



Hands on Global

Goals: 5 year plan

Hands On Global recognizes that the success of the project involves a comprehensive approach on the road to sustainability. Working in collaboration with the Zanskar Health Committee, the Dalai Lama Fund and the local pre-primary clinic, we understand the goals and challenges of healthcare delivery in Zanskar. The remoteness of Zanskar, the isolation for 6-8 months of the year, the limited economy and lack of technology all contribute to the challenges. After much collaborative discussions on how to best provide and serve this community, Hands On Global proposes this 5 year plan.

Our goal is to establish a diagnostic, educational treatment center staffed by a physician with access to a Point of Care Lab analyzer, ultrasound machine, Xray and the modern technology of telemedicine. These tools allow a physician to make a preliminary diagnosis, collaborate with other physicians, begin treatment and arrange for safe transport if needed. Installing an alternative technology heating system for a wing of the hospital will allow for treatment in Zanskar or while awaiting transport.

The education of Village healthcare workers is a critical part of this equation. Increased training for the Village Health workers is imperative in improving the healthcare. They need to be trained both to recognize and triage an acute illness as well as manage chronic diseases. Due to the remoteness and geographic challenges winter is harsh and at times villages are snowbound. Access to medical care is limited to the village or possibly a close neighboring village. In these areas a trained village healthcare worker could manage the chronic health issues such as hypertensive, pulmonary, pregnant patients, etc.

Having the skills and confidence to recognize, measure acute illnesses and manage treatment until there is access to the hospital is life saving. The management of chronic diseases by the village healthcare workers would ensure that patients have routine monitoring and access to prescription medications over the long winter months. Yearly Medical Camps will continue for general screening with specific specialty clinics such as cataracts and endoscopy. Emphasis on Medical Camps as a collaborative teaching opportunity.

WHAT WE NEED

EDUCATION:

- Village Healthcare Workers: Develop a comprehensive program and provide yearly stipends for continuing education.
- Professional Providers - Support interested Zanskari's medical education with educational scholarships. (Drs, Nurses, PT, Pharmacy, EMT)
- Training for a Social Worker to follow up with referrals and contact for organizing future camps.

MEDICAL EQUIPMENT:

- POC lab analyzer
- Portable Xray machine
- Respiratory Support - oxygen, nebulizer, home oxygen

COMMUNICATION

- Software for telemedicine communication
- New computer
- EMR

TRIAGE

- Ambulance -vehicle with bed, oxygen and medical supplies
- EMT- trained for transport

INFRASTRUCTURE

- HEAT - so the hospital can operate year round and for maintenance of temperature sensitive equipment
- Install sinks with running water in provider rooms
- Prepare a room for X-ray capability



**The hospital plans to have a patient doctor as of fall 2017.
Currently there is an ultrasound and an EKG.
Our urgent need is for a point of service lab analyzer
and a portable XRAY machine.**

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