



Nepal – Kingdom in the Himalayas

An Account of Health, Healthcare and Medical Opportunities



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available and affordable. Life expectancy is 62 years (2004). The under five child mortality rate is reported as 79/1,000 but is estimated higher. 75% of child deaths are preventable as they are secondary to diarrhea, respiratory infections or perinatal conditions. Severe malnutrition or vitamin deficiencies are major contributing factors – currently over 50% of children below three years of age are severely malnourished and stunted. In addition forced child labor is extremely common. Many women die of preventable causes such as genitourinary cancers or pregnancy related illnesses. In 2000 one woman died per every 70 births.

Healthcare

500 physicians graduate annually from Nepal's 10 medical schools, too few to meet the ever-growing demand. The doctor to population ratio is 1:18,439, there is one hospital bed for every 2,349 population. There is a remarkable paucity of teaching facilities and teaching staff in Nepal.

Nepal's health care delivery system is comprised of central hospitals where specialized care may be available, district

hospitals and village based primary health care centers. Throughout all tiers there is a lack of trained personnel and equipment. Many smaller hospitals are not staffed with physicians and are unable to perform emergency procedures such as Cesarean-sections. Most of Nepal is still without roads – access to health



care remains problematic for the majority of the population. In addition community involvement, health message communication and care seeking is inadequate on the rural level.

Aid Opportunities

Medical aid delivered to Nepal should ultimately empower Nepalese to imple-

www.anmf.net

The America Nepal Medical Foundation, a website with excellent country information dedicated to the advancement of health care and medical education in Nepal

www.healthnet.org.np

The official Health Net Nepal with information about all health resources, hospitals, journals etc. – the site takes very long to open – be patient!!

www.teachinghospital.org.np

The Tribhuvan University Teaching Hospital – a good and interesting website – be patient the opening takes several minutes!!

www.ippg.net/index.html

The International Porter Protection Group (IPPG) works to improve the conditions of mountain porters in the tourism industry worldwide. About trekking in Nepal with interesting photos

www.goinginternational.org

Karriere auf Kurs, Weiterbildungsmöglichkeiten, Kurskatalog "medicine & health"

Life expectancy (2004)	62 years
Per capita income	US-\$ 240/year
Health expenditure per capita	US-\$ 66
Infant MR	56/1,000
Under five years MR	79/1,000

Nepal stretches from the plains of India to the world's tallest mountain. Its scenic beauty and the smiles of its people are unsurpassed. It also is one of the poorest countries on earth – more than half of its population lives below the poverty line, child labor and sexual exploitation are common and mortality rates for children are among the highest in SE Asia.

My specialization is pediatrics, and I work at the University of Utah health care system in Salt Lake City. During my residency time I had the chance to attend a one year internship at a Nepali-Teaching Hospital. The requested salary to make the internship was board and lodging. Now I contribute to the Nepal health system by teaching and by supporting health projects on a regular and yearly base.

Public Health

The leading causes of death are infections (respiratory, meningitis, sepsis and diarrhea) most of which are preventable/treatable if medical treatment was

ment and maintain their own health system. Projects aimed at improving medical education (teachers for medical schools), infrastructure (care access, clean water) or care delivery to rural communities involving preexisting structures (Women's Federation) are proven to be cost-effec-

tive. Colleagues who are interested, are very welcome to contact me for further

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