

HOPE DISABILITY CENTRE A BLESSING FOR A POOR LADY SURVIVING BY HER OWN

Mina Basnet age 20 yrs old female residence of Amarpur village (the most remote area of the District) presented herself in the camp organized by HRDC in collaboration with Resunga Hospital and HDC on Oct 27, 2014 with pain at the right knee.

She reveals her past story which saddens us to write it down. She had a night pain at the right knee joint with chills and rigors past 8 yrs. As she was limited by her poverty to go the fancy hospitals in the Kathmandu, she went to the mission hospital at the neighboring district. She was taken to the hospital by her late father and mother. She recalls the days of love and affection of her parents and could not hide her tears. She has no siblings to take care of her.



Figure 1 Mina's right knee before the surgery

XRAY of the right knee was taken but couldn't reveal the diagnosis. Pain killers were given to ease her pain but it didn't relieve her pain completely. She could only work for a while to earn her livelihood after the medications.

A friend of her offered to go to the Kathmandu for better treatment facility available at the Teaching Hospital. Tuberculosis of the right knee joint was what doctors explained her. She was advised for surgery but the poor lady could not afford it instead she returned her home being upset.

She hides her pain and continued to work till her symptoms were seen again. This time she could only afford the local hospital which is 3hours away from her home.

An example of good work by the HOPE DISABILITY CENTRE has spread all over the district where a friend of Mina convinced her to seek a help from HDC. She stayed for few days at the HDC and the manager Ganga Rayamajhi promised to help her. Later the team of orthopedic specialist was set to come for the camp at the local hospital.

Our HDC manager Ganga Ryamajhi and the financial officer Suresh Shrestha had a visit to Mina's house and found to be in a very dilapidated state which is clearly shown in the attached picture. She was later informed regarding the camp by the manager of HDC Ganga Rayamajhi.



Figure 2 Mina's house in a remote area

At the camp the doctors advised to come to their centre (HRDC) for further treatment under HOPE DISABILITY CENTRE. With full support from HDC she went to HRDC Banepa near Kathmandu.

She was kept in skeletal traction of her right knee for 2 weeks. This procedure uses a pin through above her right knee and a weight to pull. After the traction she was taken to the surgery room to remove the dead bones and fused her knee and after full leg plaster has been applied for 6 weeks.



Figure 4 Physiotherapist visit after the surgery at the HRDC

This procedure is called arthrodesis of the knee joint which means the joint has been fused and could no longer move her right knee. This was the only best option available to protect her right knee joint.

Travelling cost, treatment and surgery costs, accommodation and flooding cost at the Hospital was paid from the ALTSO account.

ALTSO has been a key organization in supporting HDC which has helped to sort a variety of cases by helping them to get an appropriate treatment.



Figure 5 dressing underway at HDC

At present Mina is at the HDC for dressing and physiotherapy. Her wound at the knee joint has almost healed. She seems to happy now in HDC but frequently tells nowhere and nothing to work after she leaves HDC. Any form of vocational training will definitely boost her confidence and rejoice her life in the future.

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