HEALTH AND SAFETY OF TRAVELERS IN NEPAL FOR RESPONSIBLE AND SUSTAINABLE TOURISM

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Nepal is an explorer’s paradise.
No other country in the world is blessed with eight of the tallest mountain peaks over 8,000m.
Beside Mountaineering Nepal Also Offers

ADVENTURE

NATURE

CULTURE

SPIRITUALITY AND PILGRIMAGE
TRAVELERS LOOK FOR

- Fun
- Adventure
- Living Their Dreams
- Value for Money
- Health and Safety
Visit Nepal 2020 – A Lifetime Experience!!

Nepal received 940,218 visitors in 2017 mainly for

Nepal is preparing to bring in 2 million tourists in 2020
Besides Fun There May Be Challenges Too

- Wide variation in topography within Nepal: varied health risks
- Traveler preparedness inadequate in some cases
- Under-estimation of the dangers of altitude sickness
- Newer guides, lack of trekker and guide education
- Deaths of travelers from preventable conditions
- There are risks to the porters, local communities and environment
Nepal makes every effort to keep the visitors safe.

There are local clinics run by the Government at various places and those run by Himalayan Rescue Association.

Travel insurance companies, hospitals, tour operators work in collaboration.
MT. EVEREST SUMMIT
8,848 metres

CAMP 4 SOUTH COL
8,000 metres

CAMP 3
7,162 metres

CAMP 2
6,400 metres

CAMP 1
5,943 metres

BASE CAMP
5,334 metres

DEATH ZONE:
The lack of oxygen above 8,000 metres can be fatal to climbers.

RESCUE OPERATION
Glimpse of Health Facilities in Remote Locations

KUNDE HOSPITAL
EVEREST REGION
FOUNDER: EDMUND HILLARY
ALTITUDE: 3840M

PHERICHE CLINIC
EVEREST REGION
ALTITUDE: 4243M

MACHERMO AID POST
EVEREST REGION
ALTITUDE: 4410M

MANANG AID POST
ANNAPURNA REGION
ALTITUDE: 3499M
Travel Medicine is Gaining Ground

- Nepal Society of Travel Medicine has been formed
- A large cadre of Nepali doctors and nurses are active in the International Society and in the Nepal Society of Travel Medicine to make the journeys safe for travelers
**GeoSentinel Surveillance Sites**

- Provider-based Surveillance of international travelers and migrants.
- Does not cover endemic diseases in local populations.
- 55 travel/tropical medicine clinics globally (since 1996).

Global Network
WHAT IS TRAVEL MEDICINE?

Specialized field of medicine concerned with the promotion of health… for the people, cultures and environment of regions being visited in addition to the prevention of disease or other adverse health outcomes to the international traveler.

Travel Medicine

Contributes To Strengthening Health and Safety of Traveler

- Analysis of trends and patterns of infectious diseases - organisms, drug sensitivity
- Environment and its health impact: water scarcity, global warming, pollution
- Research - supporting the development of strategies to protect local communities from the negative impacts of tourism

Preparing for travel including vaccination needs and other guidance
Immediate rescue and life saving support
Migrant health: including for home communities & destination
It Was in the Himalaya that the Modern Mountain Medicine Made Great Advancements in Altitude Illness

Peter Hackett

- The first series of autopsy findings in trekkers dying from altitude illness in Nepal. John Dickinson et al. Thorax 1983;38:646-656. [https://thorax.bmj.com/content/thoraxjnl/38/9/646.full.pdf](https://thorax.bmj.com/content/thoraxjnl/38/9/646.full.pdf)

- Suggesting a schedule that included rest days on the ascent: the Himalayan Rescue Association: "Don't go too fast too high"


- Risk of altitude illness in Hindu pilgrims to high altitude sites in Nepal, such as Gosainkunda: Journal of Wilderness Medicine 4, 286-292 (1993)

- Effectiveness of Diamox (acetazolamide) in preventing altitude illness among porters: Wilderness Environ Med. 2006 Summer;17(2):87-93.

- Trekking guides, porters, and climbers have all suffered, and all too frequently, died of altitude illness in the course of their jobs.
## Current Issues for Health and Sustainability of Tourism Industry

### SITUATION
- Much more Acute Mountain Sickness evacuations than before: necessary life saving intervention or unnecessary and expensive act?
- Attempts to tarnish Nepal’s tourism industry
- Nexus between various providers
- Strong financial incentives at multiple levels
- Myths and misconceptions related to treatment availability and quality

### RESPONSE
- Prevent conflict of interest in institutions
- Eliminate financial incentives
- Limit negative messages
- Reassure insurance companies
- Reassure trekkers about enhanced safety: helicopter availability increased
- Provide continued education and refresher courses to guides/trekkers
- Guidelines/close monitoring by Government
- Institutional self-audit
- Public private partnerships for
  - Training
  - Medicines
  - Quality assurance
  - Linking of website
  - Health Topics discussion
  - Informational handouts
Primary treatment locally and Further treatment in the nearest hospital or tourist’s choice

Referral guidance for advanced care

The Hospital and the health institutions involved in treatment of the tourist rescued and brought for treatment should, subject to not being contrary to the policy, rules, criteria, and standards of Ministry of Health and Population, provide quality health services responsibly and in accordance with professional dignity.
CIWEC offers international standard health care in Nepal based on locally generated and internationally acclaimed research evidence.

What We Do

Through its CSR, CIWEC trains porters, guides and tour operators on First Aid, various health issues of travel medicine, organizes health camps and blood donation activities.

CIWEC provides health information and support to travelers and expatriates in Nepal to keep them safe.
Keeping our visitors safe and healthy

Offering the best possible care in case of need

Providing home away from home experience

Making Visit Nepal 2020 a grand success

Our Commitments
We thank our Partners

• Ministry of Culture, Tourism and Civil Aviation
• Ministry of Health and Population
• Nepal Tourism Board
• Tourist Police
• Himalayan Rescue Association
• Travel and Tour Operators
• Medical Insurance Companies
• Various Hospitals and Health Workers