



Nepal

Preventing Avoidable Disability



Design of Ear Care Centre, Rajbiraj under construction



Annual Report 2024

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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 around 20 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.



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	71.3
Infant mortality rate per 1000 live births	21
Under-five mortality rate per 1000 live births	33
Maternal mortality rate per 100,000 live births	151
Birth attended by skilled health personnel	79
One year old fully immunized against tuberculosis	96
One year old fully immunized against measles	94.7
HDI rank out of 193 countries (2023/2024)	146
% of population living below national poverty line	20.3
Literacy rate for population aged 5 years and above	76.2%
% of population using an improved sanitation facility	79.87
Number of doctors per 100,000 population	120

(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 16.6% 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 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 2024, thirty-eight surgery camps were held in Parsa, Rautahat, Saptari and Kailali districts where a total of 4,342 people were treated and 666 ear surgeries were performed.

Sanam's Journey to Hearing

Sanam Kushuwah, a 14 year-old boy of Shivnagar, Rautahat, has been experiencing hearing problem for the past five years. He had to leave school due to his persistent hearing issues which made it impossible for him to keep up with his studies. He could not hear school lectures due to continued decreased hearing capacity and his classmates, instead of understanding his



struggles, teased him by calling him deaf. His parents being uneducated and financially very weak were unaware of health facilities that could improve their son's hearing capacity. One day, during a visit to Birgunj, Sanam's father came to know about IMPACT Nepal's

Rungta Welfare Ear Care Centre and the services it provides to help people with hearing problem. The very next day, he brought Sanam to the Centre for check-up with the glimmer of hope.

During the consultation, doctor noticed the continuous ear discharge from both of his ears. Upon discussing his history, it was found that he regularly swam in the river, and water frequently

entered his ears. This led to persistent ear discharge creating problem in his daily routine. His mother, due to superstition, started home remedy and therapy by putting cow's urine in his ear which worsened his condition and caused significant hearing loss.

After PTA investigation in the Centre both of his ears were found to have extremely low hearing capacity and the doctor consultation indicated necessity of surgery of both ears. Since the family could not afford the surgery due to their financial constraints, IMPACT Nepal supported him the free surgery procedure of one ear during the surgical camp.

After the surgery, Sanam's hearing has significantly improved, and he has finally been able to return to the school. Sanam and his family are overjoyed and deeply grateful to IMPACT Nepal for their kindness and support in giving him a second chance at life.



Restoration of Movement

IN has also been holding mobile orthopedic surgery camps in the community for restoration of mobility. In 2024, two camps were held at Saptarishi Hospital Pvt. Ltd., Lahan, Siraha, from 15th to 17th December and at Janakpur Trauma Hospital from 29th to 31st March in collaboration with the hospitals. A total of 211 patients were examined and treated in the camps. Among them, 10 clubfoot patients were treated using the Ponseti method and 27 were underwent orthopedic surgery to restore movement. During the camp, junior doctors (Orthopedic Residents) and local doctors who practiced in rural areas were also trained to provide initial basic treatment to trauma patients.



Dibyansh's Journey to a Brighter Future

The date 13th August, 2024, was a day of immense happiness for Mr. Santosh Raut Kurmi and Mrs. Radha Raut Kurmi as they have become parents for the first time. However, their joy was mixed with sorrow when they found that their son, Dibyansh Raut Kurmi, was born with a left clubfoot.

As being the permanent residents of Madhesh Province in Mahottari District of Aurahi Municipality, the couple could not ignore the challenges ahead in a society where stigmas and misconceptions about physical disabilities are relatively common. They were in stress to solve this issue as soon as possible. During Santosh's regular search for a remedy, he came to know about the free clubfoot treatment organized by IMPACT Nepal at Saptarishi Hospital in Lahan of Siraha district from his friend offering a solution.

The treatment journey began with the application of the Ponseti cast, which was

done three times and gradually corrected Dibyansh's foot. The treatment process brought improvement to Dibyansh's condition than before, making his parents with a new ray of hope and happiness, knowing that their son would now be able to live a normal life by when he will start walking.

Mr. Santosh expressed his heartfelt gratitude to IMPACT Nepal for their unconditional support for the treatment of Dibyansh's clubfoot.



Collaborating and Sharing Skills with other IMPACT Organizations

Training programme for ENT Doctors in Cambodia

IMPACT Nepal, in association with IMPACT Cambodia, conducted one training programme for ENT Doctors at PreahAng Duong Hospital (PADH), Phnom Penh and CheyChumea



Hospital, Takhmao from 14th – 21st December focusing on clinical and surgical skills in otology. The team consisting of Dr. Arun K.C., Dr. Deepak Yadav, Mrs. Jamuna Maharjan Dangol and Mr. Ayush Verma was led by Prof. Dr. Pabina Rayamajhi.

IMPACT Nepal team not only helped with ear surgery cases but also head and neck diseases as well as ENT cancer cases. During this period, a total of 42 patients were benefitted from the surgery.

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 to pregnant women to attend antenatal and post natal clinics 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 8,334 pregnant women attended ante-natal clinics regularly. With the promotion of institutional delivery IN assisted 1,379 deliveries in 2024 in Rautahat.

Programme	Rautahat
Vitamin 'A' supplementation	17,129
Iron tablets users	9,813



In view of the scenario that most needless newborn and maternal deaths are a result of conditions and diseases associated with lack of quality care at birth or skilled care and treatment immediately after birth, IN has been constructing a Birthing Centre in Chhinnamasta Rural Municipality of Saptari district.

Breaking Barriers: Neha Devi's Journey to Safe Motherhood

Neha Devi, 26 years old is again starting the journey of motherhood for the third time. She lives in a small house with her husband and two sons and in laws. She spent most of her time on caring for her family. As a housewife, she does all the daily responsibilities of household chores, including the challenging task of collecting water from a neighbor's tube well. Sometimes, her husband and her mother in laws help to ease this tough task.

Despite her experience with motherhood, Neha had limited awareness of prenatal health and the significance of regular medical check-ups during pregnancy. The family lacked basic sanitation facilities, as they did not have their own toilet. Moreover, previous pregnancies had been found without proper medical guidance due to a lack of knowledge and traditional practices.

Neha came to know about IMPACT Nepal's safe motherhood and child health programme when a Field Worker visited her community, going door to door to spread awareness. After getting the information, she decided to attend a session at the nearest health post, which required a 20-minute walk from her home.



Encouraged by the field worker, she convinced her husband to accompany her for check-up to health post. She received medical check-ups and medications that significantly improved her health conditions, including high blood pressure, anemia, and leg pain which became the turning point in her pregnancy journey that she had faced when she was pregnant. The health workers provided dietary guidance, helping her to understand the importance of proper nutrition required during pregnancy. Her husband, who was unaware of the benefits of maternal healthcare, now has become more supportive and helpful, ensuring that whether she has attended follow-up visits or not.

Neha and her husband have decided to have delivery at the health post located in her

Ward. This decision marks a significant shift in their approach, breaking traditional barriers and prioritizing safe delivery under medical supervision at health post.

Through IMPACT Nepal's intervention, she has not only improved her own health but has also set an example for other women in her community. Her story is evidence about the importance of education and support in ensuring a safe and healthy pregnancy, ultimately leading to better lives for both mothers and their children.

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 2024 are as follows:

Type of Immunization	Total
BCG (children)	1,028
DPT (children)	880
Polio (children)	870
Measles (children)	1,367
Tetanus Toxoid (pregnant women)	1,390

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.



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 2024.

IN has also provided eggs and chickpeas to 174 pregnant women, mother goats to 13 families and 2 hens each to 22 families of Rajpur Municipality in Rautahat district for further support in much needed boosts to meager diets.



Transforming Lives through Kitchen Garden

Kripa Devi Yadav, 37 years, lives with her husband and 3 young children in Ward No. 4 of Rajpur Municipality of Rautahat. Financial constraints have created a challenging life for her family and their meal was limited to rice and salt most of the time. Kripa Devi has sacrificed her own meals just to feed the children so that they would not feel hungry.

Water collection was another daily challenge, as she has to walk five minutes to a neighbour's tube well to meet her household's needs. IMPACT Nepal's Field Worker met Kripa during her visit to the community. She counseled her on the importance of a balanced diet for her family and informed her about IMPACT Nepal's seed distribution programme designed to help families to grow nutritious food in their own unused backyards. After getting the seeds provided by IN, she converted her small patch of land into a very useful small vegetable garden. She felt very happy that her children would receive nutrients from the vegetables grown in the small kitchen



garden. Now the kitchen garden has been created impact on their life. Fresh green seasonal vegetables have become the regular part of their meals, improving their health and nutrition status.

Beyond feeding the vegetables for her family, she sold surplus produce in the local market. This has decreased her financial burden allowing her to contribute economically for her family.

From struggling to provide a basic meal to becoming a small-scale entrepreneur, her story is evidence of a power of knowledge and opportunity. Getting inspired by Kripa, her neighbour has also started to make a small kitchen garden in the unused land leading to a healthier and more prosperous community. IMPACT Nepal's initiation has

not only changed Kripa's diet, but it has transformed her life too. She proudly says, "This small kitchen garden is not just feeding my children; it is feeding my dreams of a better future of my family."

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 ENT facilities including OPD, endoscopy, 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. IN has also expanded the ear care services to Kedia Eye Hospital, Birgunj in partnership with the hospital. One ear surgery camp was conducted in partnership with Relief Society of Commerce, Birgunj in 2024.





The services provided from the Centre in 2024 are as below:

Activities	Persons reached
Ear examination and treatment at centre	24,091
Ear surgery	320
Tympanogram	772
Audiogram	3,109
Hearing aid service	25
Ear screening in school & community	2,563

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 2024 are as below:

Activities	Persons reached
Ear examination and treatment at centre	23,235
Ear surgery	195
Tympanogram	690
Audiogram	4,107
Hearing aid service	47

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 2024 are as below:

Activities	Persons reached
Ear examination and treatment at centre	11,494
Ear surgery	101
Tympanogram	543
Audiogram	1,937
Hearing aid service	53
Ear screening in school & community	19,960



Gopal Singh Encouraged his Friend for Hearing Aid

Mr. Gopal Singh, 70 years, an inhabitant of Shuklaphata Municipality Ward No. 07 Jhalari, Simalphata Tole, has been using hearing aid provided by IN for last 3 years. The hearing aid is working well; he only changed a wire once in three years.

Seven years ago, Gopal faced problem in hearing when his son blasted fireworks twice near him on the occasion of Tihar festival. Since then, he spent almost 4 tough years with difficulty in hearing. When he heard about ear and hearing care services of IN, he came to IN Ear Care Centre, Attariya, showed his ear and got hearing aid as recommended by the Otology Assistant. Now, he's spending his life easily and happily with the help of hearing aid.

Mr. Mandhir Dhami, 71 years senior citizen of the same village, was also suffering from hearing problem for almost 1.5 years. He was feeling uneasy to communicate with his family, neighbour and friends, so wanted to use hearing aid like his friend Gopal. Mr. Gopal also encouraged him to



use hearing aid to listen well. Mandhir had no idea of hearing aid and the location of IN Ear Care Centre. So, Mr. Gopal took him to IN ECC himself.

Audiometrician Mrs. Urmila Thagunna checked his hearing capacity and recommended him the hearing aid. She also instructed him the way of its proper use. He was very happy when he heard even very low sound with the help of hearing aid.



d. Ear Care Centre, Rajbiraj, Saptari District

IN has been delivering ear and hearing care services to the hearing impaired people of Saptari and the peripheral area through community ear care activities and from the Ear Care Centre at Maleth in Rajbiraj since May 2011. The services rendered under the programme in 2024 are as below:

Activities	Persons reached
Ear examination and treatment at centre	11,804
Ear surgery	50
Tympanogram	259
Audiogram	2,757
Hearing aid service	16

Addressing the need of making ear and hearing care services sustainable, IN is constructing its own building in Maleth (Opposite of Gita Petrol Pump), Rajbiraj that will have advanced ear care facilities including OPD, Otoendoscopy, Audiometry, Tympanometry, minor procedure, surgery, hearing aid etc. The land for the construction of the Building was donated by the generous Jogendra Bhagat, a philanthropist of Rajbiraj. Ear care services will be available in this IMPACT Nepal Thakodevi Jogendra Bhagat Ear Care Centre from May 2025 onwards.



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 2024 are as follows:

Activities	Persons reached
Examination and treatment	22,086
Surgery	1,524



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 2024 are as follows:

Activities	Persons reached
Persons receiving devices	582
Physiotherapy services	2,835

Capacity Building for the Prevention of Disability

a. Training of Primary Health Care Workers

IN provided one month Basic Otology Training to 22 Primary Health Care Workers (PHCWs) working in Parsa, Rautahat and Kailali, Kanchanpur, and Saptari districts and two months Advanced Otology Training to 4 IN staff of Rautahat and Saptari. 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. Basic Ear Care Training to Government Health Personnel

The one-day training on basic ear care practices was provided to 23 (male 19 and female 4) government health personnel of Bheemdutta Municipality by ENT Surgeon of Tribhuvan University Teaching Hospital, Kathmandu, Prof. Dr. Heempali Dutta in Mahendranagar. Basic ear care instruments were demonstrated and proper way to handle them was also practiced in the training.



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, Kathmandu and Bhaktapur.

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 2024 are as follows:

District	Activity	Persons reached
Parsa	Ear examination and treatment	6,781
	Audiogram	157
Udayapur	Ear examination and treatment	7,056
	Audiogram	1,215
	Hearing aid service	6

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, home visits and social media campaign.

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

District	Activity	Persons reached
Rautahat	Health awareness	64,342
Parsa and Bara		66,478
Saptari		10,819
Udayapur		6,520
Kailali and Kanchanpur		32,609

News

Celebration of World Hearing Day 2024

In association with different organizations working in the field of disability and ear health, IN celebrated World Hearing Day on 3rd March organizing awareness rallies and formal awareness programmes.



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 2024:

- ▶▶ 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 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
- ▶▶ Saptarishi Hospital, Lahan

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
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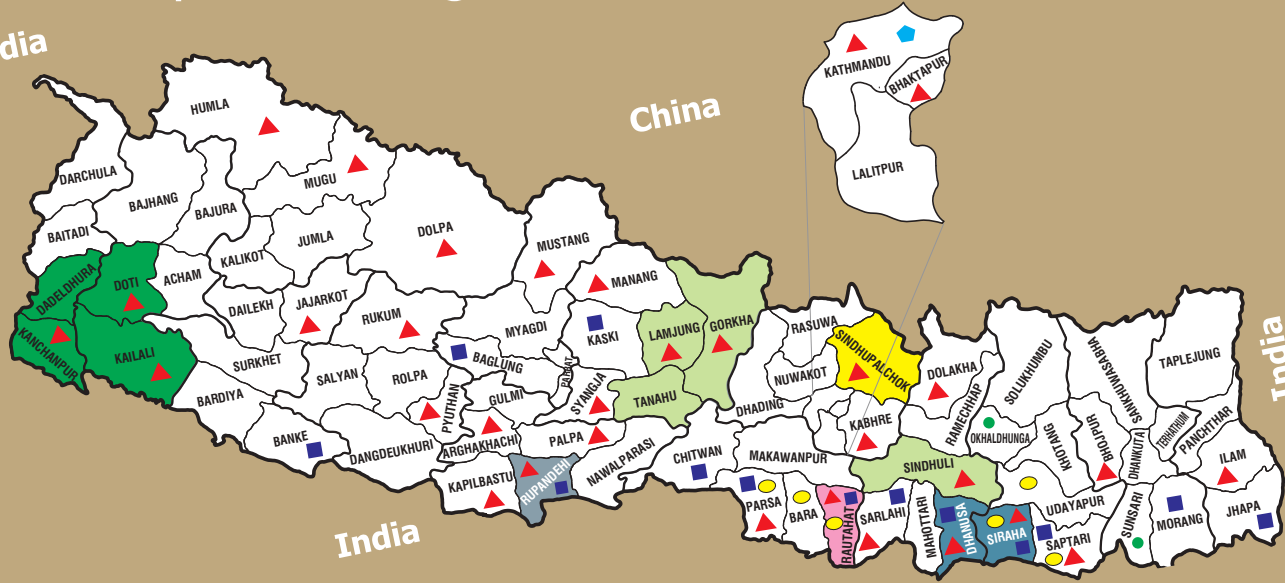
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IMPACT Nepal Reaching the Unreached



India

China



- ▲ 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

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