

BOMBORE MEDICAL CAMP-2010

A SUMMARY REPORT AND RECOMENDATIONS



*Dr. Binod Aryal, MBBS.
September 2010.*

Introduction

Moving mountains, UK conducted its first medical camp of 5 days duration in Bumbure VDC of Solukhumbu District, a remote village in Mount Everest region of Nepal, in August 2010. The medical team was comprised of 6 Medical and dental students from Bristol University, UK and 3 Nepali medics and was well supported by some local volunteers and staffs of Adventure Alternatives, Nepal and teachers from a local School. The team had one GP, an OB/Gyn nurse, and one dental surgeon. The medical team was coordinated by Mr. Robert, 4th year medical student at Bristol University.



Team ready for dinner

WHAT WAS DONE IN 5 DAYS

A total of around 600 patients including the dental patients were examined and treated during the camp period & 10 of them were referred to higher centers for further work-up and treatment. Both acute and chronic diseases were encountered during the camp periods. Majority of them were chronic conditions and diseases like aches and pains in multiple body parts, Osteoarthritis and osteoporotic symptoms, skin conditions, Acid Peptic and reflux diseases, Chronic lung conditions like Chronic Obstructive lung disease, lung TB and Asthma, old and new traumatic cases with or without deformities, different degrees of uterine prolapses, some congenital and senile cataracts and Chronic conditions of teeth like gingivitis, caries and so on. There were many acute conditions as well e.g. respiratory tract and ear infections, diarrhea/dysentery, skin infection and abscesses, minor cuts and lacerations, traumatic fractures and some other infective conditions like enteric fever and viral hepatitis.

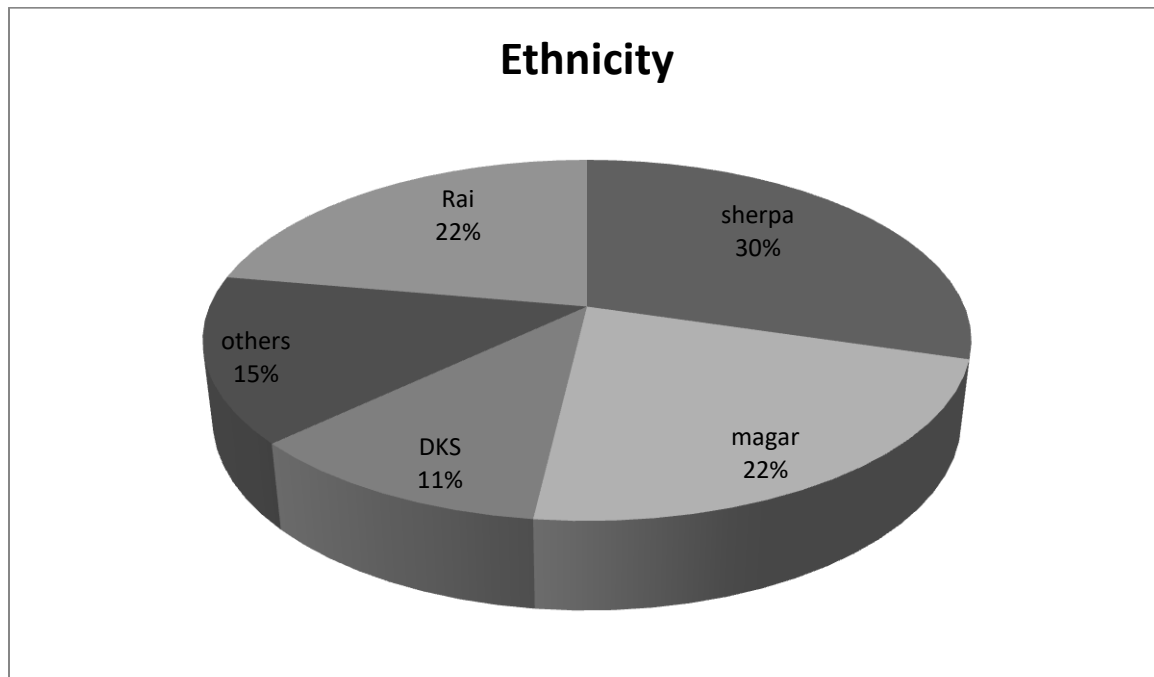


Dental

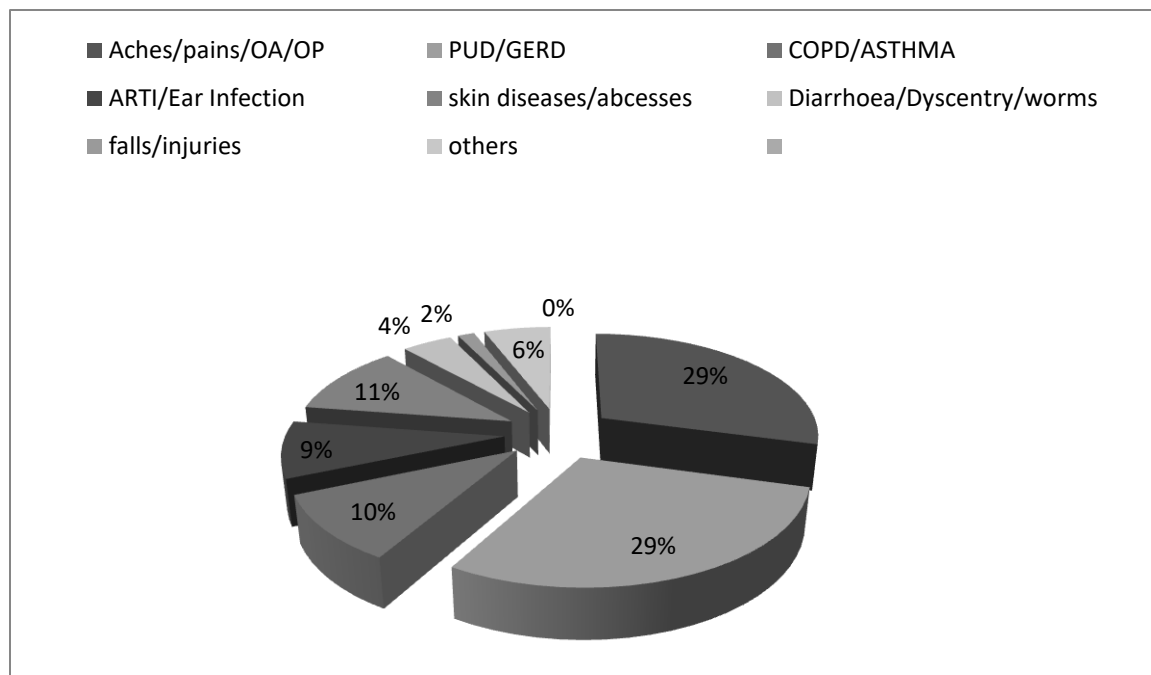
Poor Dental hygiene and its consequences is a major problem in rural communities of Nepal. Although treatment of many dental conditions is not possible in camp condition where there is lack of proper dental setups, instruments and time factor, dentists was busy doing extraction and health education regarding dental hygiene.



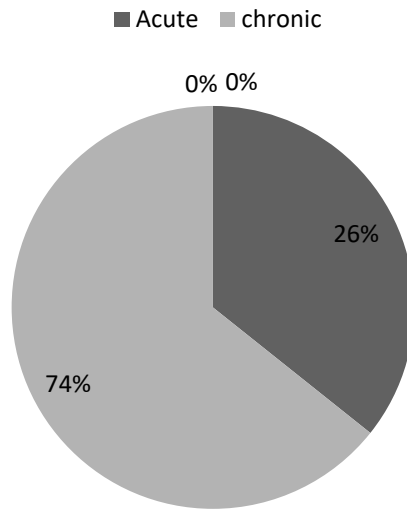
Distribution of diseases among different ethnicity



Disease pattern



Acute vs Chronic diseases



The statistics of disease distribution in the community shows that a vast majority of diseases are chronic problems rather than acute processes. However, there presented many acute and challenging cases during the camp. Due to lack of any investigations including imaging and laboratory facilities we were in diagnostic delima many times. There were many surgical cases which could have been managed there only, had there been proper setups and instruments.

Many of the patients who attended the OPD during the camp were not sick at the present. Their intention was to see a doctor for general physical check up and get some medication for any future illnesses. Many children attended the clinic for worm medications. There were substantial number of people who used the camp as a place for their social gathering.



Conclusion

After completing successful camp, it has been felt by the villagers, volunteers and the medical team that now time have come to think about a sustainable solution to keep Bumbure and surrounding area healthy. To achieve the goal, the assessment done during the camp period clearly tells us the importance of a 24 hours running hospital in Bumbure with a well trained paramedics and a nurse to start with, supported by visiting doctors at least 75% of the year along with a basic laboratory and imaging facility in the clinic. Organizaion like Moving Mountains can still run a specialist clinic especially surgical clinic of 1 week duration once or twice a year so that people don't have to travel all the way to Kathmandu for the surgeries that can be done in Local setup.

