

convalescence

Sanchos
stories

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sowing hope

Every Sancho Story plants seeds of
resilience for better healthcare in Nepal

A 49-year-old's untreated leg ulcer spirals into infection and decay, ending in amputation. A woman battles mysterious neck pain; even after four weeks on the hospital bed, her condition remains undiagnosed. For both, the financial burdens of healthcare further exacerbate their physical suffering.

In our first ten Sancho Stories, we witnessed many such cases: a yak piercing through an elderly woman's torso, a wall painter falling from a 3-story building, and a bike accident in the urban capital. Despite their differences, these accidents shared a common thread—the inevitable financial hardship faced by the injured and their families.

More worryingly, these aren't just anomalies. Almost half a million Nepalis plunge into poverty annually due to soaring medical expenses. An additional three million, unable to afford treatment, resort to selling property or taking loans.

But it shouldn't be this way. There are ways Nepal can extend healthcare coverage to all; it's just that this possibility remains largely unrealized. Our work, therefore, is to spotlight areas in dire need of intervention.

Through sharing stories of suffering and healing, we hope to catalyze change, prompting accessible and affordable medical services to be implemented. By amplifying voices of the afflicted, we are striving to build a platform for discourse, empowering communities to advocate for indispensable healthcare reforms.

Team Sancho

the sancho palette

Colors have long been known for their influence on human emotions and well-being. At Sancho, we harness that very idea to convey the challenges faced by patients and healthcare providers. Just as color therapy uses hues to evoke specific physical and emotional responses, our abstract paintings employ a diverse palette to illustrate the intricacies of Nepal's healthcare dynamics.



- **Red** signifies urgency and vitality, capturing the essence of disparities and the pain they entail.

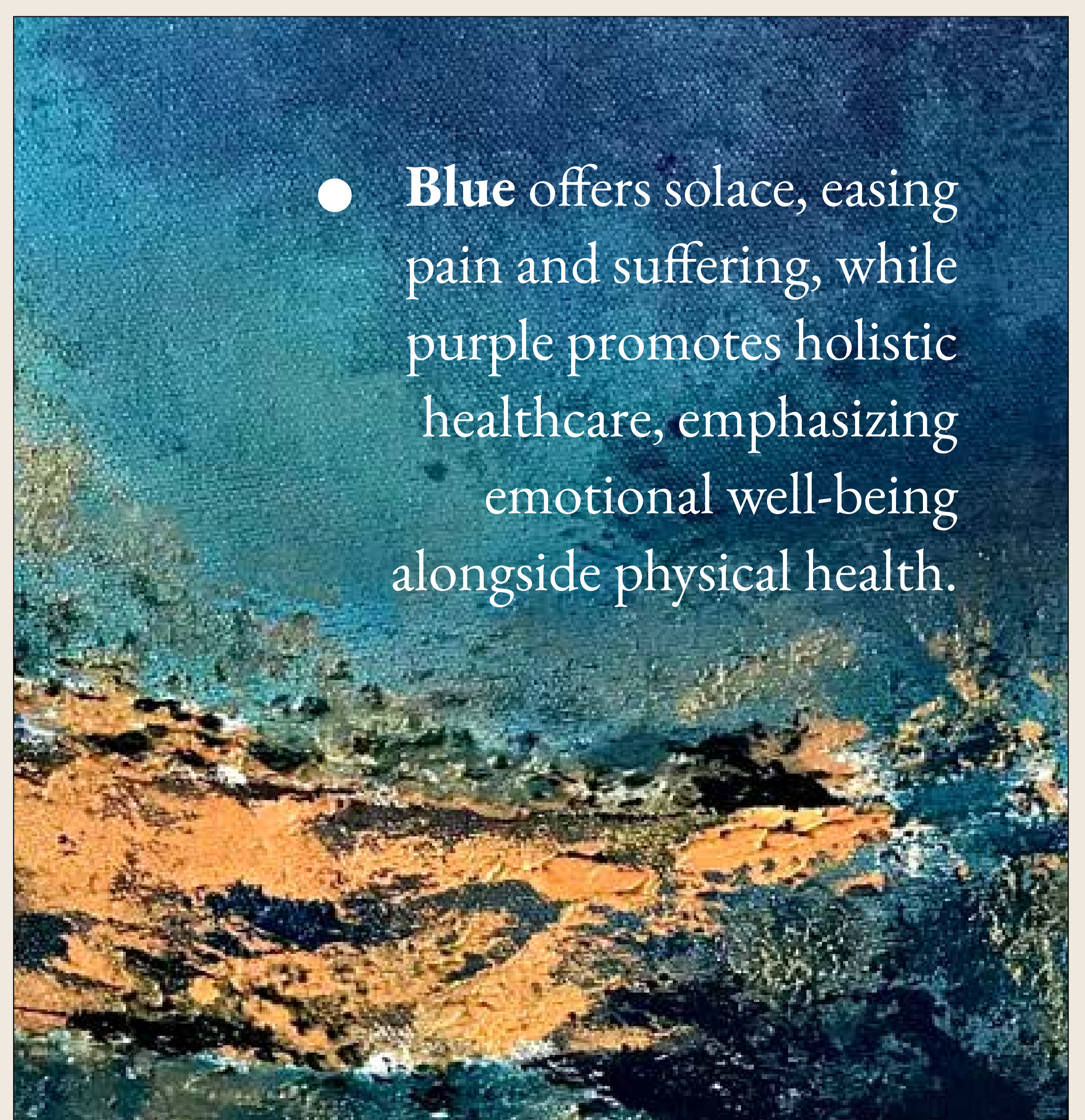


Green brings a sense of tranquillity, reflecting the need for a healing environment and the abundance of nature.



Cream embodies empathy and cure, akin to the colour of healed skin.

- **Yellow** symbolizes clarity and optimism, crucial for effective care delivery.



- **Blue** offers solace, easing pain and suffering, while purple promotes holistic healthcare, emphasizing emotional well-being alongside physical health.

- **Orange** embodies motivation and resilience, like a flame igniting the drive to overcome injuries.

doc- talk

with

Dr. Hem Limbu

Orthopedic Surgeon

How can sharing stories lead to systemic changes?

Stories serve as a lens, illuminating the challenges faced by patients and healthcare providers, raising awareness and mobilizing support for systemic improvements. They provide invaluable insights into life-saving procedures, inspiring innovation within medical practices.

They also empower individuals to make informed decisions about their own treatment, thereby enhancing patient outcomes. By showcasing the real-life impacts of medical interventions, such narratives ignite conversations and drive advocacy for better resources and support systems within healthcare.

Why is it important for people to understand the struggles faced by those with wounds?

It fosters empathy and solidarity, encouraging support and understanding for those affected by illness and injury. By acknowledging the troubles and scarcity of people, and dissatisfaction often experienced despite medical efforts, stories prompt a call for better patient-centered care.

Through such initiatives, not only is the public made aware, but healthcare providers are also encouraged to perceive the turmoil and suffering borne by patients, enabling them to provide more compassionate and effective care. This creates an empathetic medical care system—precisely what Nepal needs at present.

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He always enjoyed helping and interacting with people, and dreamed of joining the Nepal Army, but now he refuses to be seen by anyone outside the family—afraid of the way people will view him, the comments they will pass, and the faces they will make.

Swapna

Negative attitudes and physical barriers to basic mobility result in the exclusion of people like me from participation in society. I hope my story can help change this for the better.

Chahana

I see a new life with new opportunities waiting for me. Weirdly, I feel stronger now.

Aasha

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editors

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