



NEWS FOR FRIENDS AND PARTNERS

THE NEXT STEP

Nepal Special Report

Nepal Special Report – 8757 Georgia Ave, Suite 420, Silver Spring, MD 20910 USA

www.handicap-international.us

Your impact in Nepal

EXECUTIVE DIRECTOR'S REPORT

For the last three months, our teams in Nepal have been dedicated to helping seriously injured people recover, and to delivering life-sustaining aid to the most vulnerable earthquake survivors. In this special edition of *The Next Step*, it gives me great pride to share news about the emergency programs and people your generosity is supporting.

Among the organizations in Nepal, Handicap International was uniquely placed to respond to the disaster immediately and effectively. Working in Nepal since 2001, Handicap International's 53-person team had been preparing for a major earthquake for years. Prior to this earthquake, our staff conducted trainings and awareness sessions with more than 34,000 people, including doctors, nurses, and community members.

Late morning on Saturday, April 25, our team in Kathmandu was playing in a soccer tournament when the earth began its first historic shift. Country Director Sarah Blin mobilized her staff into action, unlocking emergency supply stocks of crutches and wheelchairs and delivering them to hospitals throughout the city. Meanwhile, physical and occupational therapists joined doctors and nurses in hospitals to triage the injured who poured in from around the fractured city.

Thanks to the quick response of our donors, Handicap International flew an Airbus A310-300 into Kathmandu on May 8 with 33 tons of humanitarian aid, including supplies for mobile rehabilitation centers and essential aid kits for hundreds of families. We were able to double the size of our team, which now includes 19 emergency response specialists with expertise in field rehabilitation, inclusion of marginalized populations, and emergency aid distribution.

This staff is currently providing rehabilitation—including physical therapy, the provision of mobility devices, and psychological support—in three hospitals in Kathmandu, hospitals in the towns of Trishuli and Chautara, and in field locations throughout the Kathmandu Valley.

In rural areas outside Kathmandu, we've distributed 1,900 basic needs kits, which include tents, kitchen and hygiene supplies, and blankets. We're also managing a humanitarian aid storage center in Kathmandu with the World Food Program and two storage bases in the Nuwakot and Rasuwa districts. From Nuwakot, a fleet of trucks delivers aid to villages and communities.

This response was possible because of you. Thank you for standing with the Nepalese people and our team. I look forward to sharing more progress in the months to come.

Jeff Meer, Executive Director
Handicap International U.S.
@Jeff_HIUS



Nirmala, 7, pictured with Physical Therapist Sudan Rimel, was one of the first patients to undergo an amputation after the earthquake.



Rishi with Physical Therapist Sunil Pokrel

An incredible tale of survival

Rishi Khanal made headlines around the world on April 28, when he was pulled from the ruins of a hotel 82 hours after the Nepal earthquake. A wall had crushed his left leg, and doctors had no choice but to amputate it just above the knee.

Fortunately, he was taken to a hospital where Handicap International

rehabilitation specialists were hard at work supporting other injured survivors.

Rishi was initially very depressed—he had planned to travel to Dubai for work, but now could not imagine how he would take care of himself, let alone his family. However, Handicap International physical therapists promised him

that he would be given a prosthetic leg, which would allow him to walk and eventually earn a living.

Physical therapy has improved Rishi's balance and strength—crucial milestones towards being fitted for his new leg. His renewed confidence has him traveling the ward, counseling and comforting other injured survivors.

Field rehabilitation
where staff perform out-patient rehab

Logistics & aid bases
where supplies are stored and distributed

Tent distribution
where HI staff deliver family sized tents

Hospitals
where HI rehab staff help the injured

Locations of Handicap International's primary emergency response activities in Nepal, June 2015.



Chusang, 10, pictured with his mother and Physical Therapist Prakash Niraula, should be able to walk within two months.

“This is my proudest moment”



Sunil Pokrel, Senior Physical Therapist in Nepal

After life-saving emergency care, rehabilitation is essential to helping people injured in the Nepal earthquake to rebuild their lives. Nowhere is this clearer than with survivors who had legs amputated.

Right after surgery, a patient’s amputated stump must be bandaged properly to reduce swelling and the leg should be slightly elevated with no bend in the joints. Without good positioning, the leg is at risk of contractures—a shortening of the muscles, which can permanently restrict movement.

Within a few hours of surgery we try to test the patient’s ability to sit. Within 24 hours we encourage them to try standing on one leg with support. If they can stand, we provide them with crutches and gradually introduce walking and other exercises. Typically it takes several months of physical therapy before a person can be fitted with a prosthesis.

Losing a part of the body is always mentally traumatic, and many earthquake survivors also lost family members, friends, and their homes. Therefore it has been especially important for us to connect emotionally with our patients. We talk and listen to patients and their families, and tell them that they will receive a prosthetic leg, which gives them hope.

When a patient is strong enough for a prosthesis, a prosthetist will measure and fit them. Adjustments are made until they can take a few steps comfortably. Then, a physical therapist will teach each patient how to walk with their prosthesis on smooth and rough surfaces, how to climb stairs, and how to care for it.

We will follow up with patients after three to six months to make adjustments to the prosthesis. In a hilly country like Nepal, the whole prosthesis needs to be changed every one or two years.

Being a part of the team providing these vital services to earthquake survivors is my proudest moment as a physical therapist. I cannot wait to see them walking again on their own.

The lives you’ve touched

The names and photos in this newsletter are just a few of the thousands of people your generosity has impacted.

A NOTE OF THANKS

The remarkable level of generosity shown by donors like you is impacting the lives of thousands of Nepalese. Because of you, people whose lives were forever changed by this disaster are being given the physical and emotional support needed to rebuild.

We are humbled by the outpouring of support we

received, and we want to recognize those who helped spread the word and raise funds to support our actions.

A special thank you to: Sarah Sweet and Cassidy Loria who held lemonade stands; Ray Smith for organizing a benefit concert in Australia; Willow Street Yoga Center in Takoma Park for holding a benefit class; and the students of Northwestern University’s

Physical Therapy department for hosting a benefit dinner.

We also want to recognize two volunteers who traveled from North America to bolster our response. Mike Landry, PhD, Associate Professor and Chief of Duke University’s Doctor of Physical Therapy Division, volunteered in Nepal for one week right after the quake. Phil Sheppard, a physical therapist from

Pembroke, Ottawa, spent five weeks alongside our team.

Beyond providing tangible aid, your support provides encouragement to earthquake survivors for the long road ahead. When Handicap International responds to a disaster we are in it for the long-haul, and we are fortunate to have friends like you among us.

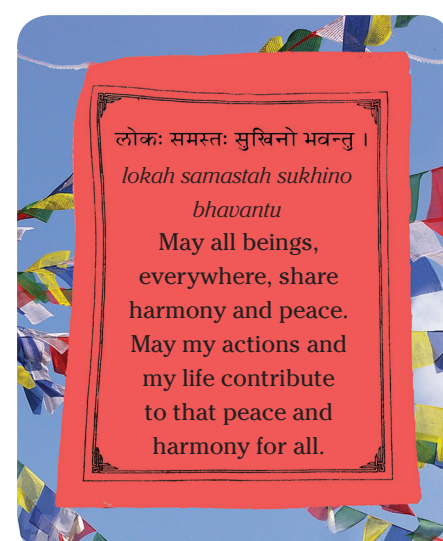


Khembro →
Physical therapists Pushpak Newar and Mike Landry check on Khembro, 6, who broke her arm and had her left leg amputated as a result of the earthquake. Initially too traumatized to talk, Khembro now smiles and laughs during her rehabilitation sessions.



Romila ↑
Volunteer Physical Therapist Phil Sheppard helps Romila, who fractured her leg, to stand up and practice walking with crutches. Thanks to receiving rehabilitation early in the healing process, Romila should make a full recovery.

Dani →
Dani, pictured with her husband, was standing with her sister atop the historic Dharahara Tower in Kathmandu when the earthquake struck. The tower collapsed, crushing Dani’s right lower leg and killing her sister. Handicap International will provide her with a prosthesis when she completes her physical therapy.



This mantra was chanted during a Willow Street Yoga fundraiser for Handicap International.



USAID contributes \$300,000 for Nepal relief
We’re grateful for the USAID Office of Foreign Disaster Assistance’s generous support of Handicap International’s rehabilitation work with injured earthquake survivors.