



Nepal

Preventing Avoidable Disability



Annual Report 2023

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 spread of COVID-19 severely affected the nation while new avenues have to be explored for the development of Nepal.

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	23
Under-five mortality rate per 1000 live births	28
Maternal mortality rate per 100,000 live births	151
Birth attended by skilled health personnel	80
One year old fully immunized against tuberculosis	96
One year old fully immunized against measles	87
HDI rank out of 193 countries (2023/2024)	146
% 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	87

(Source: National Statistics Office & Department of Health Services, Nepal)

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 and Kanchanpur.

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 2023, twenty-four surgery camps were held in Parsa, Rautahat, Saptari and Kailali districts where a total of 3,637 people were treated and 530 ear surgeries were performed.

“If not Treated Properly in time, the Problem Becomes Complicated”



Nineteen years Chandra Bhandari, a resident of Godawori Municipality Ward No. 4, Khairana, studies in class 12 in full schoolship in Durgalaxmi Model Secondary School, Attariya.

The financial condition of her family is poor. All 8 members (5 sisters, 1 brother and the parents) of the family depend on the minimal salary of her father who is working in India as a Gate Keeper.

When she was almost 14, Chandra used to swim regularly with her friend in a river. Since that time her both ear had discharge. The problem had been affecting her study. Some time later, she went to the nearest medical and took antibiotic. It seemed her problem is solved for two or three months but after that it repeated continuously. She felt decrease of her hearing capacity. Further, aching of her ear increased rapidly. Chandra and her family members worried about her ear problem. She took medicine from medicine shop time to time, but it seemed to be cured only when she used medicine.

Later, Chandra showed her ear in Maya Metro Hospital and

Apekshya ENT Clinic Dhangadhi and she was suggested to do MRM Surgery for both ear.

The poor family could not afford the cost of surgery and became helpless for 7 months after the check up. Meanwhile, she got information about the ear surgery camp of IMPACT Nepal. She showed her ear in IMPACT Nepal OPD and requested her ear operation free of cost.

On 29th September, 2023, Dr. Nabin Lageju performed her right ear operation. In the follow-up visit, she was very happy to find out her ear well. She also realized the improvement of her listening capacity. “IMPACT Nepal understood my ear problem and also the financial condition of my family. I’m really grateful to all the supportive hands and expect same kind of support for the operation of my left ear” she expressed her satisfaction.



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 7,417 pregnant women attended ante-natal clinics regularly. With the promotion of institutional delivery IN assisted 1,555 deliveries in 2023 in Rautahat.

Programme	Rautahat
Vitamin 'A' supplementation	9,320
Iron tablets users	9,995

Ruby's Journey to Maternal Wellness

Ruby, a young expectant mother, is a permanent resident of ward number-4 of Rajpur municipality, Rautahat. She is waiting for the arrival of her third child with a mixture of excitement and nervousness. She wanted the best for her baby, but getting the right healthcare seemed impossible.

One day, an IMPACT Nepal field worker met with her during her door-to-door visit. Sarita Srivastav talked about visiting the health post for ANC, but she was not sure at first, but the field worker explained how important it was to make sure that she and her baby were healthy.

At Health-Post, she was provided with iron tablets to help her feel better and was also suggested to stay healthy during pregnancy and learn how to take care of babies in the future. After visiting each ANC clinic, she started feeling better, and her health also improved.

When it was time for Ruby to have her baby, she decided to go to the health post for the delivery. At first, her husband did not want to go with her because of their tradition, but he changed his mind and came to support her. She was so happy to have him by her side. With the help of her mother-in-law and her husband, Ruby gave birth to a beautiful



baby girl at the health post. Everyone was overjoyed to welcome the new addition to their family. After the birth, Ruby felt grateful to IN and field worker for all the help they had given her. She asked Sarita to give a name to her baby girl as a way of saying thank you.

Ruby promised herself that she would tell other women in her village about the importance of going to the health post for ANC checkup during pregnancy so that no one else had to suffer. With hope in her heart, Ruby looked forward to bringing positive changes to her community.



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 2023 are as follows:

Type of Immunization	Total
BCG (children)	978
DPT (children)	996
Polio (children)	848
Measles (children)	2,071
Tetanus Toxoid (pregnant women)	848

Menstrual Hygiene

Menstruation is regarded as sign of good reproductive health in girls and women. However, in Nepal, women face significant challenges related to menstruation, primarily stemming from insufficient awareness about menstrual health and hygiene, a lack of adequate wash facilities, limited sex education in schools, and cultural practices that impose restrictions. These issues have adverse effects on women's and girls' reproductive health, mental well-being, and hinder their ability to actively engage in education.

Taking this fact into consideration, IN is carrying out menstrual health programme in Auraiya, Rautahat, where birthing centre was also established, to empower and uplift women and girls of the project area.

Under the programme, over 500 students and nearly 450 members of 15 mothers' groups established by IN were sensitized on the importance of maintaining cleanliness during









menstruation. 9 FCHVs were provided orientation on menstrual hygiene, including information on proper hygiene practices, common challenges, and available resources. Similarly, menstrual hygiene kits containing 3 reusable sanitary pads, 2 pairs of innerwear, and 1 bar of soap, were distributed to 950

females of age group 13 to 45 and eco-friendly pad making training was provided to 250 women and girls for them to develop the skill to produce their own reusable or low-cost sanitary pads.

Empowering women through pad making training

Sukula Devi of age 30, a member of mothers group created by IMPACT Nepal, is a permanent residence of Auraiya, Rautahat. She has very keen interest in learning and contributing to the community. Initially, she was feeling hesitation to join the training due to cultural norms and stigma. However, supportiveness and awareness created by IMPACT Nepal empower her to take the training. She said that she was not able to purchase disposable pad due to high cost and it was difficult to manage the menstrual hygiene with dignity as old clothes during her period was leading to allergies and discomfort.



Financial constraints compelled her to purchase disposable sanitary pads, further adding to her challenges. Now with her new knowledge, she has been able to make the reusable sanitary pad including design, sewing technique, and hygiene education. Beyond personal benefit, she realized that she should share her skills with her friends in the mothers group and planning to produce bulk quantity of eco-friendly pad not only for personal but as a cost effective business. The training not only helped her with a sustainable way to manage her periods but also gave her a chance to earn money on her own. She hopes that the reusable sanitary pads, born out of her skill and shared knowledge will become highly useful for female in similar communities across in Nepal.

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 2,700 households in 2023.



IN has also provided eggs and chickpeas to 225 pregnant women of Rajpur Municipality in Rautahat district for further support in much needed boosts to meager diets.



Transforming lives through kitchen garden

Salma Khatun, aged 55, resides in ward number 2 of Rajpur municipality. She lives in a joint family with her husband, son, daughter-in-law, and two grandchildren. They have access to tube well facilities for water usage. However, neither Salma nor her family members were aware of the possibility of having their own kitchen garden. They did not know that even a small patch of land could be transformed into a green garden, providing them with an abundance of fresh vegetables year-round.

This lack of awareness had led to limited access to fresh vegetables due to unused land. However, a change was set into motion by the arrival of field worker Sarita Srivastav in Khatun's community. She distributed seasonal seeds to empower families to grow their own food and improve their nutrition.

The IN field worker explained how these seeds could be planted

in a kitchen garden right outside their doorstep. She taught Khatun how to prepare the soil, sow the seeds, and care for the growing plants to start and maintain a kitchen garden, turning a small plot of land into a vibrant source of fresh produce.

The programme was more than just a distribution of seeds; it was a gateway to knowledge and empowerment. The family learned about the nutritional benefits of various green vegetables and how to incorporate them into their meals. Khatun has started sharing their surplus produce with neighbors in need, spreading kindness and goodwill throughout their community. Other families in the village were inspired to start their own kitchen gardens, and everyone in the community now respects and

admires them more.

Khatun and her family had not only improved their own lives but had also sown the seeds of hope and resilience in their community.



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. Recently, it has also added the nose and throat services along with ear and hearing care services. IN has also expanded the ear care services to Kedia Eye Hospital, Birgunj in partnership with the hospital.





The services provided from the Centre in 2023 are as below:

Activities	Persons reached
Ear examination and treatment at centre	18,641
Ear surgery	255
Tympanogram	779
Audiogram	2,711
Hearing aid service	27

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 2023 are as below:

Activities	Persons reached
Ear examination and treatment at centre	20,891
Ear surgery	134
Tympanogram	361
Audiogram	3,361
Hearing aid service	32

c. Ear Care Centre, Attariya, Kailali District

With the support of UK Impact Foundation, IN has been carrying out Far-west Community Ear Care Programme targeting to some areas of Kailali and Kanchanpur 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. Ear and hearing care services have also been expanded to Mahendranagar, Kanchanpur establishing a Primary Ear Care Centre.





The services rendered under the programme in 2023 are as below:

Activities	Persons reached
Ear examination and treatment at centre	10,406
Ear surgery	141
Tympanogram	396
Audiogram	1,394
Hearing aid service	82
Ear screening in community	14,336



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 2023 are as follows:

Activities	Persons reached
Examination and treatment	18,178
Surgery	1,366



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 2023 are as follows:

Activities	Persons reached
Persons receiving devices	915
Physiotherapy services	3,737

Capacity Building for the Prevention of Disability

Training of Primary Health Care Workers

IN provided one month Basic Otology Training to 16 Primary Health Care Workers (PHCWs) working in Kathmandu, Bhaktapur, Makawanpur, Parsa, Bara, Rautahat & Kailali districts, two months Advanced Otology Training to 3 IN staff of Parsa and Kailali and 2 months Audiometry Training to 2 staff of Parsa and Kathmandu. 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.





Primary and Secondary Ear Care Services in the Community

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

IN runs the ECCs in Udayapur, Saptari, Rautahat, Parsa, Kailali and Kanchanpur 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 2023 are as follows:

District	Activity	Persons reached
Saptari	Ear examination and treatment	12,762
	Tympanogram	292
	Audiogram	1,965
	Hearing aid service	13
Udayapur	Ear examination and treatment	6,274
	Audiogram	1,029
	Hearing aid service	11

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	62,795
Parsa and Bara		53,428
Saptari		9,241
Udayapur		5,596
Doti, Dadeldhura, Kailali and Kanchanpur		29,537

News

a. Celebration of World Hearing Day 2023

In association with different organizations working in the field of disability and ear health, IN celebrated World Hearing Day 2023 organizing awareness rallies and formal awareness programmes.



b. Programme visit from UK Impact Foundation

Dr. Brenda Luck, Chairperson, Ms. Pascale Noel, Co-CEO and Ms. Jackson Medlow Stagg, Fundraising Manager, of UK Impact Foundation visited IN's different Projects sites in Kathmandu, Kailali, Kanchanpur, Parsa, Bara, Rautahat, Saptari and Udayapur and observed the activities, interacted with stakeholders and took update on the progress of the projects from 6th to 11th October.



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. Christoffel Blinden Mission (CBM), Germany
- c. IMPACT Norway
- d. IMPACT Bangladesh
- e. 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 2023:

- » 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
- » Hospital and Rehabilitation Centre for Disabled Children, Kavrepalanchowk
- » Rungta Welfare Society, Birgunj
- » Relief Society of Commerce, Birgunj
- » 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:

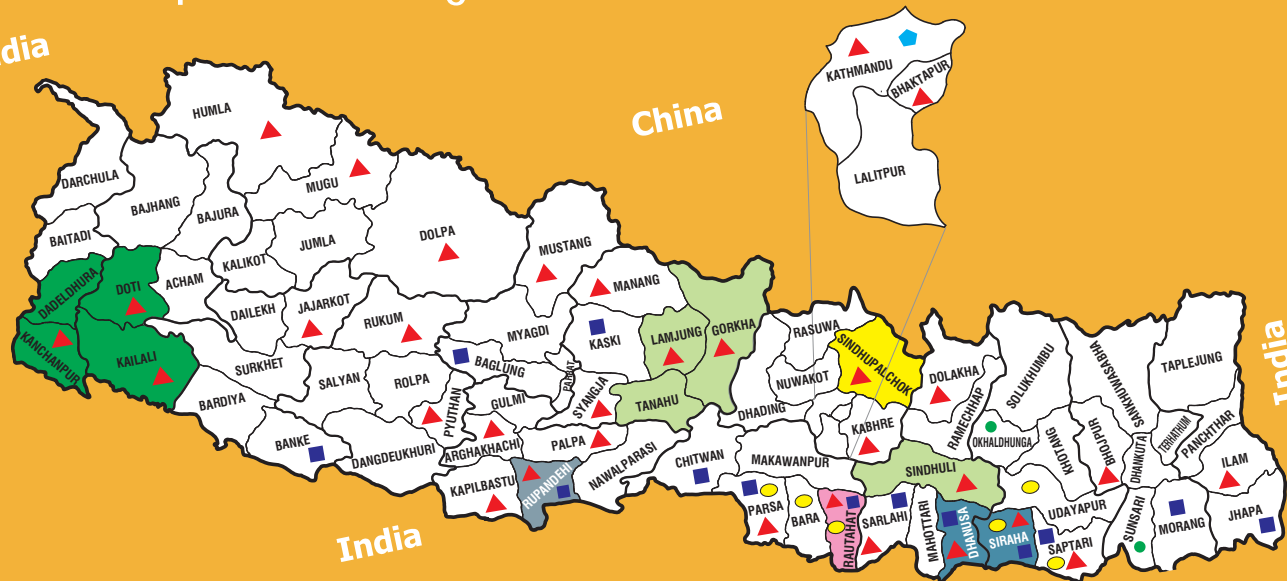
Dr. Lakshmi Narayan IMPACT Nepal Building
63 Gaurav Marg, Maitighar
Kathmandu, Nepal.
Tel: (+977 1) 5354635 / 5342902
E-mail: impactmnsp@mail.com.np
Web site: www.impactnepal.org.np

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, Daddeldhura and Doti Districts
- Post Earthquake Reconstruction and Rehabilitation Project, Bhotechaur, Sindhupalchowk

IMPACT Nepal

Dr. Lakshmi Narayan IMPACT Nepal Building

63 Gaurav Marg, Maitighar, Kathmandu, Nepal.

Tel: (+977 1) 5354635 / 5342902

E-mail: impactmnp@mail.com.np

Web site: www.impactnepal.org.np