

## Health Camp in Madi, Feb 2011

The first thing which comes to mind when we think of Nepal are the Himalayan mountains, Sherpas and trekking...but there is so much more to this country including a steamy, subtropical jungle much of which runs along the Nepal/Indian border in Chitwan....

Madi is a remote region situated close to the jungle, south of Chitwan National Park where most of the people are poor and hard working Tharu farmers. Tharu is the name of particular tribe commonly based in the Tarai geographic area of Nepal. For many reasons, including because of its remote nature the Nepalese government can't provide a sufficient affordable health care and hospitals with the nearest facilities quite far away and expensive both to get to and in terms of treatment costs. So Clinic Nepal regularly sets up a free health camps to deliver good medical care for the people of this impoverished region.



The Patients are waiting for their treatment.

Over the course of the two Health Camps we were here we visited five different villages and saw around 2,000 people. Our team consisted of two Nepali General Physicians, one Pharmacist, one Nurse, seven Spanish medical students who just passed their final exams, two German medical students, and a number of Clinic Nepal support staff. We based the Health camp on a small farm where the whole team slept on hay in small tents and enjoyed



The team slept in a tented camp located on a farm.

the local Tharu food. The collaboration between the Nepali, Spanish and German staff was an amazing experience where we all learned a lot from the different cultures. The local people who attended our Health Camp arrived with a broad range of diseases and illnesses. Most of them were as a result of the over work, malnutrition, a lack of clean water and poor hygienic situations. Conditions like Gastritis, Arthrosis, Back Pain, fungal infections and a range of different infections were most common. Most of the cases could be treated instantly with our well prepared Pharmacy where the villagers got their medicine for free. But there were also some rare cases we saw including lymphoma cancer and a uterine prolapse (weakening of the ligaments holding the womb). If further diagnosis or special treatment was needed the people were referred to the hospital in Bharatpur which is a three hour drive away. In the two severe cases describe the patients' were urgently transported to the hospital. The cost for the further treatment was paid by the government and by Clinic Nepal. For many of the patients we were able to help them improve their health with general advice on lifting if they had back pain, avoiding very spicy foods if they had gastritis and taking greater hygiene precautions to reduce infection spread.

Fabian Meixner, Medical Student of the University of Freiburg (Germany)

The Health Camp is organized regularly. If you have any questions or want to join the Team of Clinic Nepal please let us know.  
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