

# Five-Year Strategic Plan (2025–2030)

## German Nepalese Help Association (GNHA)

### Health Projects in Nepal: Improving Equitable Access to Health Services & Health Education

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#### 1. Introduction

The German Nepalese Help Association (GNHA) is committed to supporting the Government of Nepal in delivering equitable, accessible, and sustainable health services to underserved populations. Over the next five years (2025–2030), GNHA will implement two flagship health projects:

- Continued operation of the long-standing **Christine's Dispensary** at **Bir Hospital**, serving economically and socially vulnerable patients in Kathmandu, and
- A **Healthy Habit Project** in **Kailali and Kanchanpur**, addressing grassroots health awareness, education, and behavioral change.

Together, these projects aim to address both **clinical health needs** (medicines and surgical support) and **preventive public health challenges** (WASH, MHM, nutrition, adolescent health, and first aid education). The strategy directly contributes to **Nepal's 16th Five-Year Plan, National Health Policy 2019** and **SDG 3: Good Health and Well-being**.

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#### 2. Vision

To contribute toward a healthier Nepal where every individual, especially the underserved can access essential health services, medicine, and health education.

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#### 3. Mission

To improve health outcomes for underserved populations by providing access to life-saving treatment and empowering schools and communities through sustainable health promotion.

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#### 4. Theory of Change

If:

- Christine's Dispensary continues to provide quality, free essential medications and financial support to economically and socially vulnerable patients
- Communities and schools in remote areas receive structured health education, and capacity building

**Then:**

- Economically and socially disadvantaged patients who otherwise would go untreated will receive life-saving medications and financial support for critical care.
  - Preventive health knowledge and practices will improve among students and communities.
  - Health inequalities will narrow as vulnerable populations have access to services and education.
  - Long-term health outcomes will sustainably improve across both clinical and community settings.
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## **5. Strategic Objectives**

No.	Objective
SO1	Sustain and strengthen the operation of Christine's Dispensary, ensuring access to essential drugs and treatment support for poor and underserved patients, especially in-patients.
SO2	Launch a comprehensive school and community health education program in Kailali and Kanchanpur.
SO3	Provide direct financial support (up to NPR 30,000 per person) to chronic and high-cost treatment for patients at Bir Hospital and other public hospitals.
SO4	Build the capacity of local teachers, FCHVs, and child clubs for sustainable community health education.
SO5	Align with national priorities and ensure policy influence through evidence, partnerships, and coordination.

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## **6. Program Areas**

### **A. Clinical Care: Christine's Dispensary (Kathmandu)**

A fully operational dispensary within Bir Hospital that serves economically and socially disadvantaged patients with antibiotics, surgical medications, and referral support. The dispensary will also act as a referral and support hub for in-patients who cannot afford treatments.

### **B. Preventive and Promotive Health: Schools and Communities (Kanchanpur & Kailali)**

Focused on WASH, nutrition, menstrual hygiene, first aid, adolescent reproductive health, and basic medical education in rural schools and community groups.

## 7. Program Components

### A. Christine's Dispensary – Bir Hospital, Kathmandu (*Ongoing Project*)

- Operates within the Bir Hospital premises for over four decades.
  - Provides **free medications** (antibiotics, medicines and surgical goods).
  - Prioritizes patients from marginalized, low-income backgrounds.
  - Provides **financial support up to NPR 30,000 per patient** for:
    - Chronic illness
    - Surgeries and other major procedures
  - Regular coordination with Bir Hospital staff and doctors.
  - Administered and supervised by the **Executive Director of Bikaska Lagi Ekata**.
  - No scale-up or expansion planned; focus remains on quality, consistency, and transparency.
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### B. Community and School Health Promotion – Kailali and Kanchanpur (*New Project*)

- Promotes awareness and behavior change in:
  - WASH (Water, Sanitation, Hygiene)
  - Nutrition and oral hygiene
  - Menstrual hygiene (MHM)
  - Adolescent reproductive health
  - First aid and safety
- **Directly implemented in:**
  - **60 schools** (40 in Kanchanpur, 20 in Kailali)
  - **30 mother/community groups**
- **Involves:**
  - Capacity building of teachers, FCHVs, and child clubs
  - IEC material production and distribution
  - Supportive infrastructure (e.g., water filters, washroom maintenance)

- Follow-ups, refresher training, and learning-sharing sessions

## 8. Implementation Timeline (2024–2029)

Year	Christine's Dispensary	School & Community Program
2025–26	Continue medicine and poor patient fund support	Baseline in Kanchanpur, select 20 schools & 10 groups, begin interventions
2026–27	Continue services, assess fund usage	Expand to 10 more schools, follow-up in Year 1 sites
2027–28	Continue services	Launch in Kailali (20 schools), midline evaluation
2028–29	Maintain regular operations	Phase out Year 2 groups, expand in Kailali
2029–30	Continuing services, impact assessment	Final phase out, conduct endline evaluation, handover plans

## 9. Personnel Plan

Position	Project	Status
Pharmacists/Asst. Pharmacists (2)	Christine's Dispensary	Already in place
Executive Director (SfD)	Oversight for Dispensary	Responsible for administration, strategic decisions and coordination
Field Coordinators	Kailali & Kanchanpur	To be hired
ANM/CMA	Field Health Educators	To be hired
Support Staff	School Program	As needed

## 10. Monitoring, Evaluation, and Learning (MEL)

### Christine's Dispensary

- Monthly stock and patient support reports
- Annual audit of financial assistance disbursements
- Case documentation (success stories), and Reports
- Periodic coordination meetings with donor organization

### School & Community Program

- Baseline, midline, and endline surveys
- Pre/post assessments in schools
- Monitoring visits and joint reviews with local governments
- Ongoing feedback and adjustment from beneficiaries and school focal persons

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## 11. Sustainability Strategy

Area	Approach
Christine's Dispensary	Continued donor support + cost-sharing local government where possible; MoU with local level.
Community Health Program	Community and school ownership through trained local facilitators and integration into school routines.
IEC Materials	Reusable and replicable content shared with municipalities, Obtaining from Department of Health
Policy Influence	Share findings with provincial and municipal governments to encourage budget allocation and scale-up.

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## 12. Risk Management

Risk	Mitigation Strategy
Medicine shortages	Buffer stocks, Suppliers listing

<b>Risk</b>	<b>Mitigation Strategy</b>
Misuse of financial support	Verification protocols, transparent records, timely monitoring
Staff turnover (school program)	Training more than one focal person per school/group
Natural disaster or disruption	Flexibility in scheduling, remote coordination

### 13. Alignment with National and Global Goals

<b>Framework</b>	<b>Contribution</b>
<b>SDG 3: Health &amp; Wellbeing</b>	Essential medicine, chronic care, adolescent health
<b>SDG 6: Water &amp; Sanitation</b>	Hygiene and WASH facilities in schools
<b>National Health Policy</b>	Strengthening primary and secondary care access
<b>16th National Plan</b>	Focus on equity, community-based health, and financial protection for the poor

### 14. Budget Overview (*is attached separately*)

The budget will be categorized into:

- Christine's Dispensary (medicines, poor patient fund support, operations)
- School Health Program (staff, IEC, materials, infrastructure)
- M&E, capacity building, and overheads

### 15. Conclusion

This strategic plan reflects GNHA's commitment to **serving the poor and marginalized** through both clinical services and preventive measures. While **Christine's Dispensary** continues to provide life-saving support to thousands every year, the **new school and community initiative**-Healthy Habit Project expands GNHA's reach into grassroots public health, building healthier communities for the future.