

DHADAGAON COMMUNITY HEALTH POST

Kavre Palachwok District, Nepal

Reconstruction Plan after the earthquakes

Of 25th April and 12th May 2015



INTRODUCTION:

Dhadagaon is located near Nagarkot, a very famous touristy place in North East direction of Kathmandu. It belongs to the district of Kavre Palanchwok. Dhadagaon has approximately 2'500 inhabitants, and the population of the surrounding areas comes up to 15'000 villagers.

In spite of closeness to Nagarkot, it identifies itself as a remote village. Main income is made by agricultural work. Daily life is hard. The farming works are done without any technical support. On typical terrace fields, maize and millet are the main crops which are cultivated. Potatoes and radish are grown well. Cows are herded in the small grassland and the produced milk will be sold to Nagarkot collector center.

Nowadays, a green road (mud road) connects the village with Nagarkot (it can only be used in the dry season - winter).

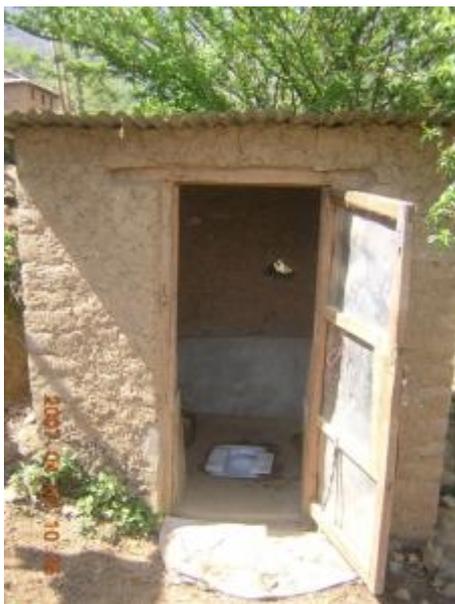
The inhabitants of this area belong to the Tamang community, living in a very traditional style and they follow the Buddhist religion. For Tamang people, the traditional healers (Shaman) are very important and part of their life. Until ten years ago Dhadagaon people had no access to modern medicine, as it is practiced in the city.

In 2060 BS (end of 2003), with the support of individual donations and in cooperation of the village committee, one small health post was installed. In one rented room, OPD services with basic medicine and equipment were offered to the patients. They are suffering from small injuries, fever diseases, different types of infections, and in the rainy season, often from typhoid and other diarrheal diseases.

From the very first day, the patients realized the value of the services. There is one recognized CMA (Community Medical Assistant) employed, who is doing the service responsibly and qualified, six days a week, from 8 am to 2 pm. Additional health camps with specialized doctors as like ophthalmic- , skin doctors, gynecologists and surgeons as well as pediatricians are organized time to time (5-6 times a year).

The first year morbidity statistics showed that more than 50% of all treated health problems were poor hygiene - related. To work on this topic, a women group was founded to provide health education and practical advises for the healthy lifestyle. Nearly every household could be provided with hygienic toilets and open fire cooking. Quite all negative health effects and the environment disturbances could be eradicated in the main village.

Since the beginning of health services for Dhadagaon and surrounding villages, more than 25'000 patients received a treatment.



Hygienic toilets



Different stove models provided to the families.

SATURDAY 25TH APRIL 2015 11:56 AM

An earthquake of Richter's scale 7.6, with centrum in Kathmandu valley, rocked the capital and the whole area. Massive damages of buildings and properties occurred and more than 9'000 people died.

In Dhadgaon, a skin disease camp was conducted at that day. Two doctors and a medical team of volunteers were at the village. The earthquake started with a big strange sound, coming from the ground. Than everything was shaking and moving, nothing was stable. Patients and doctors were running out of the building to wait in the open place.

The village houses brake together and air became full of dust. Everywhere in the hills one could see the dust coming up, like a bomb blasting. Small landslides could be seen.

Immediate help could be provided by the medical team. A group of villagers went to search in the damaged houses for injured people, and rescued many of them. For three villagers, help came too late, and they died inside their houses. Around 30 patients with severe injuries, like fractures, were given first aid and were referred to Bhaktapur hospitals. Many more were suffering from minor injuries and could be treated on the spot.

Healthpost was badly destroyed but some relief material could be taken out from the debris.

Not even one of the traditional houses was in function and all people had to stay outside. Aftershocks came frequently and made them afraid. Women and children were provided with simple roofs, made from tinplate and bamboo.

The CMA started at the same day to organize the hygienic situation, in order to prevent from infectious diseases.

The villagers received help, like food and material during the post-quake time by different organizations. Simple dome huts could be built to survive during the rainy season (June to August). Farming work was continued and some vegetable and maize could be harvested during October.

Winter is in front of them and the political situation in Nepal (blockade of Indian border) is delaying all construction works because of lack of material and transportation.

Villagers committee and adviser from Kathmandu are planning to build up a model village with better facilities than before (water supplies, electric wiring and others).

To build up the health post has become the first priority. Nowadays the given services are very limited. Two dome houses, made by metal plate, are connected and some material and medicine were donated.



Dhadagaon Community Health Post before earthquake



After the first earthquake



15 days later, after many aftershocks



Situation 7 months after earthquake



Health post in dome house



Inside the health post



Program for introduction of new oven

RECONSTRUCTION OF THE VILLAGE

The villagers have the strong will to build up their houses and their village. With the help of some specialists, they want to set up a model village with facilities like drinking water supplies, wastewater cleaning and toilets for each family. Beside houses reconstruction, agricultural training will be given, to make them able to cultivate different types of vegetable.

For health services and care of women and children, the health post is very much needed. Not only the day by day service for sick people will be provided, but also the health education class will go on. Especially in this disaster situation, proper hygiene and balanced food is important to survive. All vaccination and other regularly government services are also covered by the health post. In average, daily 10 to 12 patients are treated.

Basic needs are three rooms for the health post. The VDC (village development committee) has provided the land already. It is located in the center of village and has good access by green road. Nearby is one big ground, used for meetings of sport and other.



Our Vision is good care for ladies and children, healthy environment for the families and possibility to live and earn in the village.

Financial support can make our dream become reality, and can help a lot that the trauma of the earthquake will be minimized. Thanks for any help.

Christa Drigalla

For the people of Dhadagaon

Kathmandu, December 6th, 2015

Overlook of Reconstruction and operating cost for Dhadagoun Helathpost			
SN	Items	Cost in NRS	Cost in Euro
1	Reconstruction of Healthpost building	844.342,16	7.675,84
2	Reconstruction of two toilets	40.000,00	363,64
3	Construction of fance	50.000,00	454,55
			-
4	Investment of furniture	203.000,00	1.845,45
5	Investment of medical,technical equipment	295.500,00	2.686,36
			-
6	Operating for one Year (2016)	911.000,00	8.281,82
			-
	total	2.343.842,16	21.307,66

Please find the drawings of proposed Health post as enclosures.

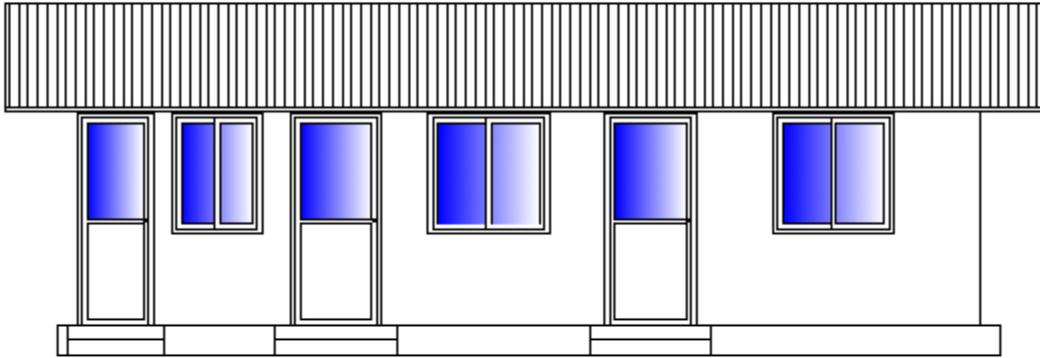
Also a list of basic equipment, furniture and one year operating costs are added.

List and cost for Dhadagoun health post medical technical equipment

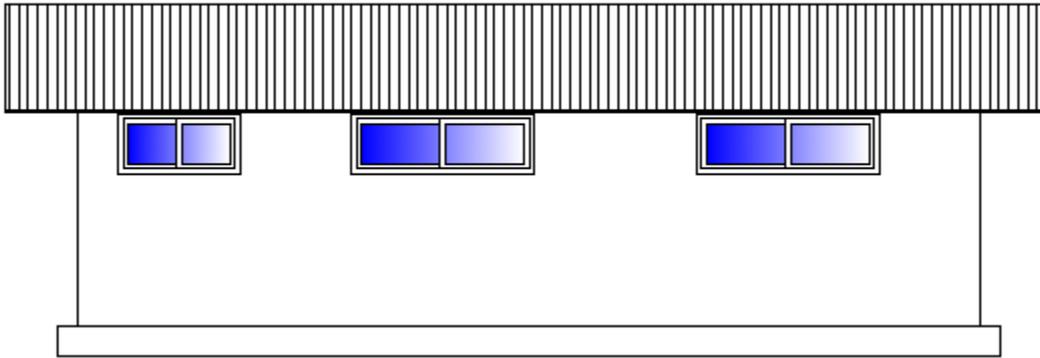
SN	Items	No	Cost per pice	Cost total
1	BP set	2	5.000,00	10.000,00
2	Otoscope	1	7.000,00	7.000,00
3	Ear thermometer	1	5.000,00	5.000,00
4	Weight machine	1	3.000,00	3.000,00
5	Autoclave	1	8.000,00	8.000,00
6	Instruments :			-
7	Forceps	6	250,00	1.500,00
8	Clamp	6	250,00	1.500,00
9	Szissors	6	300,00	1.800,00
10	Dressing clamp	2	500,00	1.000,00
11	Instrument box	2	4.000,00	8.000,00
12	IV stand	4	2.500,00	10.000,00
13	Drapes,dressing	20	150,00	3.000,00
14	Towels	6	200,00	1.200,00
15	Bed sheet	6	500,00	3.000,00
16	Staff Dress,Set	4	5.000,00	20.000,00
17	Telefon set	1	5.000,00	5.000,00
18	Laptop	1	50.000,00	50.000,00
19	Projector (HE)	1	20.000,00	20.000,00
20	Room Heater	1	4.500,00	4.500,00
21	Solar Water heater	1	50.000,00	50.000,00
22	Generator	1	60.000,00	60.000,00
23	Refrigerator	1	16.000,00	16.000,00
24	water filter	2	3.000,00	6.000,00
	total medical, technical Equipment NRS			295.500,00
			Euro(110)	2.686,36

List and cost for Dhadagoun Health post (furniture)				
SN	Items	No	Cost per pice	Cost total
1	Writing table	2	15.000,00	30.000,00
2	Chairs	6	6.000,00	36.000,00
3	stool	3	1.000,00	3.000,00
4	Medicine Cupboard	2	16.000,00	32.000,00
5	Store rack metal	4	10.000,00	40.000,00
6	Cupboard half	2	8.000,00	16.000,00
7	Bed	2	7.000,00	14.000,00
8	mattress	2	2.000,00	4.000,00
9	Banch, waiting	1	5.000,00	5.000,00
10	White Board	1	5.000,00	5.000,00
11	Boock shelve	1	8.000,00	8.000,00
12	Teachin material set	1	10.000,00	10.000,00
total furniture cost NRS				203.000,00
			Euro (110)	1.845,45

Dhadagoun Healthpost				
Operating cost plan for 2016				
SN	Items	monthly	No	Total
	Salary Prem	10.000,00	13	130.000,00
	Salary Sanu Maya	3.000,00	13	39.000,00
	Salary Bindu Maya	2.000,00	13	26.000,00
	Salary Mohan	2.000,00	13	26.000,00
1	Salaries			221.000,00
2	Rent	-		
3	Medical supplies/Medicine	30.000,00	12	360.000,00
3	Camp	25.000,00	6	150.000,00
4	Transportation	5.000,00	12	60.000,00
5	Communication	5.000,00	12	60.000,00
6	Miscellanious	5.000,00	12	60.000,00
	operating Cost			690.000,00
	Total operating cost plan 2016		NRS	911.000,00
			Euro(110)	8.281,82



Front Elevation



Back Elevation

PROJECT:
Construction of Health Post
Nagarbati, Nepal

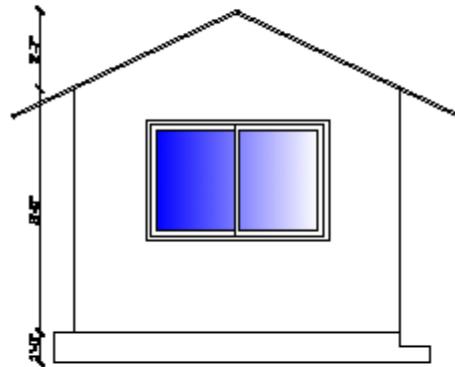
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Elevation

DATE:
November, 2016

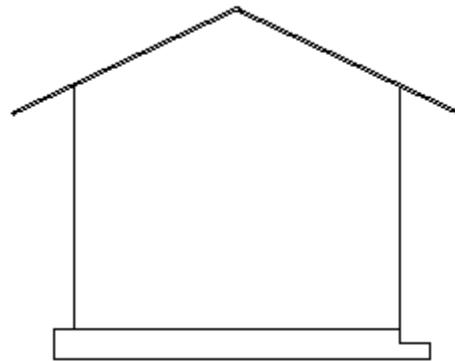
SCALE:

GREEN TREE
Architects P.L.L.C.
Architects & Engineers
Nagarbati, Nepal





Side Elevation



Side Elevation

PROJECT:
Construction of Health Post
Nagarick, Nepal

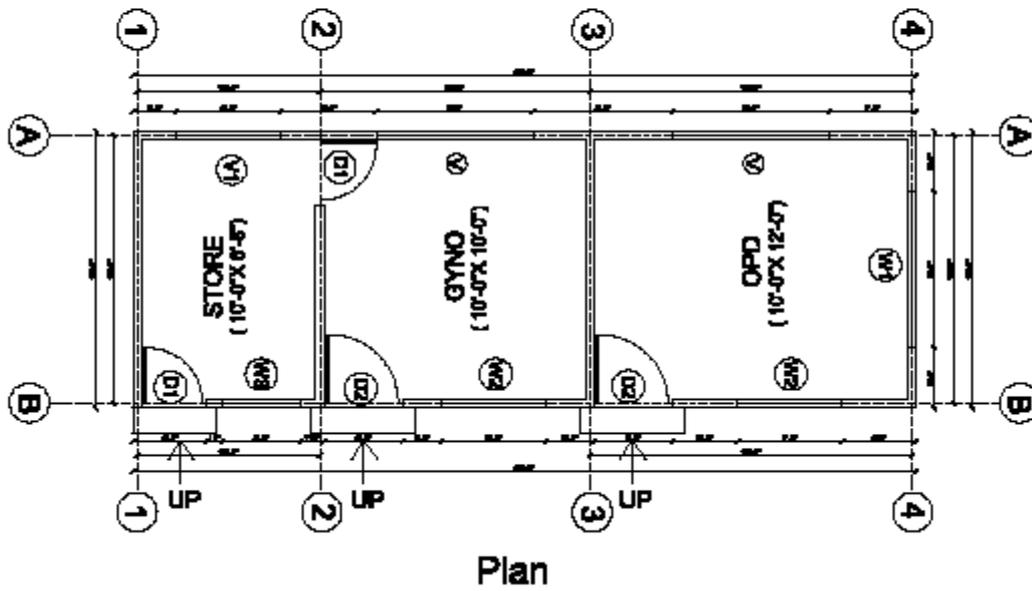
TITLE:
Elevation

DATE:
November, 2016

SCALE:

GREEN TREE
Architects P.L.L.C.
Architects & Engineers
Nagarick, Nepal





OPENINGS SCHEDULE

S.N.	DESCRIPTIONS	SIZE	NOB
1.	DOOR (D1)	2'-0"X2'-0"	2
2.	DOOR (D2)	3'-0"X2'-0"	2
3.	WINDOW (W1)	8'-0"X4'-0"	1
4.	WINDOW (W2)	4'-0"X4'-0"	2
5.	WINDOW (W3)	3'-0"X4'-0"	1
6.	VENTILATION (V)	6'-0"X2'-0"	2
7.	VENTILATION (V1)	4'-0"X2'-0"	1

PROJECT:
Construction of Health Post
Nagarick, Nepal

TITLE:
Floor Plan and Opening Schedule

DATE:
November, 2016

SCALE:

GREEN TREE
Architects P.L.L.C.
Nagarick, Nepal



Detail Estimate & Bill Of Quantity

Location: Nagarkot
Project : OPD

Date :- 2072-07-13

Sl#	Description	Unit	Rate	Quantity	Amount	Rate/Sq.ft	Remarks
1	Earth Excavation work At foundation	Cu.ft	17	240.00	4,080.00		
2	Back Filling Earth	Cu.ft	15	479.72	7,195.80		
3	Flat Stone Sillings Work	Sq.ft	77	280.00	20,020.00		
4	DPC work 1:2:3	Cu.ft	195	132.00	25,740.00		
5	Stone Masonry work 1:6 Cr:5 Mortar	Cu.ft	285	264.94	75,506.76		
	Total Foundation Works (A)				132,542.56		380.32
1	Bamboo wall Panel with installation	Sq.ft	290	712.41	190,474.30		
2	Internal Plaster	Sq.ft	72	880.50	63,396.00		
3	External Plaster	Sq.ft	72	519.09	37,374.48		
4	PGC Work (1:3:6) and IPS Flooring (1:2:4)	Cu.ft	140	318.50	44,790.00		
5	20 Gauge CG Sheet Roofing	Sq.ft	210	554.20	118,382.00		
	Total Bamboo Works (B)				465,417.28		1,235.49
1	Door Window	Sq.ft	550	177.00	97,350.00		
2	False ceiling	Sq.ft	110	516.23	56,785.30		
3	External Surface Weather Coat	Sq.ft	25	519.05	14,534.52		
4	Weather Resistant Paints on Internal Surface	Sq.ft	17	860.50	14,668.50		
5	Copula work	Rn.ft	72	177.00	12,744.00		
	Total Finishing Works (C)				196,382.32		563.51
1	Location Supervision				25,000.00		
2	Overhead and Contingency				25,000.00		
	Total Design and Other Expenses (E)				50,000.00		143.47
	Grand Total (A+B+C+D+E)				844,342.16		2,422.79
	Total Area (348.5) Rate: Sq.ft				2,422.79		