

ask FOUNDATION









Overview of Activities 2016-2017

Introduction

ASK foundation is a Not-for-profit organization registered in the state of Nebraska as well as the country of Nepal. Its major objective is to help support the underprivileged population residing in various parts of Nepal. ASK is a heterogeneous group of educated people (including doctors, engineers, entrepreneurs and social activists) from various aspects of life who are highly dedicated and interested in helping the people of Nepal in various fields. ASK foundation has been established by a common interest of its members to do humanitarian acts for the most needy people of Nepal. Currently we are primarily involved in philanthropic activities in the fields of health, education and disaster relief.

Telemedicine

Current Telemedicine Centers

Representation in map	Region	Services available	Contact person
	Dhading (Maidi) (Since 2012)	Basic telemedicine services and lab services	Tarkeshwor Patel
	Kalikot (Sipkhana) (Since 2009-2010)	Basic telemedicine services and lab services	Hansaraj Neupane
	Bajura (Gotri) (Since 2016)	Basic telemedicine services	Shankar Buda
	Sindhupalchowk (Nawalpur) (Since 2016)	Basic telemedicine services	Santosh Giri
	Gorkha (Barpak) (Since 2016)	Basic telemedicine services	Badri Maskey
	Kalikot (Mumra) (Since 2016)	Basic telemedicine services	Jeevan Lohar

Total patients seen in these centers: >5000pts

Frequency of telemedicine conference: weekly or biweekly

One dedicated physician per telemedicine center

Laptops for telemedicine has been distributed in Humla and Mugu

Challenges in Telemedicine

Major challenges that we are facing :

1. Internet : As we all know, the internet service that is reaching the remotest villages are of very low quality. Hence, we are trying to adopt following measures to help strengthen the internet services in these areas:
 - a. Switch to smartphones/ipad instead of laptops and make the optimum use of mobile internet.
 - b. Collaborate with NTC to provide V-SAT to these centers at a very low rate.
 - c. Replace skype calls with phone conversations in circumstances, where phone conversations are conclusive to diagnose and manage the cases.

2. Availability of patients: As is evident, due to remoteness and mountainous terrain, there is lot of transportation issues even within the same village. Often times this is weather dependent. For example, during the monsoons, if the area is prone to landslides, we often do not have any patients at the centers for weeks altogether. We encourage the telemedicine staff to provide health education locally in such situations.

3. Availability of local health care worker: We are dependent on availability of the staff in the rural tele-clinic. Most of the time, this is limited to only one health care provider due to lack of medical providers in the region. In this situation, if the provider falls sick or has travel plans, it significantly affects the regularity of the teleclinics.

4. There is some learning curve for the rural health care workers to be fully acquainted to laptops and softwares. We do provide them adequate basic knowledge and technical support as much as possible.

5. Most of the time, the health care provider in the rural area owns or runs a pharmacy but often times there is no way to obtain labs or radiological data. We are trying to work on establishing basic lab facilities in these areas and have also established a small lab in Kalikot for blood and urine testing. This will be followed by personnel training for the lab technician.

Health Camps

- Specialist Health Camp at Nalang VDC -5, Dhading -- April 2016 (Cardiology, Internal Medicine, Dermatology, Pediatrics)
- General Health Camp at Lapsi Fedi, Shankarapur VDC, Sankhu in collaboration with UNMC(University of Nebraska Medical Center) – November 2016
- Pediatric Health Camp focused on Children of Chepang background in Chitwan – December 2016

Continuing Medical Education

1st Annual ASK CME and Training (AACMET)

- Conducted on 1st October 2016 at Grande Hospital Conference Hall
- In Collaboration with NADEM, NCCDF, Grande Hospital, local physicians
- Multispeciality CME and hands-on training program to around 100 rural/primary care physicians with majority working in Primary Health Care Centers in remote Nepal
- Hands on Training in intubation, thoracentesis by local critical care physicians
- BLS training (adult and pediatric) to attending physicians as well as telemedicine co-ordinators
- Software training to telemedicine co-ordinators in rural areas and laptop distribution to telemedicine centers in Bajura, Mumra (Kalikot), Shipkhana (Kalikot)
- Distribution of N-95 mask and free health education videos.

News and Video links:

<https://www.youtube.com/watch?v=uEWBbJjMrKM>

<http://swasthyakhabar.com/news-details/1032/2016-10-02#sthash.uKE53dYU.dpuf>

Infection Control Presentation and Workshop

- Conducted January 2017 at Grande Hospital
- In collaboration with NCCDF under the leadership of ASK foundation
- Prepare antiseptics and disinfectants in the Hospital
- Training on isolation and its types
- Wearing and use of N-95 mask
- Aseptic Gloving technique
- Hospital waste management
- Avoiding cross contamination and collecting microbiological samples
- Antibiotics stewardship and Interpretation of antibiogram
- Lectures on Multidrug resistant Gram negative Bacteria and MDR TB
- Around 100 participants were present which mostly included nursing staff, lab technicians and few physicians

Health Education

- Free Health Education Videos in Nepali uploaded in youtube (made available from Ministry of Health)
- Free Health Education Videos made available to Telemedicine centers, co-ordinators and CME participants
- Latest cardiology journals (JACC, American Heart Journal) donated to the physicians library of Shahid Gangalal Heart Hospital (March 2017)

Medical supplies

- Donation of essential equipments like Ambu bag, pulse oximeter, glucometer and Guedel's airway to Khairenitar, Nuwakot PHC – November 2016

Case Discussion Forum

- Substantial platform for multispecialty case discussion was released recently (April 2017) with free access to all medical personnel who may want to get clinical opinions from colleagues and other subspecialists. Currently in use by physicians from Nepal and USA to exchange and share their experience

Link: forum.askfoundation.org

Educational Activities

- Library setup – furnitures made available and Book drive for Nalang Model Academy – Nalang, Dhading. Book donation: courtesy of Kathmandu Valley Public Library and Nepal Library Association (December 2016)
- School bus purchase for Nalang Model Academy (in collaboration with school administration)
- Sports equipment and LCD projector donation to Nalang Model Academy
- Sponsorship of 6th President Running Shield Sports Competition held at Nalang Model Academy (17th-20th January)
- Funds donation to Snow Yak foundation for upliftment of education in remote villages of upper Dolpo (April 2016)

Disaster Relief

- Blanket and Jacket/ warm wear distribution to primary school children in Okhreni, Sano Okhreni, Chimti Bhotang (Jan-Feb 2016) in partial collaboration with Team Karma
- Relief for Fire victims (Gulmi/ Syangja) May 2016

- Emergent supplies sent to Pyuthan for Landslide victims – more than 7 metric tons of food supply; blankets, mats for 200 Households (Aug 2016)
- Water supply arranged for Badegaon in Sindhupalchok – first temporary supply with plastic water tanks (in 2016) and later cemented and plastered permanent water tank (in 2017)

Miscellaneous

- ASK foundation was formally invited to attend National Telemedicine Workshop held in Kathmandu on 9-10th September, 2016. We were able to share our experience to a host of national and international participants and leaders of telemedicine in the nation. Our work was much appreciated and we also gathered important pearls of wisdom and advice.
- Lychee plants were distributed to community members and parents of students at Nalang, Dhading for economic development of the community.

For additional information, please email: askfoundation.nepal@gmail.com