

## SHYAM, AGE 7

Shyam was badly burnt by a kerosene lamp when he was 6 months old. His parents were told that if they took him to hospital his feet would be amputated. Terrified that he would lose his feet, they resorted to herbal medicine which was ineffective. Shortly after, his burns started to contract. He could only walk short distances, limping on the edges of his twisted feet. Through a neighbour, they heard of the program, and were subsequently selected for surgery. Travelling for several hours by bus to Banepa with his father, Shyam received life changing surgery in 2010. Shyam's father said "I am very happy with the treatment. I am praying to God. The team needs to come back again and again to help more children. Thank you very much".



## SAROJ, AGE 7

Saroj was caught in a forest fire in 2009. The burns contracted quickly leaving him unable to straighten his legs further than this photo. He was unable to walk and had to be constantly carried by his father.

Saroj needed three operations in 2010 over a prolonged period of time. The first was for wound debridement, a process that removes all dead tissue and foreign material from the open wounds.

In his second operation, skin grafts were applied to his wounds that had remained unhealed for over six months.

With the assistance of the Nepali surgeon we work with, plans were made for Saroj to have a third operation where his contractures will be released.



Your gift will help Saroj and others like him walk again and live happier and more productive lives.



Shyam has a splint applied after the removal of his plaster.



# HEALTHCARE OUTREACH

## ABOUT HEALTHCARE OUTREACH

Sydney Adventist Hospital's HealthCare Outreach program coordinates volunteer medical, nursing and allied health professionals to undertake medical and surgical procedures in developing countries, where men, women and children otherwise have restricted or no access to medical treatment.

Since the first trip in 1986 approximately 1750 volunteers have assisted in over 100 programs and surgery has been performed on over 3000 patients in 12 different countries.

The original program was to Tonga to assist people dying of rheumatic heart disease. Since then the program has continued to expand in response to different medical needs.

The Nepal Reconstructive Program is proudly part of HealthCare Outreach at Sydney Adventist Hospital.

## WANT TO KNOW MORE?

For further information please visit [www.sah.org.au/healthcare-outreach](http://www.sah.org.au/healthcare-outreach) or contact:

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Reconstructive Team, Nepal 2010



SYDNEY  
ADVENTIST  
HOSPITAL

# HEALTHCARE OUTREACH RECONSTRUCTIVE PROGRAM Nepal



TRANSFORMING THE LIVES OF  
CHILDREN AND ADULTS IN NEPAL



## WHY SO MANY BURN SCAR CONTRACTURES?

Globally there are more than 300,000 deaths annually as a result of fire related burns. 95% of these occur in low and middle income countries with illiteracy, poverty and high population density as contributing factors.

However, burn related deaths are only part of the problem, as many more people develop permanent disabilities and disfigurements from contractures. Contractures occur when a burn scar thickens and tightens over time. When this happens over a joint, it can lead to deformity and limited mobility. The underlying muscles and tendons can also be affected.

The World Health Organisation's South East Asia region, of which Nepal is a part, has the highest number of burn related injuries and deaths in the world, especially among women and children. The likely causes are open fires in the home, cooking pots at ground level, kerosene stoves and lamps, and loose fitting cotton clothing.

Children and adults with burn scar contractures suffer from the stigma that comes from being "different" from those around them, and their disability may affect their capacity to earn money and be a productive member of their family and community.

"...not only are burn deaths and injuries more common in people of lower socioeconomic status but, among those who suffer severe burns, it is the most economically vulnerable that are the more likely to be thrown into further poverty as a consequence". (Mock et. al. 2008)

Sources: Ahuja R and Bhattacharya S. (2004). Burns in the developing world and burn disasters. *BMJ* 329, 447-449.

Mock C, Peck M, Peden M and Krug E, eds. (2008). A WHO plan for burn prevention and care. Geneva, World Health Organization. [http://www.who.int/violence\\_injury\\_prevention](http://www.who.int/violence_injury_prevention).



One year after her surgery, a grateful patient with Nepali surgeon Dr Basant Mathema.

## WHO WE ARE

The Nepal Reconstructive Program was established in 1994 to treat children and adults with cleft lips and palates who could not afford treatment. The program expanded in 2004 to include burn scar contracture surgery and, in 2010, women's health, with an emphasis on the repair of uterine prolapse.

All team members are volunteers who donate their time and expertise, and contribute financially to the program. This enables 100% of donated money to be used for the care of the patients.

## WHAT WE ARE DOING

Every year in March/April our Australian surgical team travels to Nepal to work with the Scheer Memorial Hospital in Banepa. During the visit, over 60 patients receive the gift of life changing surgery. Team members include surgeons, anaesthetists and nurses. "Skills transfer" in the form of formal and informal education is integral to the program. The Scheer Memorial Hospital uses funds provided by our team to find the patients, and provide operating theatres, local nursing assistance, physiotherapy and pharmacy services.

These annual outreach visits, along with many other types, have resulted in the treatment of hundreds of children and adults, and introduced these patients, their families and communities to the health programs offered by the sponsoring organisations in Nepal.

## HOW YOU CAN HELP

Your donation will profoundly transform the life of a Nepali who might otherwise live the rest of their life with a debilitating burn scar contracture.

If you would like to support this program, please complete the "My Gift" form overleaf and send to the Sydney Adventist Hospital Foundation.

## WANT TO KNOW MORE?

For further information please visit [www.sah.org.au/healthcare-outreach](http://www.sah.org.au/healthcare-outreach) or contact:

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## BINOD, AGE 16

We first met Binod in 2008 when he was 14. Badly burnt on both hands as a baby, his contractures had left his hands severely deformed. His range of movement was non-existent.

Binod had surgery on his left hand in 2008. His surgery was successful; however he will never regain full functionality in his hand. He has however regained enough movement to allow him to complete simple tasks such as holding a pen or carrying a bucket.

In 2010, Binod had surgery on his right hand. Having some functionality in both hands will significantly improve his employment and educational prospects, and ability to live a fulfilling and productive life.



## MY GIFT

Thank you for your life changing gift in support of Sydney Adventist Hospital's HealthCare Outreach program.

**Please complete this form and return to:**  
Sydney Adventist Hospital Foundation  
Project C – Nepal Reconstructive Program  
185 Fox Valley Rd  
WAHROONGA NSW 2076

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

My cheque or money order for \$ \_\_\_\_\_ is enclosed (made payable to the SAH Foundation).

I would like to donate \$ \_\_\_\_\_ from my credit card.

**Card Type**  Visa  Master Card  Amex  Diners

**Card Number**

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**Expiry Date** □□/□□

**Name on Card** \_\_\_\_\_

**Signature** \_\_\_\_\_

The Sydney Adventist Hospital Foundation treats all supporters' information confidentially. Your privacy is of the utmost importance to us. If you do not wish to receive fundraising direct mail from the Foundation, please tick this box.

## TOO BUSY TO FILL OUT THE FORM?

Visit [www.sah.org.au/healthcare-outreach-donations](http://www.sah.org.au/healthcare-outreach-donations)  
Follow the prompts and clearly mark your donation to:  
Project C - Nepal Recon or call **02 9487 9405**.

\* Donations over \$2 are tax deductible and 100% of your donation will go to the project.