

Stephen Trood, Paramedic Educator, Wagga Wagga - travelled to Nepal to volunteer on a medical trek.



“In October this year I joined a medical trek in Nepal with the aim of supplying health care to remote villages in the Ghorka district following the devastating earthquakes in April. I joined a team which consisted of two emergency doctors, a dentist, nurses from the USA, Canada, and Kathmandu. We also had guides, porters and cooks.

Over the seven days we saw more than 700 patients; upon treating, some would be referred on to a GP or a pharmacy, while others were sent home with advice and education. The predominant problems were stinging eyes and respiratory complaints. There were lots of education on eye care, ventilation of cooking areas and hydration. The other main complaint was back and joint pain; and a few cysts and tumours were identified with patients advised to attend hospitals for further investigation.

The overall experience was tiring, exhilarating, humbling and life changing. I recommend this experience to everyone.”



“ Over the seven days we saw more than 700 patients. ”

