

Project on
**Establishment of COVID – PCR LAB at Paropakar Maternity and Women's
Hospital (PRASUTI GRIHA) for Pregnant Women and Babies to response
COVID19**



Project Initiated By

Rotary Club of Kathmandu, RI District 3292 Nepal and Bhutan
Rotary Bhawan, Thapathali, Kathmandu, Nepal

www.rckathmandu.org.np

Background

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important to practice respiratory etiquette (for example, by coughing into a flexed elbow).

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The first human cases of COVID-19 were identified in Wuhan, China in December 2019. On Jan. 7, 2020 Chinese health authorities announced they had isolated the pathogen. 2019-nCoV as it is called belongs to the coronavirus family, which includes SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome), and spreads via airborne droplets.

On Jan 9, 2020, Officials announce the first 2019-nCoV-related death, recorded in Wuhan. On Jan 13-15, 2020, health officials in Thailand and Japan announced that they have confirmed 2019-nCoV infections in travelers in their respective countries, the first outside of China.

The coronavirus has been declared a global emergency by the World Health Organization on January 31, 2020, as the outbreak continues to spread outside China. On February 11, 2020, WHO named the coronavirus disease (previously known as "2019 novel coronavirus") as Coronavirus Disease (COVID-19).

The World Health Organization (WHO) on March 11 declared COVID-19 a pandemic, pointing to the over 118,000 cases of the coronavirus illness in over 110 countries and territories around the world and the sustained risk of further global spread.

As per WHO, till July 20, 2020, Coronavirus disease (COVID-19) cases are found in 216 countries with 14,348,858 confirmed cases and 603,691 confirmed deaths all over the world.

All the countries are fighting against Coronavirus disease and are trying their best to get control over the spread of this disease. One-third of humanity is lockdown in their house and the world economy is at the edge of disaster.

Situational Context of Nepal

The first case of Coronavirus in Nepal was confirmed on January 23, 2020. A 32-year-old male Ph. D. student who returned from Wuhan, China on January 9, 2020, was detected positive and only showed mild symptoms and was subsequently confirmed to have completely recovered.

Testing of Coronavirus was started in Nepal on January 27, 2020, as National Public Health Laboratory had tested a sample of two patients suspected of coronavirus infection and admitted at Sukraraj Tropical and Infectious Disease Hospital, Teku, Kathmandu.

The Nepalese government has declared a one-week lockdown of the country after health authorities detected a second COVID-19 infection on March 23, 2020. The 19-year-old student who returned from Paris, via Qatar on 17 March was detected positive.

Nepal has got enough time to get prepared to fight against Coronavirus disease (COVID 19) but due to different circumstances, the Nepal government was not able to make enough preparedness. Nepal is sort of enough lab facilities, lacks enough reagents to perform Polymerase Chain Reaction (PCR) tests, lacks enough Rapid Diagnostic Test (RDT) kit, lacks enough number of Personal Protective Equipment (PPE) required for front line health workers and better health facilities. Meanwhile, the Government of Nepal has taken initiatives of constructing isolation wards and quarantine bed in every district but the facilities required has not been up to date. Designated hospitals lack enough ventilator service and other facilities to cope with this pandemic.

The Kathmandu Post noted on March 20 that health workers panicked and burst into tears when a person suspected of contracting COVID-19 visited the Sukraraj Tropical and Infectious Disease Hospital. A few days later, doctors and nurses at the Tribhuvan University (TU) Teaching Hospital threatened to stop attending work if they were not provided with proper protection.

After the identification of the 9th case of COVID-19 positive in Nepal, Nepal Government has declared to extend lab test facilities in all 7 provinces and till date in addition to National Public Health Laboratory (NPHL) Teku, COVID-19 lab test through PCR is functional in 11 institutions of all seven provinces. As per Ministry of Health and Population, till 20 July 2020 only 319872 RT-PCR test and 312402 RDT test has been done in Nepal.

As per the Ministry of Health and Population till 20 July 2020, Nepal has 17844 confirmed cases of COVID-19 positive among which 11868 has recovered & has resumed normal life whereas the remaining 5936 are under medical supervision in the designated hospital and 40 deaths.

Nepal went into lockdown on March 24 and now with the decision of cabinet it has been extended until end of July 2020. Though the government of Nepal had announced to launch an economic relief package to those who have temporarily lost jobs or have been sent on unpaid leave, and daily wage workers no such packages have been declared to date. Local Government and social organizations are supporting peoples in need but are not able to reach all needy peoples due to many restrictions. So, it is necessary to reach daily wage workers, street children, and distanced peoples with a daily meal and other necessary support to bring their life into normal.

Introduction of Rotary Club of Kathmandu

Rotary Club of Kathmandu is a pioneer club of Rotary International District 3292 and is the first Rotary club to be chartered in Nepal (Chartered on 13th April 1959 A.D.). During its glorious 61 years of humanitarian service in Nepal, Rotary club of Kathmandu has served the community with numerous projects based on Rotary's six areas of focus (Maternal and child health, Basic education and literacy, disease prevention and treatment, peace and conflict resolution, water and sanitation and economic & community development). With the support and coordination of different clubs and organizations, Rotary Club of Kathmandu has and is organizing several Global Grant Projects, club to club projects, and district grant projects.

Objective

The main objective of this response project is to establish COVID PCR Lab for patients of Paropakar Maternity and Women's Hospital (PRASUTI GRIHA) for Pregnant Women and Babies.

In Nepal there is no any established covid lab for pregnet women and babies affected by COVID19. So, looking the health and based on one of the Rotary's 6 area of focus Maternal and Child Health, Rotary Club of Kathmandu is planning to set up an covid lab for women. This lab will be the first covid lab for Women in Nepal.

About Paropakar Maternity and Women's Hospital (PRASUTI GRIHA)

Paropakar Maternity and Women's Hospital, Thapathali, Kathmandu, popularly known as PRASUTI GRIHA was established on August 1959 with the initiative taken by paropakar (a non-governmental community based organization), Late king Mahendra (Then HRH Crown Prince) in memory of Late Indra Rajya Laxmi Devi Shah (Then HRH Crown Princess), who died due to pregnancy related causes, The hospital was renamed as "Paropakar Maternity & Women's Hospital since 2nd December 2007 (16th Mangsir 2064) in place of 'Paropakar Shree Panch Indra Rajya Laxmi Maternity Hospital'. It is situated on the north bank of Bagmati river, near Thapathali Bridge, in its own spacious land.

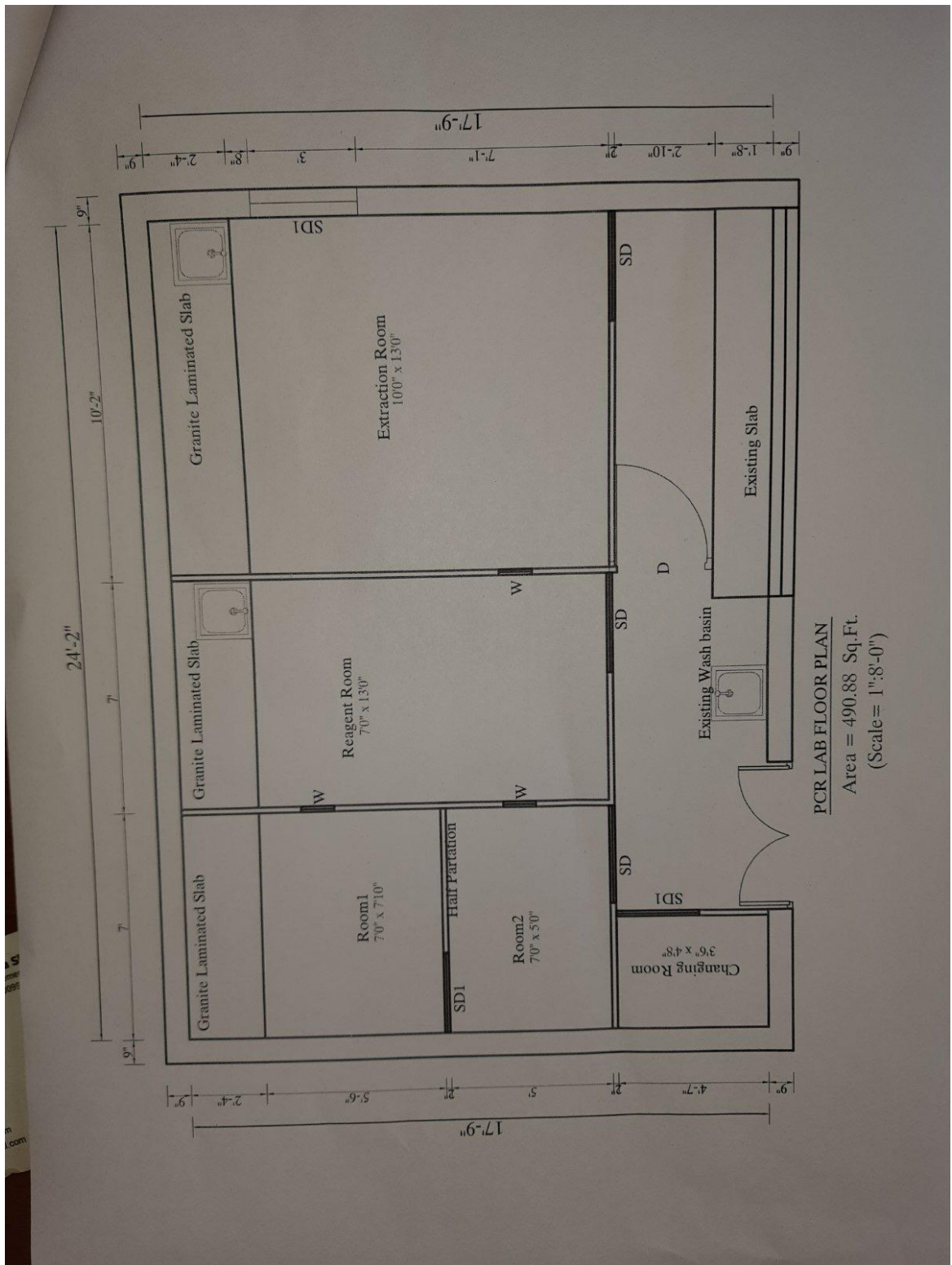
It is a tertiary central hospital with 415 beds out of which 336 is allocated to indoor admission of which 241 are Obstetrics 61 are gynae and 34 are for new born. 79 are service beds. It has the staff capacity of 627 of which 54 is doctors 172 nurses, 40 paramedical, 82 administrative and finance, 247 support staff and 27 others. Security services and general cleaning of this hospital has been out sourced, Residential facilities are available for doctors and nurses working in the hospital and addition there is a hostel for duty doctor as well as residents.

Expected Output

With this response project, it is expected that

- i. The pregnant women and newly born babies will be benefited.
- ii. Show solidarity of Rotary club towards initiatives taken by the government of Nepal to fight against COVID 19 pandemic.

PCR LAB Floor Plan:



CIVIL and Architectural Work:

Quantity Estimate

Section-1 :Civil and Architectural Works

S.No.	Description of works	No.	Length	Breadth	Height	Quantity	Unit	Remarks
1	Dismantal Works							
	Wall	1	0.91	2.13		1.95		
				Total		1.95	Sq.m	
2	Aluminium Partation							
	Wall	2	4.27		3.20	27.32		
	Wall	2	1.37		3.20	8.78		
	Wall	1	2.29		3.20	7.32		
	Wall	1	1.07		3.20	3.42		
				Total		46.84	Sq.m	
3	Aluminium Sliding Door							
	SD	4	0.91		2.13	7.79		
	SD1	3	0.76		2.13	4.87		
				Total		12.66	Sq.m	
4	Cement board Partation							
	W	1	1.5		1.70	2.55		
	W1	1	2.40		1.70	4.08		
				Total		6.63	Sq.m	
5	PAINTING WORKS							
5.1	EMULSION PAINT ON INTERNAL WALL SURFACE							
	Wall	2	7.40		3.35	49.63		
	Wall	2	4.50		3.35	30.15		
	Ceilling	1	4.50		7.40	33.30		
	Deduct for Door & Windows							
	D	-1	1.40		2.44	-3.41		
	W	-1	2.00		1.70	-3.40		
				Total		106.27	Sq.m	
5.2	Enamel Paint							
	D	1	1.40		2.44	3.41		
				Total		6.82	sq.m	
6.00	Grinite Finishing Cabinets							
	Slab1	2.00	2.13		0.71	3.03		
	Slab 2	1.00	3.05		0.71	2.16		
				Total		5.20	sq.m	

COST:

Abstract Of Cost

Project: Construction of PCR Lab

Location: Thapathali, Kathmandu, Nepal

Item No.	Description of Works	Unit	Quantity	Rate (NPR)	Amount (NPR)	Remarks
1	Dismantle Works					
	Safely removal of brick wall and disposing surplus debris including transportation of debris ,cleaning site etc as per requirement and instruction of site engineer	Sq.m	1.95	1,706.60	3,327.87	
2	Aluminium Partation					
	Providing and fixing Full Height Partition of aluminum section in naturally anodized or black anodized/powder coated color Section size (102×45×1.5 mm) fitted with 5 mm clear glass or 9 mm both side laminated board.(average panel area 8.00 Sq.ft)	Sq.m	46.84	5,579.25	261,332.07	
3	Aluminium Sliding Door					
	Providing and fixing Single Panel Sliding Door of aluminium section in naturally anodized or black color anodized/powder coated color Section size (102×45×1.5 mm) fitted with 5 mm clear glass or 9 mm both side laminated board (excluding the cost of handle).	Sq.m	12.66	10,344.66	130,963.40	
4	Cement board Partation					
	Supplying and fitting of 6mm cementboard or equivalent for windowcomplete sealed fixing with 3" GI metal frames and all work complete as per instruction of site engineer.	Sq.m	6.63	1,635.52	10,843.50	
5	PAINTING WORKS					
5.1	EMULSION PAINT ON INTERNAL WALL SURFACE					
	Providing and applying two or more coats of latex paint of approved manufacturer (Asian, Berger & ICI Paints) approved manufacturer as per manufacturer's specifications to the surface of wall, beams columns, etc, all complete as per drawings, specifications and instruction. The rates shall include for scraping, washing the surface with water, surface preparation, scaffolding etc., all complete as per the manufacturer's recommendations and as approved by the Engineer.	Sq.m	106.27	233.63	24,827.86	
5.2	ENAMEL PAINTS					
	Providing and applying two or more coats of first quality enamel or approved equivalent manufactured by Asian Paints, Berger Paints, or ICI,) of approved shade and pattern to all the Door etc., The rates shall include for scraping etc., washing the surface with water, applying a coat of approved quality water base primer, surface preparation, scaffolding etc., all complete as per the manufacturer's recommendations and as approved by the Engineer.	sq.m	6.82	324.53	2,213.29	
6	Grinite Finishing Cabinets					
	Providing and fixing in position working cabinet made of 19mm thick ply wood with 16mm thick grinite laminated top gag saw cut mirror poished (premoulded and pre polished) of required size of approved shade, colour and texture along with sensor type basin cock all complete as per drawing, specification and instruction of the Engineer.	Sq.m	5.20	32,250.00	167,700.00	Tentative cost as per market @ 3000/ Sq.ft
Total of Civil & Architectural Works					601,207.99	

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**Paropakar Maternity & Women's Hospital
Thapathali, Kathmandu, Nepal**

SUMMARY OF COST ESTIMATE

Name of work: Construction of PCR Lab

S. No.	Desceiption of Work	Amount	Remarks
Section - 1	Total Civil Works	601,207.99	
Section - 2	Electricity Works	30,060.40	5% of Civil Works
Section - 3	Sanitary Works	30,060.40	5% of Civil Works
	Total	661,328.79	
	VAT 13%	85,972.74	
	Grand Total	747,301.53	

Dhaneshwar Mahato
Estimated by:
Dhaneshwar Mahato
Civil Engineer

Approved by:

Total Budget

Particular	Total (NPR)	Total Cost in \$ AUD (Exchange rate 1 AU \$=NPR 83)
Partation/Civil Works	601,207.99	7,243
Electricity Works	30,060.40	362
Sanitary Works	30,060.40	362
Total	661,328.79	7,967
VAT 13 %	85,972.74	1,035
Grand Total	747,301.53	9,003
In Words: Nine Thousand and Three AU dollar only.		

Letter from Hospital



नेपाल सरकार
स्वास्थ्य तथा जनसंख्या मन्त्रालय
परोपकार प्रसूति तथा स्त्रीरोग अस्पताल
विकास समिति

फोन नं.
डाइरेक्टर - ४२६०४०५
कार्यालय - ४२६०२३९
रिसोर्स - ४२५३२७६
४२५३२७७
फ्याक्स नं. - ४२६०२७४
पोष्ट बक्स नं. ५३०७
थापाथली, काठमाण्डौ

च.नं. ६०/१८६७

मिति : २०७७/३/१६

श्री अध्यक्ष ज्यू
गेटरी क्लब थापाथली, काठमाण्डौ ।

विषय :- सहयोग सम्बन्धमा ।

उपरोक्त विषयमा हाल विश्वभर माहामारीको रुपमा फैलिएको कोरोना भाइरस (COVID-19) को उच्चतम जोखिम बढिरहेको परिस्थितिमा यस अस्पतालमा पनि कोभिड बाडुं स्थापना गरी संक्रामित महिलाहरुको प्रसूति तथा स्त्रीरोग सम्बन्धी उपचारसमेत गर्नु पर्ने भएकोले उपचारमा आवश्यक पर्ने उपकरण खरिद तथा संरचना पुनः निर्माण कार्यमा त्यस संस्थाबाट सहयोग गर्ने इच्छा व्यक्त गर्नुभएकोले संलग्न लिफ्टबमोजिमका सहयोग उपलब्ध गराईदिनुहुन निर्देशानुसार अनुरोध गर्दछु । साथै प्राप्त सहयोग पूर्णरूपले सदुपयोग गरी कोरोना संक्रामित महिलाहरुको उपचारको लागि प्रभावकारीरूपमा प्रयोग गरिने प्रतिवद्धता समेत गर्दछौं ।

- आवश्यकताको लिफ्ट यसैसाथ संलग्न छ ।

(गनु थापा)
का.मु. हस्पिटल प्रशासक

PAST ACTIVITIES:

The Rotary Club of Kathmandu raised financial contribution from club members and received support from partner Rotary Club to complete these COVID19 Response activities from March 2020 to 20 July, 2020.

Rotary Club of Kathmandu – US \$ 5,000

Rotary Club of Northbridge NSW, District 9685 – US \$ 3766

Rotary Club of South Wagga Wagga – District 9705 – US \$ 3075

Disaster Aid Australia (DAA) - US \$ 3363

PROJECT COMPLETED:

- **Support to Primeminister Relief Fund**

During 62nd charter day ceremony of Rotary club of Kathmandu organized on 13th April 2020, US\$1000 was handover to DG Rtn.Kiran Lal Shrestha for Primeminister Relief Fund of Nepal Government through Rotary District 3292.

- **Relief Material Supppport (Food Support)**

1. Food support of net worth \$300 has been provided to the organization named EPSA Nepal, a group of disabled women.
2. On 11th May 2020, Food package support (Groceries) provided to 17 needy families of Bhaisepati, Lalitpur in the presence of PP Rtn.Dan Bahadur Chand.
3. On 10th May 2020, Food Package support (Groceries) provided to 90 needy family, Yangalclub ,newaJornalstand child care home of Ombahal community, Kathmandu in the presence of President Rtn.Narayan Krishna Kharel and club members.
4. Food Package support (Groceries) provided to 100 needy family of Kathmandu Metropolitan ward no.11 through ward office. The handover of groceries was done in the presence of President Rtn.Narayan Krishna Kharel, district secretary PP Rtn.Rajendra Kumar Dahal and club members.
5. Snacks food package support (groceries) for one month provided to Srijansil Children Welfare Centre, Kadaghari, Kathmandu. 30 orphan childrens are residing in the centre and are studying.
6. Food Package support (Groceries) for one month provided to AasatitChild Home, Lalitpur. This support will provide food to 23 orphan childrens residing in the child home.

7. Food Package support (Groceries) provided to 50 deprived family of Devichaur, Godavari Municipality-7. The support was provided in coordination of Godavari Municipality office and in the presence of Mayor Mr.GajendraMaharjan, Ward Chairperson, Chief Administrative Officer of Lalitpur Metropolitan City Mr. Prem Prasad Bhattarai.
8. Distributed Food Packs to 51 Blind families of Kathmandu, Bhaktapur and Lalitpur on 5th, July 2020.





- **Medical Supply and Personel Protective Equipement (PPE) Support**

1. On 11 May 2020, 5 set of PPE has been provided to Sahodar Hospital of Lamjung district. PPE has been handover to Dr.HomnathAdhikari by President Rtn.Narayan Krishna Kharel.



2. Rotary club of Kathmandu has supported 5000 Pcs mask, 20 liter hand wash liquid, 120 Pcs sanitizer and 500 Pcs hand gloves through Rotary club of Gongabufor the frontline health workers, security personnels and media persons working at Bhulke, Triyuga Municipality of Udaypur district. After identification of number of cases in this area, government of Nepal has declared Bhulke area as Red zone.



3. On 30th April 2020, Medical items like Foley's catheter, CIC pipe, Urine bag etc. provided to lockdown hard hit spinal injury persons residing at Nepal Disabled Association, Jorpati.



4. On 22 April 2020, Rotary club of Kathmandu jointly with Panchakanya Group handover two set of swab collection booth to Ministry of Health and Population in the presence of Hon. Health Minister Mr. BhanubhaktaDhakal and Hon. Women, Children and Senior Citizen Minister Mr.ParbatGurung. The booth has been provided to health centres at Udaypur and Biratnagar by Ministry.



5. Supported 5 PPE set and 2 thermal gun to Telkot health post and Nagarkot health post.

• Handwashing Station Support

Handwashing with soap and water is the best way to stop transmission of coronavirus from hand, so it is important to aware people on right way of handwashing with soap and facilitate them with handwashing stations. Handwashing stations at public places like municipality office, bus stations and hospitals can be transmission point of coronavirus due to lack proper cleaning of tap and soap dispenser after each use. So, Rotary club of Kathmandu has decided to place mechanical handwashing stations in such public places where once can wash their hand without touching tap and soap dispenser with their hand, station can be operated mechanically with foot presses.

1. On 11 May 2020, 2 set of mechanical handwashing station has been installed at Maternity hospital, Thapathali and handover to director of hospital Prof. Dr. Jageshwor Gautam in the presence of Mr. Hiralal Tandukar, ward chairperson of ward no.11 of Kathmandu Metropolitan City and District Secretary PP Rtn.Rajendra Kumar Dahal. One station has been placed at Maternity hospital premise at Thapathali and next at Nursing college of



hospital located at Kupondole. Hospital administration will look after effective and sustainable use of the handwashing stations.

2. On 15 May 2020, Rotary club of Kathmandu installed two sets of mechanical hand wash system at Patan Hospital Lagankhel Lalitpur.

3. On 19 May 2020, Rotary club of Kathmandu installed two units of Mechanical Hand Wash System at Nepal Eye Hospital, Tripureshwor.

4. On 19 May 2020, Rotary club of Kathmandu installed one unit of Mechanical Hand Wash System at National Kidney Center, Banasthali, Kathmandu

5. On 20 May 2020, Rotary Club of Kathmandu installed one Mechanical Hand Wash Station at Mulpani Health Center.

6. On 20 May 2020, Rotary Club of Kathmandu installed one Mechanical Hand Wash Station at Children Eye Hospital, Monohora.

7. On 25 May 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Sanga Spinal Injury Hospital.

8. On 26 May 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Tilganga Eye Hospital.

9. On 26 May 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Purnamoti Memorial Society Ramechhap.

10. On 1 June 2020, RC Kathmandu installed two unit of Mechanical Hand Washing Station at Bir Hospital.

11. On 10 June 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Monmohan Hospital, Swyambhu.

12. On 20 June 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Sukraraj Tropical Hospital, Teku.

13. On 24 June 2020, RC Kathmandu installed one unit of Mechanical Hand Washing Station at Prashuti Griha, Bhaisipati OPD.

14. On 30 June, 2020; The Rotary Club of Kathmandu installed 4 units of mechanical hand washing station at Nakkhu Jail, Lalitpur. 8 people can get service from 4 units at a time. The system will benefit total of 2000 individuals; 1800 inmates and 200 security personnel as well as administrative staffs.

14. On 1 July 2020; The Rotary Club of Kathmandu installed 1 unit of mechanical hand washing station at Badegaun Police Station, Lalitpur.

Till date RC Kathmandu installed 22 units of Mechanical Hand Washing station at different health centers and hospitals.





Contact:

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2020-21

Rotary Club of Kathmandu

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