

WfWFvertegenwoordiger in Nepal

Key highlights 2024- Bishwa Nath Poudyal – WfWF Country Representative

- Program Launch and Partnership Strengthening- Successfully initiated Women's Health Education initiatives and deepened collaborations with key partners, including SoDeSI, Kumari Foundation, Sunkoshi Community Hospital, and leading hospitals (MMTH, Paropakar Maternity Hospital, SMH), while expanding geographical reach.
- Capacity Building-Trained 150+ health workers (primarily nursing staff) and 500+ individuals, including Female Community Health Volunteers (FCHVs), elected women leaders, teachers, and marginalized women, on critical women's health issues (discharge, POP, urinary incontinence, menstruation).
- Resource Provision-Equipped 14 health centers with essential tools like Ring Pessaries, Speculums, and educational materials to improve POP and discharge care.
- Skill Transfer- A gynecologist from Paropakar Maternity Hospital gained advanced POP surgery exposure at SMH, enhancing local expertise.
- Innovative Training- Piloted low-resource setting training techniques in remote areas, empowering communities to address women's health challenges independently.
- Certification and Commitment- Certified 30+ health workers (nursing staff) who pledged to deliver quality women's health services in Nawalpur, Sindhuli, and Tanahu .
- Specialized Care-Integrated a physiotherapist into field teams, make ambulance to utilizing Pelvic Trainers and Specialized Counseling sessions in field camp to support women with pelvic health issues.
- Pediatric Support- Collaborated with a WfWF pediatrician to provide primary healthcare to children in residing Baudakali Rural Municipality.
- Municipal Collaboration- Sustained partnerships with local municipalities to conduct community training and health camps across their wards through cost sharing.
- Media Outreach- Leveraged FM radio stations in Nawalpur and Tanahu to broadcast women's health tips and camp schedules, improving rural awareness and care-seeking behavior.
- Inclusive Education- Expanded reach to marginalized communities through radio and video-based education, ensuring access to health knowledge for the "unreached."

Key Inputs Tanahu District- Suklagandaki Municipality

1. Coordination and Collaboration

- Collaborated closely with SoDeSI, municipal health coordinators, and health facility in-charges to ensure seamless program implementation, including strategic site selection for interventions.
- Actively participated in district RHCC meetings to align WfWF's initiatives with local reproductive health priorities.

2. Capacity Building/ technical support

- Facilitated peripheral-level training sessions (pre-field camp preparation) targeting FCHVs, teachers, elected members, women's groups, healthcare workers, and stakeholders.
- Focused on enhancing knowledge of POP and other women's health issues.
- Hands-on support to SoDeSI in program planning, budgeting, monitoring, and stakeholder coordination to ensure program sustainability.

3. Visibility and Advocacy

- Developed audio/video messages and leveraged local FM radio to broadcast women's health education content and field camp schedules across the municipality.
- Created flyers and videos to amplify awareness of WfWF's Women Health Education Initiative.

4. Logistics and Field Support

- Managed inventory (dispensable/non-dispensable items, medicines) and oversaw procurement and storage to ensure smooth camp operations.
- Streamlined logistics for training and health camps, including resource allocation and distribution.

5. Post-Intervention Follow-Up

- Conducted pre- and post-surgery follow-ups for identified clients through direct engagement by SoDeSI, ensuring continuity of care.
- Facilitated a Review Refresher Training for all nursing staff involved in health camps and organized a follow-up camp for women using pessaries or recovering from recent surgeries.

Key Inputs Sindhuli District- Golenjor Municipality

- Partnered with for coordination, planning, and executing women's health education initiatives.
- Mobilized a team; coordinated with local health authorities for community engagement.
- Conducted training to the FCHVs and health workers and women on POP, hygiene, and nutrition & Organized Women's health camps in underserved areas (Ward 4 Tinkanya).
- Provided pre- and post-surgery follow-ups for identified patients.

Key Inputs Nawalpur District - Boudhikali Municipality

- Collaborated with Kumari Trust / Baudikali Municipality Chair to implement programs.
- Held training for community stakeholders/health workers and organized 6 health camps across all wards. By focusing women's health through education & healthcare access.
- Engaged local leaders to ensure program relevance; conducted surgery client follow-ups pre- and post-operation.

Challenges

- Resource Constraints- Limited funding for Women's Health program focusing POP and lacking of trained human resources posted at health delivery service sites challenges in scaling up initiatives.
- Shortage or no supply of necessary equipment's and instruments to Health centers like ring pessary and speculums.
- Geographical Barriers- Remote locations in Sindhuli and Nawalpur districts made logistics and outreach difficult.
- Coordination Issues- Ensuring alignment among multiple stakeholders required significant effort and time.

Impact and Outcomes

- Officials from municipal and health centers are aware of the limitations of Health care services provided to the beneficiaries of their catchment area.
- Increased Awareness- Women in target areas reported improved knowledge of self-health care, reproductive health, and hygiene.
- Enhanced Access to Services- Health camps provided direct services to over 1,500 women across the three districts.
- Strengthened Partnerships- Collaboration with local NGOs, hospitals, and municipalities strengthened WfWF's presence and impact.
- These inputs strengthened local partnerships, built community capacity, improved service delivery, and ensured sustained engagement with vulnerable populations.
- The government of Nepal started using the Health Management Information System (HMIS) to gather data on POP for their regular monthly report.

Lessons Learned

- Community Involvement- Engaging local stakeholders from the outset ensures program sustainability.
- Flexibility- Adapting to local contexts and challenges is critical for success.
- Partnerships- Leveraging existing networks and resources maximizes impact.
- Follow up - Targeted patient follow-up after the service equally required.

Conclusion

- 2024 has been a year of growth and impact for WfWF in Nepal. Despite challenges, we have made significant strides in improving women's health focusing to POP, discharge, urine incontinence and mensuration related issues. With continued collaboration and innovation, we look forward to achieving even greater impact in the years to come.

Thank you!