

# Reflecting on a Year of Challenges and Triumphs

Dear Friends,

Greetings of 2022 to each one of you. With COVID recurring in serial waves it has been a challenging year in Nepal, as it must be in one way or another for all of you. Your kindness throughout the pandemic has enabled our teams to operate and innovate daily to meet the needs of more than 17,347 children last year.

Strict safety protocols have kept the hospital and satellite centers functioning without any infections. Telemedicine continues and mobile medical camps were conducted in 22 districts, reaching more than 8,581 children. The inventive Ponseti teams – who apply casts for clubfoot treatment – set out on motorcycles to reach young patients who can't travel to the satellite centers. With grit, determination, and tender loving care our teams are overcoming each challenge.

In the midst of much pain and suffering in the world, HRDC stands as a beacon of hope. I can feel the new energy emanating from the young team that spearheads the activities of HRDC. Children are receiving life-changing surgeries and treatment. Their futures are now filled with opportunities, dignity, and hope.

Please receive my heartfelt thanks on behalf of the entire HRDC family and continue to support this noble effort.

Sincerely,



Dr. Ashok Kumar Banskota  
Founder & Chairperson



Photo: Madhu Adhikari

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*Enabling Disabled Children*

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*Creating COVID-safe physiotherapy on HRDC's sunny lawn. Photo: Shesh Awa*

## Put to the test

**D**r. Bibek Banskota, HRDC's Executive Director, leads with a philosophy of compassion. "When you think of a family who has a disabled child but does not have enough to eat, the child's disability rarely makes it to the priority list, and we are very aware of that. When COVID hit, we decided not to close the hospital for even one day."

As the waves of COVID infections surged through Nepal last year, the HRDC teams were put to the test and the staff of 230 rose to meet every challenge with grit, determination, and ingenuity. They immediately mobilized to create safe environments for everyone. A quarantine facility was set up, ensuring that every child and guardian receives a COVID PCR test prior to entering the hospital. The hospital remains open with zero infections, and 1,322 surgeries were successfully performed.

In the field 31 mobile medical camps were carried out, reaching 22 districts. In addition to seeing new patients, the teams delivered and fit new orthotic and prosthetic devices to children undergoing long-term rehabilitation. And, when the children undergoing Ponseti clubfoot treatment couldn't travel to the clinics, the staff set out on motorcycles to reach children in their homes.

*During a year when COVID engulfed the country, HRDC treated 17,347 children*

Going mobile to reach children in remote villages. Photo: Madhu Adhikari



## MOBILE MEDICAL CAMPS: REACHING CHILDREN WHERE THEY ARE

Mobile Medical Camps are essential to our success in identifying, evaluating and treating children whose families are too poor to travel for care.

*31 Mobile Medical Camps treated  
8,581 children*



*With mobility restricted, telemedicine provides a vital link for doctors and patients.  
Photo: Simon Pradhan*



*Middle Image: Getting ready for a mobile medical camp. Photo: Shesh Awa*

*Lower Image: Children playing and healing at HRDC. Photo: Simon Pradhan*

## SURGERY CONTINUES

At the HRDC hospital, strict safety precautions ensured children received time-sensitive surgery, while the onsite Prosthetic and Orthotic Lab kept up with the needs of growing children throughout Nepal.

*1,322 successful surgeries*

*5,095 prosthetic and orthotic devices manufactured*

*53,103 physio therapy sessions*

*Zero infections*



# Achieving Sustainable Development Goals

HRDC's commitment to reaching important 2030 Sustainable Development Goals in Nepal has created a platform for care-delivery that didn't exist before. Using a culturally sensitive approach, HRDC provides treatment and rehabilitation to the poorest children with disabilities.



Above: Krishna Gurung assists Dr. Ashok Banskota.  
Left: Krishna Gurung

## A Remembrance

**Krishna Gurung (1947-2020)**  
**Beloved by children, and everyone he worked with**

“Krishna was one of the quiet unsung heroes, an American-trained Physician’s Assistant, who dedicated his working life to the HRDC. He was a gentle man, incredibly able and competent, through whom kindness and compassion flowed.”

—Robert Millman

“On my invitation, Krishna joined HRDC 30 years ago. His instant rapport with the children and his love for nature made him beloved. In the early days, a few of us had to deliver all of the services. Krishna played a pivotal role assisting me in the clinic and surgery, and he started our field follow-up program, which evolved into our CBR initiative.

Krishna was loved by the children who hovered around him with confidence, as someone they could trust whole-heartedly. Even after the diagnosis of his illness, Krishna continued to visit the hospital. His passing is a loss for all of us and we remember his bigger than life presence at HRDC with gratitude.”

—Dr. Ashok Kumar Banskota, Chairman, HRDC



**3** | GOOD HEALTH & WELL-BEING

**1,322**  
children received life-changing surgeries in 2021.



**5** | GENDER

**6,252**  
girls treated during 2021.



**9** | INDUSTRY INNOVATION & INFRASTRUCTURE

**500-600 PER YR**  
HRDC's uses the non-surgical Ponseti method to treat clubfeet; it's the largest provider of the treatment in Nepal.