Grocery items	Unit	Supported quantity
Rice	Kg.	47,065
Pulses	Kg.	4,824
Cooking oil	Ltr.	3,216
Salt	Kg.	3,216
Sugar	Kg.	3,216
Hand washing soap	Pcs.	5,962



## Regular Activities of IMPACT Nepal

**Service to the most vulnerable** – In collaboration with Impact Foundation UK, Christoffel Blinden Mission (CBM) Germany and other Government and non-government organizations, IN has been carrying out several programmes in order to prevent needless disability:



# Tertiary Ear Care in Community

One of IN's major activities has been to provide primary to tertiary ear and hearing care services in community for the reduction of deafness. In 2021, IN has restored the hearing of 304 hearing impaired people through surgical intervention in its 3 Ear Care Centres in Parsa, Rautahat and Kailali districts.

## a. IMPACT Nepal Rungta Welfare Ear Care Centre, Birgunj, Parsa District

IMPACT Nepal Rungta Welfare Ear Care Centre, established in Bahuari, Birgunj (Approx. 345m east of Gandak Chowk) with advanced ear care facilities including OPD, Audiogram, Tympanogram, minor procedure, ABR, OAE, hearing aid, surgery etc., has been serving people since May 2018. The Centre has also been providing primary ear and hearing care services through ear screening camps and awareness programmes in schools and communities.





The services provided from the Centre in 2021 are as below:

Activities	Person
Ear examination and treatment at centre	15,103
Ear surgery	119
Tympanogram	290
Audiogram	1,527
Hearing aid	20



### b. Ear Care Centre, Gaur, Rautahat District

IN has been providing primary and secondary level ear examination and treatment services through Ear Care Centre, Gaur and mobile ear clinics in the communities and schools in Rautahat district since 2005. In view of the excessive demand of tertiary level ear care services, IN added tertiary level ear care services in September 2018 after constructing an Operation Theatre in this Centre. The Centre has been providing services to both Nepali and Indian people bordering that area.

The services provided from the Centre in 2021 are as below:

Activities	Person
Ear examination and treatment at centre	14,110
Ear surgery	108
Tympanogram	178
Audiogram	2,734
Hearing aid service	24



## A Ray of Hope

*Nirmala Devi Shah Sonar of age 27, permanent resident of Dumariya Paroha of Ishnath Municipality had never been to school. She is housewife and spends her time in cooking and cleaning of the house. She lives with her 2 daughters and husband. She is from extremely poor and backward family. One year ago she developed a wound in her left ear with regular discharge of pus. Due to her family condition, she could not afford to go far for her ear treatment. She tried home remedies for her ear and after sometime her wound healed. Although the wound was healed she gradually started to lose her hearing.*

*After a few days, she went to IN Ear Care Centre for treatment. The hearing capacity of her left ear was found to be 35 DB and was diagnosed with Chronic Suppurative*

*Otitis Media (CSOM). Then, she was suggested to visit the Centre again in 21st January for ear surgery. Following the suggestions, she visited the Centre and doctor operated on her left ear. After surgery, she is able to hear much better than before. Previously due to low hearing she could not communicate easily with other*

*people and even with her family members which used to make her life difficult.*

*She and her family members are happy that her hearing capacity has improved and she is feeling much better. She is very thankful to IN for conducting such surgical camp in her community.*



### c. Ear Care Centre, Attariya, Kailali District

With the support of CBM, IN has been carrying out Far-west Community Ear Care Programme targeting to some areas of Kailali, Kanchanpur, Doti and Dadeldhura districts. It has been providing primary to tertiary level ear care services through Ear Care Centre at Godawari Municipality Ward No. 1, Bankhet in Kailali district.

The services rendered under the programme in 2021 are as below:

Activities	Person
Ear examination and treatment at centre	6,012
Surgery	77
Tympanogram	70
Audiogram	976
Hearing aid	79
Ear screening in community	19,495



# Prevention of Deafness and Physical Disability through IN Support Centers

## **a. Dr. Lakshmi Narayan National Ear and Hearing Care Centre (LNNEHCC)**

Dr. Lakshmi Narayan National Ear and Hearing Care Centre (LNNEHCC) is located within the Department of ENT at Tribhuvan University Teaching Hospital (TUTH), Kathmandu and provides ear examination and treatment as well as ear surgery to the patients.





The services provided by LNNEHCC in 2021 are as follows:

Activity	No. of beneficiaries
Examination and treatment	12,406
Surgery	813

## b. Sir John Wilson Prosthetic and Orthotic Centre

IN and Hospital and Rehabilitation Centre for Disabled Children (HRDC) have jointly run Sir John Wilson Prosthetic and Orthotic Centre in Itahari of Sunsari district where a wide range of prosthetic and orthotic appliances are produced and served to the poor and needy persons with physical disability at a subsidized rate.

The details of services rendered by the Centre in 2021 are as follows:

Services provided	No. of beneficiaries
Persons receiving devices	2,002
Physiotherapy services	495

# Capacity Building for the Prevention of Disability

## a. Training of Primary Health Care Workers

IN provided one month Basic Otology Training to 11 Primary Health Care Workers (PHCWs) working in Kailali, Kanchanpur, Dadeldhura, Doti and Rautahat districts, two months Audiology Training to 2 IN staff of Kailali and Parsa, two months Advanced



Otology Training to 6 IN staff of Kailali, Rautahat, Parsa and Saptari and 3 weeks Refresher Training on ear health to 1 staff of Kailali. The trainings were organized in Dr. Lakshmi Narayan National Ear and Hearing Care Centre, TUTH, Kathmandu to facilitate Primary and Secondary Ear Care for the prevention of deafness and ear diseases.

## b. Community Based Inclusive Development (CBID) Training

IMPACT Nepal organized three days Community Based Inclusive Development residential training in Attariya, Kailali to the representatives of local governments and the leaders of Disabled Peoples Organizations with the objective to increase knowledge and understanding of Community Based Inclusive Development among participants. In the training, supported by CBM, recent legal provisions in the field of disability, Disability Rights Act of Nepal and UNCRPD were also discussed. All 26 participants expressed that the training has increased their confidence level which will help them to perform better in the field of disability right.



## c. Disability Inclusive Disaster Risk Reduction (DIRR) Training

The 3 days residential DIDRR Training to field staffs and DPO members was held in November at Attariya of Kailali where 25 participants of local government representatives, Chief Executive Officer of Municipalities, and member of the Disabled Peoples Organization from 10 Rural/Municipalities got opportunity to discuss on general concept of DIDRR, terminologies and their relation in disaster management, disaster management cycle, disaster related acts, inclusive early warning system, vulnerability and capacity etc.



# Primary and Secondary Ear Care Services in the Community

IN has so far established eleven Ear Care Centers (ECCs) in order to make primary and secondary ear care services available for the people of nine districts of Nepal: Udayapur, Saptari, Siraha, Dhanusha, Parsa, Rautahat, Kailali, Rukum and Kathmandu.

IN runs the ECCs in Udayapur, Saptari, Rautahat, Parsa and Kailali districts, while other ECCs are run by other organizations. Ear Care Centers provide services through mobile ear care clinics as well.

The details of services rendered in 2021 are as follows:

District	Activity	Persons reached
Saptari	Ear examination and treatment	10,534
	Ear screening in community	526
	Audiometric test	1,756
	Hearing aid	15
Udayapur	Ear examination and treatment	5,668
	Audiometric test	1,055
	Hearing aid	8



## Safe Motherhood and Child Health

Most maternal deaths in Nepal can be prevented if women have access to appropriate health care during pregnancy, childbirth and immediately afterwards. The single most critical requirement for safe motherhood is to ensure that a health worker with midwifery skills is present during every birth. In order to achieve this, sufficient numbers of health workers are required to be trained and equipped with essential supplies especially in poor and rural communities. IN has developed effective strategies to ensure that people have access to quality maternal and child care services in the areas where it has been working.

IN's project Safe Motherhood and Child Health in Rautahat District includes not only Iron tablet and Vitamin A distribution to pregnant and lactating women, but also motivation of pregnant women to attend antenatal and post natal clinics, supply of Emergency Obstetric Care (EOC) kits, and Vitamin A supplementation to under-5 children.

Programme	Rautahat
Vitamin 'A' supplementation	9,428
Iron tablets users	2,968





IN has been providing support to the Ministry of Health and Population to scale up and intensify the maternal and neo-natal support programme. In Rautahat under this programme, a total of 2,594 pregnant women attended ante-natal clinics regularly. With the promotion of institutional delivery and the support of equipment and instruments to 5 Birthing Centre/Health Posts for safe delivery, IN assisted 1,016 deliveries in 2021 in Rautahat. Similarly, 800 mothers and adolescence girls were provided menstrual hygiene kits for menstrual hygiene management. Among them, reusable pad making training was provided to 25 participants.



## Recurrent Counseling Saved the Life

*Mrs. Lalita Mahato, 24 years female resident of Basantpatti, is mother of 1 day old child. She has husband and in laws in her family. She is housewife and does her household works only. Mrs. Mahato's husband is out of the country for earning money as most of the financially weak people of this region do so.*

*Lalita Mahato has sad story in her recent past. She had miscarriage during her first pregnancy as her family members were unaware about the need of delivery in health post as well as lack of proper care and nutrition. So, IN Field Worker was having close attention on her in cooperation with Local FCHV. Due to their religious culture, her in laws were not ready to take her to the nearby birthing centre. She was forced to make the delivery in her own home based on their family tradition. Due to this, Mrs. Lalita had to face 3-4 hours painful labor period without any gain.*

*This time, IN Field Worker rightly visited to her family according to the expected delivery date and counseled Lalita's family members. They agreed to take her to the birthing centre this time for the safety of mother and the baby. Due to the counseling of IN Field Worker to her in laws for attending birthing centre for safe*

*delivery, the life of both mother and new born has been saved as they have history of 1st miscarriage before 1 year.*

*IN is contributing towards safe motherhood and child health and nutrition in uneducated and downtrodden families in this region and Mahato's family thanked to IN for bringing happiness in their life.*



# Immunization

Reducing infant and child mortality rates, as well as, preventing disability in the country are the priorities of IN. Further it promotes the right of every individual to live a healthier and fuller life.

IN has integrated immunization as an integral part of its programme launched in the communities. The Government of Nepal is responsible for providing immunization services, whereas IN is engaged in motivating and follow-up on persons needing immunization in order to achieve universal immunization. As a result, immunization coverage, as well as, the rate of immunization has increased considerably in the target communities. The details for 2021 are as follows:

Type of Immunization	Total
BCG (children)	885
DPT (children)	783
Polio (children)	616
Measles (children)	1,227
Tetanus Toxoid (pregnant women)	1,156



## Prevention of Hidden Hunger

Some of the major problems caused by micronutrient deficiencies are Iron Deficiency Anemia (IDA) and Iodine Deficiency Disorder (IDD). IDA has been one of the causes of maternal mortality and IDD the cause of irreversible mental retardation including cretinism-associated problems.

IDD is present in 38% of children under 5-years of age and also prevalent in more than half of all pregnant women in Nepal.

In order to prevent Hidden Hunger, IN has been implementing this programme in Rautahat district. In addition to distributing Vitamin A capsules and Iron tablets, IN has been educating



and encouraging people to start a home garden as a source of naturally available micronutrients by providing training, seasonal seeds and tools for the garden. In Rautahat district, IN supported to establish home gardens in 2,300 households in 2021.

IN has also provided mother goats to 40 families and 2 hens each to 70 families of Auraiya village in Rautahat district for further support in much needed boosts to meager diets. 25 members of the mothers' clubs of the area were also trained on Agriculture and Animal Husbandry.



## Home Gardening Changed the Food Habit

Mrs. Rinku Devi Kalwar is a 32 years old housewife. She has married to Mr. Kishun Prasad Kalwar and has been living with 2 sons and husband in their family. They have own toilet and tube well for water in their home. They belong to poor family so they cannot afford balance diet even for their children. They used to include rice and salt only in their meal due to lack of money required for balanced diet. Though they were aware, their financial status could not afford the need.

IN provided seeds and tools to establish kitchen garden with the objective to increase food diversity in the diets of the family members especially pregnant mothers and children and to reduce the dependency on the vegetables market. As per her saying, after IN's support, they are having seasonal vegetables in their meal for diet. Kitchen garden has been impactful for her family members. The small

kitchen garden includes seasonal vegetables like cabbage, cauliflower, garlic, spinach and peas. All the vegetables grown in the garden are being consumed in their home. Children in the family are prevented from malnourishment and the whole family is earning money by selling extra vegetables which has eased their life and daily needs.

IN Field Worker has also encouraged constructing a ditch for the use of waste water. The water after washing utensils, bathing and cleaning gets collected in the ditch through pipe and water is reutilized in the kitchen garden. This has increased kitchen garden production and their satisfaction too. This intervention has been successful in reducing the dependency to the markets for vegetables. This has allured whole villagers towards home gardening. She thanked to IN for such awareness programme and support.



## Public Awareness

Raising public awareness in the rural community has been an integral part of IN's overall activities. It primarily aims at:

- Information dissemination for prevention of disability in the community,
- Raising awareness among the public in general in order to bring about behavioral changes in them towards disability,
- Promotion of networking in the field of disability prevention and participation in such endeavors,



- Encouraging community based rehabilitation (CBR) to empower communities in sustaining disability prevention efforts

The activities carried out include radio programs, distribution of IEC materials, placing hoarding boards with health messages, campaigns, rallies, community meetings and home visits.



The number of beneficiaries from different awareness sessions is given below:

District	Activity	Persons reached
Rautahat	Health Awareness	72,915
Parsa and Bara		53,628
Saptari		11,060
Udayapur		5,700
Doti, Dadeldhura, Kailali and Kanchanpur		33,097



# News

## Celebration of World Hearing Day 2021

In association with different organizations working in the field of disability and ear health, IN celebrated World Hearing Day 2021 organizing awareness rallies, formal awareness programmes, ear screening and treatment camps, ear surgical and hearing aid support camps in Kathmanu, Rautahat, Parsa, Dadeldhura and Kailali districts.



## Looking Towards the Future: Way Forward

IN has been contributing to the reduction of disability through a number of measures taken in the last decade. However, a great deal of effort is yet to be made to meet the numerous challenges that lie ahead in this sector. IN will continuously strive for consolidation of the existing programmes, expansion of community based disability prevention programmes and strengthening of institutional capacity in the years to come.

## Partners

IN has a longstanding partnership with:

- a. **IMPACT Foundation, UK**
- b. **Kadoorie Charitable Foundation (KCF), Hong Kong**
- c. **Christoffel Blinden Mission (CBM), Germany**
- d. **IMPACT Norway**
- e. **IMPACT Bangladesh**
- f. **IMPACT Cambodia**

## Acknowledgements

IN extends its profound gratitude to all governmental and non-governmental organizations for rendering their invaluable support and services to prevent disability. IN is also indebted to the following government/non-government organizations without whose support it would have been impossible to implement the activities in 2021:

- » Ministry of Health and Population, Government of Nepal
- » Ministry of Women, Children and Senior Citizens, Government of Nepal

- » Social Welfare Council
- » District Coordination Committees, Rautahat, Udayapur, Saptari, Parsa, Bara, Kailali, Kanchanpur, Doti, Dadeldhura and Kathmandu districts
- » Tribhuvan University Teaching Hospital, Kathmandu
- » District Hospital, Gaur, Rautahat
- » Nepal Red Cross Society, Kathmandu
- » Nepal Ear Foundation, Kathmandu
- » Nepal Association of Welfare for the Blind, Kathmandu
- » Hospital and Rehabilitation Centre for Disabled Children, Kaverpalanchowk
- » Rungta Welfare Society, Birgunj
- » Relief Society of Commerce, Birgunj
- » Gandak Hospital, Birgunj
- » Seti Zonal Hospital, Dhangadhi

IN also would like to express its deep appreciation to all:

ENT and orthopedic surgeons, supervisor as well as staff nurses and audiologists for their voluntary services that they provided to IN's mobile surgery camps.



**Persons eager to donate funds or personal services to IMPACT Nepal  
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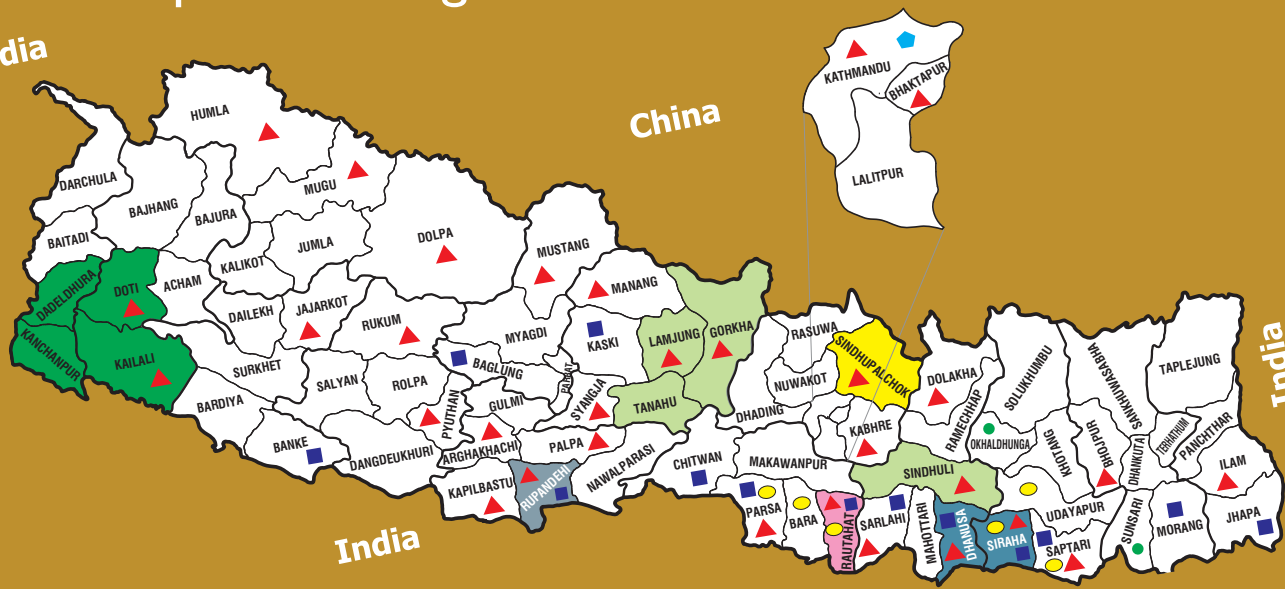
# IMPACT Nepal Reaching the Unreached



India

China

India



- ▲ Mobile Ear Surgery Camps
- Mobile Orthopaedic Surgery Camps
- Mobile Eye Surgery Camps
- Micro Nutrient Supplementation Project in Sindhuli, Gorkha, Lamjung and Tanahun Districts
- Safe Motherhood and Child Health Project in Rautahat District
- Community Based Prevention of Disabilities Project in Siraha and Dhanusha Districts
- Provision of Health Care Project in Rupandehi District
- Community Based Primary Ear Care Program in Saptari, Udayapur, Siraha, Parsa, Bara and Rautahat Districts
- ⬠ Dr. Lakshmi Narayan National Ear and Hearing Care Centre in Kathmandu District
- Far West Community Ear Care Programme in Kailali, Kanchanpur, Dadeldhura and Doti Districts
- Post Earthquake Reconstruction and Rehabilitation Project, Bhotechaur, Sindhupalchowk

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