

# Prepare. Adapt. Work Together.

How our resource-limited rehab centre in Nepal contained a large COVID-19 outbreak. And prevented future ones.

## PREPARE

- Infection prevention protocols
- Touchless screening
- Staff/patient education
- Procure PPE
- Identify observation, quarantine, isolation spaces

## ADAPT

- Outdoor group therapy
- COVID+ staff treat + patients
- Sterilize and reuse PPE
- Staff bubbles, housing, transportation

## WORK TOGETHER

- Patients/families drive decisions
- Interdisciplinary input continuously
- National, international partners assist
- Provide isolation ward for government
- No further outbreaks to date



*Read the full paper:*  
Raju Dhakal, Colleen O'Connell, Jas Bahadur Gurung, Ram Prakash Shah, Hari Prasad Adhikari, Nita Chandi, Christine C. Groves



Photo: Narayan Shrestha  
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