

Summary report

ASK FOUNDATION

ASK Foundation has been involved in providing telemedicine service in many rural parts of Nepal since a decade ago. ASK Foundation is not sparing any effort to tackle all difficulties and constraints to continue providing telemedicine to existing centers as well as to expand services to new centers all over the country. Not only has it further strengthened the previously run centers but has also incorporated the lessons learnt from the past to execute more efficient plans.

The newly promulgated Federal constitution of Nepal has been a challenge, and ASK foundation has used this as an opportunity to collaborate with new partners. The scope of work has widened on a National level and the organization has explored newer modalities to sustainable impact.

Despite setbacks of few centers being closed due to lack of both sustainability and impact, the organization has made tremendous gains in matters of collaborating with the newly elected local bodies at various sites of rural Nepal and opening up new centers in the areas where telemedicine could make a great impact in the life of local people. Previous years' effort of networking with Local Resource Personnel has finally paid dividends.

Telemedicine Service to 5 remote centers of Nepal

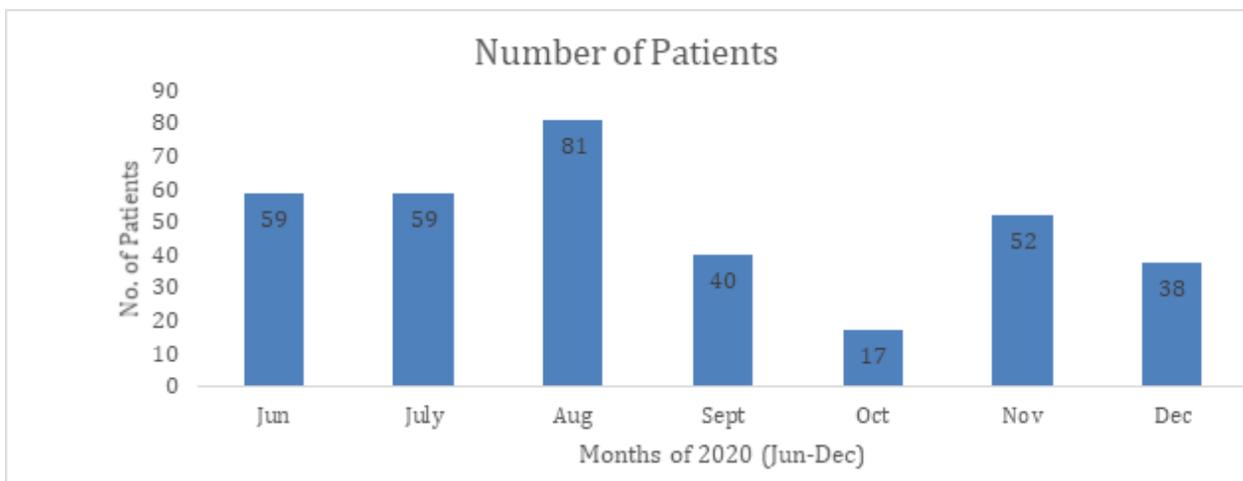
Total 346 patients were consulted in the last seven months (Between June, 2020- Dec.2020). Dedicated medical officer was assigned to provide the telemedicine support to, *Dhubang Healthpost*, and Puranthati Health post of *Airawati Gaupalika*, Pyuthan, Sirdibas Healthpost, Tsumnumbri of Gorkha, Jagannath Healthpost, Bajura, Raskot community hospital, Kalikot. We also conducted 1-2 follow up visits in most of those patients. Hence total encounters cross more than 630 times.

Total encounter: 634

Apart from providing direct Telemedicine consultation to the patients, our Medical officers and consultants also provide second opinion for any cases and anytime to the healthcare workers in these remote health centers.

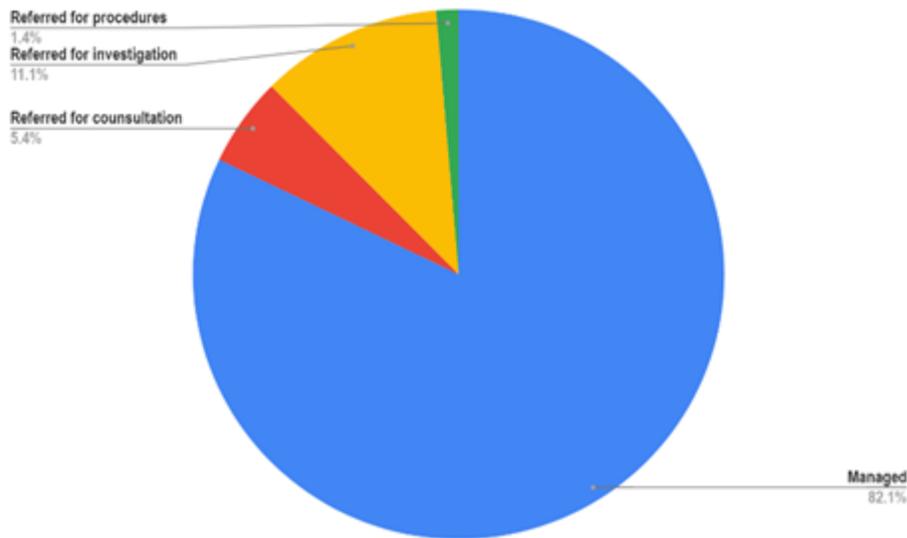
Total second opinion: 230

Month wise telemedicine service (June -Dec)



Region we supported with telemedicine





Total Tele-consultations- 664 (Including follow-ups, second opinions)

Home Isolation care for Healthcare workers in Nepal

Nearly 30 healthcare workers from various institutes and those who are working in healthcare institutions like, Annapurna Neuro hospital, Manmohan Memorial medical college, Dhulikhel Hospital, etc. Were provided with Home isolation Tele consultation service, out of which, most of them were nurses, few were doctors and pharmacists and janitors.

Total Telemedicine encounters from doctors = Around 450 Tele consultations

Total Nursing monitoring- 450 Nursing monitoring

Total encounters= 900

Covid Care on Infection prevention and control training and awareness online webinars

Covid care service, for home isolated people, experience shared with Dhulikhel hospital, so that they can conduct the service on their own. Training session conducted to various institutions on infection prevention and control and home isolations, Dhulikhel hospitals, various banks like, Nabil Bank, Nepal Bankers Association, Century Bank, Everest Bank, Metlife Insurance, World link, Smartel, Leapfrog Pvt. Ltd., Rolling plans, Chartered Accountants Association, Computer

Association of Nepal, National Cooperative Federation of Nepal, Development banks association of Nepal etc .

Total participants attended online training on safety directly through webinars- Approx. 10,000

Total reach through social media- more than 50,000

Tele ICU service to hospitals

ASK foundation in collaboration with ANMF and its resources provided Tele- consultation to Doctors who are managing COVID-19 cases in various COVID-19 hospitals for around 4 weeks. Such COVID-19 hospitals and the healthcare workers were also trained by experts. The information system was recorded by ASK nursing staff and coordinated with hospitals and experts.

List of hospitals with COVID-19 Tele-ICU support

- 1. Narayani sub regional hospital**
- 2. Janakpur provincial hospital**
- 3. Seti zonal hospital**

Tele- ICU support provided by:

Dr. Navin Kaini

Dr. Raju Bishwakarma Century

Dr. Lokendra Kumar Thakur

Dr. Samir Chandra Gautam

Dr. Saroj Prasad Kandel

Dr. Upendra Kaphle

Dr Prabhat Adhikari

Doctors who received the Tele-ICU support at local site

Dr. Sandeep Jha

Dr. Krishna Kumar Yadav

Dr. Bipin Yadav

Dr. Ashok Jha

Dr. Madan Upadhya

News coverage

[Nepal Post](#)

Telemedicine support to Sano Paila

Sano Paila has been providing free telemedicine support to Nepalese communities around province 2, which has been supported for higher level discussion and consultation by ASK foundation. ASK pool of consultants supported the telemedicine service run by Sano Paila.

News Coverage

[Yatradaily](#)

COVID Bed Management in Kathmandu

ASK foundation created a forum for the doctors and health care administrators to share the availability of ICU beds for COVID patients. Our coordinator from ASK foundation obtained the update and shared the information about ICU bed availability to persons looking for beds. We also coordinate in admission of patients to the hospitals in the General medical unit or to the ICU.

ASK foundation also, coordinated in finding COVID beds for more than 30 cases, inside Kathmandu in coordination with different COVID hospitals.

Advocacy and Knowledge Dissemination

As part of COVID management, various advocacy programs have been conducted, either with government agencies or non-government agencies. ASK foundation created a online forum as “COVID Task force” of major stakeholders of healthcare sector of Nepal, and discussed and shared knowledge and updated information about COVID. The forum is still in operation.

Financial Breakdown

Financial Breakdown for six month is provided in below document:

S.No.	Particular	Quantity per month	Rate per unit	Monthly cost	One time cost	Cost for 6 month	Remarks
A	HR						
1	Nurses/HA	2	18000	36000	0	216000	
2	IT Support	1	15000	15000	0	180000	
3	Medical Coordinator	1	40000	40000	0	240000	
4	ICU experts		0	0	0		Volunteer
B	Telemedicine Center setup (Laptops, Rents)	Supported by Danphe care					
C	Other costs						
1	Stationary	1	0			0	
2	Travel	5	0	0	0	0	
3	Communication	1		3000	0	18000	
4	Miscellaneous/Contingency	1	10000	0		60000	
	TOTAL					7,14,000	

Service Summary

S no	Category	Time period	Number of consultations
1	General Telemedicine in Remote parts of Nepal	6 months	More than 630 consultations (including follow-ups)

2	COVID Care	Around 2 months	Around 900 encounters, (450 Tele consultation and same number of monitoring)
3	Tele ICU	Around 1 months	Around, 15 Tele consultations conducted
4	Tele Support to Sano Paila	Around 2 months	Around 20 cases for Second opinion
5	Bed management	4 months	COVID hospital bed and ICU bed information sharing, coordination with of few hospitals of Kathmandu was done
6	COVID care training and awareness	For around two months	More than 15 organizations were benefited and more than 10 thousands joined the session

Future plans:

1. At least once a week consultants services (Internal Med, pediatrics, psychiatry, dermatology and gynecology) care
2. Addition of resources at local sites and incentives
3. Expansion to other local sites for telemedicine

Submitted By : Dr Prabhat Adhikari,
MD
Vice President, ASK Foundation
Phone : +977-9843003527

Primary contact :
Phr Kabin Maleku
Director, ASK foundation
Email : kmaleku@gmail.com
Phone : +977-9803104620

Annexure

लकडाउनमा पनि रोकिएन टेलिमेडिसिनमार्फत स्वास्थ्य सेवा

□ सागर रिजाल

प्युठान, १३ जेठ । कोरोना संक्रमणबाट बच्नका लागि सरकारले गरेको लकडाउनको समयमा पनि टेलिमेडिसिनमार्फत स्वास्थ्य सेवा रोकिएको छैन। जिल्लामै एक मात्र स्वास्थ्य संस्था ऐरावती गाउँपालिका वडा नं. ४ को धुवाङ स्वास्थ्य चौकीले टेलिमेडिसिनमार्फत स्वास्थ्य सेवा दिदै आएको छ। लकडाउनका समयमा पनि स्वास्थ्यकर्मीहरू छ्टेर यो सेवालार्इ सञ्चालन गरेको स्वास्थ्य चौकीका इन्चार्ज बालगोपाल श्रेष्ठले बताउनुभयो।

स्वास्थ्य चौकीमार्फत हप्ताको शनिवार टेलिमेडिसिनमार्फत स्वास्थ्य सेवा दिइन्छ। टेलिमेडिसिन विशेषज्ञ डाक्टरसंग भिडियोमार्फत लक्षणका आधारमा विरामीको समस्या पत्ता लगाउने र डाक्टरको सल्लाहअनुसार औषधि लिने सेवा हो। अधिल्लो हप्ताको शनिवार। यस सेवामार्फत पाँच जनाले स्वास्थ्य सेवा लिएका थिए भने गएको शनिवार सातजनालाई स्वास्थ्य सेवा उपलब्ध गराइएको थियो। वडा नं. ४, वडा नं. ५ सँगै छिमेकी गाउँपालिका मल्लरानीका एकजना गरी पाँचजनालाई सेवा उपलब्ध गराइएको हो। साइकेटिक,

सुगर, ग्यास्ट्रिक, कोलोष्टोलगायतका स्वास्थ्य समस्या भएका विरामीहरूलाई सेवा उपलब्ध गराइएको स्वास्थ्य चौकीका इन्चार्ज श्रेष्ठले बताउनुभयो। लकडाउनको समयमा सबै बन्द भएको समयमा पनि स्वास्थ्य सेवा उपलब्ध गराएपछि सेवा लिएका विरामीहरू खुशी भएका छन्। वडा नं. ५ सरइबेसीकी नमा थापाले बन्द भएको समयमा कतै जान पाएको थिएन डाक्टरसंग कुरा गरेपछि सुगरको विरामी भएको थाहा पाएको बताउनुभयो। आफूले रगत चेक गरेको र अब सुगरको औषधि खाने उहाँको भनाइ छ।

मल्लरानीको साइकेटी विरामीका लागि मान्दीब्सको मानसिक अस्पतालमा कार्यरत डा. कञ्चन दाहाल र अन्य विरामीलाई हेटीडाका डाक्टर विष्णुमोहन सिंह भिडियोमा कुरा गराएको इन्चार्ज श्रेष्ठले बताउनुभयो। लकडाउनको समयमा सवारीसाधन नचन्दा काठमाडौं लैजानुपर्ने विरामीलाई समेत यही उपचार भएको, फसोअप गर्नुपर्ने विरामी र रेफर गर्ने विरामीलाई समेत यो सेवालै प्रत्यक्ष फाइदा पुऱ्याएको उहाँको भनाइ छ। यस स्वास्थ्य संस्थामा लकडाउनको अर्वाधमा ३३ जनाले टेलिमेडिसिन मार्फत सेवा लिएका छन्। जिल्ला सदरमुकाम खलंगा छिमेकी जिल्ला अर्खाँखाँची समेतका विरामीहरू

स्वास्थ्य संस्थामा पुग्ने गरेका छन्।

गत कार्तिक महिनाबाट प्रत्येक हप्ताको शनिवार यो सेवा स्वास्थ्य चौकीले प्रदान गर्दै आएको छ। आस्क फाउण्डेसनले नेपालका विभिन्न क्षेत्रमा यो सेवा सञ्चालन गरेको छ, त्यस मध्ये धुवाङमा पनि यसमार्फत सेवा सुचारु गरिएको हो। आर्थिक स्थिति कमजोर भएर डाक्टरको सेवाबाट बाञ्चित भएकोलाई चिकित्सकीय सेवा प्रदान गर्नका लागि यो सेवालै थप सहयोग गरेको उहाँको भनाइ छ।

यसले गर्दा विरामीहरू अन्यत्र भौतारिने र धेरै पैसा खर्च हुनबाट पनि राहत मिल्नेछ। फाउण्डेसनले १० वर्षदेखि कानीकोटबाट शुरु गरेको यो सेवा हाल नेपालका सात स्थानमा सञ्चालन भएको छ। नियमित डाक्टर, इन्टरनेटको सही उपयोग र औषधिले यो कार्यक्रम प्रभावकारी हुने स्वास्थ्यकर्मीहरू बताउँछन्। साथै स्वास्थ्य चौकीका इन्चार्ज श्रेष्ठले ऐरावती गाउँपालिका र आस्क फाउण्डेसनलाई स्वास्थ्य सेवालार्इ थप प्रभावकारी बनाउनको लागि सहयोग गरेको भन्दै धन्यवाद व्यक्त गर्नुभएको छ। आगामी दिनमा यस्तो कार्यक्रम हरेक स्वास्थ्य संस्थाले सञ्चालन गरेमा आम नागरिकहरूलाई स्वास्थ्य सेवा लिन सहज हुने उहाँको भनाइ छ।