

# Project Proposal: Pharmacy and Clinic in Surkhet, Nepal

## Introduction:

My name is Ratna Karki, and I am a qualified pharmacist dedicated to addressing the healthcare disparities in Surkhet, Nepal. This proposal outlines my plan to establish a fully integrated pharmacy and clinic aimed at providing accessible, high-quality healthcare services to the underserved population of Surkhet and surrounding areas. My vision is to create a sustainable healthcare model that meets the community's needs through modern medical practices, patient education, and professional care.

## Background: Healthcare Needs in Surkhet

Surkhet faces significant challenges in healthcare delivery, stemming from a combination of limited infrastructure, a shortage of trained healthcare professionals, and geographical barriers that hinder access to care—especially in rural areas. This situation is further compounded by reliance on unregulated traditional healers and unregistered pharmacists, resulting in improper treatment and poor health outcomes.

### Key healthcare challenges in Surkhet include:

- **High Incidence of Chronic Diseases:** With 38.9% of adults affected by hypertension, a significant portion of the population requires ongoing medical management and care.
- **Maternal Health Vulnerabilities:** 24.7% of married women experience uterine prolapse, and there is limited access to skilled birth care, putting both mothers and infants at risk.
- **Infectious Disease Burden:** The region faces high rates of intestinal infections, waterborne diseases, and dengue outbreaks, placing additional strain on the healthcare system.
- **Mental Health Neglect:** Mental health services are inadequate, and the stigma surrounding mental illness prevents many individuals from seeking the care they need.
- **Neurological Deficiencies:** There is a shortage of trained neurologists, and conditions like stroke and cerebrovascular diseases often go untreated due to inadequate facilities.
- **Limited Healthcare Infrastructure:** The local healthcare infrastructure is underdeveloped, with poorly equipped facilities and long distances between communities and healthcare providers (often 1-2 hours on foot).

These challenges require an integrated and comprehensive approach to healthcare—one that combines modern medical practices with community-based education and support to ensure

equitable access for all.

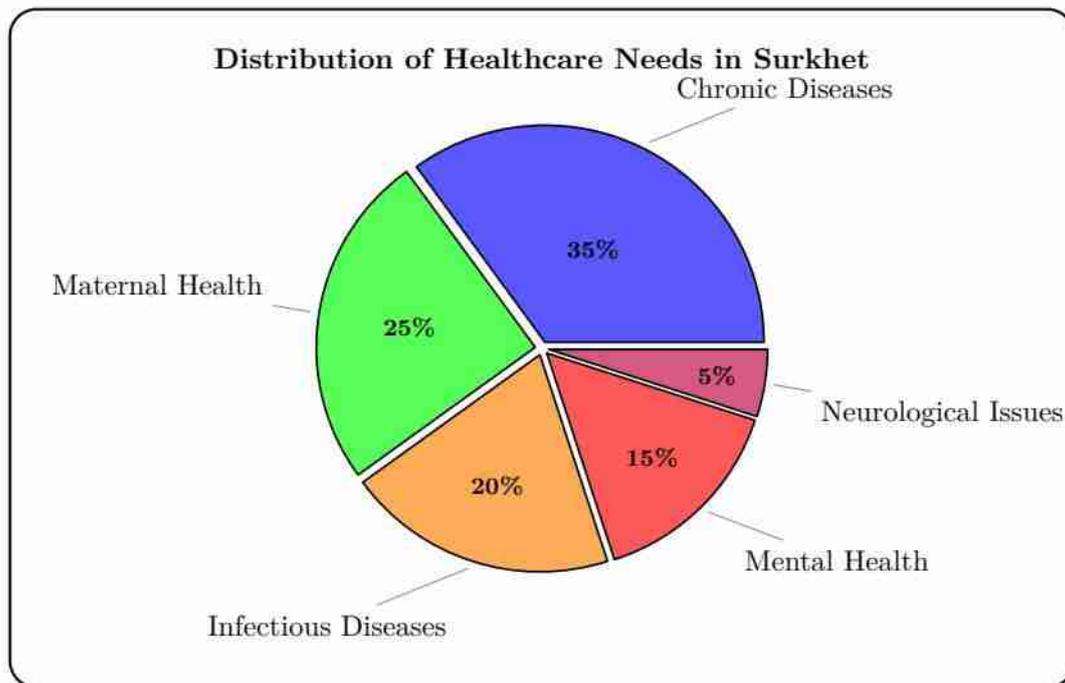


Figure 1: Healthcare Needs Distribution Analysis

## Proposed Solution: Integrated Healthcare Model

Our approach is centered around creating a fully integrated, modern healthcare facility designed to meet the community's critical healthcare needs. This project will focus on five key pillars:

### 1. Establishing a Modern Pharmacy and Clinic:

- The facility will feature consultation rooms, a well-stocked pharmacy, a basic laboratory, and treatment rooms for primary care services.
- It will offer general consultations, preventive healthcare, hypertension management, vaccinations, maternal care, and treatment for common infections.
- All services will be provided by qualified professionals, including registered pharmacists, doctors, and nurses, ensuring the highest quality of care.

### 2. Community Health Education Programs:

- To improve health literacy, we will conduct public health education campaigns on essential topics such as hypertension, maternal health, mental health, sanitation, and preventive care.
- Programs will utilize mobile health clinics, community workshops, printed materials, and social media to engage a wider audience.
- The goal is to empower community members to take charge of their health by promoting

self-care practices and educating them on the proper use of medications.

### 3. Pharmaceutical Standards and Safety:

- The pharmacy will adhere to the highest standards of medicine procurement, storage, and dispensing. Only qualified pharmacists will manage medications to ensure patient safety and effective treatment.
- A robust quality control system will be implemented to monitor all pharmaceutical products, ensuring compliance with regulations set by Nepal's Department of Drug Administration.

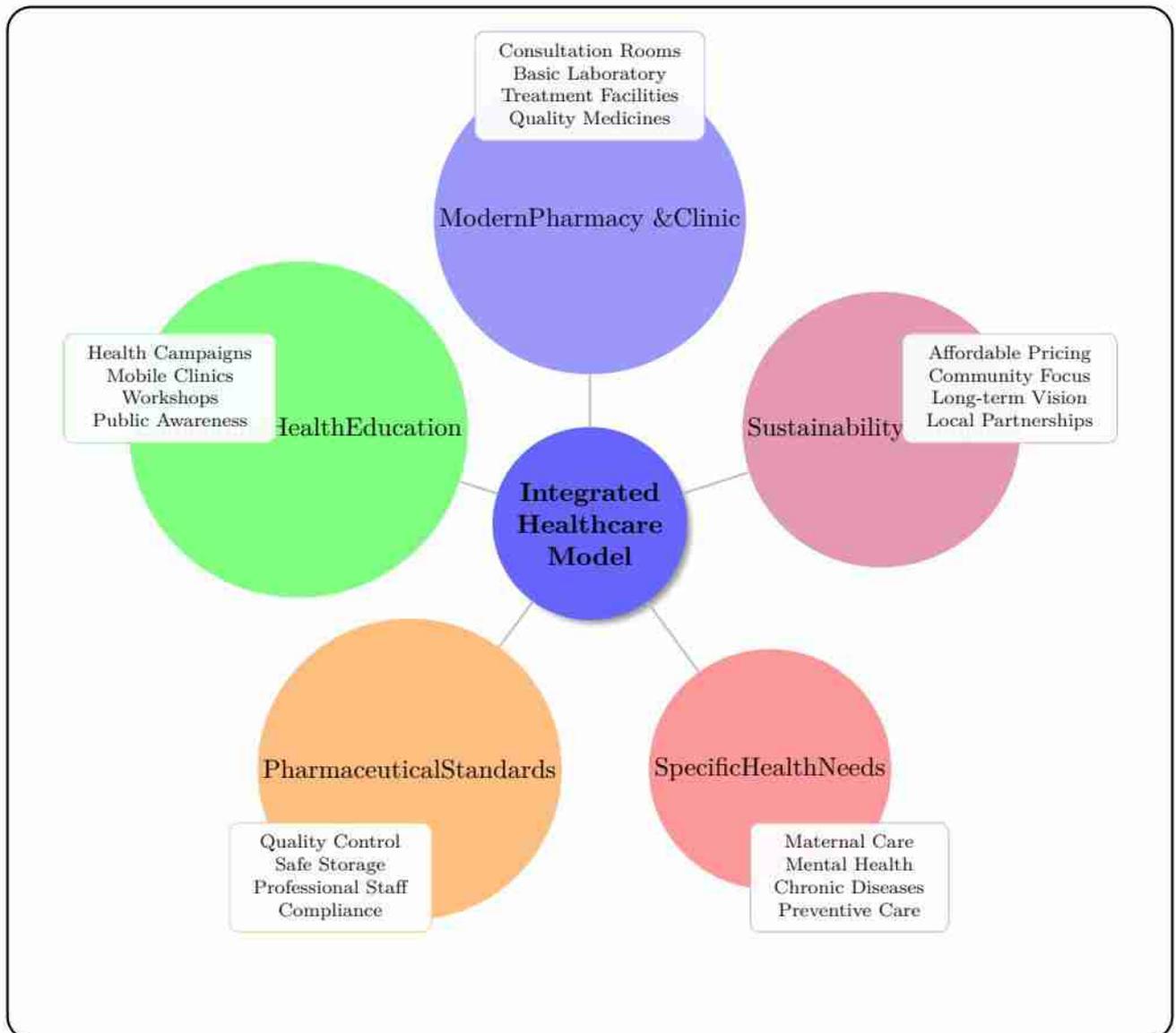


Figure 2: Five Pillars of the Healthcare Model with Key Components

### 4. Addressing Specific Health Needs:

- **Maternal and Child Health:** We will provide prenatal care, skilled birth attendance, postnatal care, and education on safe delivery practices.

- **Hypertension Management:** Regular screenings and counseling for hypertension will be available.
- **Infectious Disease Control:** We will provide preventive treatments and education on sanitation and disease prevention.
- **Mental Health Services:** A mental health support unit will offer counseling and educational programs.
- **Neurological Care:** Basic neurological assessments will be provided, with trained staff for condition management.

### 5. Sustainability and Long-Term Impact:

- The clinic will operate on a self-sustaining model by offering affordable pricing that covers operational costs while maintaining profitability.
- Community involvement will play a crucial role in ensuring the long-term success of the project.
- The clinic will act as a healthcare hub for Surkhet and its surrounding areas.

### Collaboration and Partnerships:

To ensure the success and sustainability of this project, I plan to collaborate with local healthcare providers, specialists, and NGOs/INGOs. Partnerships with local organizations will help enhance the reach and effectiveness of the project. Additionally, working with specialists will ensure that we are offering up-to-date and high-quality care across all disciplines. I am committed to building strong relationships with these stakeholders to fulfill the project's goals and expand its impact.

### Projected Impact:

By implementing this project, we expect to achieve significant and transformative outcomes:

- **Improved Healthcare Access:** Local residents will have easier access to essential healthcare services
- **Better Disease Management:** Focus on prevention and early intervention
- **Empowered Community:** Enhanced health education and informed decision-making
- **Improved Maternal and Child Health:** Reduction in maternal and infant mortality rates
- **Enhanced Mental Health Awareness:** Better community well-being through reduced stigma
- **Sustainable Healthcare Model:** Long-term benefit to the community

## Conclusion:

This project presents a transformative opportunity to improve healthcare infrastructure in Surkhet, Nepal. By offering professional medical services, promoting health education, and creating a sustainable, community-centered facility, we aim to significantly improve the health and well-being of the people in Surkhet.

I am confident that with your support, this project can make a meaningful and lasting impact. I look forward to your feedback and am eager to discuss the next steps in bringing this vision to life.

Thank you for your consideration.

Warm regards,  
Ratna Karki