ASHA

Build “Affordable and Sustainable Healthcare Access” Together

ゆうちょ財団 国際協力報告会

Jan. 30th, 2025

Non-Profit Organization ASHA

Agenda

1. About ASHA
2. Project Plan
3. Project Achievements
4. Additional activities (HealthConnect ID Introduction)

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ASHAとは？

テクノロジー×コミュニティーを活用し、ネパールの地方医療を“支える”仕組みに取り組む団体です。

単発で終わらない“仕組み”作り

- サービスの提供ではなく、現地のリソースを使った保健医療サービスを届ける仕組み

現地が主役の運営体制

- ネパール人メンバーによる推進
- 現地で自走できる仕組みづくり

テクノロジーの活用

- データを活用したケア
- デジタルによる地理的／知識のギャップの補填

プロボノによる運営

- 多様なバックグラウンド・背景のメンバー
- フラットな議論による活動の推進

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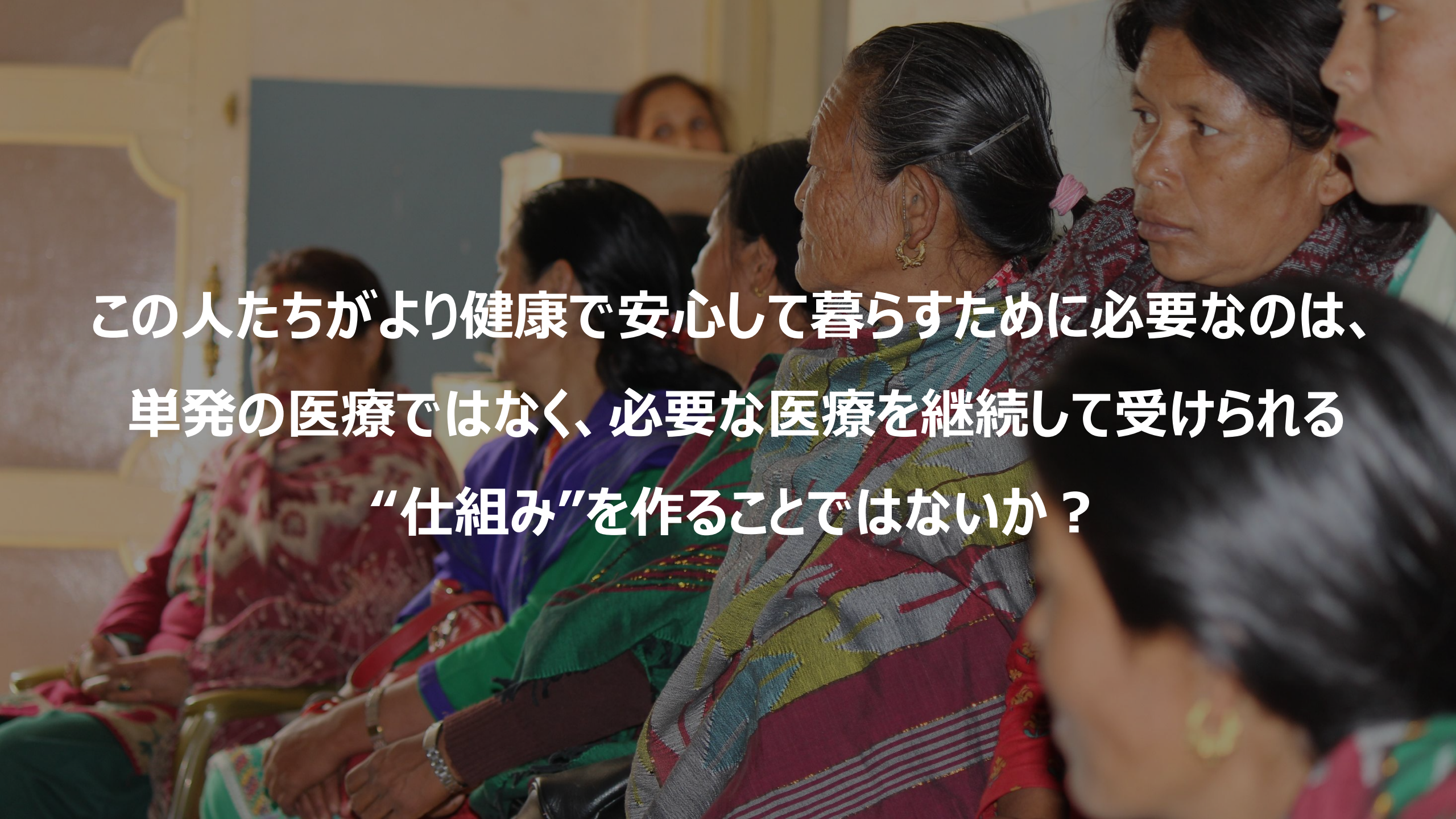
2015年4月25日 ネパール大地震が発生

CHINA APPLES
ORS
PPI

4年ぶりに地域に来た医師。多くの住民から感謝された

しかし、必要な薬は足りず、1度で治療しきれない患者も多い

今回病気が見つかった患者は、今後誰がどうやってケアしていくのだろう



この人たちがより健康で安心して暮らすために必要なのは、
単発の医療ではなく、必要な医療を継続して受けられる
“仕組み”を作ることではないか？

ASHAの原点・理念

「医療を届けるしくみ」を現地の人たちが続けられる形で作ることで、誰もが持つべき
「健康に暮らす」権利の実現を目指します。

Purpose：存在意義

“Basic Health Rights” for All

誰もが、健康に暮らすことのできる世界を。

Dream：目指す姿

Affordable and Sustainable Healthcare Access

コミュニティ×テクノロジーの力で、必要な医療が、必要な人に届く“しくみ”を構築し、
現地の人々がみずから維持できるよう支援する。

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活動地・ネパールについて

ヒマラヤ山脈に位置するネパールは、豊かな自然と独自の歴史を持つ多民族国家です。

国名	ネパール連邦民主共和国
首都	カトマンズ
面積	14.7万km²（北海道の約1.8倍）
人口	約3,000万人（北海道の約6倍）
主要産業	農林業、貿易・卸売業、 交通・通信業、観光業
GDP	4兆2,663億ルピー（約361億ドル）
一人当たりGDP	142,411ルピー（約1,208ドル）

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ネパールの地方における医療の課題

集落が山間部に点在し、経済的も厳しい状況にある地方では、質・量ともにサービスが十分ではなく、
健康の知識も不十分なため「正しいタイミングで適切な保健医療サービスを頼る」ことができていません。

医療機関側の課題

①数が少ない・遠い

特に地方では医療機関が少なく、舗装されていない道路も多いため、何時間もかけて歩いて行かなければいけません。

②できることが少ない

医療従事者・薬剤・医療機器などの医療資源が慢性的に不足も深刻。特に高度な専門職は首都カトマンズに集中しています。

③治療が分断される

受診後は患者が自身の紙カルテを持ち帰ることが通例で、なくしたり忘れてしまったりするため、医療機関での経緯の確認や医療職間連携が困難な状況です。

患者側の課題

①日々のセルフケアが不十分

慢性的に高カロリーの食事、野菜不足、運動不足の傾向があることに加え、「健康」への関心やその対策が十分に取れていません。

②有事の際の対応方法を知らない

健康教育が十分ではない上、伝統医療や祈祷師しか知らない／信じていない人が多く、それらが不適応なケースでもそれがわからないケースが多くあります。

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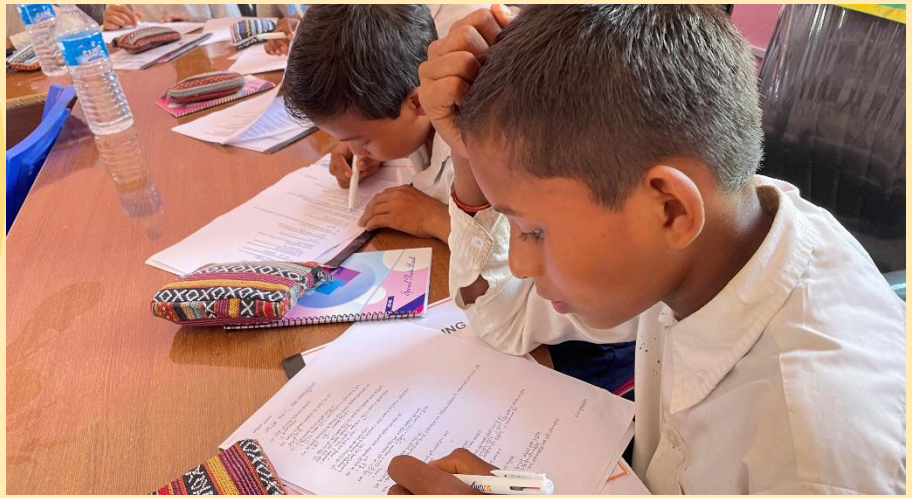
ASHAのアプローチ

ASHAは「現地の人々が主役の、医療を頼れる仕組みづくり」を進めています。

コミュニティ×テクノロジーによる医療提供の仕組みづくり

“頼れる環境”を作る

現地に根ざした健康教育の仕組みづくり



“頼れる知識”を育てる

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活動内容①：医療提供の仕組みづくり

医療提供側ではコミュニティの力を最大限活用して、地元の人たちで運営できる仕組みを
提供・導入することで地域の医療提供システムの構築に取り組んでいます。

地域でのケア
Community-Based Care

地域住民による、地域住民のケア体制
“頼れる”“見守ってくれる”仕組みの創出

医療施設でのケア
Facility-Based Care

地方でも一定の質が担保される
“医療サービスの質を高める”仕組みの実装

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活動内容② 健康教育の仕組み：中学校での実践的健康教育

日常的なケガや健康トラブルに自ら対応できる力を育成するための健康教育を実施しています。さらに、知識を定着させるためのイベントや地域で自走するための学校教員の研修スキル育成を行っています。

2021年以降、プロジェクト実施地の中学校計15校で約900名が特別授業を受講

授業内容

＜初級＞
- ケガのアセスメント
- 止血
- 骨折
- ヘビ咬傷

＜上級＞
- 火傷
- 熱中症
- 窒息
- 犬咬傷
- 搬送方法

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Project Overview

■ **We are working on the project below toward the end of Mar. 2025.**

Project Name	Support for quality improvement of rural healthcare through medical information management
Project Area	Gadhawa village, Dang County, Lumbini Pref., Nepal
Project Overview	Gadhawa village is located in a remote area of Nepal. Due to poor transportation networks and infrastructures, residents cannot visit a well-equipped town hospital. Therefore, by introducing an electronic medical record system (NepalEHR) to the local clinic (HP: Health Post), we will improve the quality of healthcare for residents.

HP in Gadhawa

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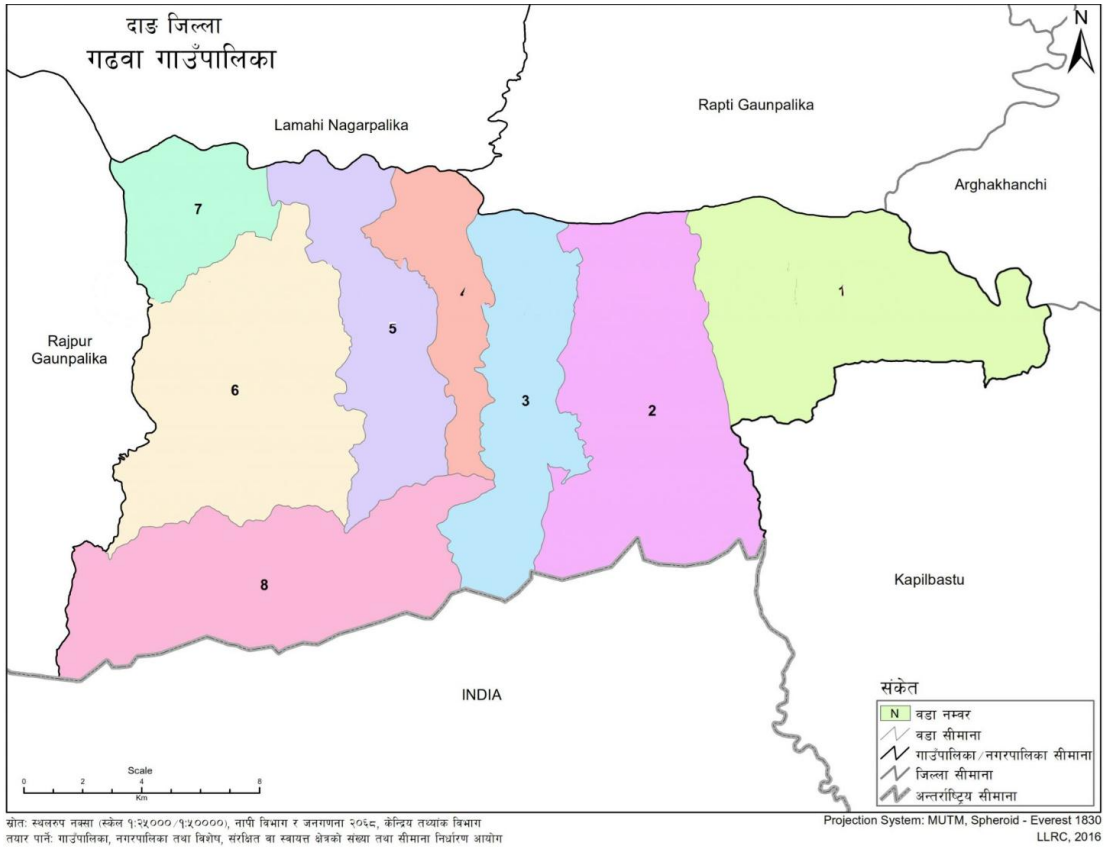
What is Gadhawa like?

About one-hour flight from Kathmandu (capital) to Bhairahawa and four-hour drive to Lamahi (a part of Dang County)



- Population : Approximately 46,000 people
- Area : Approximately 358.57㎢ (two-third of Tokyo 23 wards)
- Several tribes live in Gadhawa
- The main industry is agriculture (self-supply community)
- Mainly plain fields, but “Naka” area bordering India is difficult to access
- Gadhawa consists of 8 wards

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What is Gadhawa like?

- Inconvenient traffic due to many unpaved roads
- Buses are main public transportation.
- Residents have livestock and grow agricultural products.
- Some houses are concrete, but many are brick, tin roofs, and mud walls

Landscape from the local municipality building
Vast plain field is spreading...

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Issues Related to Health/Medical Information

In remote areas, health information is not managed properly by patients or health facilities.

Patients

Take the medical records back home, but never bring it to follow-up visits or lose it

Health Facilities

Keep only minimum information for government report manually

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Issues Related to Health/Medical Information

Lack of proper health information management leads multiple problems both in clinical and public health aspects.

Clinical	Public Health
• No record to refer regarding previous treatment or medical history • Healthcare professional needs to examine and treat with uncertainty though there could be something to consider • If the healthcare worker changes, treatment process starts from the beginning	• Burden of staff at health facility to generate the report for the government • Difficult to secure the accuracy of information on the report • Impossible to analyze the data in detail to clarify the current situation and potential needs of patients / citizens

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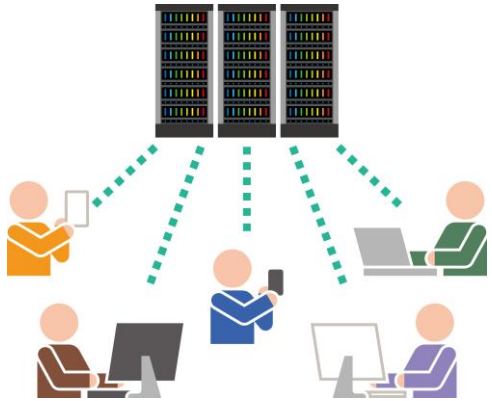
Our approach to solve the issues

Electronic Medical Record (EMR) enables health facility to keep the detailed record by themselves while they can still provide a copy of it to the patients, which solves the problems happening in remote areas in Nepal.

1. No loss of records, treat based on history

2. Share information and collaborate



3. Analysis

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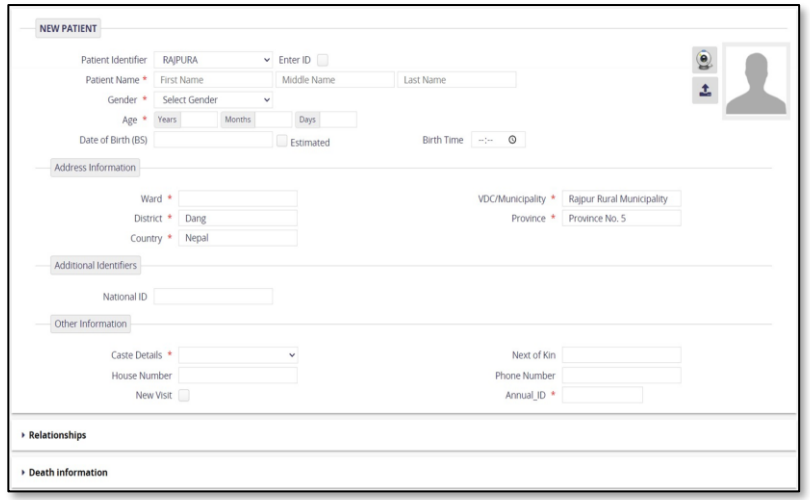
The Solution We Use: NepalEHR

Open source based Electronic Health Record system specialized for use in Nepal

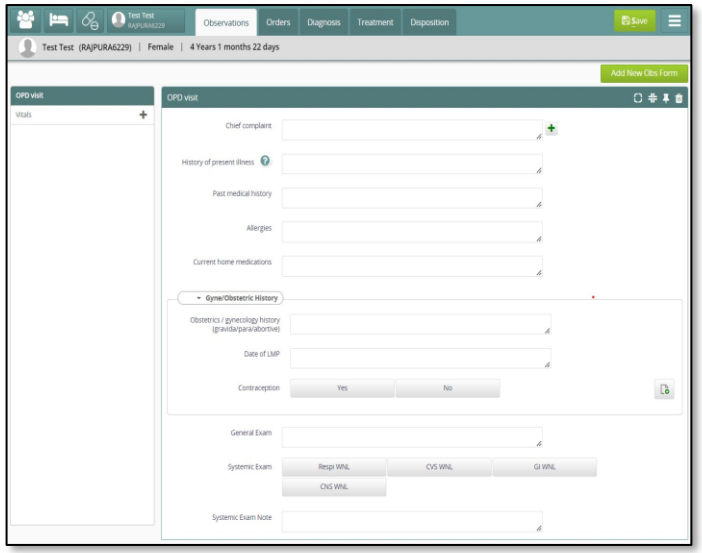
Registration

Easily Register patient information and search for registered patients



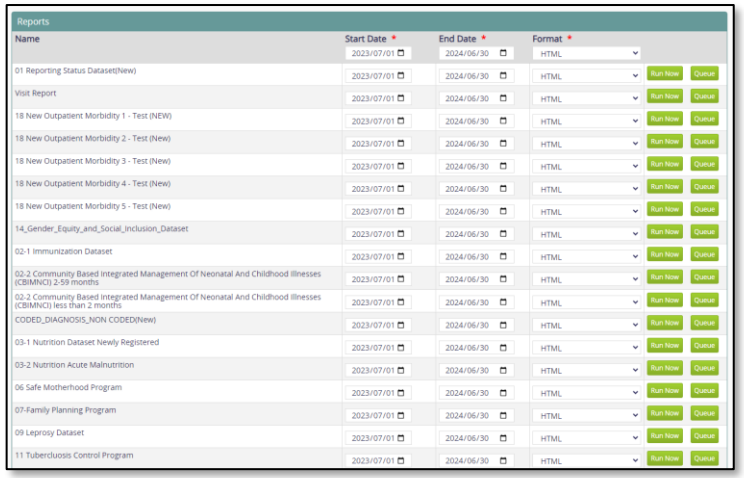
OPD Outpatient Department

Can manage patients' disease history, symptom, vital sign, orders for subscription etc.



Report

Quickly and accurately create the reports for the local municipality based on medical records



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NepalEHR in Rajpur

We have been maintaining and operating NepalEHR in two main HPs in Rajpur (next to Gadhawa) for about 5 years.

- NepalEHR is integrated into HP operation.
- Medical records are stored in NepalEHR
- Monthly reports for the local municipality is created based on the medical records in NepalEHR.

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Our Activities in Gadhawa for NepalEHR Installation

1. Site survey of HP in Gadhawa

2. NepalEHR Development

3. Hardware Preparation

4. NepalEHR Installation in Gadhawa

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Site survey of HP in Gadhawa

We explained the benefits of using NepalEHR to HP staff and interviewed them about the current medical operation.

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NepalEHR Development

Unlike the Existing NepalEHR in Rajpur, we have developed NepalEHR by ourselves to reduce the dependency on the local vendor and overcome the challenges in management.

Role	Existing NepalEHR	New NepalEHR (in Gadhawa)
Development	Local Vendor	ASHA
Maintenance	Local Vendor	
Management	ASHA	

- ✓ Black-box system
- ✓ Communication difficulty
- ✓ Slow response etc …

- ✓ Clear system
- ✓ Easy Communication
- ✓ Quick response etc …

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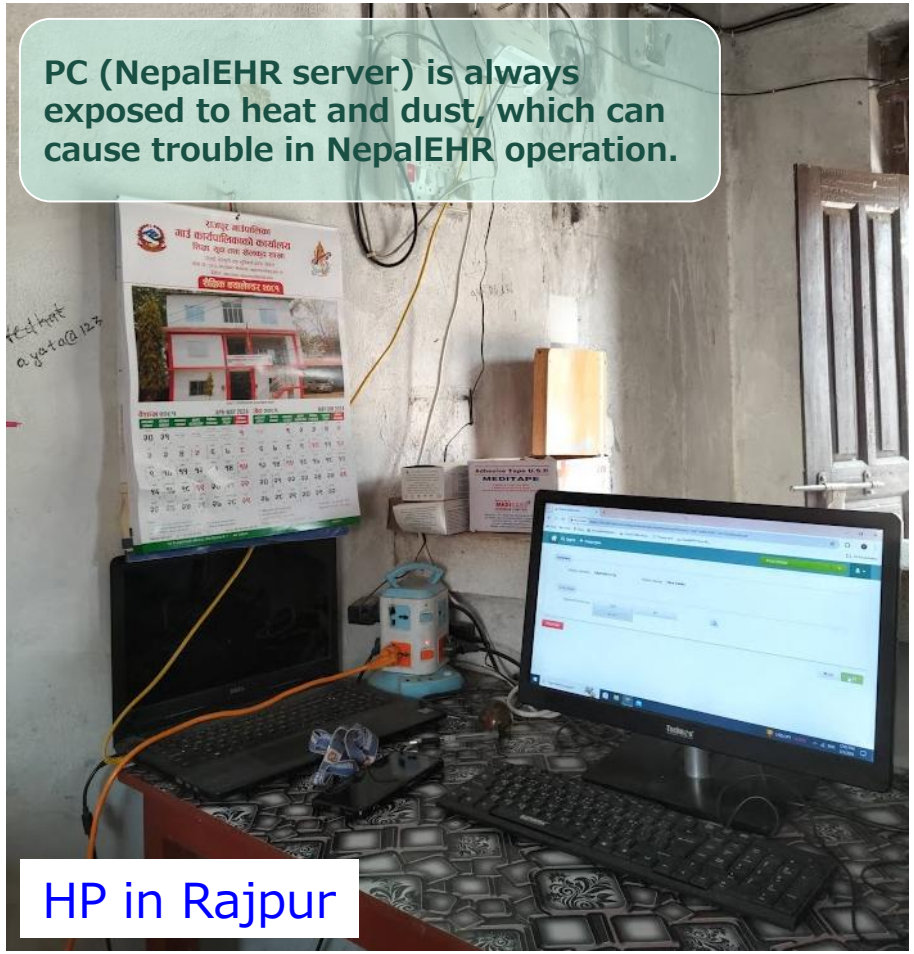
Hardware Preparation

We have prepared a heat-resistant & dust-proofing PC to realize stable operation of NepalEHR even under severe environment.



To improve the stability of NepalEHR operation, a heat-resistant & dust-proofing PC is installed in Gadhawa.

TOUGHBOOK (Panasonic)

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NepalEHR Installation in Gadhawa

The Gadhawa municipality held a ceremony to celebrate the installation of NepalEHR.

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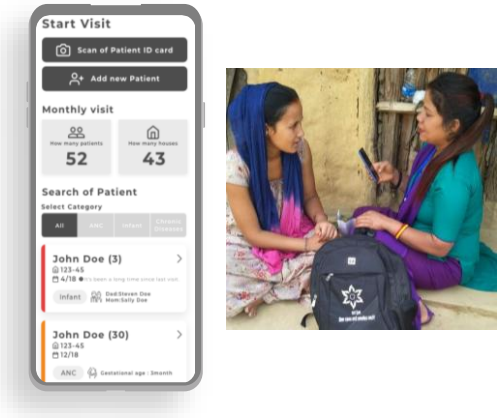
Background of HealthConnect ID

Two activities will be in operation in Gadhawa, then what should we do to make the most of these two separate activities?

Access to Primary Health Care available within the community

Community Health Workers × Mobile App

Employ and train health workers from community and let them make regular home visits with using the support App

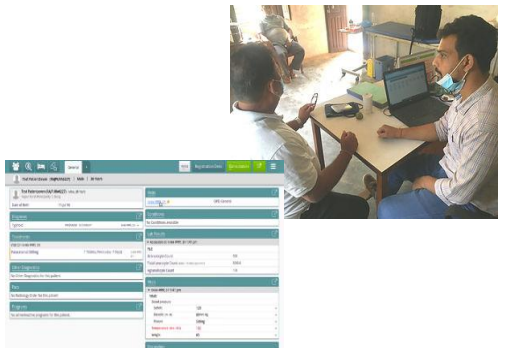


Already in operation

Build Connected Medical Systems to provide seamless, quality care

Medical Data Management and Digitalization

Digitize and centralize medical information to and visualize data and uncover needs to facilitate continuity of care.



Will be in operation shortly

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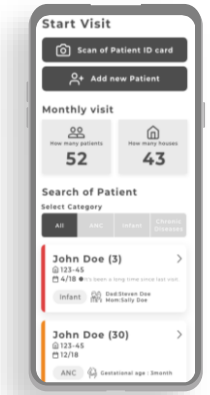
Background of HealthConnect ID

We believe that we can create synergy effects if smooth & accurate data sharing between these two activities is realized.

Access to Primary Health Care available within the community

Community Health Workers × Mobile App

Employ and train health workers from community and let them make regular home visits with using the App



ASHAConnect Data
- ✓ Pulse
- ✓ Body temperature
- ✓ Blood Pressure
- ✓ Cold symptoms

etc …

Data Sharing

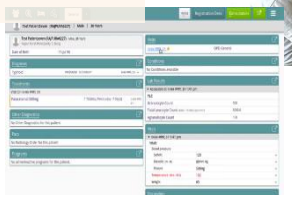
Build Connected Medical Systems to provide seamless, quality care

Medical Data Management and Digitalization

Digitize and centralize medical information to and visualize data and uncover needs to facilitate continuity of care.

NepalEHR Data
- ✓ Examination
- ✓ Diagnosis
- ✓ Treatment
- ✓ Disposition

etc …



How can we accurately share the data of each resident between the two activities?

Already in operation

Will be in operation shortly

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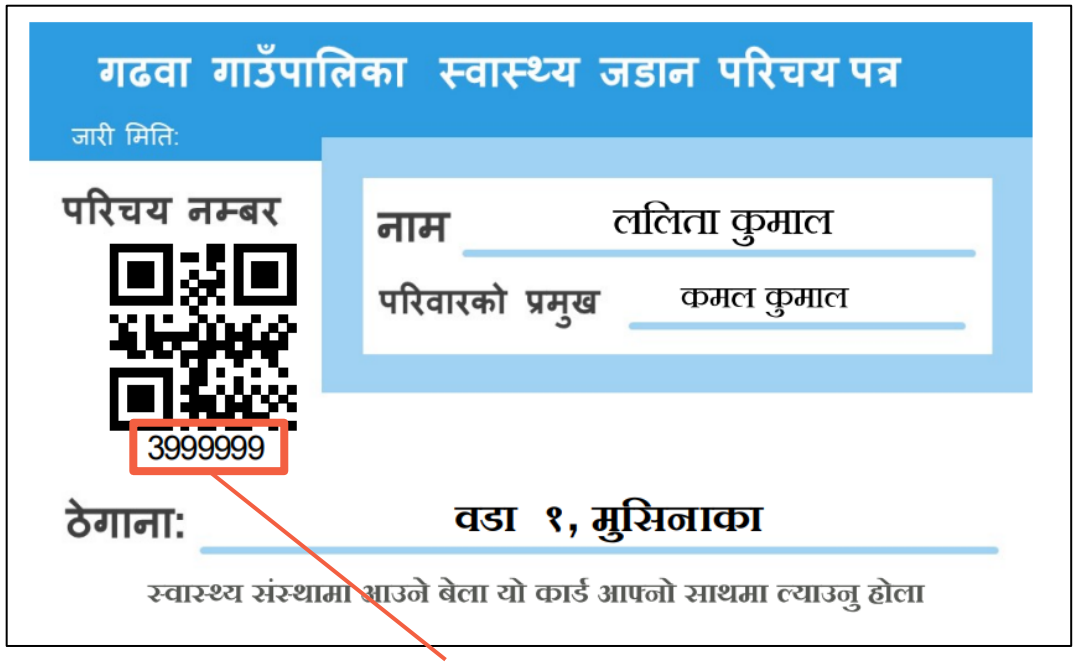
What is HealthConnect ID?

We will allocate a unique ID (HealthConnect ID) to every single Gadhawa resident so that the data between two activities will be accurately connected.

HealthConnect ID Card (Dummy Sample)



HealthConnect ID (seven-digit number)

- ✓ Every resident will get a HealthConnect ID card with a unique ID on it.
- ✓ HealthConnect ID is used to accurately identify a resident in CHW visit and at HP.
- ✓ Every resident needs to keep the card at home and take it with them when visiting HP.
- ✓ HealthConnect ID is scannable with QR code reader.

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