

Program Overview

Ek Ek Paila Foundation successfully conducted its 37th Health Outreach Surgical Program in Sisne, Rukumkot, from December 16 to 18, 2025, at Rukum East Hospital. The program aimed to improve access to essential healthcare services for communities living in remote and underserved areas of eastern Rukum.

This initiative was implemented in close collaboration with Sisne Rural Municipality, Rukum East Hospital with generous support from Rapti Eye Hospital, Buddha Air, and the Shahi Family.

Impact

720 patients registered

- 977 free cross-consultations provided
- Multiple specialized services delivered at no cost to beneficiaries

Through this outreach, hundreds of individuals received timely medical care that would otherwise be difficult or impossible to access due to geographic and financial barriers.

Key Medical Interventions

A) Ophthalmology

- 419 patients screened
- 70 cataract surgeries successfully performed

In partnership with Rapti Eye Hospital, 70 cataract surgeries were conducted. These procedures have had a transformative impact, enabling beneficiaries to regain vision, independence, and improved quality of life while contributing to the reduction of preventable blindness in the region.

B) Ear, Nose, and Throat (ENT) Services

- 317 OPD patients treated
- 21 advanced ear surgeries performed improving hearing and quality of life

All ENT surgeries were carried out using fully endoscopic, transcanal techniques, ensuring:

- No external incisions
- 100% suture-less outcomes
- Faster recovery and reduced post-operative complications
- Better result and higher success

rate Surgical procedures included:

- Endoscopic mastoidectomy with Type IIIc tympanoplasty
 - Revision Type III tympanoplasty
 - Primary Type I tympanoplasty
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C) Obstetrics and Gynaecology (OB-GYN)

240 women received gynecological and maternal health services

Total of 62 VIA testing was done, and 16 were VIA positive, 19 pap smears 7 cervical biopsies were taken and 1 cervical polypectomy was done.

Thermocoagulation was done for the 7 women who had VIA positive on examination. 2 women who were VIA positive refused treatment, including biopsy.

2 women with uterovaginal prolapse for whom ring pessary was inserted.

Most of the women presented with vaginally discharged, lower abdominal pain and a few with urinary tract symptoms. Only 2 pregnant women attended as antenatal checkup were done on a regular basis in the hospital itself.

The OB-GYN team addressed critical reproductive and maternal health needs, improving access to essential care for women who often face limited healthcare options in remote settings.

Why This OSP ?

Remote districts like Rukum continue to face significant gaps in access to specialized healthcare. Through strategic partnerships and donor support, Ek Ek Paila Foundation bridges this gap by bringing quality surgical and specialist services directly to communities in need.

Each outreach program not only treats illness but also restores dignity, productivity, and hope.

Acknowledgement

Ek Ek Paila Foundation extends sincere gratitude to all partners, medical teams, donors, and supporters whose commitment made this life-changing program possible. Your support directly translates into healthier lives and stronger communities.



Teams –

SN	Name	Speciality
1	Dr. Dipesh Sakya	ENT
2	Dr. Anuj Devkota	ENT
3	Jamuna Rai	ENT Nurse
4	Shanti Maya Tamang	ENT Nurse
5	Dr. Madhu Tumbahamphe	Gynaecology
6	Laxmi Buda	Gynae Nurse
7	Ashok Pandey	LOGISTICS
8	Ashish Bhattarai	LOGISTICS
9	Ramesh Neupane	Pharmacy
10	Shekhar Chhetri	IT
11	Archana Shahi	Volunter
12	Sahishree	Volunter
13	Dr Ranjeet Kumar Sah	Rapti Eye
14	Dr Sumit Pandey	Rapti Eye
15	Om Prakash Yadav	Rapti Eye
16	Bimal Ghimire	Rapti Eye
17	Chandrakala Aryal	Rapti Eye
18	Jharana Neupane	Rapti Eye
19	Jeevan Thapa	Rapti Eye
20	Kamal Chaudhary	Rapti Eye
21	Jeevan Bashyal	Rapti Eye
22	Mamata Chaudhary	Rapti Eye
23	Hira	Rapti Eye
24	Himani, Laxmi	Rapti Eye