

# Nepal Earthquake– CMC Ludhiana Disaster Response

## Prepared and Shared by the Nepal Team



On April 25<sup>th</sup>, 2015, a devastating earthquake measuring 8.1 on the Richter scale struck Nepal with the small town of Gorkha – roughly 140 kilometers from Kathmandu – being the epicenter. The aftermath of this natural disaster was a great loss of life, homes and livelihood. The devastation was widespread across Gorkha, Kathmandu and other neighboring districts. The approximate numbers were 8000 killed and over 20,000 injured. An International call for help was sent out from Nepal and Missionary Hospitals in Nepal and in Indian towns on the

Nepalese border to help with relief process and to manage the scores of patients who had been affected directly and indirectly by this event.

Under the guidance of **Dr. Abraham G Thomas – Director, Christian Medical College, Ludhiana** – a response and aid team was assembled on the 27<sup>th</sup> of April, 2015. The team of 4 consisted of an Orthopaedic Surgeon, a Maxillofacial Surgeon, an Anesthesiologist and a Resident in Orthopedic Surgery. The following were the team members –

1. **Dr. Abhishek Samuel – Orthopedic Surgeon (Team Leader)**
2. **Dr. Sajan K. Sebastian – Anesthesiologist**
3. **Dr. Ashwin Sakharia – Maxillofacial Surgeon**
4. **Dr. Ajay Alex – Resident, Orthopedics**

The primary purpose of the team was to respond to the medical need following a natural disaster of this magnitude –Trauma. It was decided that **The Duncan Hospital of Emmanuel Hospital Association at Raxaul, on Nepal border** would serve as the base for the CMC relief team. The Duncan Hospital, Raxaul was established as a Christian Mission Hospital in 1930 and has been functioning well in providing medical care to the local population.

With Blessings and Prayers, the CMC relief team left Ludhiana for Delhi by road on the 28<sup>th</sup> of April,



2015. An early morning flight on the 29<sup>th</sup> of April from Delhi put the team in Patna, Bihar and then arrived at the Duncan Hospital the same evening by 6 pm and were warmly welcomed by **Dr. Uttam Mohaptra (Director of Duncan hospital) and Dr. Prashanth.**

### TEAM ACTIVITIES ON A DAILY BASIS

#### **30<sup>th</sup> April to 2<sup>nd</sup> May, 2015 –**

The relief team from CMC was welcomed during morning worship at The Duncan Hospital Chapel and was introduced to the Doctors, Nurses and Support Staff of The Duncan Hospital. The team was given a walk through tour of the entire hospital – the OPD, Wards, the Operation Theatre complex and the ICU. There were 5 patients requiring Orthopaedic Surgical management, from trauma during the earthquake. 2 Pediatric patients having sustained maxillofacial trauma were also slated for treatment.



#### Patients managed:

1. 18/M with Left Distal Radius Volar Barton Fracture – ORIF with plating
2. 35/M with Right Medial Malleolar Fracture – ORIF with Malleolar Screw
3. LSCS under Spinal Anaesthesia
4. Closed reduction + wiring for patient with Zygomatico-Maxillary Complex fracture
5. Wiring for pediatric patient with alveolar fracture
6. 72/F with left inter-trochanteric fracture- Closed reduction + DHS application
7. Patient with stable C2 vertebral fracture & closed right cuneiform fracture- Cervical collar + right short leg cast application
8. 10/F with Salter Harris type-II physical injury right distal radius- Closed reduction + cast application
9. 3 patients of soft tissue lacerations to the face
10. Exploratory laparotomy for a case of perforation peritonitis

#### **On 3<sup>rd</sup> May, 2015 –**

The team left early in the morning for Kathmandu by Road. Along with 3 large cartons of Medications, the team also carried tent and shelter material to be given. As a result of all the major highways linking Kathmandu being blocked, the





team had to take narrow mountain roads and passes to via Haitauda and Dakshin-Kalin to reach Kathmandu. Along the way we noticed many houses reduced to brick and rubble as a result of the earthquake. There were many parts also affected by severe landslides, which meant the vehicle in which we were travelling had to tread very cautiously at most parts.

After a brief pit-stop for lunch in Kathmandu city, the team proceeded further to the locality of Lalitpur and the Village Lele, 16 kilometers from Kathmandu City, at a greater elevation. The team was to be based out of The Leprosy Mission Hospital at Lele. We were welcomed there by the Director of the Hospital and an International Team from The United Kingdom and Canada. Lele and Lalitpur had been quite severely affected by the earthquake. The team observed numerous areas where entire areas had been reduced to rubble. A quick round of the Hospital and the wards helped the team to assess the needs and requirements. Volunteer Mission Doctors from India, Nepal and the United States of America were already present with 4 of them being Orthopaedic Surgeons.

The CMC relief team joined the present teams in management and care for the affected patients. Fracture cases were assessed and assisted in management. A case of Parotid Space abscess too was treated via I & D.



#### **4<sup>th</sup> May, 2015 –**

The team arrived at the hospitals and wards for wound care and dressing changes. Since many doctors were already present at the hospital with few surgical supplies and OT infrastructure it was decided to head back to Raxaul Duncan Hospital and provide further relief and care to the patients being brought in to the Duncan Hospital. All the medical and relief supplies brought along were unloaded and handed over to the staff at the Leprosy Mission Hospital. The team started back to Raxaul in the afternoon to reach Raxaul and Duncan Hospital late in the evening.

**5<sup>th</sup> – 7<sup>th</sup> May, 2015 –**

The 3 days were spent with the team being involved actively in the OPD at the Duncan Hospital. Multiple minor surgical procedures, cast application and Incision and Drainages were performed on an OPD basis. The team worked closely with Hospital staff. A case of Open Grade 3A comminuted fracture of right distal Femur was taken up for MIPO plating on the 5<sup>th</sup>. Dr. Sajan K. Sebastian was instrumental in the Operation Theatre for various General Surgical and Gynecological cases. He also distributed Clothing to the needy. Lectures on Medical Emergencies were taken for the staff in the Dental Department.



**8<sup>th</sup> May, 2015 –**

During morning service at the hospital chapel, kind words of appreciation and gratitude for the CMC relief team were spoken by Dr. Uttam, the Director at Duncan Hospital, Raxaul and also other staff members. Following breakfast, the team departed Duncan Hospital and Raxaul to Patna for the return journey back to Ludhiana via Delhi.



**9<sup>th</sup> May, 2015 –**

The team reached Ludhiana and the CMC campus at 5:30 am. The team was greeted back by the Director, Dr. Abraham G Thomas and a briefing was done on the team's activities, assessment and situation at Nepal. Dr. Thomas expressed heartfelt thanks of the entire institution to the team, who volunteered to work at a time of need; based on the Christian Medical College, Ludhiana ethics to reach the unreached.