



Nepal

Preventing Avoidable Disability



Annual Report 2022

Board of Trustees:

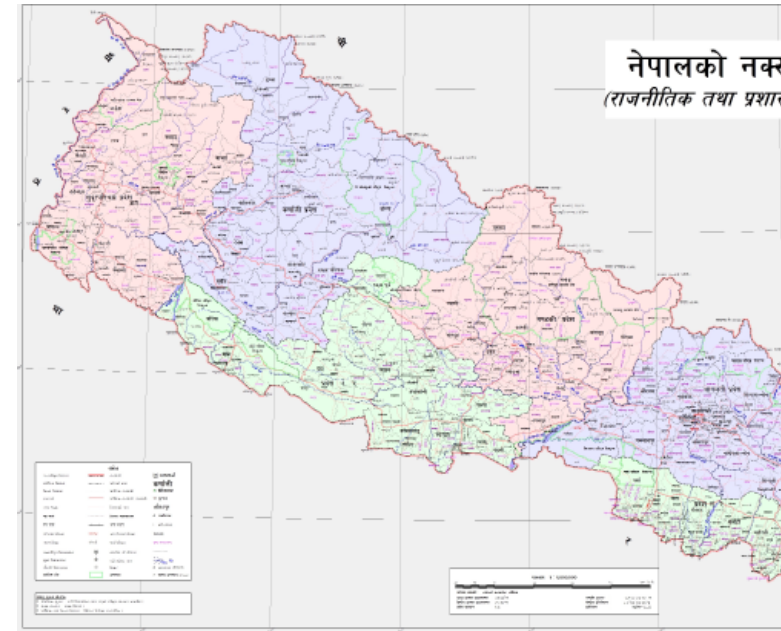
Prof. Rakesh Prasad Shrivastav	- Chairman
Prof. Bimal Kumar Sinha	- Secretary General
Prof. Govinda Ram Agrawal	- Member
Dr. Som Prasad Pudasaini	- Member
Mr. Dev Ratna Dhakhwa	- Member
Prof. Ramesh Kanta Adhikari	- Member
Prof. Purna Chandra Karmacharya	- Member
Dr. Gauri Shankar Lal Das	- Member
Mr. Kamal Narayan Das	- Member
Mr. Rajesh Prasad Shrivastav	- Member
Mr. Prabhu Raj Vaidhya	- Member
Ms. Manjuri Singh	- Member
Dr. Mahesh Prasad Shrivastav	- Member
Mr. Rajan Bahadur Raut	- Member
Dr. Lakshmi Raj Pathak	- Member

Executive Committee

Prof. Rakesh Prasad Shrivastav	- Chairman
Mr. Prabhu Raj Vaidya	- Vice-chairman
Prof. Bimal Kumar Sinha	- Secretary General
Mr. Rajan Bahadur Raut	- Treasurer
Mr. Sureshwor Lal Karn	- Secretary
Mr. Madhav Prasad Aryal	- Joint Treasurer
Dr. Gauri Shankar Lal Das	- Member
Mr. Rajesh Prasad Shrivastav	- Member
Mr. Bhairab Risal	- Member
Ms. Manjuri Singh	- Member
Dr. Rabindra Bhakta Pradhananga	- Member

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 almost reconstructed while new avenues have to be explored for the development of Nepal. However, the spread of COVID-19 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	71.17
Infant mortality rate per 1000 live births	16
Under-five mortality rate per 1000 live births	28
Maternal mortality rate per 100,000 live births	239
Birth attended by skilled health personnel	77
One year old fully immunized against tuberculosis	91
One year old fully immunized against measles	81
HDI rank out of 191 countries (2021)	143
% 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	79.2
Number of doctors per 100,000 population	80

(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.

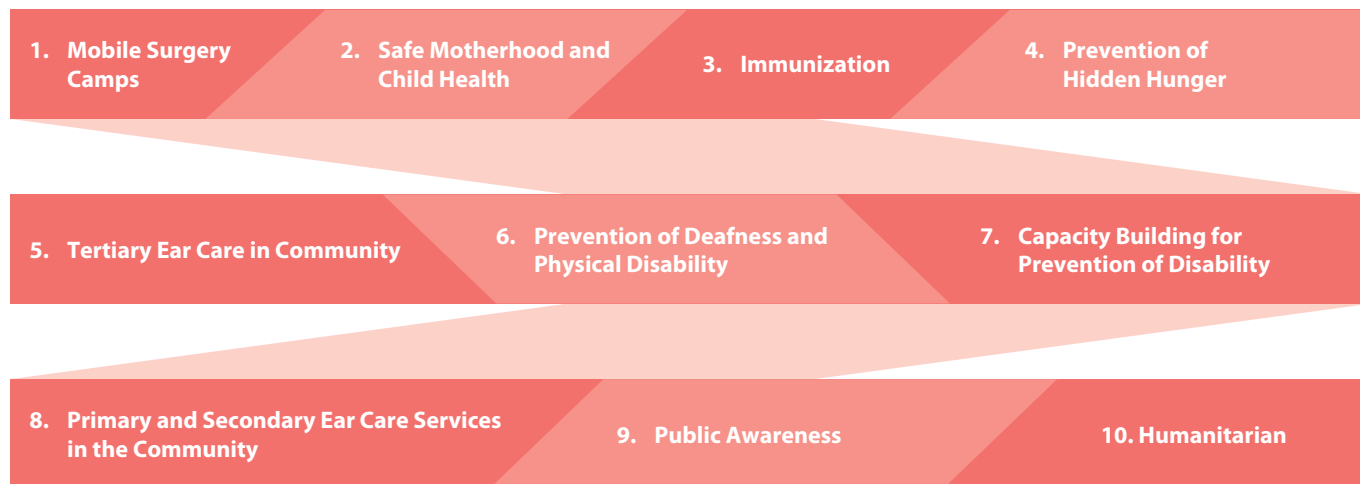
About IMPACT Nepal

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.

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:



Mobile Surgery Camps

One of IN's major activities has been to conduct mobile ear and orthopedic surgery camps in rural areas where specialized health care facilities are non-existent.

Restoration of Hearing

In 2022, twenty-four surgery camps were held in Parsa, Rautahat, Saptari, Kailali and Kanchanpur districts where a total of 3,735 people were treated and 549 ear surgeries were performed.





Free Ear Surgery Camp Came as a Boon

Madan Damai, the 18 years resident of Shuklaphata Municipality Ward no – 1, is studying in grade 10. The expenses of his large family of 11 members has barely been covered by the sewing of his father and the wages of his three brothers.

At an ear screening camp organized by IN, Madan showed his ears to IN CFW Mahesh Bahadur Bohara because he'd the problem of hearing loss and itching of his both ears. Mr. Bohara suggested the operation of his both ears and noted his contact number also.

Madan told about the suggestion of Mr. Bohara to his family, however, they had no money for operation. The problem of hearing loss began to hinder his study. Sometime, the itching of the ear would become unbearable. He would not hear the teachers well and had no courage to ask them. Madan began to suppress his queries and feel inferior and humiliated. He preferred to be alone which further deteriorated his problems. His family ignored his problems.



One day, Mr. Bohara called Madan and informed about the free ear surgery camp going to be held in Mahakali Provincial Hospital. Mr. Bohara suggested him to show his ears before 10 days of the dates of surgery camp to ensure that his ear is dry for operation. In the next ear screening camp, Mr. Bohara examined and cleaned both his ears with the help of Jobson Home Probe. He suggested Madan for operation in the free ear surgery camp organized by IMPACT Nepal, with the financial support of CBM at Mahakali Provincial Hospital, Mahendranagar, Kanchanpur.

On 10th June, 2022 his Left ear surgery was performed by Dr. Nabin Lageju. After operation, Madan came to the Ear Care Center, Attariya for ear dressing. In the OPD check and PTA at Ear Care Centre, Attariya, after 22 days of his operation, his hearing is found to be improved.

Madan was very happy to get ear surgery free of cost. "I would have to drop my study if I'd not got this opportunity because my family would not afford the cost of surgery. This free ear surgery camp came to me as a boon; I'm grateful to IMPACT Nepal and the donor", said Madan.

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.



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 3,989 pregnant women attended ante-natal clinics regularly. With the promotion of institutional delivery and the support of equipment and instruments to 7 Birthing Centre/Health Posts for safe delivery, IN assisted 1,113 deliveries in 2022 in Rautahat.

Programme	Rautahat
Vitamin 'A' supplementation	10,529
Iron tablets users	4,839



Counseling Brought Change and Happiness

Anita Devi Baitha, 26 years old female of Paroha, is a mother of 7 days old child. She lives with her husband, 5 children and in-laws in her family. IN field worker used to visit her house knowing that she has a lot of under-5 children and she is pregnant again. IN field worker made her aware on the need of nutritious diet for children and even for herself during pregnancy. IMPACT has given her vegetable seeds to begin home gardening in her own home, which will supply green veggies for her family's nourishment.

Because Anita has a large family and comes from a low-income household, the family had to deal with a shortage of nutritious meals for children every day and she was even unable to enroll her children in school. Her health was worsening during this pregnancy as a result of having so many children, and she was unable to self-care. Regarding these circumstances, IN field worker advised her to stop next pregnancy by making her



aware about this. In addition, IN field worker provided vegetable seeds to her family for nourishment, as well as iron tablets to Anita which has changed the mother's and her children's nutritional status. She went to the health post for prenatal checkups throughout her pregnancy, for delivery and for postnatal checkup as a result of an awareness initiative.

After counselling, her husband also became supportive and supported her during her prenatal and postnatal check-ups as well as during delivery. IN field worker also counselled him about the drawbacks of having many children towards mother's health and the unavailability of good nourishment for his/her children. He also pledged not to have any more children from now onwards.

Her family's concept on having healthy food for pregnant mother and children, going to health posts for checkups, and not having many pregnancies for women's health, nutrition for children, and financial burden to family for having more children has been changed as a result of IN's awareness program. She expressed her gratitude to IN through our field worker for bringing such a positive influence to her family.

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.

N 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 2022 are as follows:



Type of Immunization	Total
BCG (children)	1,191
DPT (children)	1,002
Polio (children)	873
Measles (children)	1,543
Tetanus Toxoid (pregnant women)	1,598



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 1,350 households in 2022.





IN has also provided mother goats to 9 families and 2 hens each to 39 families of Rajpur Municipality in Rautahat district for further support in much needed boosts to meager diets.



Home Gardening Changed the Food Habit

Sukula Yadav, 50 years old woman, lives in Ward No. 5 of Rajpur Municipality. She is living with her husband, son, daughter-in-law and 2 grandchildren. They have their own toilet and tube well for water in their home. Sukula's family used to take meal (rice) with salt only as they did not have good financial status and also unaware of the necessity of green vegetables in their meals.

IN field worker Sarita Shrivastav, during her visit, found small but unused land just behind Sukula's house. Sarita was aware of the family situation of Sukula from villagers. IN field worker Sarita informed her about IN's programme and provided seeds to her along with counseling and awareness. After the counseling, the

family became aware about necessity of green vegetables in their meals. They also learnt to utilize unused space for the

productive work. Further, free availability of seeds for them provided by IN allured them towards their health benefit. This programme has initiated inclusion of green vegetables in her family meal.

Now the whole family is getting nutritious food. Additional vegetables are sold by them for money, which has become useful to fulfill their daily needs

also. This has brought changes in their health, economy, and the perspective of community people towards them.

"IN has changed my life from darkness to brightness due to awareness. Today, I have decided to change at least my community in aspects of knowledge, health, economy, and social status", said Sukula Yadav.



Tertiary Ear Care in Community

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 2022 are as below:

Activities	Persons
Ear examination and treatment at centre	18,325
Ear surgery	169
Tympanogram	478
Audiogram	1,987
Hearing aid service	16





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 2022 are as below:

Activities	Persons
Ear examination and treatment at centre	17,698
Ear surgery	132
Tympanogram	547
Audiogram	3,306
Hearing aid service	34



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 2022 are as below:

Activities	Persons
Ear examination and treatment at centre	17,698
Ear surgery	132
Tympanogram	547
Audiogram	3,306
Hearing aid service	34



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 2022 are as follows:

Activities	Persons
Examination and treatment	19,794
Surgery	1,643





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 2022 are as follows:

Activities	Persons
Physical devices support	837
Physiotherapy services	3,466

Capacity Building for the Prevention of Disability

a. Training of Primary Health Care Workers

IN provided one month Basic Otology Training to 8 Primary Health Care Workers (PHCWs) working in Kailali, Kanchanpur, Dadeldhura and Doti districts, two months Audiology Training to 2 IN staff of Kailali and Parsa, two months Advanced Otology Training to one IN 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 25 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 OPD 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 OPD 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 2022 are as follows:

District	Activities	Persons reached
Saptari	Ear examination and treatment	12,091
	Tympanogram	27
	Audiogram	2,062
	Hearing aid service	17
Udayapur	Ear examination and treatment	5,638
	Audiogram	926
	Hearing aid service	8

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	65,177
Parsa and Bara		58,523
Saptari		10,974
Udayapur		5,778
Doti, Dadeldhura, Kailali and Kanchanpur		37,739

Humanitarian

IN implements humanitarian programmes in the time of disasters. During the spread of COVID-19, IN helped Rural/Municipalities and Health Institutions to fight against it with the support of medical safety and security kits and helped poor families with emergency food packages.

IN provided the package of grocery items containing 30kg rice, 3kg pulses, 2ltrs cooking oil, 2kg salt, 2kg sugar and 4pcs hand washing soap to 222 poor families of persons with disabilities residing in Bahudarmai Municipality of Parsa and Rajpur Municipality of Rautahat districts in 2022.

Similarly, grocery items were provided to Shree Deaf and Hard of Hearing Residential Basic School, Basatpur of Rautahat district and to Nepal Disabled Service Association, Simara of Bara district for 61 and 60 students respectively having various disabilities.





Detail of grocery items supported is shown as below:

Grocery items	Unit	Supported quantity
Rice	Kg	8,490
Pulses	Kg.	1,025
Cooking oil	Ltr.	1,020
Salt	Kg.	1,000
Sugar	Kg.	650
Hand washing soap	Pcs.	1,152



News

a. Celebration of World Hearing Day 2022

In association with different organizations working in the field of disability and ear health, IN celebrated World Hearing Day 2022 organizing awareness rallies and formal awareness programmes.



b. Community Ear and Hearing Care : Learning & Sharing Workshop

IMPACT Nepal and Nepal Netra Jyoti Sangh jointly organized Community Ear and Hearing Care : Learning & Sharing Workshop with support of cbm in Hotel Himalaya, Lalitpur on 12th December where 11 organizations shared their efforts, best practices, challenges and learning while working in the field of community ear and hearing care.





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 2022:

- » 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
- » Nepal Ear Foundation, Kathmandu
- » Hospital and Rehabilitation Centre for Disabled Children, Kaverpalanchowk
- » Rungta Welfare Society, Birgunj
- » Relief Society of Commerce, Birgunj
- » Seti Provincial Hospital, Dhangadhi
- » Mahakali Provincial Hospital, Mahendranagar



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

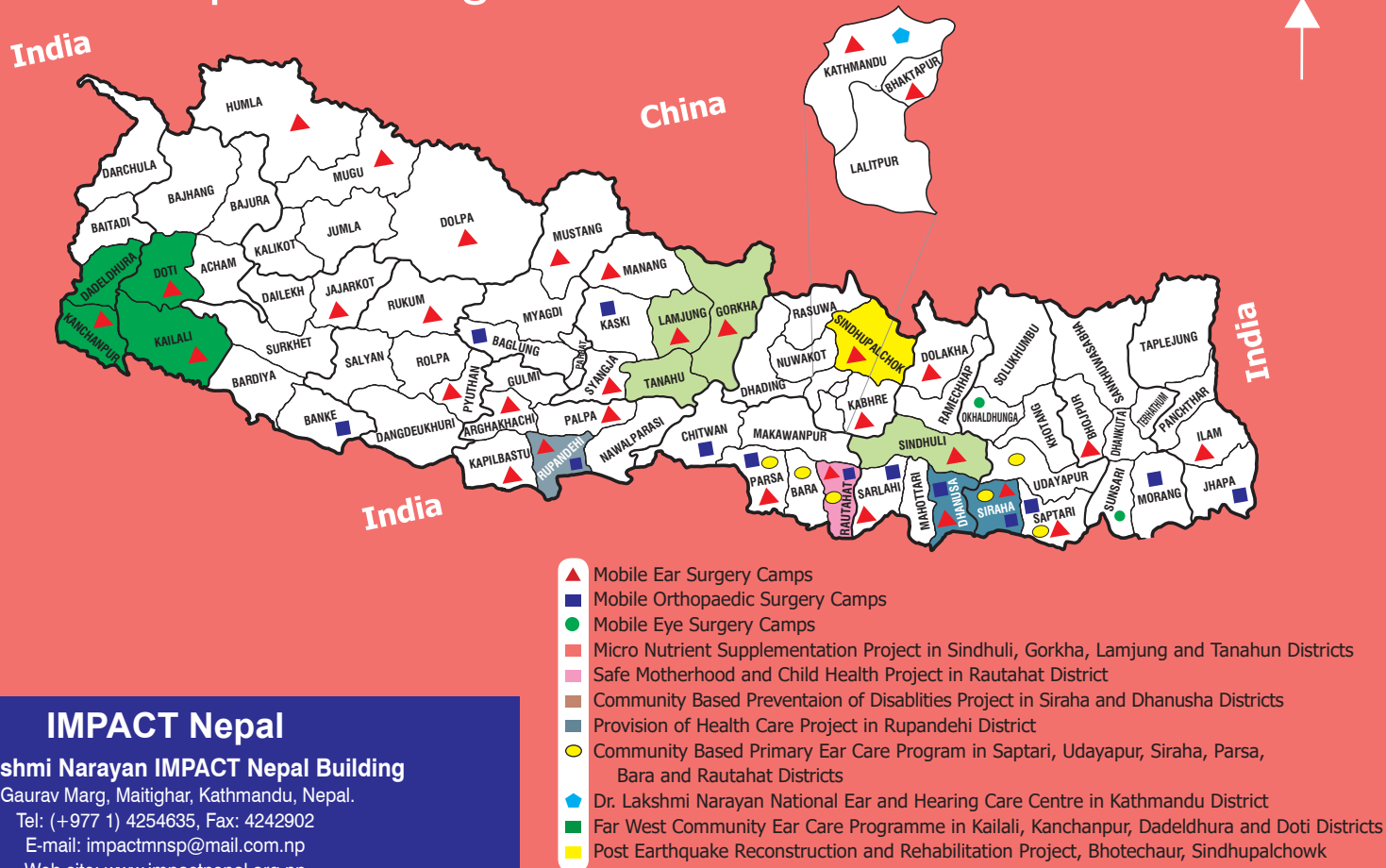
ENT and orthopedic surgeons, supervisor as well as staff nurses and audiologists for their voluntary services that they provided to IN's surgery camps.



Persons eager to donate funds or personal services to IMPACT Nepal
Contact us at:

Dr. Lakshmi Narayan IMPACT Nepal Building
63 Gaurav Marg, Maitighar
Kathmandu, Nepal.
Tel: (+977 1) 4254635
E-mail: impactmnsp@mail.com.np
Web site: www.impactnepal.org.np

IMPACT Nepal Reaching the Unreached



IMPACT Nepal

Dr. Lakshmi Narayan IMPACT Nepal Building

63 Gaurav Marg, Maitighar, Kathmandu, Nepal.

Tel: (+977 1) 4254635, Fax: 4242902

E-mail: impactmnsp@mail.com.np

Web site: www.impactnepal.org.np