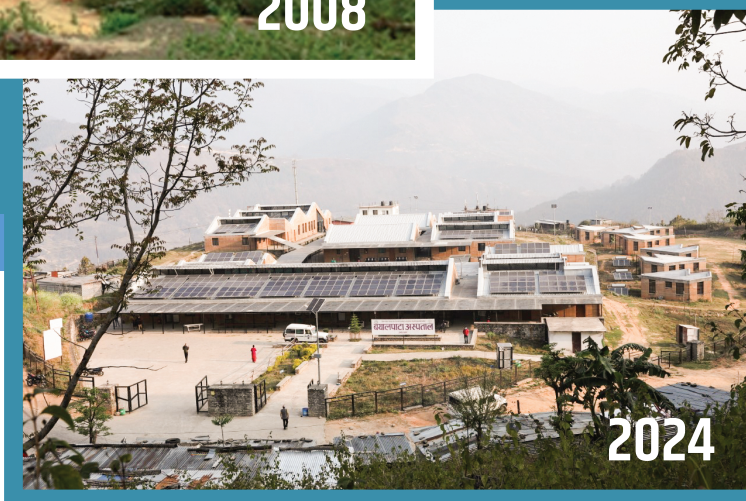


Nyaya Health Nepal:
16 Years of Transformative Healthcare
ANNUAL REPORT 2023-24



Nyaya Health Nepal
Quality Healthcare for All

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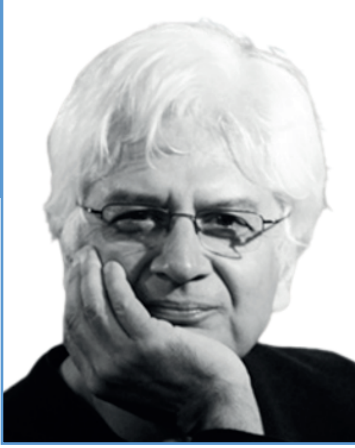
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MESSAGE FROM THE BOARD CHAIR

As we look back on Fiscal Year 2023-24, Nyaya Health Nepal is proud to celebrate another year of meaningful milestones. The work of our dedicated team of 200 plus staff has been pivotal. Our strategic focus has always been on prioritizing communities, ensuring quality care, and transforming healthcare services in rural Nepal.

In the past year we enhanced our patient-centered approach, establishing a dedicated Patient Experience Team. Providing free medical care to Nepal's underserved population in some of the most remote districts through Bayalpata Hospital remains our key focus. NHN's Electronic Healthcare System (EHR) represents a significant advance toward integrating digital records into Nepal's healthcare delivery to communities by making it more efficient.

To date, NHN has recorded 1,317,225 patient visits and conducted 121,984 community consultations through our extensive network of community health workers. We have also performed 4,840 deliveries and 4,619 major surgeries despite the challenging terrain of rural Nepal. Bayalpata Hospital's Community Health Program in Achham district is enhancing patient care by improving home-based care, and reducing the need for follow-up hospital visits.

Our achievements are the result of robust partnerships with both national and international entities. We deeply appreciate the support from our philanthropic partners. Looking ahead, there are significant challenges in advancing rural healthcare in Nepal. Collaboration across communities, primary care providers, healthcare professionals, academic institutions, and all levels of government are essential to ensure underserved populations receive appropriate care at NHN-managed facilities. Our commitment to quality patient care is central to our mission, even as we face challenges such as availability of government-funded MDGP, inflationary pressures, service expansion, and staff retention.

It is more critical than ever to secure the agreed-to funding from the Sudurpaschim Province government. Secure budgetary backing will enable NHN to overcome obstacles and maintain our dedication to quality care for the neediest Nepalese.

Thank you for your continued support and dedication.

Kunda Dixit
Chair, Nyaya Health Nepal Board

NOTE FROM LEADERSHIP

We are pleased to present Nyaya Health Nepal's Annual Report for Fiscal Year 2023-24. This year marks an exciting milestone in our journey, as we celebrate 16 years of providing quality healthcare to Nepal's most underserved populations. Over these years, NHN has proudly delivered free care services to over 1.3 million people of rural Nepal.

Despite the challenges, NHN had another successful year fulfilling its mandate to provide free healthcare to the communities of Achham, Doti, Bajura, and beyond, including several districts in adjoining Karnali Province. In addition, we continued to upgrade, and provide technical support for NHN Electronic Healthcare Record (EHR) service in district hospitals across the Karnali, Gandaki, Bagmati, and Koshi provinces.

In 2023-24, NHN directly reached over 88,000 people in Achham and its neighboring districts through equitable healthcare interventions. NHN performed 789 major surgeries, including 632 orthopedic procedures and facilitated 484 deliveries. These achievements were made possible through strong cross-sectoral partnerships with the Government of Nepal and the generous support of the philanthropic partners. Together, we have been able to plan, implement, and deliver large-scale impacts on the ground.

We extend our heartfelt gratitude to the entire NHN team, the Government of Nepal, our international partners, and our Board Members for their tireless efforts, dedication, and commitment. Your support and collaboration are vital in our mission to make a difference.

Thank you !



Dr. Mandeep Pathak
Hospital Director



Srijana Devkota
Deputy Director of Partnerships
and Communications

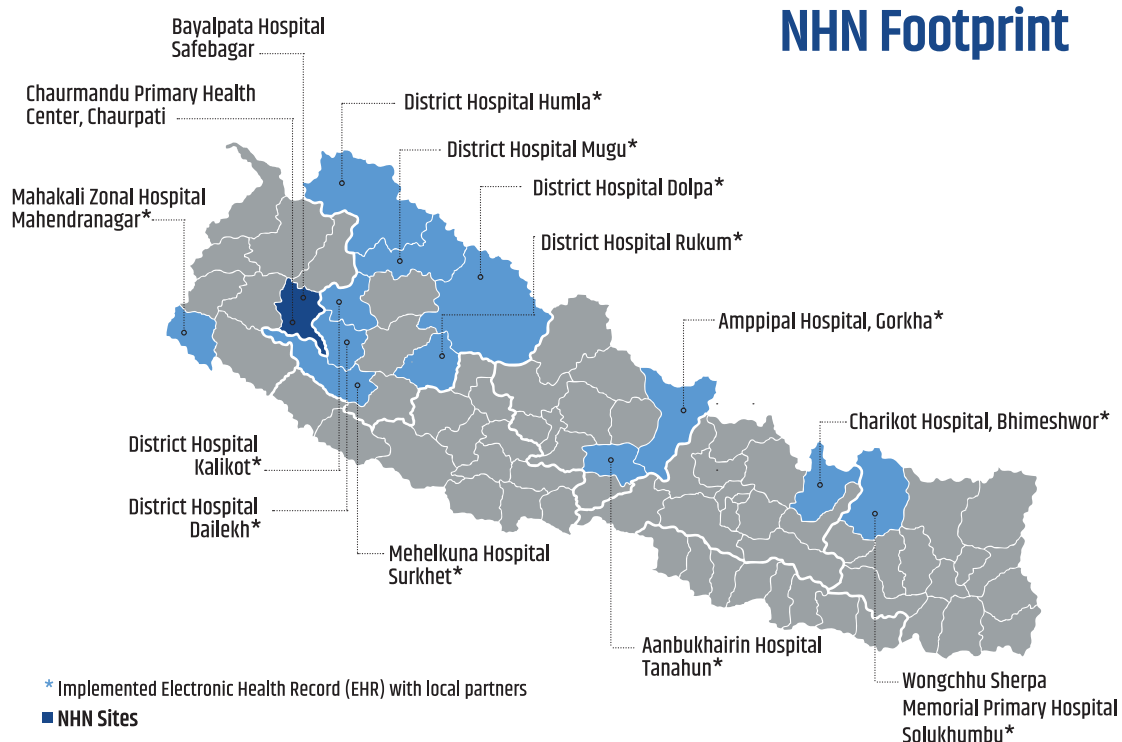
Nyaya Health Nepal

Nyaya Health Nepal (NHN) is a non-profit organization dedicated to strengthening healthcare access for underserved communities of rural Nepal. Collaborating closely with the Ministry of Health and Population, Provincial Governments, and Municipal Authorities, NHN focuses on building integrated health care delivery systems by providing a free care services to the underserved populations in line with Article 35 of the Constitution of Nepal and SDG Goal 3 as an effective model for rural healthcare. Operating in Achham District, Far West Nepal, NHN manages Bayalpata Hospital at Sanfebagar Municipality, and a Municipal Primary Health Center (PHC) at Chaurpati Rural Municipality. These efforts are supported by NHN's Community Health program and Electronic Health Record (EHR) system, ensuring integration of hospital-based and community health services.

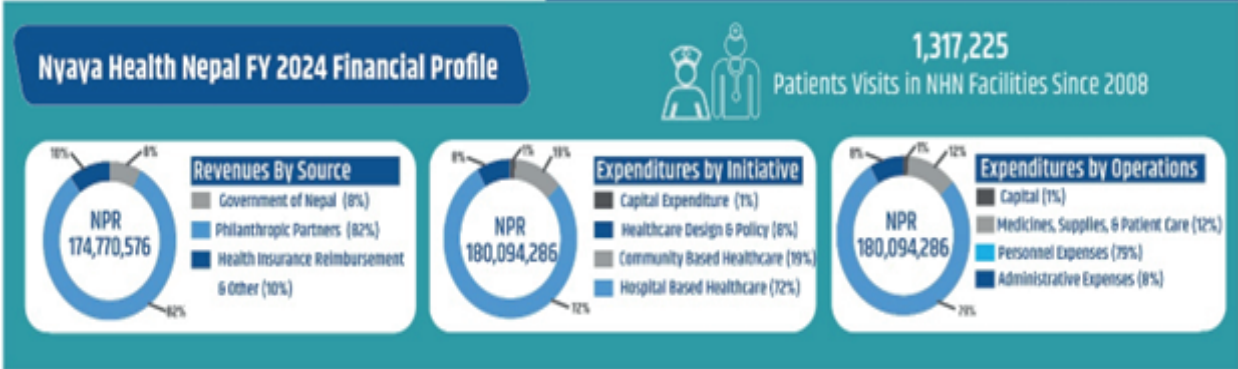
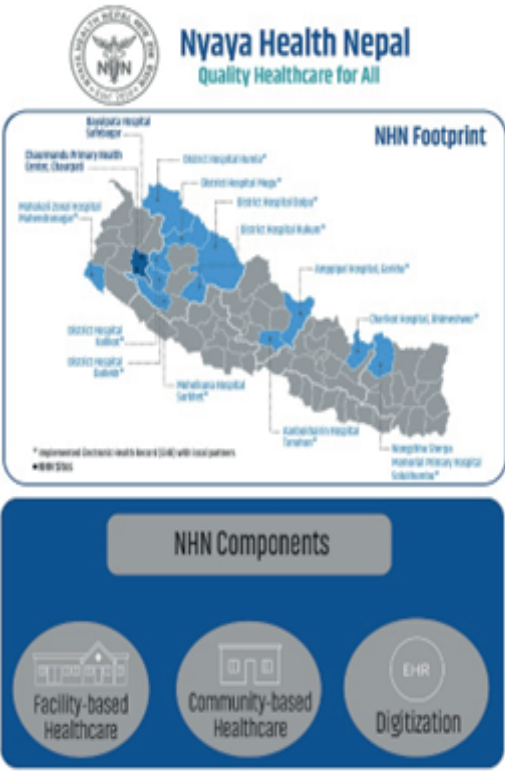
In the transformative journey of Nyaya Health Nepal to enhance healthcare for underserved rural populations, NHN is dedicated team of approximately 200 staff members has made significant strides. Till date NHN-managed facilities have treated 1,317,225 patients and 121,984 home visits by community health workers, demonstrating NHN extensive reach and impact. Despite the challenging terrain of rural Nepal, NHN has successfully delivered 4,840 babies and performed 4,619 major surgeries to date. NHN's core components, hospital-based care, community healthcare, and digitization address the unique needs of local communities, highlighting NHN commitment in improving healthcare outcomes to the communities it serves.

Where We Work

Nyaya Health Nepal has made significant progress in improving healthcare across Far West Nepal, covering two municipalities and four rural municipalities within Achham District, as well as parts of Dadeladhura, Doti, Bajura, and in Karnali Province. Key achievements include the effective management of Bayalpata Hospital in Sanfebagar Municipality, and Municipal Primary Health Center (PHC) in Chaurpati Rural Municipality, Achham and the deployment of a robust network of Community Health Workers (CHWs) throughout Achham district. NHN has also advanced its Electronic Health Record (EHR) system, now benefiting additional 11 hospitals across Nepal, with a remarkable presence in eight district hospitals within Karnali Province in collaboration with the Ministry of Social Development (MoSD), Karnali Province.



NHN IMPACT



INTEGRATED CARE MODEL

Nyaya Health Nepal implements a Municipal Integrated Healthcare model in Far West Nepal, particularly in Achham District which combines hospital and community healthcare services through a digital platform. This approach allows municipalities to adopt a cohesive healthcare strategy, integrating both hospital-based and community-level care. By leveraging Nepal’s decentralized federal structure, NHN has developed a unique system that significantly improves the efficiency of healthcare delivery, impacting the lives of over 88,000 people each year.

HOSPITAL BASED HEALTHCARE

In 2023-24, NHN continued to enhance the healthcare system in Far-Western Nepal, focusing particularly on Achham. NHN has significantly strengthened the integrated municipal healthcare service, building a resilient and sustainable healthcare infrastructure. NHN's Bayalpata Hospital offers a range of critical services including Emergency, Outpatient, and Inpatient care. It also provides specialized support such as orthopedic surgery, psychosocial counseling, mental health care, and comprehensive maternity, and trauma care. By integrating these services, NHN aims to deliver high-value care in free of cost services to underserved populations, addressing both immediate and long-term health needs. Additionally, NHN supports essential government-led vertical programs targeting critical health issues. These include Tuberculosis (TB) and Drug-Resistant Tuberculosis (DRTB) management, HIV/AIDS care, and the Early Warning and Reporting System (EWARS) for diseases such as Malaria, Kalazar, Dengue, Scrub



Typhus, Pneumonia, Diarrhea, and Cholera. Bayalpata also plays a key role in hospital-based vaccination and Acute Flaccid Paralysis (AFP) reporting. By offering free healthcare services and focusing on these critical areas in accordance with Nepal's Constitution Article 35 and SDG Goal 3, NHN ensures that the rural communities of Achham have access to vital health resources, contributing to the overall well-being and resilience of the region.

SUCCESS STORY ►

A Lifesaving Journey: Moti Singh at Bayalpata Hospital

At 60, Moti Singh BK's life took a dramatic turn when a severe burn accident left him struggling for survival. After initial treatment at a local health post and a district hospital in Doti, Moti's condition required advanced care, which he found at Bayalpata Hospital. Bayalpata Hospital's commitment in providing complete, free-of-cost medical care, provided critical treatment Moti needed, including a leg skin graft procedure managed by Dr. Mandeep Pathak and team. This procedure, involving the delicate transplant of healthy skin to heal his severely burned leg, was essential in his recovery.



Today, Moti Singh is not only physically healed but also deeply grateful for the life-saving care he received at Bayalpata Hospital. His successful surgery and ongoing recovery is an example of Bayalpata Hospital team's solid dedication in delivering quality healthcare without financial barriers. Moti's story illustrates the hospital's mission to ensure that all patients, regardless of their economic status, receive quality care in a remote region like Achham.

COMMUNITY BASED HEALTHCARE



Nyaya Health Nepal's Community Health Program has been functioning in Achham district since 2015. NHN's Community Health Workers (CHWs) are well-positioned as health champions due to their unique roles, relationships, and insights into improving public health outcomes of Achham district. Since 2015, the program has made significant strides in improving healthcare access for underserved populations living in the difficult terrain of rural Nepal. The program's approach influences CHWs who are deeply embedded in their communities and hold a deep understanding of local health needs. CHWs are trained in community engagement and prepared to serve as health champions, bridging the gap between remote households and medical facilities. Their role as connections has been influential in addressing the healthcare barriers faced by rural residents of Achham, ensuring that essential services reach those who need them most.

In 2023-24, NHN's Community Healthcare model has shown remarkable impact in enhancing public health outcomes in Achham. CHWs have played a crucial role in reducing child morbidity and mortality rates, increasing immunization coverage, holding counselling services for mental health wellbeing, to providing safe motherhood services to pregnant and lactating mothers and promoting effective breastfeeding practices and to increase health insurance enrollment. By fostering a more connected and informed community, NHN's initiative has not only improved immediate health conditions but has also laid the groundwork for sustained health improvements in the district. This inclusive approach highlights the effectiveness of integrating local health workers into broader healthcare strategies to overcome the challenges posed by geographical isolation.



SUCCESS STORY ▶

“Empowering Change: Bhawana Bogati’s Journey in Transforming Health in Achham”

Bhawana Bogati joined Nyaya Health Nepal (NHN) as a Community Health Officer in 2014, driven by a deep commitment to serve the underserved populations of Achham, her home district. With a nursing background, she felt inspired to address the challenges faced by mothers and children in her community, having witnessed the struggles of home deliveries and maternal suffering firsthand. Over her ten-year journey with NHN, Bhawana has focused on strengthening community health worker networks and advocating for policies that prioritize rural health needs. Through collaboration with community members, local leaders, and healthcare providers, she has contributed in building a sustainable health ecosystem that empowers families of the underserved communities of Achham.



During her tenure, Bhawana has seen remarkable changes in the community’s health landscape. The once-initial skepticism around healthcare has shifted, with community health workers now regarded as trusted supporters. Their efforts have expanded from caring for pregnant mothers to addressing children’s health, mental health, and non-communicable diseases. Bhawana recalls a particularly impactful case involving an unexpected fetal death, where timely intervention saved a mother’s life. Despite numerous challenges, such as cultural beliefs and financial constraints, Bhawana and her team have persevered, earning the community’s trust through consistent support and compassion.

“Based on my ten years of experience in rural Nepal, particularly in remote district like Achham, it is clear that scaling up NHN’s community health program is essential to support underserved populations. I request the Government of Nepal to continue funding and ensure free health services for those in need in rural areas. This effort is crucial in alignment with Sustainable Development Goals 3 and 5, as well as Article 35 of the Nepal Constitution.”

– **Bhawana Bogati, Community Health Officer, Nyaya Health Nepal.**

DIGITIZATION

Nyaya Health Nepal has continued to take remarkable strides in digitizing healthcare through its Electronic Health Record (EHR) system, a pioneering open-source platform personalized to Nepal's healthcare needs, especially in resource-limited areas. Since its successful implementation at Bayalpata Hospital and Chaurpati PHC in Achham in 2015, NHN has expanded the EHR system to various facilities across Nepal in Karnali, Gandaki and Koshi Provinces. Key facilities now utilizing EHR include, Pashupati Chaulagain Memorial Hospital in Dolakha, Ampipal Hospital in Gorkha, Abukhareni Hospital in Tanahun and Wongchu Sherpa Memorial Hospital in Solukhumbu. Additionally, eight more district hospitals (Rukum Paschim, Dolpa, Mugu, Kalikot, Salyan, Dailekh, Mehelkuna Hospital, and Humla District Hospital) in Karnali Province have been equipped with the NHN EHR system. This expansion in Karnali was achieved through collaboration with the Ministry of Social Development of Karnali Province and was supported by USAID's Strengthening Systems for Better Health Activity in partnership with Abt. Associates.

The growth and impact of NHN's EHR system highlight the success of its digital healthcare initiatives, improving healthcare delivery across Nepal, and demonstrating the potential of digitization in transforming healthcare in resource-constrained settings.

SUCCESS STORY ►

Nyaya Health Nepal: Achieving Success in EHR Deployment in Rural Nepal

Implementation of NHN, Electronic Health Record (EHR) system in rural Nepal has been strengthened by strong support from partners and dedicated health professionals. Continuous collaboration between healthcare providers and NHN technical team has ensured that the system effectively meets the needs of users and swiftly addresses any challenges.

Accurate data entry by every member of the hospital staff is crucial for transforming health recording practices. Our partnerships with district hospitals have been instrumental in advancing digital health records, enhancing patient care and setting a benchmark for future health initiatives. "The right data, recorded accurately, can save lives." This achievement not only improves health outcomes but also leads the way for innovative health solutions in rural Nepal". - Utsav Desar, EHR Lead at NHN.



Transforming Digital Healthcare in Karnali: Success Stories from Nyaya Health Nepal's EHR Initiative

Dailekh Hospital

Dailekh Hospital, a key healthcare provider in Nepal's remote district, faced challenges in managing patient records efficiently. Manual record-keeping was time-consuming, prone to errors, and hindered smooth data sharing among healthcare providers. Since NHN implemented an Electronic Health Record (EHR) system in 2021, the hospital has seen a remarkable turnaround. The system enables real-time data entry and retrieval, drastically improving the accuracy and accessibility of patient information.

IMPACT HIGHLIGHTS:

- **Increased Efficiency:** Healthcare professionals now experience a smoother workflow with faster access to patient records, resulting in more timely and accurate care.
- **Efficient Data Management:** The EHR system has minimized errors and ensured that patient data is current and readily available.
- **Improved Patient Outcomes:** Better data management allows providers to make well-informed decisions, improving treatment plans and patient results.



“ Patient Care: Success with Nyaya Health Nepal EHR in Karnali Province”

“I have been working in the health sector for the past three years, and I am working as a Health Assistant at Dailekh District Hospital for the last 21 months. Nyaya Health Nepal EHR system has been a game-changer for me. It has significantly improved my time management and ensured data accuracy. The user-friendly interface makes navigation simple, and I especially appreciate the lab integration, which is organized with clear panels for ordering and viewing reports. Prior to my role here, I worked at the Provincial Hospital of Madesh Pradesh, and I wonder why such an efficient patient data management system wasn't in place there. I am truly grateful for the positive impact of this system.”

— **Aisha Kumari Yadav**
Health Assistant

Dailekh District Hospital, Karnali Province.

Rukum Paschim Hospital

Rukum Paschim District Hospital faced significant hurdles with manual record management, and difficulties in tracking patient history. NHN's EHR system is designed to meet the specific needs of district hospital, overcoming previous challenges and enhancing the local healthcare delivery. After NHN implementation at Rukum Paschim District Hospital these challenges have been addressed.

WHY EHR:

- **Efficiency Boost:** The EHR system updates patient record management, eliminates delays and improves operational flow.
- **Error Reduction:** Digital records reduce the likelihood of data entry mistakes, ensuring accuracy and up-to-date information.
- **Enhanced Coordination:** Improved data sharing fosters better collaboration among healthcare providers, delivering more integrated patient care.
- **Insurance Integration:** The system includes functionality for insurance integration, facilitating smoother coverage and claims processing.

EHR BENEFITS:

- **Financial Efficiency:** Integrated insurance and co-payment features update financial transactions, reducing administrative burdens and processing times.
- **Patient Experience:** Patients enjoy a more transparent billing process with clear information on insurance coverage and out-of-pocket costs.
- **Revenue Cycle Improvement:** The hospital has seen a notable improvement in revenue cycle management, including faster insurance reimbursements and fewer billing errors.

Mehelkuna Hospital

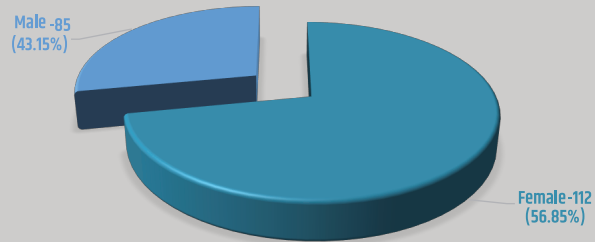
Mehelkuna Hospital faced challenges in insurance claims and co-payment management. NHN's EHR system integrated comprehensive insurance and co-payment functionalities, aligning with the Health Insurance Board's requirements. This integration allows for real-time verification of insurance coverage, updated claims processing, and accurate co-payment calculations.

Conclusion

NHN's deployment of Electronic Health Records in Karnali Province has significantly enhanced rural healthcare delivery. Above case studies illustrate how digital health solutions can transform patient data management, streamline financial processes, and ultimately improve patient care. As NHN continues to expand its digital health initiatives, these successes highlight the insightful impact of technology in uplifting healthcare services, especially in rural areas.

A Diverse Team

Nyaya Health Nepal has a highly diverse team, reflecting a broad spectrum of gender, caste, ethnicity, abilities, and age across all levels, functions, and locations within the organization. This diversity adds a rich variety of perspectives and skills, enhancing NHN's ability to address the healthcare needs of diverse communities successfully.



Orthopedic/Medical Camp at Jajarkot District Hospital, Karnali Province

In collaboration with Bheri Municipality, Jajarkot District, Nyaya Health Nepal, in funding support from Give2Asia, conducted a 3-day orthopedic and medical camp for the people affected by Karnali earthquake in November 2023. The medical team was comprised of three orthopedic surgeons, one MDGP, group of nurses and paramedics. There were 486 beneficiaries at the camp for the healthcare services. The high number of people who sought general medical care in the camp apart from orthopedic and mental health care indicates that people living in the earthquake zone of rural Nepal still do not have much access to affordable primary health care.

Program Outcomes

- **Patient Services:** The camp provided healthcare services to 486 patients, including 18 major orthopedic surgeries, orthopedic treatments, and general check-ups.
- **Psychosocial Support:** Counseling sessions were held to support individuals suffering from psychological trauma due to the earthquake.
- **Educational Activities:** CME classes and capacity-building activities were conducted for the medical team at Jajarkot Hospital.
- **Community Impact:** Residents from various areas of Jajarkot district accessed free orthopedic surgeries, counseling, and general healthcare services, saving significant costs associated with treatment in higher centers like Surkhet and Nepalgunj.

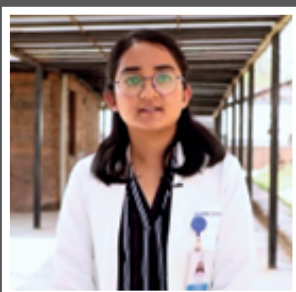


Testimonials



"I had a rod placed in my leg two years ago at Bheri Hospital in Nepalgunj. Due to financial difficulties, I couldn't return to have it removed. I am extremely grateful to have had the opportunity to have it taken out for free during the orthopedic Camp in Jajarkot. I hope Nyaya Health Nepal continues to organize such care in the future."

**- Dhan Bahadur Shahi, 55 years
Bheri-4, Jajarkot**



"Nyaya Health Nepal's Bayalpata Hospital has been an inspiration for the underserved populations of Far West Nepal for the past 16 years. Providing equitable, free healthcare in such a rural setting fills me with immense pride. I am hopeful that NHN will continue to expand its reach, bringing essential services to even more remote areas across Nepal."

**- Dr. Rishika Rawal, Medical Officer,
Bayalpata Hospital - Nyaya Health Nepal**



"Our community health program has brought remarkable changes in the community. Pregnant mothers and chronic disease patients are now actively managing their health, and I'm proud to report that the maternal death rate in my catchment area has dropped to zero percent."

**- Pawan Pandey, Community Health Worker,
Nyaya Health Nepal**



"Nyaya Health Nepal has made remarkable progress in delivering free healthcare to the people of the far west Nepal. I am honored to be part of this organization and deeply proud to contribute to the mission of serving the underserved communities in Far West Nepal."

**- Bhavendra Bohara, Senior Health Assistant,
Bayalpata Hospital, - Nyaya Health Nepal**

2023 – 2024 PROGRAM HIGHLIGHTS

1. Healthcare Delivery:

NHN's Integrated Health Care services model has impacted Far West Nepal, providing quality health services to underserved communities. Since 2008, NHN has managed 1,317,225 visits in its health facilities and 1,121,984 visits in the community. In FY 2023-24 NHN offered free care to 81,378 patients at Bayalpata Hospital, with its CHWs, conducting 152,889 home visits. NHN also performed 789 major surgeries, facilitated 484 deliveries, and provided 2,610 inpatient care services. Remarkably, the Institutional Birth Rate in the communities reached 98%, and the surgical complication rate at Bayalpata Hospital was under 5%.



2. Expansion of pulmonology Services:

Dr. Rakshya Pandey, NHN board member and pulmonologist, led the establishment of a respiratory care unit at Bayalpata Hospital which is dedicated to treating asthma and lung diseases, with Dr. Pandey offering online consultations via NHN's Electronic Health Record (EHR) teleconsultation system.



3. Humanitarian Efforts in Earthquake-Affected Areas:

Medical/Ortho Camp: NHN's team provided critical healthcare services to Jajarkot, an earthquake-affected region, through a 3-day Medical/Ortho Camp held from May 29-31, 2024. The camp attended to 486 patients and performed major surgeries on 18 individuals. Additionally, Continuing Medical Education (CME) classes and capacity-building sessions were conducted for the medical staff at Jajarkot District Hospital.

4. Advancements in Nepal EHR and Integration:

System Enhancements, Significant progress is added in the NHN EHR system, including the integration of teleconsultation features and alignment with local DHIS2 and Health Insurance Board (HIB) data. The system now supports insurance integration and co-payment functionalities, streamlining coverage and claims processing and enhancing data management and collaboration within Nepal's healthcare system.

5. Key Events and Conferences:

- **Primary Healthcare Session:** On March 26, 2024, NHN hosted a session on strengthening primary healthcare in rural Nepal. The event featured distinguished guests, including Additional Secretary of the Ministry of Health and Population, WHO representatives, and local stakeholders. The session facilitated important discussions on enhancing primary healthcare delivery.



- **Rural Orthopedics and Trauma Care Conference:** NHN organized the 2nd Rural Orthopedics and Trauma Care Conference from May 9-11, 2024, at Bayalpata Hospital. This collaborative conference, with contributions from Brown University, the Nepal Orthopedic Association, Sign Fracture Care, Nepal Med, and the Sudurpaschim Province Branch, aimed to improve orthopedic and trauma care in rural Nepal, offering a platform for national and international experts to share their insights.

6. Karnali Province Program Review Meeting:

On April 23, 2024, NHN participated in a review meeting organized by the Directorate of Health Services in Karnali Province. This session fostered discussions on shaping the future of digital health interventions, with NHN playing a key role in advancing healthcare delivery through innovative digital solutions



7. International Participation and Learning:

NHN represented Nepal at the “Global Catalyzer” event in Nairobi, Kenya, focusing on Group Antenatal Care (GANC). This participation highlighted NHN’s role in advancing maternal and child healthcare practices and sharing valuable insights on GANC implementation.

Capacity Building

1. Vascular Ultrasound Workshop:

Nyaya Health Nepal, in collaboration with Nepal Med e.v., organized a three-day workshop on Vascular Ultrasound at Bayalpata Hospital on 24-26 November, 2023. Led by expert Dr. Brigit Kirsch from Nepalmed e.v., the workshop was designed to enhance the skills of healthcare professionals in both fundamental and advanced vascular ultrasound techniques. This initiative underscores the joint commitment to advancing medical knowledge and skills in the region.

2. Lung Function Test and Noninvasive Ventilation Training:

A two-day training session on Lung Function Test and Noninvasive Ventilation was successfully held at Bayalpata Hospital on 20-21 February, 2024. Dr. Alice Borham Carter, from Nepalmed e.v, led the training, which provided the medical team with advanced skills in assessing lung capacity and function through spirometry tests. This training aims to ensure timely interventions and effective treatments for respiratory conditions, reinforcing our commitment to high-quality healthcare.



3. Government-Led Community Health Training:

NHN Community Health Nurses (CHNs) and Community Health Workers (CHWs) participated in government-led training sessions alongside government health staff. Topics covered included Immunization, Gender-Based Violence (GBV), Maternal and Perinatal Death Surveillance Response (MPDSR), nutrition for mothers and children, tuberculosis screening and referral, and mass vaccination campaigns for IPV, measles, and rubella in June 2024. This collaborative effort has significantly enhanced NHN’s community health initiatives.

4. Mid-Level Practicum (MLP) Training:

A 60-day Mid-Level Practicum (MLP) training was conducted to upgrade the skills of health assistants and community medical assistants in Government health services from 19 February to 18 April 2024 at Bayalpata Hospital, Achham in collaboration with Health Training Center Dhangadhi Kailali and Nick Simons Institute. Nine participants from various regions engaged in a revamped curriculum focusing on management skills, infection prevention and control, clinical problem-solving, chronic diseases, basic life support, primary trauma care, and mental health issues.



5. Mental Health Refresher Training:

Bayalpata Hospital hosted a three-day refresher training on mental health as part of the Continuing Medical Education (CME) classes. Led by Dr. Shikhar Swar, this training aims to integrate mental health services into NHN's existing healthcare system, offering essential psychosocial support to underserved communities in Far-Western Achham. The training equips our counselors to better address stress, anxiety, and other mental health challenges.



6. Rural Trauma Care Initiative

In partnership with Brown University, led by Dr. Ramu Kharel, NHN conducted pre-hospital care training for the Community Health Workers (CHWs) and local leaders. This initiative aims to strengthen trauma care capacity in rural areas, ensuring better health outcomes for the communities.

7. Enhanced Emergency Services: With support from Dr. Anu Nair, a family physician from Health point in Seattle, USA NHN have upgraded the emergency services by implementing the new IIT triage system. This initiative is aimed at improving patient assessment and response times, thereby enhancing the overall quality of care within NHN facilities.

Major Learning

Nyaya Health Nepal reflects on crucial insights gained through the monitoring and evaluation of its programs. These insights have led to strategic refinements that significantly enhance program effectiveness and community impact.

- A key learning is the importance of **data-driven strategies and technological innovation**. By leveraging data for decision-making and implementing digital health systems, EHR systems, NHN has optimized program delivery and expanded its reach across several hospitals in rural Nepal. This evidence-based approach has streamlined operations and improved service coverage.

- **Continuous professional development:** NHN's commitment to ongoing training, including specialized programs like ultrasound and trauma care management, has greatly enhanced the skills and motivation of healthcare providers. This focus on capacity building ensures that staff are well-equipped to deliver high-quality care and adapt to evolving healthcare needs.
- **Community involvement and stakeholder partnership** have proven essential for effective needs assessment and program sustainability. Engaging local communities in the planning and execution of programs fosters local ownership and supports long-term success.

Additionally, the evaluation underscored the need for dedicated trauma care units, particularly in remote and hilly regions. Establishing these units along highways and in rural areas can significantly improve trauma management, ultimately enhancing the quality of life and outcomes for trauma victims.



These lessons have guided NHN in refining its strategies, addressing challenges more effectively, and adapting to the community's evolving needs, thereby achieving better outcomes and more impactful programs.

Challenges

Nyaya Health Nepal remains committed in its mission to provide equitable and high-quality healthcare to the underserved populations of rural Nepal, aligning with global health initiatives like the WHO's 'Health for All'. Despite this commitment, several significant challenges obstruct NHN's efforts to deliver on its goals effectively. Addressing these issues is crucial for improving healthcare accessibility and quality in rural and remote regions.

The key challenges include:

- **Sustained Funding for Bayalpata Hospital:** Bayalpata Hospital, serving over 88,000 patients for free annually, faces ongoing financial challenges. Securing continuous funding from the Sudurpaschim Provincial Government is essential to maintain and continue its operations. NHN serves at the cost per patient of NPR 2,722 for multiple visits per year to the populations in Achham, Doti, Bajura, and some districts of Karnali Provinces. Without continued financial support from the Provincial Government, the hospital's ability to deliver essential healthcare services is at risk.
- **Recruitment and Retention of Skilled Human Resources:** The shortage of Government-funded MDGPs (Medical Doctors with General Practice) presents a significant barrier in providing effective primary healthcare services to the needy populations of Achham and its neighborhood districts. Recruiting and retaining skilled medical professionals is crucial for ensuring that underserved communities receive the medical attention they need. The lack of adequate staffing impacts patient care and overall service effectiveness.
- **Advanced Life Support Equipment and Training:** Investment in advanced life support equipment and specialized training is critically lacking. Shortage in such resources hampers the hospital's ability to provide high-quality emergency and critical care. Enhancing both the equipment and the training of healthcare staff is necessary to improve the standard of care and ensure that medical emergencies are managed effectively.

- **Upgrading Laboratory Systems:** The current laboratory systems are outdated and constrain diagnostic capabilities. To improve diagnostic accuracy and quality, it is important to upgrade laboratory equipment and technologies. Modernizing these systems will enhance patient care by providing more accurate and timely diagnosis, which is essential.
- **Accessibility and Affordability of Primary Care Services:** The absence of accessible and quality primary care services in remote regions, such as Achham, often leads underserved populations to skip medical care or seek costly services in the private sector. This situation highlights the need and continuation of services for improved primary care infrastructure to ensure that all individuals of Achham have access to effective healthcare.

Addressing these challenges is very important for NHN to advance its mission of improving healthcare accessibility, effectiveness, and equity for the rural and underserved populations of Far West Nepal. By addressing these issues NHN will be enabled to better align with global health initiatives and significantly enhance the quality of life for the communities it serves.

Future Plans

Nyaya Health Nepal (NHN) is committed to enhance its mission through continued collaboration with national and international partners, striving to provide free healthcare services to underserved communities. NHN future plans are centered on advancing evidence-based approaches to managing non-communicable diseases and trauma care in low-resource settings. This includes updating clinical protocols to align with evolving guidelines and ensuring these updates are effectively communicated to our team.

Key Focus Areas for the Upcoming Years:

- **Clinical Care:** NHN aims to uplift trauma care and intensive care practices, focusing on implementing the latest advancements to improve patient outcomes and care quality.
- **Community Programs:** NHN efforts will target enhancing chronic disease management, optimizing group antenatal care, and strengthening nutrition screening for children under two years of age. These initiatives are designed to improve health outcomes and support community well-being.
- **IT Development:** NHN plans to expand the number of Digital Health sites and facilitate better data management, streamline operations, and improve service delivery.

In addition to these focuses, NHN is dedicated to fostering research collaborations to drive further improvements in healthcare services. By pursuing innovative solutions and engaging with global partners. Through these strategic initiatives, Nyaya Health Nepal continues to strive towards its mission of providing high-quality, accessible healthcare to those in need.

Key Points

1. **Ongoing Collaborations:** Nyaya Health Nepal will continue to work with a diverse range of national and international partners to strengthen equitable healthcare to the communities it serves.
2. **Evidence Generation:** The organization aims to produce comprehensive evidence regarding integrated care management for non-communicable diseases and trauma care, ensuring these approaches are both effective and sustainable in low-resource environments.
3. **Protocol Updates:** Clinical protocols will be updated in response to changing guidelines, with these updates to be effectively communicated and implemented across the team.
4. **Program Focus Areas:** The upcoming year NHN will emphasize improving MUAC screening, addressing postpartum depression, and managing alcohol intoxication to enhance patient care.
5. **Research Collaborations:** Nyaya Health Nepal will engage in research partnerships to advance the quality of care services, leveraging collaborative research to inform and improve their practices.

Tribute to JIM SIMONS

It is with deep sorrow and respect that we at Nyaya Health Nepal remember Jim Simons, who passed away on May 10 2024 in New York. Jim's passing marks a significant loss not only in the fields of mathematics and philanthropy but also in the hearts of those whose lives he touched across the globe, particularly in Nepal through Nick Simons Institute and at Nyaya Health Nepal's Bayalpata Hospital.

Jim Simons dedication in advancing healthcare access in Nepal has had a transformative impact. Through NSF's generous support, NHNs Bayalpata Hospital has become a lifeline for underserved communities of Far west Nepal, delivering essential healthcare services to over 1.3 million people since its establishment in 2008. This remarkable achievement also stands as an evidence to Jim's commitment and vision for the populations of Achham and Far West Nepal.

Jim and Marylyn Simons helped in a brighter, healthier future for countless individuals in rural Nepal. The positive outcomes brought by their contribution will continue to be felt in the decades to come. The entire Nyaya Health Nepal team extends a heartfelt condolence to Marylyn and the entire Nick Simons Foundation family. Jim's contributions and his memory continues to inspire us all to pursue a healthier and more equitable future for Nepal. It will remain a guiding light for those who seek to make a difference in rural healthcare. Jim's vision and dedication will continue to inspire and uplift those working towards a better world.



(Pictured: Jim Simons on his last visit to Nepal in 2023, with Marilyn Simons, Pat Weisenfeld, Srijana Devkota and Kunda Dixit)

Photo Credit: Dr. Ruma Rajbhandari

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Orthopedic Surgeons performing surgeries at Ortho Camp, Jajarkot District Hospital

Orthopedic Surgeon conducting Medical Education session at Jajarkot District Hospital



Program Stakeholders visit to Chaurpati Rural Municipality, Achham to observe Chaurmandu PHC intervention

Medical Team's morning round at Bayalpata Hospital



Nyaya Health Nepal improves health care for underserved communities in partnership with the Government of Nepal



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Chaurpati Rural Municipality
Kamalbazar Municipality
Mellekh Rural Municipality
Ramaroshan Rural Municipality
Sanfebagar Municipality
District Health Office – Achham
District Health Office – Doti
District Health Office – Bajura

Philanthropic & Other Partners



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