



 International  
Medical Corps

# NEPAL

## EARTHQUAKES

FROM RELIEF TO SELF-RELIANCE

**February 2016**



On April 25, 2015 at 11:56 local time, a **7.8 magnitude earthquake** struck Nepal, with the epicenter in Gorkha District, about 50 miles northwest of Kathmandu and just south of the China border.

Over **350 aftershocks** have hit Nepal over 4.0 magnitude since, including a **7.3 magnitude** quake and **6.3 magnitude** quake on May 12.







## BY THE NUMBERS:

**8,891**  
DEATHS

**22,310**  
PEOPLE INJURED

**8 MILLION**  
PEOPLE AFFECTED

**2.8 MILLION**  
PEOPLE DISPLACED

**894,213**  
HOMES DESTROYED  
OR DAMAGED

**1,147**  
HEALTH FACILITIES  
DESTROYED OR DAMAGED



INTERNATIONAL MEDICAL CORPS  
**SEVERELY AFFECTED DISTRICTS**

14 Priority Districts Designated by the Government of Nepal

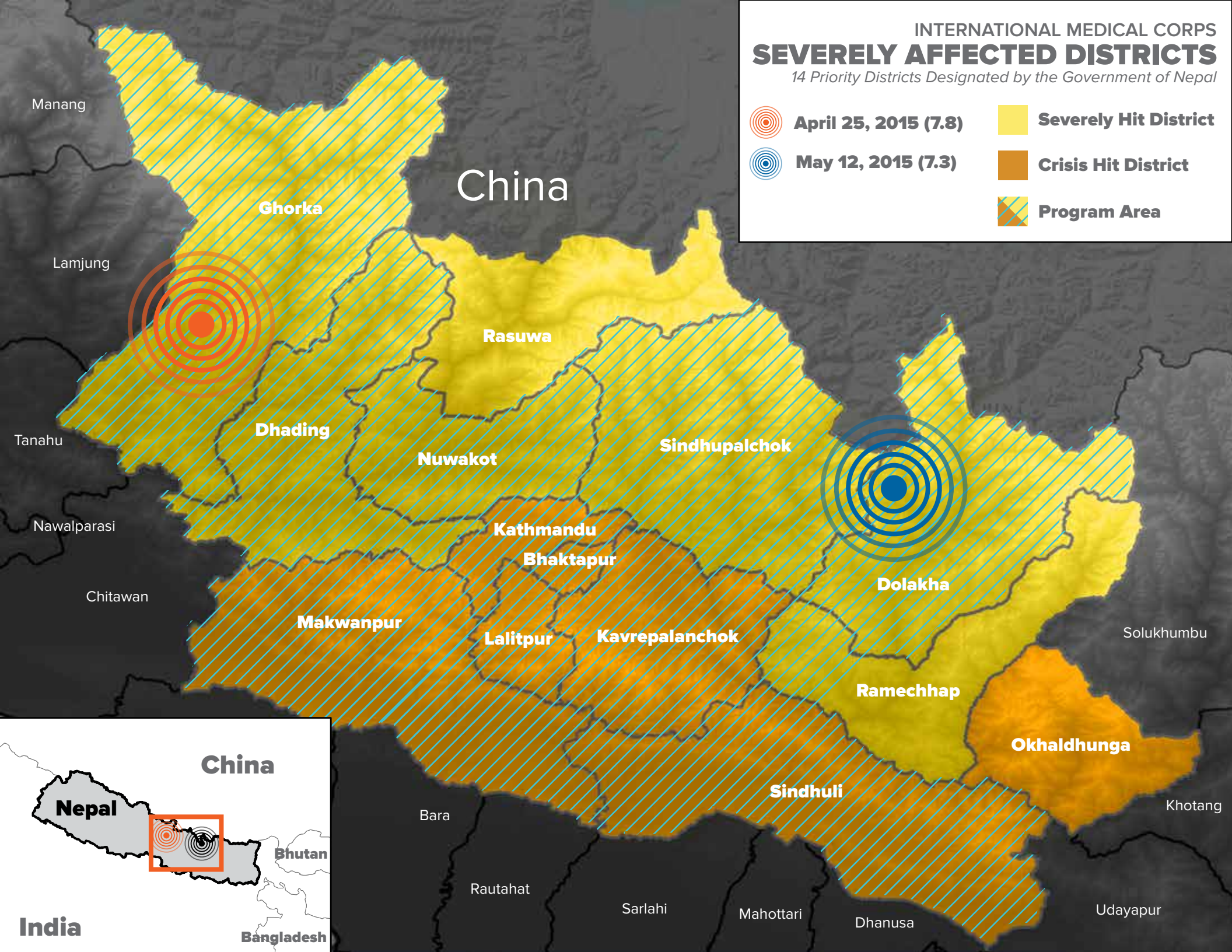
 **April 25, 2015 (7.8)**

 **May 12, 2015 (7.3)**

 **Severely Hit District**

 **Crisis Hit District**

 **Program Area**



China

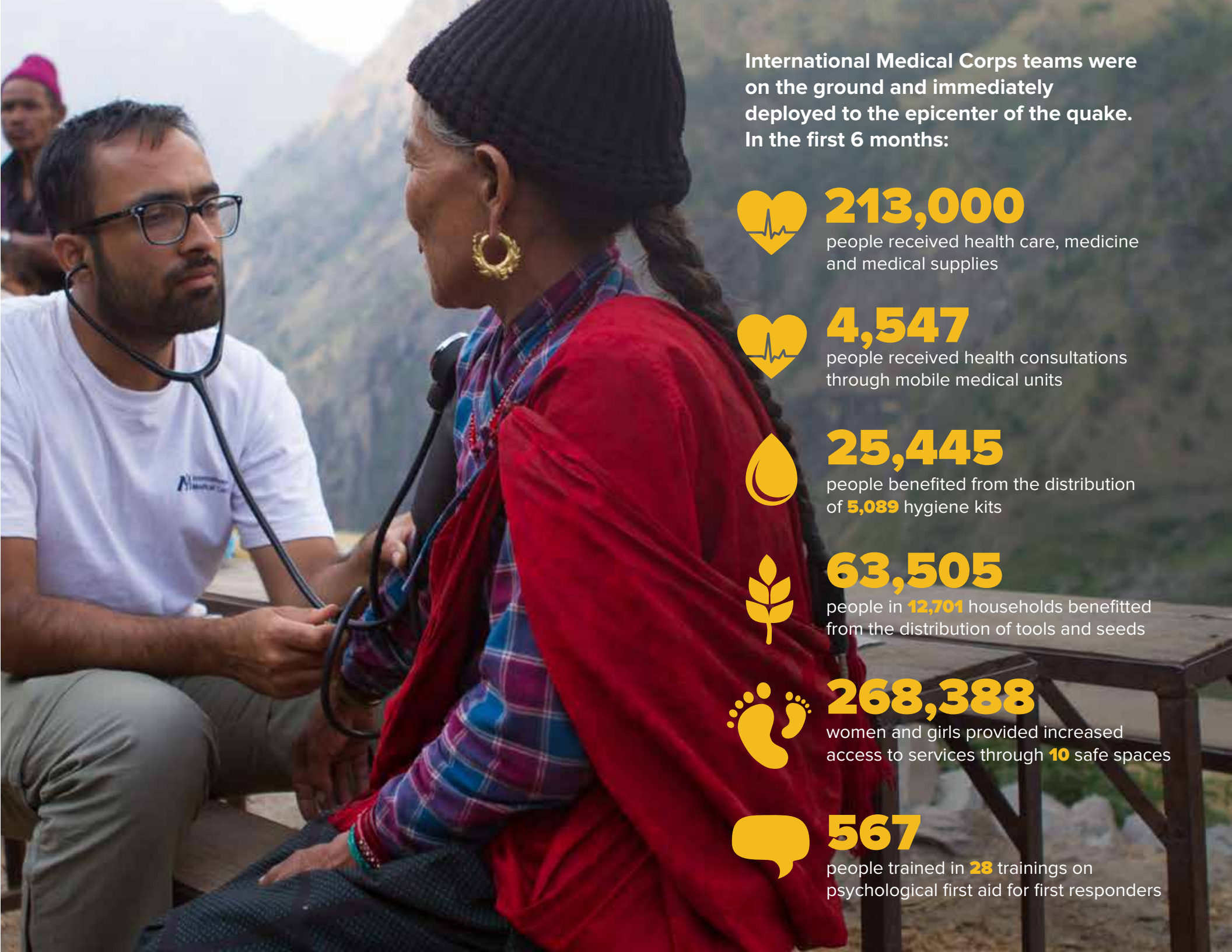
Nepal

Bhutan

Bangladesh

India





International Medical Corps teams were on the ground and immediately deployed to the epicenter of the quake. In the first 6 months:



**213,000**

people received health care, medicine and medical supplies



**4,547**

people received health consultations through mobile medical units



**25,445**

people benefited from the distribution of **5,089** hygiene kits



**63,505**

people in **12,701** households benefitted from the distribution of tools and seeds



**268,388**

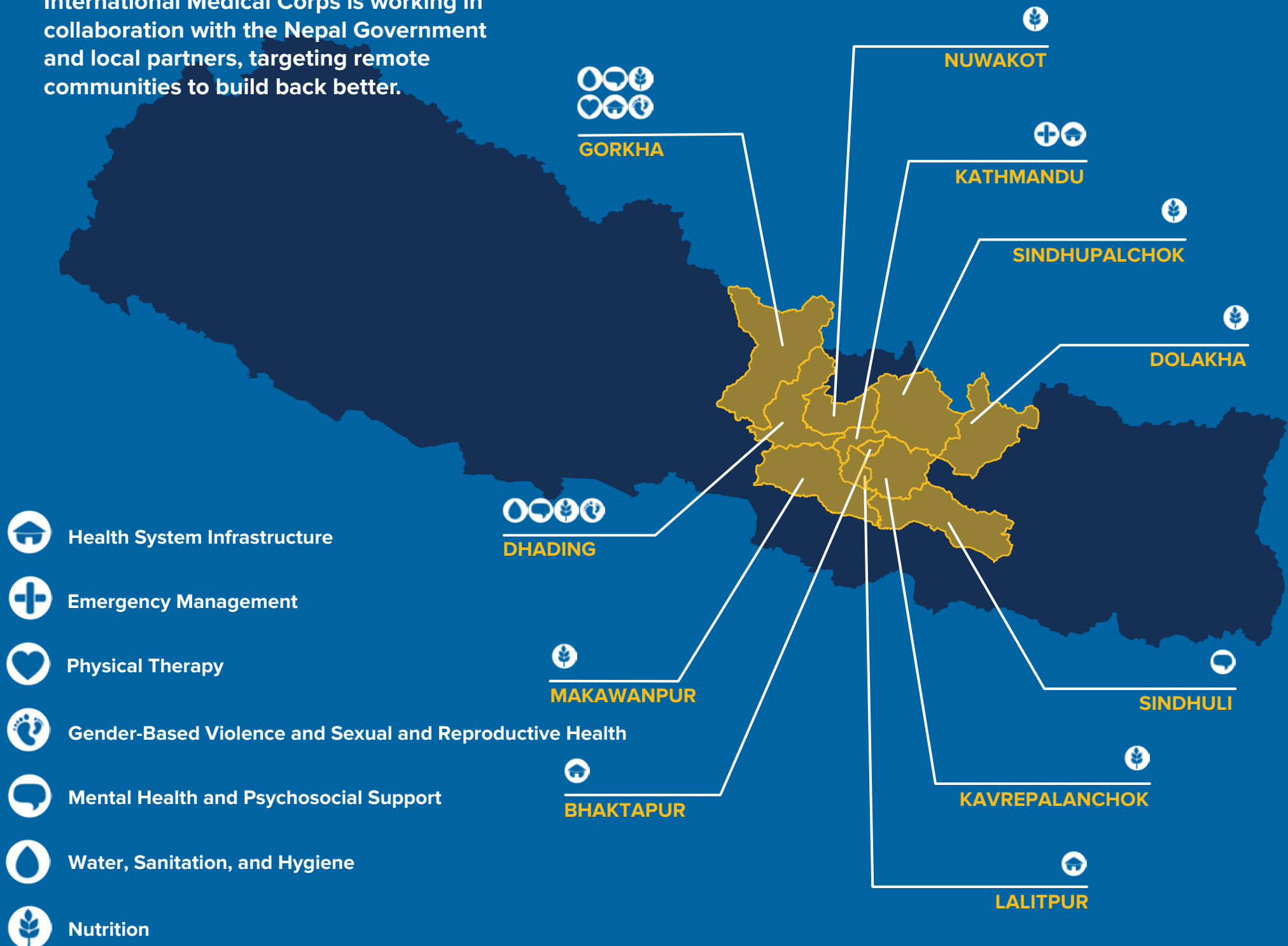
women and girls provided increased access to services through **10** safe spaces



**567**

people trained in **28** trainings on psychological first aid for first responders

International Medical Corps is working in collaboration with the Nepal Government and local partners, targeting remote communities to build back better.



# HEALTH SYSTEM INFRASTRUCTURE

## Rebuilding and Equipping Health Posts

The earthquakes destroyed or damaged **1,147** health facilities, severely limiting access to health care in the most affected areas.

### BUILDING BACK BETTER

Teams are rebuilding and rehabilitating damaged and destroyed health posts, distributing medical supplies and medical equipment to each.

### IMPACT

**109,147**

people will have greater access to primary health care

**13**

health posts will be rebuilt and equipped with supplies

### WHERE

Gorkha, Kathmandu,  
Lalitpur, and Bhaktapur

### LOCAL PARTNERS

Ministry of Health and Population  
and Nepal Reconstruction Authority





# EMERGENCY MANAGEMENT SERVICES *Response and Preparedness*

*The earthquake highlighted the need to increase the capacity of Nepal's ambulance services and prepare for disrupted communication.*

## **BUILDING BACK BETTER**

International Medical Corps is improving emergency response capacity so local actors can be ready for the next disaster.

## **IMPACT**

**50**

staff will be trained as Emergency Medical Technicians to provide health services at the onset of a disaster

**15**

hospitals and dispatch centers will receive new communication system and share **5** new ambulances to better service Kathmandu

## **WHERE**

Kathmandu

## **LOCAL PARTNER**

Nepal Ambulance Service





# PHYSICAL THERAPY *Rehabilitation and Disability Services*

*Permanent disability and restricted mobility remain extremely concerning as thousands were injured and local rehabilitation services are limited.*

## BUILDING BACK BETTER

International Medical Corps is providing medical staff, including physical therapists and nurses, to support inpatient and outpatient physical therapy care.

## IMPACT

**32,473**

people have access to services through a “step down” facility in Gorkha, which provides outpatient physical therapy services at the hospital

**872**

men, women, and children have received **1,894** rehabilitative sessions in some of the most remote areas of Gorkha

**55,992**

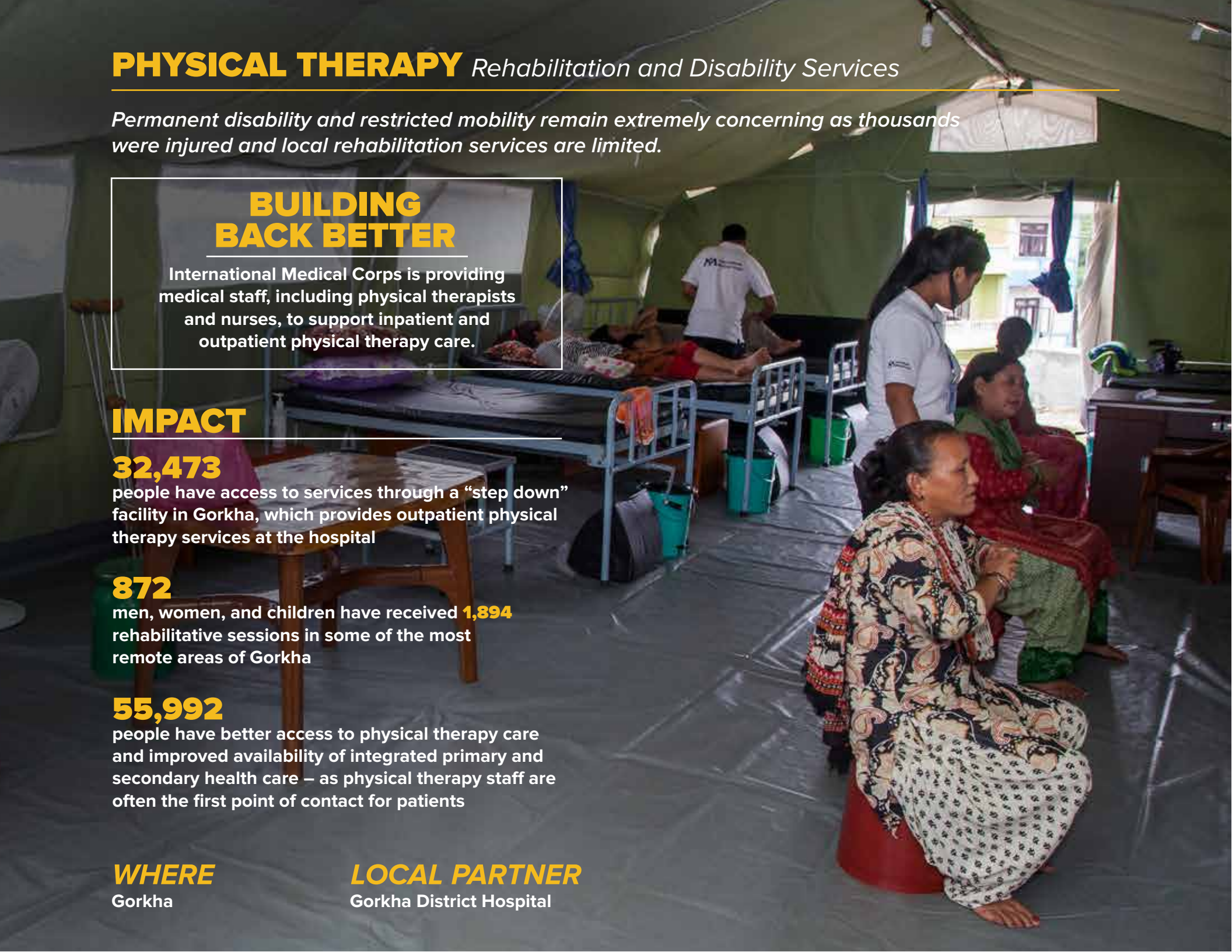
people have better access to physical therapy care and improved availability of integrated primary and secondary health care – as physical therapy staff are often the first point of contact for patients

## WHERE

Gorkha

## LOCAL PARTNER

Gorkha District Hospital







الهيئة الطبية الدولية



## PHYSICAL THERAPY

*Dhan Sing Gurung spent four months recovering in Gorkha District Hospital. During that time, a team of physical therapy specialists designed a three-stage treatment: post-operative treatment, transfer and mobility training, and functional rehabilitation training. Dhan Sing made speedy and significant progress in his recovery and has now returned to his home in Gorkha. When he left, he noted to his health care team, "There is no such sacred act in the world like the humanitarian act. You granted me and thousands of others valuable life."*





# **GENDER-BASED VIOLENCE AND SEXUAL AND REPRODUCTIVE HEALTH** *Protection for Women and Girls*

*As community structures collapsed, women and girls faced increased risk of gender-based violence and decreased resources to maintain sexual and reproductive health.*

## **BUILDING BACK BETTER**

International Medical Corps is strengthening sexual and reproductive health services in health facilities and increasing knowledge among adolescents on family planning and adolescent sexual reproductive health.

## **IMPACT**

**30,495**

individuals reached with protection messages to prevent and address gender-based violence and information on available services

**13,649**

women and adolescents girls have visited **10** safe spaces, receiving case management care and women-centered support

**1,297**

females have increased access to care through **2** mother-baby transition homes

**295**

prenatal and postnatal consultations conducted for mothers and expecting mothers

## **WHERE**

Gorkha and Dhading

## **LOCAL PARTNERS**

National Fertility Care Center, Society for Local Integrated Development Nepal, and Women's Rehabilitation Center



# MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT

## Addressing Long-Term Mental Health Needs

*If psychosocial and mental health goes unaddressed, individuals can develop chronic problems, like depression and post-traumatic stress disorder.*

### BUILDING BACK BETTER

International Medical Corps is integrating mental health and psychosocial support services into primary health care facilities and community settings to facilitate access and care.

### IMPACT

**51**

health facilities provided with psychotropic medications and doctors, nurses, and midwives who can provide mental health care

**366**

patients provided with psychosocial support and **208** patients receiving needed psychotropic medications to treat conditions such as epilepsy, psychosis, depression, suicide, alcohol abuse disorder, and post-traumatic stress disorder

**265,000**

people will be reached through radio programs, information and communication material regarding mental health support and services

### WHERE

Dhading, Gorkha,  
and Sindhuli

### LOCAL PARTNERS

Integrated Community Development  
Campaign and Transcultural  
Psychosocial Organization Nepal





## MENTAL HEALTH & PSYCHOSOCIAL SUPPORT

*Uma is a 60 year-old female community health volunteer who lives with her husband, son, mother, and father-in-law. The April 25 earthquake that wreaked havoc caused a relapse of her depression. Uma received individual counseling sessions focused on positive coping behaviors and stress management, and receives regular follow-up from a counselor. Today, Uma notes that she feels more relaxed and confident. She, in her own words, is now a “happy and encouraged person” who is confident talking about herself and her experiences, and encouraging her peers to get support.*



# **WATER, SANITATION, AND HYGIENE** *Preventing Disease*

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*The earthquakes damaged and destroyed water and sanitation facilities, which even before the quakes were inadequate to meet safe drinking water and sanitation needs.*

## **BUILDING BACK BETTER**

International Medical Corps is providing sustainable water, sanitation, and environmental waste management solutions to reduce the risk of deadly disease – including cholera.

## **IMPACT**

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**53,000**

people will benefit from **2,120** latrines constructed in homes and schools

**12,128**

reached with hygiene education and promotion

## **WHERE**

Gorkha and Dhading

## **LOCAL PARTNERS**

Nepal Water for Health and  
ACTION Nepal





## WATER, SANITATION & HYGIENE

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*Our team was in the field when the 7.3 magnitude quake struck, and many of us wondered if the ground would ever be still. We are a team that traveled by helicopter and that pushed our vehicles out of mud. We built **798** latrines, distributed **5,089** hygiene kits, and reached **12,128** people with hygiene education. It's not easy, but it's worth it."*

**– International Medical Corps WASH team member**



## **NUTRITION** *Preventing and Treating Severe Acute Malnutrition*

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*Adequate nutrition is crucial to children's growth and development – yet the nutrition status of the most vulnerable remains critical in many affected areas.*

### **BUILDING BACK BETTER**

International Medical Corps is establishing stabilization centers and providing on-the-job training to prevent and treat children under 5 years suffering from severe acute malnutrition.

## **IMPACT**

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**3 of 7**

stabilization centers have been established to treat severe malnutrition

**213,557**

children under 5 will have increased access to nutrition preventive and response services

**275**

caretakers will be provided with infant and young child feeding counseling to avoid relapses of malnutrition and improve survival, growth and development of infants and children

### **WHERE**

Makawanpur, Gorkha, Nuwakot, Dolakha, Dhading, Sindhupalchok, and Kavrepalanchok

### **LOCAL PARTNER**

Social Development and Promotion Center





## NUTRITION

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*“I would like to thank International Medical Corps for establishing the stabilization center in our hospital. After receiving training we can manage and treat families, especially those children suffering from malnutrition with complications, in our own hospital. I never had an opportunity to participate in this type of training before.”*

**– Dr. Namrata Khadka, Medical Officer  
from Mithunkot Hospital, Kavrepalanchok**





# TRAINING TO BUILD SELF-RELIANCE

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*International Medical Corps is integrating training into core programming to ensure that local communities in the earthquake-affected areas have the capacity to respond to the next disaster. The disaster not only brought destruction, but also attention to already present needs of the fragile health system in Nepal.*

## INTERNATIONAL MEDICAL CORPS HAS TRAINED:

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**2,550**

health workers and community leaders in mental health and psychosocial support

**29**

masons to help rebuild latrines

**143**

health workers, including pediatricians, nurses, and health assistants, on the treatment of severe malnutrition

**106**

health workers on infant and young children feeding in emergencies

*International Medical Corps will continue its training services to reach additional health staff and community members to ensure sustainable interventions in Nepal.*



INTERNATIONAL MEDICAL CORPS RESPONSE  
**IN THE MEDIA**

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Los Angeles Times

The New York Times

The Washington Post

 **NBC NEWS**

**CNN**

**USA  
TODAY**

**n p r**

 **REUTERS**

**The Street**

THE CHRONICLE OF  
**PHILANTHROPY**

 **PBS NEWSHOUR**

**Mtv**

The Telegraph

**TIME**

THE  
HUFFINGTON  
POST

**YAHOO!**  
NEWS

 **msnbc**

**FACE THE NATION**

WALL STREET JOURNAL

Bloomberg

**The  
Weather  
Channel**



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*And thousands of generous individuals around the world*



# *Thank you for your support.*

*Since the first Nepal earthquake, **719,000** men, women and children have benefitted from our programs. International Medical Corps continues to work with affected communities to build back better.*

**With 9 local implementing partners**

**In 109 villages and municipalities**

**Throughout 11 districts**







# NEPAL

## EARTHQUAKE RESPONSE

### INTERNATIONAL MEDICAL CORPS HEADQUARTERS

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