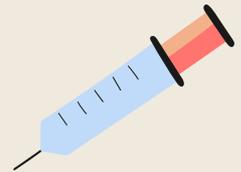




TRU BScN Students

Nepal 2025

Kieran Gundel, Kyla Liebe, Emma Parsons, Sarah Anderson, Karis Tegart, Dynna Lapac, Alex Smith, Jordan Roper



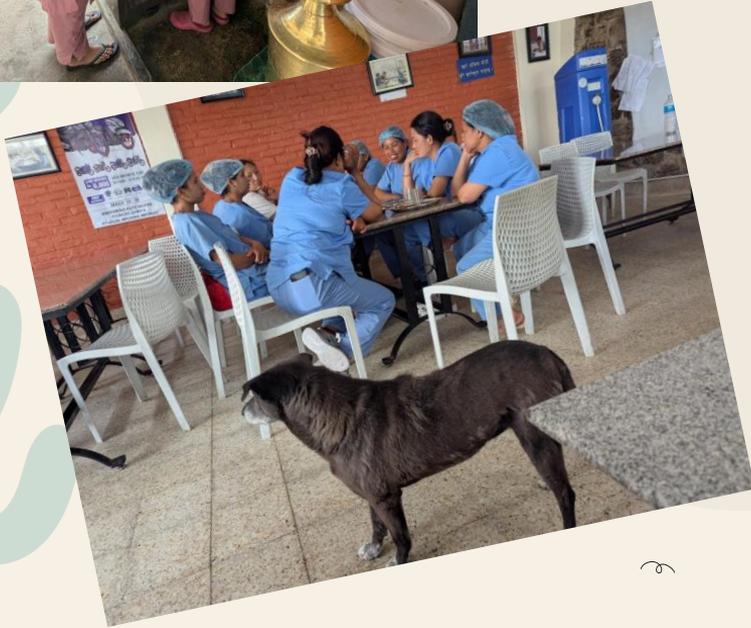
Description of Dhulikhel



- Historic Newari rural town, lots of agriculture
- Dusty, lots of air pollution
- Hospital is like a university campus
- Busy main highway with shops, restaurants, and small downtown core
- Spiritual sites – Namo Buddha, 1000 Steps



Healthcare System & Hospital



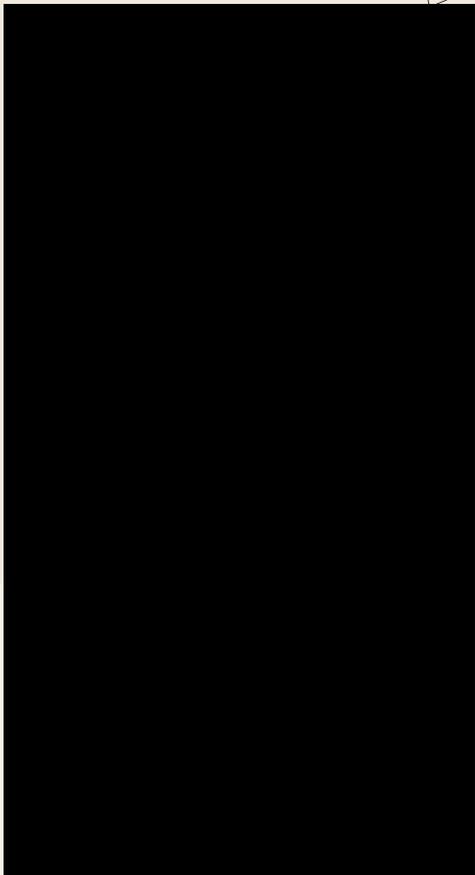
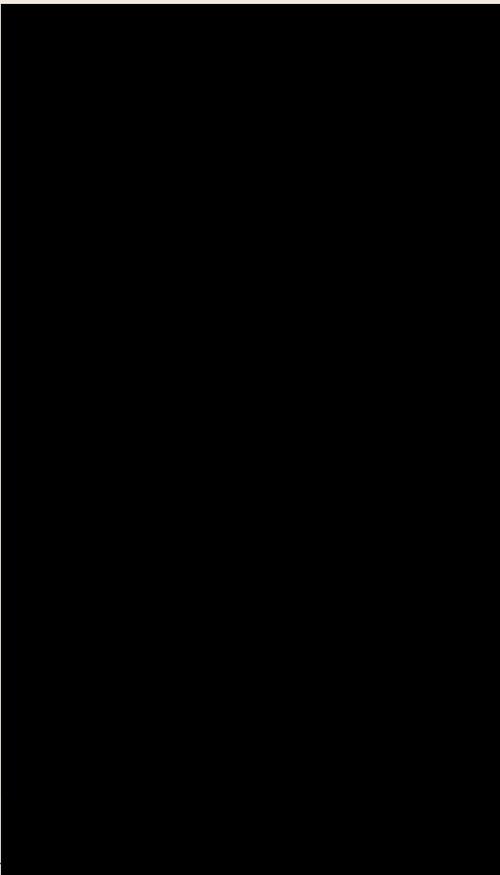
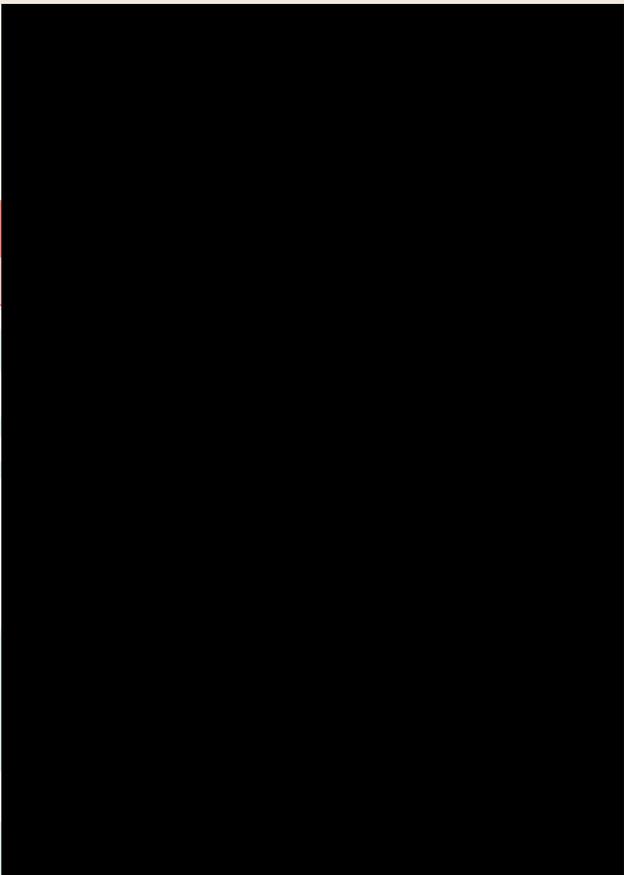
- Private & public
- Lack of essential resources
- Patient must purchase own supplies/meds
- National Health Insurance available, but barriers to applying for it
- Geographic isolation
- Rural vs Urban disparities
- Shortage of healthcare workers – emigration
- Rising burden of chronic disease

Common Conditions



- COPD/Respiratory Infections
- **Obstructive Jaundice**/ Cholecystectomies
- Organophosphate Poisoning
- Snake Bites
- Domestic Abuse
- Burns/Wounds
- Tuberculosis
- CVD
- Diabetes
- Motor Vehicle Accidents
- Falls from great heights







Practice Areas



- Ambulance Ride
- Outreach clinic
- Community Teaching, Cooking
- Postpartum visits
- MHDU
- Neuro ICU
- ICU
- Emerg
- OR (General & OB)
- PAR





Scope & Skills

Our skills were occasionally limited, which made advocacy very important.

Skills we performed:

- Manual Blood pressure
- Patient monitoring
- IV insertion
- NG tube insertion & feeds
- Wound Care
- CPR
- ECG
- Charting
- Catheter insertion
- Help with traumas
- Swaddle babies



We were not permitted to pull or give medications because Canada's seven rights and three checks do not align with Nepal's system.

What to Expect

- Illness – from food and the environment
- Lots of animals
- Dusty environment
- Nepali's love to dance
- Rainstorms
- Everest
- Pit Toilets/ no toilet paper
- Everyone is friendly
- Fresh local fruit
- Weekend Adventures
- Social Events
- Lower standard of cleanliness
- "Island time"



Cultural Competencies: Barriers & Learning



- Language
- Styles of Communication
- Expecting us to sit and observe, not be involved
- Advocacy for own learning
- Respecting hierarchal & patriarchal structure
- Multiple presentations in Nepali
- Grief looks different
- Collective decision making rather than individual
- Varying health beliefs – amulets for protection, high C-section rate
- Sense of time
- Nursing training & practice standards
- Gift Giving



Food and Clothing

- Culturally appropriate clothing
 - Short sleeve tops
 - Longer shorts
 - Pants and skirts below the knees
- Laundry services available
- Wear Light Scrubs
- Fruit stands
- Small convenience shops
- Restaurants (local & western cuisine)
 - Fire N Wood Pizza (good brownies)
- Hospital canteen
 - Add money to your ID card
- Bring some of your favourite snacks
 - Limited options
 - Bottled water is accessible







Products in Nepal



- Shampoo
- Body Wash
- Toiletries (deodorant, floss)
- Cleaning Products
- Snacks
- Limited Feminine Hygiene Products (only pads)
- Medications
- Bottled Water (likely don't need filter)
- Fresh Fruit
- Wipes
- Toilet Paper





Cost Breakdown



Cost & Travel

Nepal		
field school	1000	
flights	2500	
vaccines	300	
lodge	420	
food/spending	400	
visa	71.19 (50 usd)	
sim	30	
tuition	802.72	
hospital fee	284.77 (200 USD)	
travel insurance	115	
gym	20	
balance	5943.68	

- Travel Visa – Look into visa requirements before travel, including any possible layovers.
- Register your trip with Canadian Travel Abroad
- Include a budget for excursions and travel to and from destinations.
- E-sims are available through apps like Nomad & Airlo, but are also available in Nepal at a lower price.
- Vaccines costs may cost up to \$1000 but can be covered by extended health.



THINGS WE LIKED & LEARNED



OPPORTUNITIES



- Ambulance Ride
- Outpost Visit
- Angiogram/Cath Lab
- Endoscope
- IV Insertions
- Wound Care
- Community Health Visits
- Therapeutic non-verbal communication

FAMILY INVOLVEMENT

- Reduces burden of care on nurses
- Invests family in health and healing process
- Blending of biomedical and holistic care models



GROUP ROUNDS



- Gaining understanding of patient care dynamics
- Involves family and patient

CONSCIENTIOUS & CREATIVE WITH RESOURCE MANAGEMENT

- Limit waste
- Multiple uses for resources



Special People



Gift Ideas

- Discuss before you leave for the trip
- Gifts for 5-7 people
- Things that remind you of home
- We made about 8 gift bags with a mix of things: chocolate, maple candy, Canadian dollar store items.
- Recommendation: pens, they often need more pens



Contact Info

Email us if you have any questions!

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