

Narrative report on Nepal Physiotherapy Association Camp

March 26th 2016 - Patan

1. Background

NEPTA has been organizing physiotherapy camps in different locations. This year, following the same practice, NEPTA organized the camp on 26th March 2016 in Dhababaili, Old Patan, Lalitpur. Though Old Patan lies in the core of Kathmandu Valley, this camp was organized to improve the awareness of general public and to improve liaison with locally active organizations so that profile of physiotherapy is uplifted.

2. Approaches adopted

2.1 Partnership:

NEPTA adopted a partnership approach with local Rotary club of Yala – Ann's Group. The local partner was responsible for managing logistics/venue and disseminating the information about the camp into their network. The Manimandap Bihar in Dhababahi, Patan provided the venue for the camp, which was coordinated by Manimandap Mahila Samuha.



2.2 Participation:

NEPTA requested volunteer contributions from executives, general members and students of Kathmandu University School of Medical Sciences.

The names of participating physiotherapists are:

- i. Sumana Baidya
- ii. Binay K.C. (visited the camp for observation)

iii. Regan Shakya

The names of participating students of physiotherapy from KUSMS:

- I. Manisha Lakhey
- II. Subechya Malla
- III. Shreekrishna Silpakar
- IV. Saajan Manandhar
- V. Prakriti Khatri
- VI. Arpita Karki
- VII. Redisha Jakibanjar
- VIII. Anup Acharya
- IX. Rashmita Sharma
- X. Misu Manandhar
- XI. Ujuma Bade
- XII. Rojina Shrestha
- XIII. Elisa Maharjan
- XIV. Riju Maharjan
- XV. Miriam Pathak

NEPTA appreciates the participation of physiotherapists and their effort to make this camp a grand success. NEPTA also would like to extend its sincere gratitude to Ms.Renu Baidya, program co-ordinator from Rotary Club- Ann's group and Ms.Hasana Shakya from Manimandap mahila samuha for their wonderful coordination and support for the camp.



2.3 Service delivery:

98 people were benefitted by the camp. Out of total, 65 were female and 33 were male. Mostly the people having the age group 30-80 attended the camp for service. Common problems identified on them were back pain(26), cervical/lumbar radiculopathy(11), neck pain (9), knee pain (11),



shoulder/scapular problems (13), tennis elbow (6), uterine prolapse/urinary incontinence (5) and multiple joint pains (17).



2.4 Coordination /Supervision:

NEPTA executive Sumana Baidya coordinated the planning and organization of camp. At the local level, Renu Baidya, Program coordinator, Rotary club- Ann's group and her team owned the camp.