

ENT Surgical Program Report–39th Paila



Program Date: May 10th – May 12th, 2026

Program Site: Jiri Hospital, Dolakha

In Collaboration with: Jiri Municipality and Jiri Hospital

INTRODUCTION

Jiri Municipality, located in Dolakha district approximately 195 kilometers from Kathmandu, is a geographically remote hilly region with limited access to specialized healthcare services. Due to difficult terrain, and shortage of specialist doctors, residents of Jiri and surrounding rural communities often face significant barriers in accessing timely Ear, Nose, and Throat (ENT) healthcare services.

Prior to this initiative, no organized ENT surgical outreach program had been conducted in the region, and specialized ENT surgical services were unavailable at Jiri Hospital. As a result, patients suffering from chronic ear infections, hearing problems, nasal diseases, throat conditions, and other ENT-related illnesses had to travel long distances to Kathmandu for treatment, which was financially and physically difficult for many families.

Recognizing this healthcare gap, Ek Ek Paila Foundation organized the 39th Paila – Jiri ENT Surgical Program in coordination with Jiri Municipality and Jiri Hospital to provide accessible and free specialized ENT services to the local community.

OVERVIEW OF 39TH PAILA

The three-day outreach ENT surgical program was successfully conducted from May 10th to May 12th, 2026 at Jiri Hospital, Dolakha. The program aimed to provide specialized ENT consultation, hearing assessment, and surgical treatment services to underserved populations of Jiri Municipality and surrounding rural areas.

The program received an overwhelming response from the local community, with a total of 237 patients directly benefiting from the services provided. The mean age of the patients was 40.88 years, with the youngest being 3 months old and the oldest 83 years old. Among them, 127 were male and 110 were female.



OVERVIEW OF 39TH PAILA CON....

Patients were evaluated and managed for a wide spectrum of ENT conditions. The most common diagnoses included chronic otitis media, presbycusis, unilateral sensorineural hearing loss, impacted ear wax, allergic rhinitis, chronic rhinosinusitis with nasal polyps, tonsillitis, throat infections, and laryngopharyngeal reflux disease (LPRD). Notably, no cases of head and neck malignancy were identified during the program.

A total of 52 patients underwent hearing assessment and audiological evaluation. In addition to consultations, patients received appropriate medications, counseling, and follow-up recommendations.

Minor outpatient procedures such as wax removal and foreign body extraction were performed. Furthermore, 13 patients underwent day-care ENT surgeries under local anesthesia, including 12 Type I tympanoplasties and 1 Type III tympanoplasty. All surgical procedures were completed successfully without any perioperative complications.

Overall, the program not only delivered essential medical and surgical care but also played a significant role in raising awareness about ENT health, early diagnosis, and timely treatment-seeking behavior among the local population.



ENT FINDINGS AND STATUS

During the screening and consultation sessions, several common ENT-related conditions were identified among the patients. Chronic Suppurative Otitis Media (CSOM) and hearing impairment were among the most frequently observed problems, particularly among children and elderly patients. Many patients presented with long-standing untreated ear discharge and hearing loss due to lack of access to specialist care. Other commonly identified conditions included:

- Wax impaction
- Allergic rhinitis ,Chronic sinusitis ,Tonsillitis
- Deviated nasal septum
- Throat infections
- Hearing impairment and conductive hearing loss

The findings highlighted the urgent need for regular ENT outreach services, hearing screening programs, and community-level awareness regarding prevention and early management of ENT diseases in remote areas like Jiri.





REFERRAL AND FOLLOW-UP

Patients requiring advanced investigations and surgical management beyond the scope of the outreach program were referred to Civil Service Hospital for further treatment and specialized care.

To ensure continuity of care, ENT-related consultation and guidance were provided to the medical team of Jiri Hospital regarding follow-up management of operated and referred patients. Furthermore, follow-up cases will be jointly monitored through telemedicine coordination between the ENT surgeons of Ek Ek Paila Foundation and the healthcare professionals at Jiri Hospital.

This collaborative follow-up mechanism aims to strengthen local healthcare capacity and ensure long-term patient care in remote communities.

CONCLUSION

The 39th Paila – Jiri ENT Surgical Program successfully addressed a critical healthcare need in Jiri Municipality by providing free specialized ENT consultation, hearing assessment, and surgical services to underserved populations. The program demonstrated the importance of outreach-based healthcare initiatives in improving access to specialist services in geographically remote regions of Nepal.

Ek Ek Paila Foundation remains committed to continuing similar outreach programs across Nepal in collaboration with local governments, healthcare institutions, and supporting partners to ensure equitable healthcare access for all communities.

APPRECIATION

Ek Ek Paila Foundation expresses its profound gratitude to our generous donors, collaborating institutions, healthcare professionals, and volunteers whose unwavering support made the 39th Outreach ENT Surgical Health Service a remarkable success.

Your commitment and partnership enabled us to deliver specialized healthcare services to remote communities of Nepal and bring hope, care, and healing to countless individuals. Your support continues to inspire us in our mission of building a healthier, stronger, and more empowered Nepal.

We extend our sincere appreciation to:

- Jiri Municipality
- Jiri Hospital
- National Life Insurance Company Limited
- All dedicated volunteers, healthcare professionals, and supporters

TEAM

- Dr. Dipesh Sakya (ENT Surgeon)
- Dr. Shristi Subba Rai (ENT Surgeon)
- Ms. Jamuna Rai (ENT OT Nurse)
- Ms. Shanti Maya Tamang (ENT OT Nurse)
- Mr. Nabin Gupta (Audiometric Technician)
- Mr. Ashish Bhattarai (Logistic)
- Mr. Ashok Pandey (Coordinator)
- Jiri Hospital Team

THANK YOU

