

MEDICAL VOLUNTEER PLACEMENT SPEC



As part of our volunteering programme, we offer Medical Volunteer placements, where those medical students wishing to complete electives abroad or those who, while studying, wish to have experience of health systems in the developing world. Whether you wish to work in a rural health post or in an inner city hospital we can arrange this for you.

FISHTAIL HOSPITAL (Private Hospital)

We have recently established a relationship with the Fishtail Hospital in Pokhara – one of the biggest private hospitals in the city. It is not a teaching hospital so it will not be able to provide a teaching placement, but you will be able to accompany consultants on their morning and evening rounds, as well as working with Medical Officers, who work on the wards 24/7.

The services provided by the hospital include:

Cardiology	Endocrinology
Dermatology	General Surgery
ENT	Major and Minor Operations
Obs & Gynae	Neurosurgery
Family Planning	Pediatrics
Orthopedics	Psychiatry
Plastic Surgery (Free camps)	Oncology
Vaccinations and Immunisations	NICU
ICU	Urology
Maternity	

Operations take place most days from 6am onwards, and students are more than welcome to observe. Each evening, the hospital will let you know directly what operations are taking place the following morning. Morning shift takes place from 7am-10am and Afternoon shift takes place from 3pm to 7pm.

Rotations are organised on a weekly basis and the hospital are willing to put you into any department you wish.

The cost of the placement is \$75 per week.

As medicine is taught through the medium of English, doctors and nurses can speak English well, and will be able to explain to you what is happening.

The hospital is easily accessible by local bus from Lakeside, and takes approximately 15mins by bus and a further 5mins walking.

WESTERN REGIONAL HOSPITAL

This is a government hospital in Pokhara, in roughly the same area as Fishtail.

Here you would be able to have more continuous contact time with the doctors, who you can shadow from 11am to 4pm.

The cost of the placement is also slightly higher than at Fishtail: for 2 weeks its \$230 and for 1 month its \$360.

SIKLES HEALTH POST

Based in Annapurna Conservation Area, the Sikles Rural Health Post serves a community of 2,745 people. It is approximately 5 hours bus ride from Pokhara.

The services they provide include:

Vaccinations	Female Community Health Volunteers
Nutritional Education	Free medicine
Safe Motherhood	Respiratory and Diarrhoea illnesses
Family Planning	

It depends how long you would like to stay in the health post. We would normally recommend between 2-3 weeks but if you would like to go for longer this can be arranged. Very few people in the village speak English, so it might be useful to have some Nepali lessons in Pokhara before visiting.

There is a homestay option which includes accommodation and two meals a day, at the price of 600Rs. The bus is 350Rs each way – a jeep charges 800Rr which is split between passengers but it will depend on how many people are going. With a medical background, we would suggest spending 1-2 weeks at the post to really gain an insight into how medicine is practiced in the community and the health needs of the population.

HEALTH CAMPS

We try to hold a Health Camp at least once a year, bringing qualified doctors from Pokhara to Rural Health Posts where there is only one doctor and limited medical supplies.

Thanks to our relationship with the Fishtail Hospital, we are able to source doctors from the hospital provide expertise in a range of fields, including emergency medicine and orthopaedics. We supply logistics and medicines through our contact at a local pharmacy.

HEALTH AND HYGIENE

We frequently carry out sanitation programmes, including water tank construction and toilet installation. There is very little education provided on personal hygiene. Many people don't know about the importance of hand washing or toilet cleaning because they are just not used to it. All they require is basic knowledge that will keep them safe from preventable illnesses, like diarrhoea. If you would like to carry out hygiene classes in any of the communities where we work, or are of a public health background, then please let us know in your volunteer enquiry.