

# **Project Proposal**

on  
**Bakanje Health Service Upgrade**  
at  
**Bakanje VDC**  
**Upper Solu, Nepal**  
**December 2010**



**In international cooperation with  
Himalayan Health and Environment Service, Solukhumbu  
and “International Donor”  
and Himalayan Project Danmark**

**written by Kurt Lomborg, Chairman of Himalayan Project**

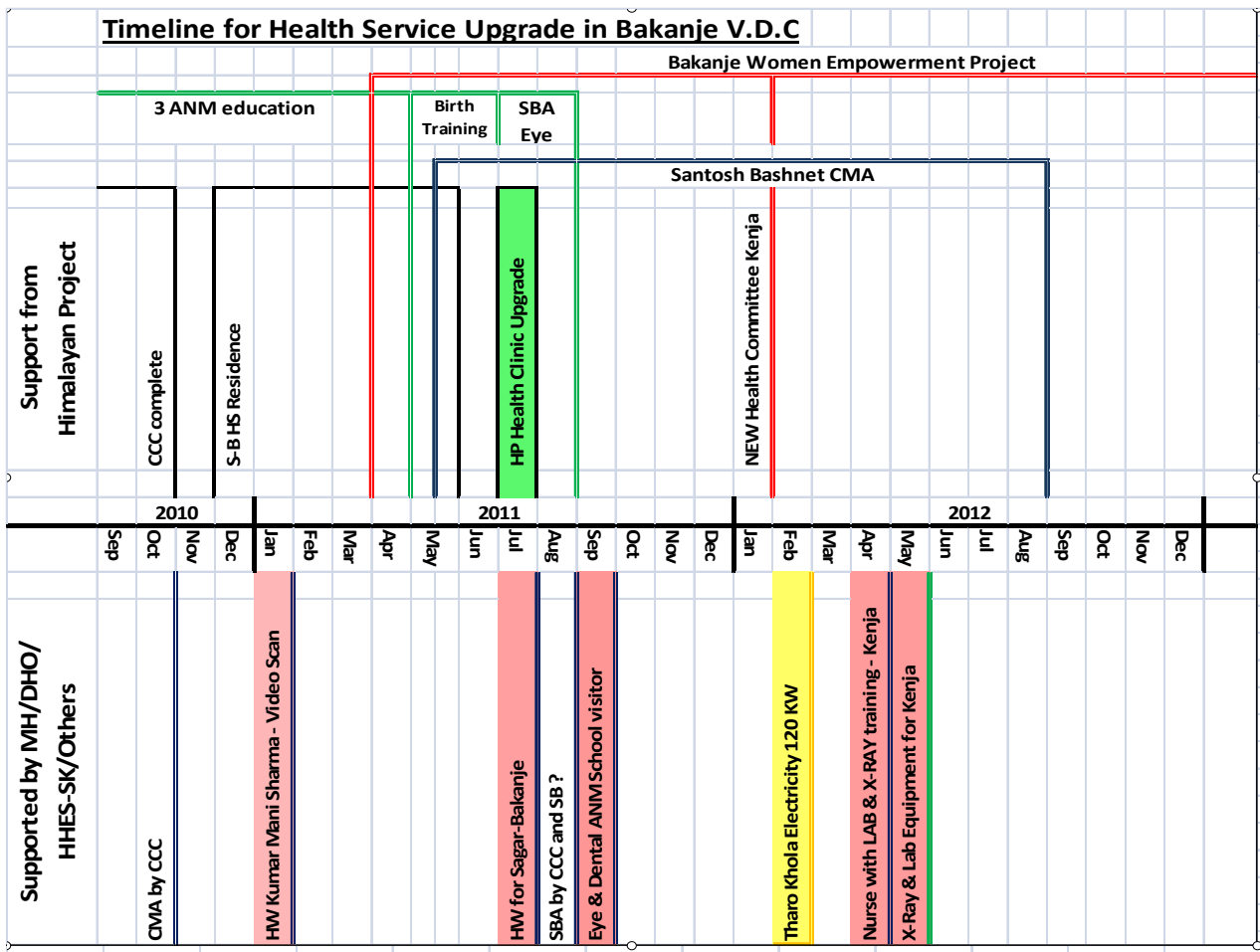
Bakanje VDC is in general a very backward part of Nepal bordering the uninhabitable High Himalayas. At the southern limits of the municipality the main trail for Everest Region passes by, giving quite good income to those who have hotel business. But beyond this trail the communities are quite poor to really poor. Most facilities are in poor condition. School aren't well functioning although Himalayan Project now have upgraded most of them. And the Health Service is in even more poor condition.

The major problem of the health service is the same as in all rural Nepal. The population is poor and can't in general afford to pay, what the service really cost. And the tax payment is so scarce, that it also not can cover public health. Government is though providing health service, which is actually mainly paid by foreign donations. So the rural health service in Nepal isn't sustainable. Himalayan Project is now launching a Women Empowerment Project (WEP) which will run for several years. One of the cornerstones of this program will be awareness about society and how to make all infrastructures run in an independent and sustainable way.

But before we can make people understand that their health institutions shall be cared for by themselves, we will have to upgrade the whole institutional structure. We already did in the most magnificent way by constructing Chhiringkharka Community Clinic. And next project is adding a Health Worker Residence at Sagar-Bakanje Health Post. This health post is quite well constructed and can serve sufficient for many years ahead, but it is hard to find qualified personnel who wish to live and stay in that particular village by rent in others house. Probably a later project will be taking down Kenja Health Post to build a new one of same design as in Chhiringkharka. But this will wait for a later situation, when we have seen how this upgrade project is working.

In this project there will be a hardware side, where Sagar-Bakanje and Kenja Health Posts will be supplied with same basic equipments as Chhiringkharka Community Clinic, and the small Sagardanda Health Station will have some basic equipments.

There will be an educational side, where the 3 ANM-nurses already educated by PONA, will have supplementary education. 2-3 months practical training at a busy delivery center in Terai region, followed up by 1½ month training of SBA (Skilled Birth Attendant) for 2 of them, and 1½ month training about eye and oral health for one of them, which can make her efficient school visitor.



Furthermore the young and energetic former peon at Sagar-Bakanje Health Station, Santosh Bashnet, wish to study for CMA (Community Medical Assistant) and because of his personality we wish to support him for that.

And finally when above mentioned is done or under way, our WEP will seek to make the population conscious about how they themselves have to contribute to make all this sustainable. We will in this project work with the women, as they are more concerned about family matters than the men. But we hope our processes will be strong enough to spread among the men too. Otherwise we must launch a MEP too.

Doctor Mingma Gyalzen Sherpa grew up in the village of Phera in Solu and as the bright head of the school; he took further education and finally became a doctor. His history is long and amazing. First of all he established and developed Phaplu Hospital, which today provide the most advanced medical service to the population of whole Solukhumbu District. Furthermore he established the NGO "Himalayan Health and Environment Service Solukhumbu (HHES)" which provide education and many services to many rural places in all Nepal. Now he is taking seat as Director in "Department of Health Service, Logistic Management Division" under Ministry of Health. He therefore has a powerful position to make health services available in all Nepal. But of course his major personal focus is on his own district, Solukhumbu, and for long time he has felt that Bakanje VDC is too backward, so 12 years ago he supported the establishing of Kenja Health Post, and regularly he is giving smaller inputs for this municipality. But he also know how badly organized the population are, and how poor they are in taking care of their facilities, so until now he haven't been able to give more extensive service to this place. But he is very interested to do so, if Himalayan Project and our WEP can provide the awareness and basic services, so his help will be more fruitful. The nearest "Delivery Centre", which is the clinic having approval to perform delivery at the very clinic, is in Chaulakharka; 2-6 hours walk for fresh people, but imagine a woman near her time or even in labor! When this project is completed it should be just a matter of minor efforts to make Bakanje a Delivery Centre, even with 3 well equipped clinics to be utilized by the 3 Skilled Birth Attendants (SBA). This will

furthermore give access to more support from local health authority. Public employment of better educated staff is an option, but in reality it isn't applicable as no higher level staff want to stay in such a remote area with such inferior facilities. But that should also be changed with this project.

The 12 years old Health Station in Kenja is in a very poor condition. Only the walls and the newly laid tin roof have value. Wall ceilings are rotting, there is no water supply into the rooms and washbasins are lying in the corners. Several rooms are not in use, and actually the building is too big and badly arranged, with some rooms too big and others too small. Therefore it is the wish of Himalayan Project on a later stage of this Bakanje Health Service Upgrade Project to take this building down and build a new one in same concept as our Chhiringkharka Clinic. But this will only happen if both the authorities and the local population are giving a substantial support to this initial service upgrade project. So probably we can initiate this reconstruction project only after some years.

## **PROJECT OVERVIEW**

**A: Equipment Supply:** Neither Sagar-Bakanje Health Post nor Kenja Health Post have equipment for more than the most basic treatments. But for the moment it is almost sufficient for the educational level of the staff working there. But soon the new staff, which is educated by this project, will start working there and we also expect the HHESS and local authorities to give supplementary training the staff already there and to employ more well educated personnel, so by then the necessary equipment should be ready for use. In the small Sub Health Post in Sagardanda, there is no equipment at all, except for an uncovered examination bed and two crutches. As this clinic will only be run by a CMA, it shall only have basic equipment for emergency cases.

**B: Supplementary Training for 3 ANM:** The 3 Auxiliary Midwife Nurse's who is now receiving education from Phaplu ANM Training Center with the support by PONA-Foundation, will complete their education by April 2010. This training will give them knowledge to support normal to slightly complicated deliveries. With the recommendation of Doctor Mingma this project will give the 3 girls two months of practical training in southern Nepal, where there are some very busy delivery centers. And after that they will receive 1½ month of theoretical training. Two of them about complicated deliveries, so they can call themselves Skilled Birth Attendants (SBA), which will authorize them to work at a delivery center. And one of them about Oral and Ocular Health, which can qualify her to be a School Health Visitor, where she can catch students with dental and eye problems, which are very common and underestimated ailments.

**C: Educating Santosh Bashnet for CMA:** Mr. Santosh Bashnet has been working at Sagar-Bakanje Health Post as a peon, and as a very curious and energetic person he has acquired some knowledge which has enabled him to perform some basic health services. But he is aware of his lack of knowledge, so now he wish to join the 15 month training at the CMA Training Centre in Chaurikot to become a Community Medical Assistant. But he has no economic ability at all, so it is only possible with full support from outside. He is already running a little clinic in the village of Sagardanda, where he sell some medicine and dress wounds, and he wish to continue possessing this clinic for a little more advanced treatments, as well as he is ready to run between the other clinics for support. And he is a fast runner.

**D: Administration and monitoring by Himalayan Project Nepal (HIPRON):** To arrange everything, buying equipment, performing payments for students time by time, to supervise, to monitor and all other administration of the project, HIPRON is taking a fee on **15%** of total project expenses. Furthermore this fee will cover any deficit coming up in the implementation of the project, if it shows that budget doesn't cover the actual expenses. In the opposite case, if there is shown an budget excess, this excess belongs to the donor to decide about.

# A: Equipment Supply:

## Equipment for KENJA Health Post

Currency Rate **12,6** NRS/DKR  
69 NRS/US\$

Particulars	No.	NRS		US\$		DKR		
		Unit Price	Budget price	Unit Price	Budget price	Unit Price	Budget price	
<b>Furniture of non-local materials:</b>								
Delivery Bed mattresses	1 set	4.000	4.000	4,6	317	24.700	358	1.960
Doctors revolving chair	1 pcs	2.800	2.800	3,2	222			
Wheel Chair	1 pcs	6.500	6.500	7,5	516			
Stretcher for mountain conditions	1 pcs	4.500	4.500	5,2	357			
Whiteboard with pens	1 pcs	2.500	2.500	2,9	198			
Watches	5 pcs	500	2.500	2,9	198			
Toilet chair	1 pcs	1.900	1.900	2,2	151			
<b>Bed gear:</b>								
Mattress with waterproof cover	5 pcs	3.500	17.500	20,1	1.389	42.355	614	3.362
Soft Mattress cover	8 pcs	1.400	11.200	12,9	889			
Rubber cover sheet	10 m	200	2.000	2,3	159			
Rubber cover sheet	10 m	100	1.000	1,2	79			
Blanket leight	6 pcs	750	4.500	5,2	357			
Blanket heavy	2 pcs	2.800	5.600	6,4	444			
Urine pan men plastic	1 pcs	150	150	0,2	12			
Kidney trays big	3 pcs	135	405	0,5	32			
<b>Uniforms:</b>								
Uniform with sleeves	2 pcs	0	0	0,0	0	0	0	0
Apron	2 pcs	0	0	0,0	0			
Hair cover	10 pcs	0	0	0,0	0			
<b>Washing equipment:</b>								
Floor clothes	5 pcs	250	1.250	1,4	99	4.780	69	379
Towel bucket	2 pcs	325	650	0,7	52			
Water buckets - metallic	3 pcs	960	2.880	3,3	229			
<b>Measures:</b>								
Height measurer & weight	1 pcs	3.800	3.800	4,4	302	3.800	55	302
<b>Examination Tools:</b>								
Knee nammal	1 pcs	175	175	0,2	14	175	3	14
<b>Delivery Tools:</b>								
Speculum	1 pcs	550	550	0,6	44	790	11	63
Catheter w/ urine bag	3 pcs	80	240	0,3	19			
<b>Surgery Tools:</b>								
Eye scissor	2 pcs	95	190	0,2	15	9.290	135	737
Resp INC - Ambubag - silicone	1 pcs	1.800	1.800	2,1	143			
Nebulizer Machine	1 pcs	3.500	3.500	4,0	278			
Suction Machine foot pedal	1 pcs	3.800	3.800	4,4	302			
<b>Dressing and Bandaging:</b>								
Cervical Collar	1 pcs	245	245	0,3	19	4.640	67	368
Leg Brace	1 pcs	1.050	1.050	1,2	83			
Arm Brace	1 pcs	375	375	0,4	30			
Knee cap	1 set	195	195	0,2	15			
Mitella	1 pcs	275	275	0,3	22			
Crutch	2 pcs	1.250	2.500	2,9	198			
<b>Office:</b>								
Refrigerator	1 pcs	9.000	9.000	10,4	714	20.170	292	1.601
Office stationaries	1	11.170	11.170	12,8	887			

control 110 00 8.786

TOTAL: 110.700 1.604 8.786

VAT: 13%

VAT: 14.391 209 1.142

Retail Price: 125.091 1.813 9.928

# Equipment for Sagar Bakanje Health Post

Currency Rate **12,6** NRS/DKR  
**69** NRS/US\$

Particulars	No.	NRS		US\$		DKR		Group Price	NRS	US\$	DKR
		Unit Price	Budget price	Budget price	Budget price						
<b>Furniture of non-local materials:</b>											
Delivery Bed	1 pcs	11.450	11.450	13,2	909			34.375	498	2.728	
Wheel Table with metal bucket	1 pcs	11.225	11.225	12,9	891						
Doctors revolving chair	1 pcs	2.800	2.800	3,2	222						
Stretcher for mountain conditions	1 pcs	4.500	4.500	5,2	357						
Whiteboard with pens	1 pcs	2.500	2.500	2,9	198						
Toilet chair	1 pcs	1.900	1.900	2,2	151						
<b>Bed gear:</b>											
Rubber cover sheet	10 m	200	2.000	2,3	159			2.405	35	191	
Big Kidney trays	3 pcs	135	405	0,5	32						
<b>Measures:</b>											
Baby weight	1 pcs	1.950	1.950	2,2	155			5.750	83	456	
Height meassurer & weight	1 pcs	3.800	3.800	4,4	302						
<b>Examination Tools:</b>											
Thermometer - 12 pcs	1 pack	540	540	0,6	43			5.265	76	418	
Pen light	1 pcs	750	750	0,9	60						
Halogen lamp on foot	1 pcs	3.800	3.800	4,4	302						
Knee nammal	1 pcs	175	175	0,2	14						
<b>Delivery Tools:</b>											
Speculum	1 pcs	550	550	0,6	44			10.929	158	867	
Plain catheter	1 set	80	80	0,1	6						
Delivery & Episotomy Set	1 set	6.235	6.235	7,2	495						
Gally pot for gauze and cotton	1 pcs	475	475	0,5	38						
Cord clamp	1 pcs	9	9	0,0	1						
Vacuum set	1 set	3.500	3.500	4,0	278						
Catheter wit urine bag	1 pcs	80	80	0,1	6						
<b>Surgery Tools:</b>											
Autodave 9 x 11"	1 pcs	9.500	9.500	10,9	754			24.540	356	1.948	
Drum heavy 9" & 11"	1 pcs	1.350	1.350	1,6	107						
Suture set	1 pcs	2.315	2.315	2,7	184						
Scissor 16,5 cm	3 pcs	145	435	0,5	35						
Bandage scissor (Knee)	2 pcs	375	750	0,9	60						
Eye scissor	2 pcs	95	190	0,2	15						
Tray with cover	3 set	300	900	1,0	71						
Resp INC - Ambubag - silicone	1 pcs	1.800	1.800	2,1	143						
Nebulizer Machine	1 pcs	3.500	3.500	4,0	278						
Suction Machine foot pedal	1 pcs	3.800	3.800	4,4	302						
<b>Dressing and Bandaging:</b>											
Dressing tools	1 set	605	605	0,7	48			7.015	102	557	
Cervical Collar	1 pcs	245	245	0,3	19						
Leg Brace	1 pcs	1.050	1.050	1,2	83						
Arm Brace	1 pcs	375	375	0,4	30						
Knee cap	1 set	195	195	0,2	15						
Mitella	1 pcs	275	275	0,3	22						
Metal bucket	1 pcs	875	875	1,0	69						
Metal bbowl	1 pcs	475	475	0,5	38						
Chrutch	2 pcs	1.250	2.500	2,9	198						
Spirit swab pot	1 pcs	245	245	0,3	19						
Gali pot with lid	1 pcs	175	175	0,2	14						
<b>Office:</b>											
Refrigerator	1 pcs	9.000	9.000	10,4	714			9.000	130	714	
<b>TOTAL:</b>											
								99.279	1.439	7.879	
<b>VAT: 13%</b>											
								12.906	187	1.024	
<b>Retail Price:</b>											
								112.185	1.626	8.904	

Particulars	No.	NRS		US\$		DKR	
		Unit Price	Budget price	Budget price	Budget price		

### Equipment for Sagardanda Sub Health Post

Currency Rate **12,6** NRS/DKR  
**69** NRS/US\$

Particulars	No.	NRS		US\$		DKR				
		Unit Price	Budget price	Budget price	Budget price					
<b>Furniture of non-local materials:</b>										
Wheel Table with metal bucket	1 pcs	11.225	11.225	12,9	891	20.925	303	1.661		
Doctors revolving chair	1 pcs	2.800	2.800	3,2	222					
Stretcher for mountain conditions	1 pcs	4.500	4.500	5,2	357					
Watches	1 pcs	500	500	0,6	40					
Toilet chair	1 pcs	1.900	1.900	2,2	151					
<b>Bed gear:</b>										
Mattress with waterproof cover	1 pcs	3.500	3.500	4,0	278	5.370	78	426		
Rubber cover sheet	5 m	200	1.000	1,2	79					
Bed pan	1 pcs	450	450	0,5	36					
Urine pan men plastic	1 pcs	150	150	0,2	12					
Kidney trays	2 pcs	135	270	0,3	21					
<b>Uniforms:</b>										
Latex examination gloves	2 pcks	300	600	0,7	48	600	9	48		
<b>Washing equipment:</b>										
Water buckets - metallic	1 pcs	960	960	1,1	76	960	14	76		
<b>Measures:</b>										
Height measurer & weight	1 pcs	3.800	3.800	4,4	302	3.800	55	302		
<b>Examination Tools:</b>										
Blodpressure - high quality	1 pcs	1.500	1.500	1,7	119	14.165	205	1.124		
Stetoscope	1 pcs	1.400	1.400	1,6	111					
Thermometer - 12 pcs	1 pack	540	540	0,6	43					
Otoscope Pakistani	1 pcs	2.000	2.000	2,3	159					
Pen light	1 pcs	750	750	0,9	60					
Halogen lamp on foot	2 pcs	3.800	7.600	8,7	603					
Knee hammar	1 pcs	175	175	0,2	14					
Mouth spatula 100 pcs	2 pack	100	200	0,2	16					
<b>Delivery Tools:</b>										
Foroscope	1 pcs	175	175	0,2	14				175	3
<b>Surgery Tools:</b>										
Suture set	1 pcs	2.315	2.315	2,7	184	5.475	79	435		
Scissor 16,5 cm	2 pcs	145	290	0,3	23					
Bandage scissor (Knee)	1 pcs	375	375	0,4	30					
Eye scissor	1 pcs	95	95	0,1	8					
Tray with cover	2 set	300	600	0,7	48					
Resp INC - Ambubag - silicone	1 pcs	1.800	1.800	2,1	143					
<b>Dressing and Bandaging:</b>										
Dressing tools	1 set	605	605	0,7	48				4.185	61
Gauze Bandages	5 pack	58	290	0,3	23					
Gauze Swab	1 pack	350	350	0,4	28					
Adhessive tape	20 roll	40	800	0,9	63					
Cervical Collar	1 pcs	245	245	0,3	19					
Leg Brace	1 pcs	1.050	1.050	1,2	83					
Arm Brace	1 pcs	375	375	0,4	30					
Knee cap	1 set	195	195	0,2	15					
Mitella	1 pcs	275	275	0,3	22					
<b>Office:</b>										
Office stationaries	1	11.170	11.170	12,8	887	11.170	162	887		

TOTAL: **66.825** **968** **5.304**

VAT: **13%**

VAT: **8.687** **126** **689**

Retail Price: **75.512** **1.094** **5.993**

<b>Transportation:</b>								
Kathmandu to Jiri	1	9.000	9.000	10,4	714	24.000	348	1.905
Jiri to Bhandar	1	12.000	12.000	13,8	952			
Tikaflam transport expenses	1	3.000	3.000	3,5	238			

GRAND TOTAL: **336.789** **4.881** **26.729**

## **B: Supplementary Training for 3 ANM:**

ANM Chhemi Sherpa, Chhiringkharka

ANM Sabita Ghimere, Sagar Bakanje

ANM FurwaSherpa, Kinja

1) 2 months training in Southern Nepal			by own expenses
2) 1½ month training for SBA or School Visitor Eye and Oral Health			
a. Training Fee	25.000 NRS	362 USD	1.984 DKR
b. Lodging and Fooding	30.000 NRS	434 USD	2.380 DKR
<b>TOTAL:</b>	<b>55.000 NRS</b>	<b>796 USD</b>	<b>4.364 DKR</b>

**For all 3 ANM: 165.000 NRS 2.388 USD 13.092 DKR**

## **C: Educating Santosh Bashnet for CMA:**

1) Admission Fee	40.000 NRS	580 USD	3.175 DKR
2) Tuition Fee (2.000 NRS/month)	30.000 NRS	434 USD	2.381 DKR
3) Stationary	2.000 NRS	29 USD	159 DKR
4) Room Rent (1.000 NRS/month)	15.000 NRS	217 USD	1.190 DKR
5) Food (1.500 NRS/month)	22.500 NRS	326 USD	1.786 DKR
<b>TOTAL:</b>	<b>109.500 NRS</b>	<b>1.586 USD</b>	<b>8.691 DKR</b>

## **TOTAL PROJECT BUDGET:**

A: Equipment Supply	336.789 NRS	4.881 USD	26.729 DKR
B: Supplementary Training for 3 ANM	165.000 NRS	2.388 USD	13.092 DKR
C: Educating Santosh Bashnet for CMA	109.500 NRS	1.586 USD	8.691 DKR
<b>TOTAL:</b>	<b>611.289 NRS</b>	<b>8.855 USD</b>	<b>48.512 DKR</b>
D: Administration and Monitoring 15%	91.693 NRS	1.328 USD	7.277 DKR
<b><u>GRAND TOTAL:</u></b>	<b><u>702.982 NRS</u></b>	<b><u>10.183 USD</u></b>	<b><u>55.789 DKR</u></b>

The project support shall be transferred to Himalayan Project bank account at Sparbank Skive **IBAN DK20 8500 2651 8423 39**

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