

# Medical Management Plan 2017 – 2018

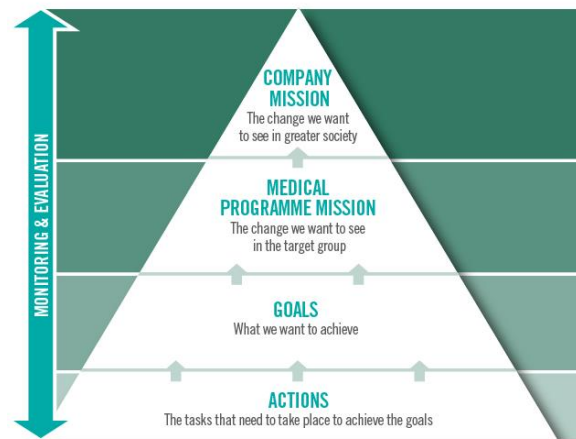
Nepal



## About the Medical Management Plans

This document explains the bigger picture of our projects in Nepal and how the combined daily tasks of all of our volunteers help us to achieve long term goals. By following Task Lists, our volunteers work towards our Goals, through which we contribute to our Medical Programme Mission which combined with our other projects, helps us to reach our Company Mission.

Here we will lay out the priorities, resources, monitoring tools and evaluation systems used to make our ambition a reality.



## Our Resources

### Human Resources

- Volunteers are of course our primary resource to achieve our goals. We welcome over 2,300 Medical volunteers per year globally.
- The staff at our placements support and facilitate our actions
- Over 600 Projects Abroad staff members provide the structure we need for worthwhile projects.

### Physical Resources

- With over 50 Projects Abroad offices worldwide, there is always somewhere for volunteers to work together and share experiences
- We provide all necessary materials for medical outreaches

### Online Resources

- Our Volunteer Resources Database shares thousands of ideas among our community
- Online reports are used to track our projects all over the world
- Personalised MyProjectsAbroad webpages prepare each volunteer for their Medical project.

### Financial Resources

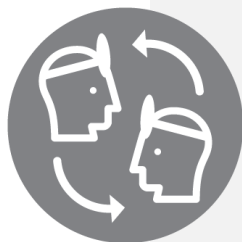
- Funds for all of Projects Abroad's work come solely from volunteer placement fees. These are distributed via monthly budgets, to ensure fair allocation of funds for each destination.
- Occasionally the Projects Abroad community may send donations directly for a specific placement or project.

### Intangible Resources

- The good reputation of volunteers in local communities is what makes our work possible. This reputation has been earned over years of dedicated volunteer contribution.
- This is supported by the combined knowledge of our extensive staff network.

# Our Medical Management Plan Goals in Nepal for 2017-2018

The following goals have been selected from a list of seven by our local staff and partners. Each placement and volunteer may be working on one or more of these goals, in line with our Medical Ethics Policy and taking into account the volunteer's qualifications and level of experience. We arrange workshops, outreaches and assist with independent research projects as a means of working towards each of these goals.



## Encourage an Understanding of Medical Practices and Promote an Exchange of Medical Knowledge

Many of our Medical volunteers have no or little experience within the medical field. Due to strict rules and regulations, medical volunteers will primarily observe, but will learn plenty from the doctors and nurses they will be shadowing. Their project allows them to gain invaluable insight into the healthcare system and procedures within a developing country, as well as prevalent local diseases. We aim to create a platform for a true cultural exchange, with volunteers learning from local staff as well as sharing their experiences with one another. Professional medical volunteers can share their knowledge and experience with local staff to help develop their skills further as well.



## Improve Hygiene Standards

Access to hygiene and adequate sanitation has long been linked to community health, education and overall development. However, standards of cleanliness and sanitation within different institutions (hospitals, schools, care centres) vary significantly, and can often be quite poor. Many people also come from low income families where this is not a priority. Teaching children good hygiene practices from an early age, though, is key to improving their opportunities later in life. Our volunteers help to educate, raise awareness and run activities to promote proper hygiene with the aim of improving the overall health of the population.



## Promote Awareness of Non-Communicable Diseases

Non-Communicable Diseases (NCDs) are the primary cause of death around the world, with over 35 million deaths each year. The future aging of the population in Nepal makes it particularly vulnerable to an increasing burden from NCDs, whereas these already represent 60% of deaths in Nepal. Smoking, a major risk factor, among adult females and youth is among the highest in South Asia. However, a lack of research funding and education make it difficult to combat these preventable diseases within the country. Our volunteers aim to educate and raise awareness on these diseases as well as promote healthier lifestyle choices to limit their growth during health education campaigns and clinical sessions.



## Improve Access to Basic Healthcare for Disadvantaged Groups

With up to 25% of the population falling under the poverty line, access to basic healthcare does remain a challenge for certain vulnerable groups in Nepal, which would explain how the prevalence of disease is higher in Nepal than most other South Asian countries. Through our outreach programme, we aim to provide free basic healthcare to some of these more vulnerable groups as well as raise awareness about some of the more pressing health issues facing the country. Volunteers will run health talks in local schools to better educate the youth, will support some of our key partners, and occasionally offer services in more remote rural villages.

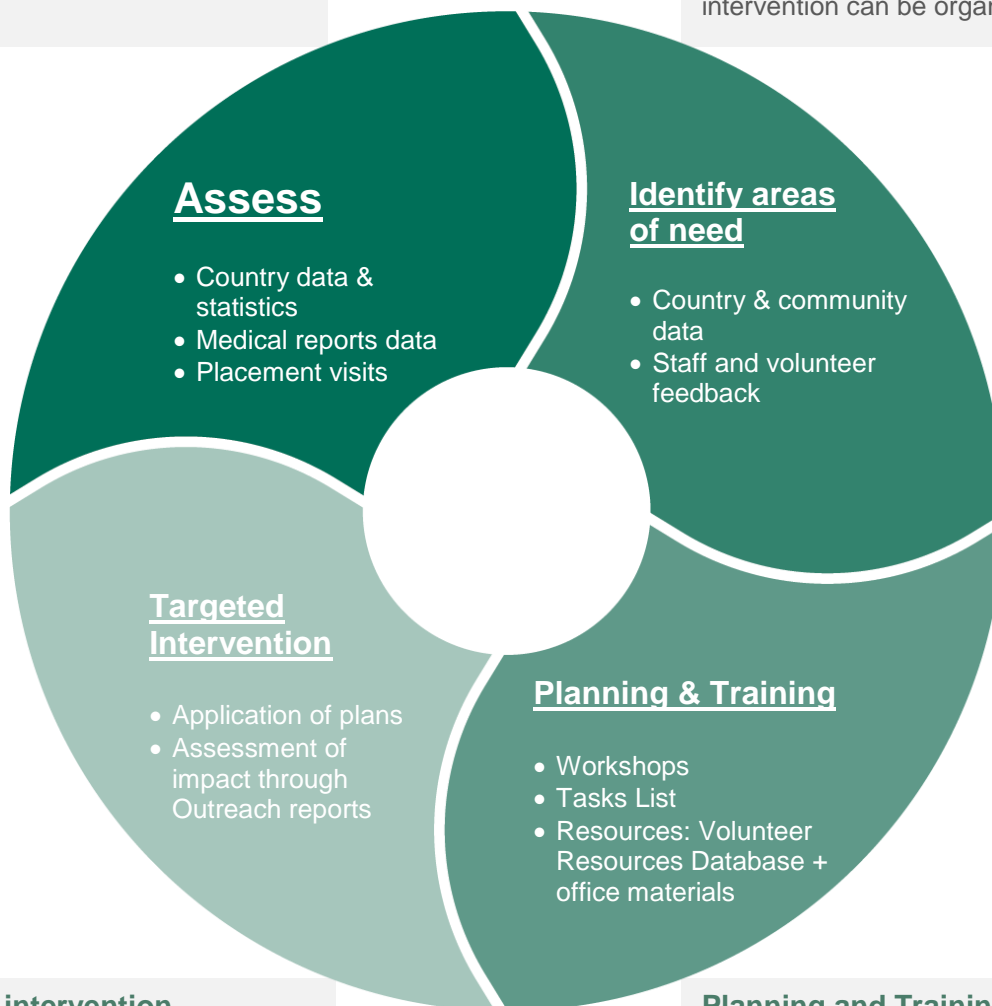
# How we achieve our goals

## Assessment

Through specially designed reports and structural research, we pinpoint locally relevant issues. This information will help us determine the methods and areas for intervention within local communities.

## Identify areas of need

Through research and data gathering, we can identify the areas that most need human or material resources. This helps volunteers to know which healthcare topics need further education as well as which ailments are most affecting local communities, so that targeted intervention can be organised.



## Targeted intervention

Through our steady stream of volunteers year round, we are continuously targeting the areas of need determined by our data. Although a 4 week volunteer might not see a tangible difference in the time they are there, we are able to show that over longer time frames each and every volunteer contributes to long-term, sustainable impact.

## Planning and Training

Based on the areas of need we create Task Lists, workshops and community outreaches to direct our impact to where it is most needed. Resources are designed by volunteers and these are shared on the Volunteer Resources Database.