



## HRDC Fall 2019 Update

### Hospital and Rehabilitation Center for Disabled Children, Nepal



*Thanks to your help, 93,000 children have been healed.*

If a child in rural Nepal is injured or has a disability, their family may have nowhere to go for help. For every child like this, HRDC is a miracle. From freeing an arm from a bad burn contracture to straightening feet or a spine so a child can walk, HRDC's dedicated medical team heals both body and spirit with skill and kindness.

The care and concern for all their young patients extends far beyond surgical treatment. A special team makes and fits custom prosthetics in-house, and physical therapists gently, expertly, guide each child in learning how to use their newly working bodies. A classroom in the hospital makes sure kids don't fall behind in their studies, and even the food is good. Children tease their doctors to not operate on them on Wednesday — that's the best lunch day of the week.

It's all part of HRDC's mission: **to heal the whole child.**



AMERICAN HIMALAYAN FOUNDATION

909 Montgomery Street, Suite 400 San Francisco, California 94133 415.288.7245 [www.himalayan-foundation.org](http://www.himalayan-foundation.org)



*With their unshakeable belief that every child deserves quality care, the Drs. Banskota have grown a small clinic into a renowned pediatric orthopedic hospital.*



*HRDC also  
heals emotional  
wounds by  
showing patients  
they aren't alone.*

## Dedication to Children Over Two Generations

Dr. Ashok Banskota founded HRDC when he returned to Nepal after studying to be an orthopedic surgeon in the US. He saw a desperate need for his skills; in 1985, orthopedic care for poor children with injuries or disabilities was almost nonexistent. So he just started caring for them, first in a rented house refitted as a medical clinic. Through hard work and his vision that every child deserves quality care — regardless of their caste or family income — his small clinic has grown into a pediatric orthopedic hospital renowned throughout South Asia.

Compassion and a mind for medicine run in the family: Dr. Ashok's son, Bibek, has followed in his father's footsteps to become an orthopedic surgeon, and has now become the medical director. With another generation of Drs. Banskota at the helm, HRDC's position as a beacon of hope to Nepal's most disadvantaged children is assured for years to come. And, of course, his father still works at the hospital, seeing patients and mentoring young surgeons on their surgical and empathy skills.



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*Children, especially from remote areas, often have to stay weeks, or sometimes months, at HRDC for their treatment. So the hospital has a classroom and three teachers on site to keep patients from falling behind in school. And, turns out, when the children return home, they have new enthusiasm for their studies.*

## New This Year

In Nepal, a country with more vertical terrain than roads, HRDC's five satellite clinics are a huge step forward in reaching children in ever more remote communities. Now, about half of all patient screenings and 10% of surgeries are done in the field. The clinics also help with early assessment of injuries and do casting and physical therapy. All of this puts HRDC within reach of more children in need.

But the hospital's reputation as the best place for care for children with breaks, burns and twisted limbs has increased the already steady stream of new patients. Even with the clinics, the hospital often runs at 100% capacity, and the wait times can grow for suffering youngsters. So Dr. Bibek has been shepherding a much-needed expansion.

The construction of both a new patient ward and operating theater are finished, and we saw them on a recent visit. The ward was light and airy,



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*Playtime, fresh air and making friends are all part of the HRDC healing prescription*



*"Thank you for helping me get better!"*

every bed already full of kids whose lives were being transformed so they can walk, play and go to school. So many small miracles.

HRDC is special; I have never seen a hospital full of children that is also so full of joy. The Drs. Banskota and their skillful and compassionate team have healed more than 93,000 children who had nowhere else to turn. Think of it — 93,000 young lives brought back to health and happiness.

And your generosity is the engine that makes all of this possible.

Thank you!

Norbu Tenzing



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