

Tibetan Health Clinic for Hojor Tibetan Village

PROJECT LOCATION:

Village	Township	County	Prefecture	Province
禾角日 Hojor	宁秀 Ningxiu	泽库 Zeku	黄南 Huangnan	青海 Qinghai
ཉོ་ཤོད།	ཉིན་ཡུལ།	ཕུ་ཁོང་།	མཚོ་གུང་།	མཚོ་ལྗོངས།

LOCATION DESCRIPTON:

Hojor Tibetan Village is situated in the southeastern of Ninshig Township, in south of Zeku County, southwest of Xining City, 34 km far from Ninshig Township Town, 62 km from Zeku County and 290 kilometers from Xining, the provincial capital.

IMPLEMENTING ORGANIZATION:

Name: Friendship Charity Association (FCA)

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TARGETING TO:

- Basic Literacy [] Basic Healthcare []
- Gender Equality/Justice [] Poverty Alleviation []
- Cultural Preservation [] Rural Development []
- Community Development [] Individual Empowerment []
- Environmental Protection [] Sustainable Development []

PROJECT PURPOSE/GOAL:

This project will build a 85m² medical storage room and stock it with an initial supply of medicine in Hojor Tibetan Nomad Village with a skilled doctor to treat and alleviate common diseases

PROJECT DESCRIPTION:

Local Tibetans lack basic knowledge of sanitation and hygiene, resulting in STDs, flu, eye diseases, hepatitis, accidental injuries, and high infant mortality. Un-protected sex is common among village teenagers most of whom have never seen a condom. They are too shy to see a doctor once they have a STD. As a result, STDs (especially among women) become worse and locals do not understand how latent STDs negatively affect their life. Many teenage girls are pregnant before marriage, which leads to

conflicts.

Respiratory disease and flu are common since the villagers are poorly dressed, and live in primitive conditions in frigid, wet weather. Locals easily get sick.

Obtaining medical treatment is very difficult for community members. If they go to the County Hospital on the back of trucks or on yak-back, exposure to cold air further exacerbates their illness.

Villagers have no electricity; they use yak and sheep dung for cooking and lighting at night, creating smoke-filled rooms which, over time, causes eye disease and throat irritation.

Hepatitis is common among villagers, in nearly epidemic proportions. Villages do not understand how this disease is transmitted and, as is the case with any illness, they do not seek professional medical care until they are very ill.

Injuries are common, especially for teenagers, herdsmen, and women. Young men are injured in vicious fighting over grazing rights, and in motorcycle accidents. Children are burned in open fires.

Home birth, without ever seeing a doctor, is the norm. When a baby gets sick, parents wait to them to the County Hospital since they do not understand the importance of time. Consequently, babies die from preventable causes.

An experienced doctor will be recruited by the local committee with a salary paid by the village committee from village income (planting grassland and trees). Money from medicine sold at the clinic for treatment of illness will be used to purchase new medicine in a sustainable way/ revolving fund. The Village Committee and the new clinic doctor will agree to a contract specifying duties and payment. (See contract below).

The local Committee will ensure that the new doctor will:

- Treat common injuries and also educate local young people in government law for people who are injured in fighting.
- Give vaccinations.
- Treat women's diseases and talk to local women to overcome their shyness in seeing a doctor.
- Treat STDs and explain to villagers about the risks of un-protected sex.
- Treat birthing difficulties and provide education to pregnant women concerning pregnancy, and infant illnesses.

Hojoor Tibetan Village has a population of 1,375 (360 households), located in remote mountains 62 km from the local county town. A rough dirt track leads over the mountains on which villagers travel by vehicle and yaks for medical treatment at the County Hospital. Because of the distance, local patients' sickness, such as common flu, worsen on the way since they ride on yaks and motorcycles. Villagers herd yaks, sheep and goats, on which they depend for income through sales. On average, each family earns approximately 540 RMB per year, which is barely adequate for their basic needs; sometimes they go into debt.

Illiteracy claims 98% of the locals, who have traditional ways of thinking about

health. When they finally do go to the County Hospital for treatment, they are often given several medicines which they will save at home thinking that they will help them in future to avoid going to the hospital. Medicines expire, which makes them ineffective and a later sickness or disease will become more serious for reasons they do not understand.

This project eliminates the energy, money, and time that the villagers currently use for obtaining medical treatment at the Local County Hospital.

The voice of the local people is ignored by government because the local people are illiterate and live far away from any county office. Their requests for assistance are nearly always ignored. Consequently, local community leaders approached Nangchuka (FCA founder) and asked him to help in this application.

SUSTAINABILITY:

Money from medicines sale will be used to purchase new medicine. Tibetan medicine will be purchased from Jag-mid Mongolian-Tibetan Hospital (སོག་རིགས་རང་སྐྱོང་རྫོང་འཛིགས་མེད་སོག་ཡོད་སྐྱན་ཁང་།), Henan Mongolian Autonomous County.

Medicines from this hospital are renowned for their effectiveness and quality throughout Tibetan areas in Qinghai. Many people travel to this hospital to receive effective treatment. Other medicines will be purchased from the County Hospital, which promises to support the clinic by significantly lowering the price of medicine in half. A system of reducing medicine fees by half developed by the Qinghai government for rural residents when they take medicines from local governmental hospitals. This will further ensure clinic sustainability. Due to a lack of clinics nearby, local villagers will come to the local new clinic, as will residents from neighboring villages.

Hojor Tibetan Village Committee will be responsible for securing the local contribution and implementing the health clinic project. Nangchukja will monitor the committee and be involved in meetings and activities during project implementation, including visits to households to conduct interviews and observe how the new health clinic affects their lives. All of this information will be included in the final report. The Hojor Tibetan Village Committee and Friendship Charity Association will be responsible for sustaining the project after completion.

BENEFICIARIES

Type	Direct Beneficiaries	Indirect Beneficiaries
	Estimated	Estimated
TOTAL	1,300	1,350
Male	600	610
Female	700	740
Minorities	1,300 Tibetans	1,350 Tibetans

PROJECT ACTIVITIES/DURATION:

<i>2009</i>	<i>Activity</i>	<i>Participant</i>
March/April	Receive funds.	FCA
May	Clinic operation.	Villagers, village leaders, FCA
May	Purchase medicines from Zeku County Town; begin construction.	Villagers, village leaders, FCA
June	Complete building, purchase medicines and equipment, open clinic.	Villagers, village leaders, doctor, FCA
July	Doctor begins treating patients.	Doctor, villagers, leaders, FCA
July	Complete the project	Village, village leaders, doctor, FCA
August	Final report.	FCA

BUDGET:

1. Donor's Contribution

<i>Item</i>	<i>Description</i>	<i>Total RMB</i>
Tibetan medicine	Tibetan medicines will be purchased Jag-mid Mongolian-Tibetan Hospital	25,000
Chinese medicine	Chinese medicines will be purchased at the Zeku County Hospital	20,000
Clinic equipment	Desks, beds, medicine shelves and so on.	7,900
Bricks	tiles, grey and red bricks	6,800
Wood, bamboo	8 bundles of bamboos, a truck of wood	6,100
Cement, concrete	110 sacks of cement at 29RMB/sack.	3,800
Steel bars, windows, doors	4 doors	4,000
Other materials	E.g., nails, tapes, stove, and so on.	2,000
Material Transportation	5 trucks X 860 RMB	4,300
TOTAL		79,000.00

2. Local Contribution

<i>Item</i>	<i>Detail</i>	<i>Total RMB</i>
Skilled labour costs	4 workers X 50 RMB per day X 25 days	5,000
Workers' food	25 days	1,000

Design cost		2,000
Sand & stone Transportation		6,200
Administrator Fee		500
TOTAL		14,700.00

PHOTO:



A local man sells medicines privately.



Dun in the corner of a room used for fuel. Locals are unaware of the significance of sanitation.

SITEMAP:

Project Site



ADDITIONAL INFORMATION (specify)

Contract (*translation*)

Parties: Hojor Tibetan Village and Doctor.

1. The doctor will be responsible for the village clinic. He will diagnose and treat illnesses by examining patients and prescribing appropriate medicine. He will also be responsible for making medicine for the patients. The doctor will manage the clinic carefully and honestly. The doctor will make and keep receipts from selling medicine. The doctor will report to the village leaders to buy medicines when supplies are running low. He will also report any clinic issues to the village leaders immediately.
2. Hojor Tibetan Village leaders will be responsible for monitoring the clinic and the doctor on a weekly basis. They will collect and verify the amount of money and the receipts for all medicine sold. They will save these proceeds and use them for future purchase of supplies and medicine. Village leaders will assist the doctor by providing transportation to the township seat to purchase supplies and medicines when needed. The village leaders will keep excellent records of the supplies and medicine at all times. Finally, they will support the doctor and work with him to resolve any issues at the clinic.

(stamp) Hojor Tibetan Village Committee

(fingerprint) Doctor

Date: _____