

Use of Modern Technology for Women's Health and Wellness

Bhutanese Nepali Script

Modules A and D are spoken by actors in Nepali language.

Modules B and C are voiced over in Nepali language.

MODULE A

Sunita Sapkota- Nepali mother

Reshma Dahal- Nepali grandmother

Maya Sapkota- Nepali daughter (teenager)

SCENE 100

KITCHEN (morning)

Fruit, flowers, and a bowl of water are on the table. Candles are lit. Nepali mother is lighting incense and blessing her daughter. Traditional music is playing.

SUNITA SAPKOTA- NEPALI MOTHER

Maya let me put this Tika on you.

MAYA SAPKOTA- NEPALI DAUGHTER

Hey, better not place the Tika Mom. I have to go to school and everybody will tease me.

SUNITA SAPKOTA- NEPALI MOTHER

See, kids these days are losing their good manners.

(Door opens and Nepali grandmother comes in).

Did you have a good sleep?

RESHMA DAHAL- NEPALI GRANDMOTHER

Yes. I had a good sleep.

SUNITA SAPKOTA- NEPALI MOTHER (to grandmother)

Are you still upset?

RESHMA DAHAL- NEPALI GRANDMOTHER (*frowns and nodded "no"*)

SUNITA SAPKOTA- NEPALI MOTHER (*to daughter*)

You have to get to the bus, get your lunch and your backpack and go.

MAYA SAPKOTA- NEPALI DAUGHTER

Mom, Can I take your phone?

RESHMA DAHAL- NEPALI GRANDMOTHER

What is it with these phone, everyone has one. Why do they hang on to it all times?

SUNITA SAPKOTA- NEPALI MOTHER

(Nepali daughter runs out of the room and Nepali mother calls after her).

When you really need one, we will talk to your father about it. Now get going!

Door slams.

(Turning towards Reshma): What did the doctor say? You came looking upset. I can tell when you are off mood.

RESHMA DAHAL- NEPALI GRANDMOTHER

He asked me difficult and embarrassing questions. When I told him, I had little bits of blood sometimes then he wanted to examine me there. He said he wanted to do a special test. I told him not right now and left. It is so embarrassing, difficult and inappropriate for me to let some strange man examine me.

SUNITA SAPKOTA- NEPALI MOTHER

Mom, he is not a strange man. He is a doctor. If he says, he needs a test, that's what he needs to know by testing.

RESHMA DAHAL- NEPALI GRANDMOTHER

It is just a little blood, hardly anything, and no pain. At home I could go to the Jhankri (*Nepali cultural traditional healer*) and have a small puja. No one would touch me.

I'll use turmeric. I'll be fine.

SUNITA SAPKOTA- NEPALI MOTHER

Mom it's different here, we have new tools, we have a car, we never had one in Bhutan or Nepal, we have a cell phone. We ride trams. They have many tools here we did not have at home. We need to use what is available to us.

RESHMA DAHAL- NEPALI GRANDMOTHER

(Nepali grandmother says nothing but goes to the window and sits. She stares out and remembers home).

(Cutaways to photos of Bhutan and Nepal).

SCENE 101

KITCHEN (afternoon)

(Candles are out. Nepali grandmother is cleaning vegetables in a bowl. Nepali daughter comes through the door with her book bag and headphones and throws them down in a pile. Nepali mother walks into the room carrying a laundry basket).

SUNITA SAPKOTA- NEPALI MOTHER

The clinic called and they want to schedule you back for that exam and a Pap test.

RESHMA DAHAL- NEPALI GRANDMOTHER

No, that's too embarrassing, I can't talk to the Doctors, and it is shameful to have a man look down there. I worry, I am afraid. By the way, what is this Pap test?

MAYA SAPKOTA- NEPALI DAUGHTER *(grabs her mother's phone on the table and starts to search)*

I have a lot of homework! Let me see your phone Mom. I'll Google it. Ooh, there is Wikipedia and a YouTube video.

SUNITA SAPKOTA- NEPALI MOTHER

Mom, there are female Doctors and they have female interpreters. We just have to ask and make it clear ahead of time. I know I had both one time, and Pap tests don't hurt.

RESHMA DAHAL- NEPALI GRANDMOTHER

Won't my Doctor be upset I want a woman? I don't want to offend him?

SUNITA SAPKOTA- NEPALI MOTHER

No, they are fine with it. There is plenty for them to do, they understand.

MAYA SAPKOTA- NEPALI DAUGHTER *(reading from the phone)*

It says a Pap test is a test done regularly to test for cancer of the cervix of the uterus. Oh yuck, they put this thing up in you. It says they look inside and then scrape a few cells to see if it is cancer. It says every woman 21 to 65 should have one because if found early cervical cancer is a curable cancer.

RESHMA DAHAL- NEPALI GRANDMOTHER

What are cells? And what is cancer? I don't want cancer.

SUNITA SAPKOTA- NEPALI MOTHER

I know Mom this is why you need to get this done. I am due for follow-up for my cough. Why don't I schedule an appointment for both of us and we can go to the clinic together?

MAYA SAPKOTA- NEPALI DAUGHTER

Oh I know this from biology, cells are small pieces of our bodies, every part of the body is made up of cells of that body part, they scrape a few of these. Cancer is when these cells grow out of control into tumors. This is a test to find the cancer early and treat it before it becomes bigger.

There is video. Lets watch it.

The Nepali mother and grandmother begin to stare at the phone.

See how much help I could be if I had my own phone.

Nepali mother gives her daughter a look.

(Nepali Music Playing in the backgrounds).

MODULE B

SCENE 200

CLINIC WAITING ROOM (with patients from around the world)

Paw Lah Thaw- Karen mother

Paw Wah Say- Karen grandmother
Mumu Thaw- Karen daughter (little girl about 5 years old)
Receptionist

Karen mother walks up to the reception desk.

PAW LAH THAW- KAREN MOTHER

Hello I'm checking in for my appointment.

RECEPTIONIST

Hello Mrs. Thaw. Yes, you have an appointment with Dr. Chin at 3:00 o'clock. Let's get you checked in. I'll get an interpreter on the phone.

PAW LAH THAW- KAREN MOTHER

My Mom would like to get a Pelvic exam and a Pap test and is very shy. Can we make an appointment?

RECEPTIONIST

Sure. Dr. Thompson is available next Thursday. Wait while I finish here.

PAW LAH THAW- KAREN MOTHER

Is that a man? She is too shy to see a man. Can we get her a female Doctor?

RECEPTIONIST

Of course, but that is Dr. Chin and she is booked, it will be two weeks. Is that OK? Is it urgent?

PAW LAH THAW- KAREN MOTHER

Well she has pain, and how about a female interpreter is that possible?

RECEPTIONIST

If she is in pain Dr. Chin can see her today. When an appointment is made on the same day for Karen we have to use the phone, but in advance it should be no problem to get a female interpreter in person. But as I said, if she is seen later today we may have to take what we get.

PAW WAH SAY- KAREN GRANDMOTHER

What did she say?

PAW LAH THAW- KAREN MOTHER

If we wait two weeks from now Mom, you can have a woman Doctor and a female interpreter in person perhaps. If she can get an appointment for you later this afternoon then it will be a woman Doctor, but a phone interpreter who may be a man.

PAW WAH SAY- KAREN GRANDMOTHER

We are here now. Lets get it done.

PAW LAH THAW- KAREN MOTHER

She will wait for Dr. Chin later today, thank you.

RECEPTIONIST

OK, she will see Dr. Chin this afternoon.

MUMU THAW- DAUGHTER

Karen daughter stands up taking a piece of paper and pretending to read like a medical assistant and starts to call people back.

Mrs. Jones, Mrs. Turner, Mrs. Thaw, Mrs. Say.

Karen grandmother walks up and takes her granddaughter's hand.

PAW WAH SAY- KAREN GRANDMOTHER

What are you doing? What's wrong with you?

SCENE 201

CLINIC WAITING ROOM

Sunita Sapkota- Nepali mother

Reshma Dahal- Nepali grandmother

Receptionist

Nepali mother and grandmother walk up to the reception desk.

SUNITA SAPKOTA- NEPALI MOTHER

Hello. I am Sunita Sapkota. I am here to check in and check my mother in for her appointment too.

RECEPTIONIST

Hello, Mrs. Sapkota. Yes, I see you have an appointment at 3:30. I will check you both in now.

SUNITA SAPKOTA- NEPALI MOTHER

Thank you. Also, we are both having Pap tests. I was wondering how much our Pap tests will cost?

RECEPTIONIST *(looks at the computer)*

OK, I see here that you both have Medicaid health insurance. With Medicaid and almost all other insurances, Pap tests are completely covered.

SUNITA SAPKOTA- NEPALI MOTHER

You mean we don't have to pay anything for the Pap test?

RECEPTIONIST

Most likely not. We will know for sure once the bills are submitted to the insurance company, but the Pap test is an inexpensive test and almost always covered.

SUNITA SAPKOTA- NEPALI MOTHER

Thank you. That's good to know.

RECEPTIONIST

You're welcome. You both can have a seat in the waiting room, and we will call you when it's time for you and your Mom's appointment.

SUNITA SAPKOTA- NEPALI MOTHER

Do you have interpreters?

RECEPTIONIST

Yes, there will be a Nepali phone interpreter for you both today.

Would you like to see a DVD about Pap tests? I can put one on for you while you wait.

SUNITA SAPKOTA- NEPALI MOTHER

Yes.

RESHMA DAHAL- NEPALI GRANDMOTHER

Hey this is the same one we saw on your phone.

Nepali mother and grandmother sit and start watching a DVD.

MODULE C

SCENE 300

FIRST CLINIC EXAM ROOM

Paw Wah Say- Karen grandmother

Dr. Chin- Female doctor

DR CHIN

Hello, Mrs. Say. I'm Dr. Chin. I see that you are here for your lower abdominal pressure today. It looks like you are also overdue for your Pap test. Would you like to do that today?

PAW WAH SAY- KAREN GRANDMOTHER

What is the Pap test?

DR CHIN (*shows a diagram of the reproductive tract*)

Here is a picture of the cervix and also the uterus the place where the baby grows during pregnancy. The cervix is the opening of the uterus, where the baby passes through during childbirth. The Pap test samples cells on the surface of the cervix. It tells us if those cells are normal or are not normal. If cells are detected that are not normal, they can be removed from the cervix before they cause cancer.

PAW WAH SAY- KAREN GRANDMOTHER

What if the Pap test shows cancer?

DR CHIN

If the cancer only affects part of the cervix, many times, the cancerous part can be cut out. If the cancer affects the whole cervix, sometimes the uterus and cervix need to be removed. Thanks to Pap tests, cervical cancer is much less common than it used to be and can often be completely cured.

PAW WAH SAY- KAREN GRANDMOTHER

I've never had one before, what do we do?

DR CHIN

OK, no problem. Let me explain to you how it works. First you lie down on the exam table with your knees bent upward. I put your feet in these holders. Then I take this tool (*shows a speculum*) and I insert it into the vagina so I can see the cervix. We have different size specula, and I can start with a smaller one if necessary (*shows a smaller speculum*). Then I take this soft brush and I collect some cells from the surface of the cervix, place the brush in this jar of liquid, and send it to the lab. The people at the lab will tell us if those cells look normal or not.

PAW WAH SAY- KAREN GRANDMOTHER

What causes cervical cancer?

DR CHIN

A viral infection called HPV causes cervical cancer. The good news is that for adolescent girls and young women we can now vaccinate them against HPV and prevent them from ever worrying about getting it.

SCENE 301

SECOND CLINIC EXAM ROOM

Sunita Sapkota- Nepali mother

Dr. McAllister- Male doctor

DR MCALLISTER (*finishing listening to patient's chest*)

Everything sounds fine, I'm glad to hear the cough is gone, you are sleeping better and worrying less...oh and Maya is doing well?

SUNITA SAPKOTA- NEPALI MOTHER

Yes, things are better.

DR MCALLISTER *(looking through chart)*

Listen, Dr. Chin did your Pap last time and now I see you would like a Pap test today. Would you feel more comfortable having a female doctor again instead?

SUNITA SAPKOTA- NEPALI MOTHER *(looking up, relieved)*

Yes, I think that would be better.

DR MCALLISTER

Sure, that's fine. I completely understand. My colleague Dr. Chin had a patient cancel and has another opening and might be able to see you in a few minutes. Is that OK?

SUNITA SAPKOTA- NEPALI MOTHER

Yes. Thank you very much.

SCENE 302

FIRST CLINIC EXAM ROOM (time has passed)

Reshma Dahal- Nepali grandmother
Dr. Chin- Female doctor

DR CHIN

OK, Mrs. Dahal we are all done. How did that go for you?

RESHMA DAHAL- NEPALI GRANDMOTHER *(sitting up on exam table with drape on lap)*

It was fine, and it didn't even hurt!

DR CHIN *(smiles)*

Oh, that's great. We should have the results for you in about a week. Your bleeding was a polyp, a little growth I easily removed. I will send the polyp to the lab, but it did not look like cancer.

RESHMA DAHAL- NEPALI GRANDMOTHER

I am really glad that it was just a polyp you found not cancer. You will be sending this to laboratory for a test to make sure. Will I still have any bleeding? And also, I was wondering

when I have to come back for another Pap test? It is hard to get here since it is far from where I live and I don't drive.

DR CHIN

You may have some spots of blood, but not much. Depending on the results, you will probably need a repeat Pap test every three years. I will let you know. You know many women qualify for transportation assistance and we can look into that for you if that will help.

RESHMA DAHAL- NEPALI GRANDMOTHER

OK, thank you.

MODULE D

Sunita Sapkota- Nepali mother
Maya Sapkota- Nepali daughter
Reshma Dahal- Nepali grandmother

SCENE 400

KITCHEN

Nepali women are dressing to go to Dashai (traditional ceremony) and tying sarees.

RESHMA DAHAL- NEPALI GRANDMOTHER *(reminding her granddaughter how to behave)*

Remember Maya do not pull your Mom's phone out and play with it if you get bored.

MAYA SAPKOTA- NEPALI DAUGHTER *(distractedly, wrestling with the saree cloth)*

Yeah, yeah, hey how do I tie this thing, there is a lot of cloth huh?

SUNITA SAPKOTA- NEPALI MOTHER *(putting a bud in her mother's hair)*

Nice to give a blessing when you know you are healthy and will be here to see the fruit of the blessing don't you think.

RESHMA DAHAL- NEPALI GRANDMOTHER

I have to say it's true, When Auntie died of cancer two years ago in Nepal I was so sad and so when the idea of screening came up it reminded me of that awful illness and loss and I just wanted to avoid it.

Now I feel relaxed knowing that issue is resolved and is nothing. It would be nice if there was away to prevent her (*nods to Nepali daughter*) from having to worry about it at all.

SUNITA SAPKOTA- NEPALI MOTHER

Well that's what that HPV vaccination is for to stop the spread of the major cause of cervical cancer and prevent her from getting it at all. I guess we should think about that.

MAYA SAPKOTA- NEPALI DAUGHTER

Mom can I use your phone for a while...to call my friend Dani?

SUNITA SAPKOTA- NEPALI MOTHER

Never had these things before and now we can't live with out them. It's a different life in America.

RESHMA DAHAL- NEPALI GRANDMOTHER

Let's go, this is one of the traditions that tie us to our past and to each other, lets not disrespect this by being late. Let's get going.

SCENE 401

FINAL SCENE (traditional blessing ceremony)

Traditional music plays.

Major points are repeated over the visuals of the ceremony.

Women ages 21 to 65 should get checked for cervical cancer regularly.

Pap tests looks for cells that are not normal in the cervix that may lead to cervical cancer. If cells that are not normal are found, they can be treated so cancer does not develop.

The Pap test can also finds early cervical cancers that have not caused any symptoms yet. If cancers are found early, they can be cured without major surgery.

Cervical cancer checks are simple and only take a few minutes.

Regular check-ups allow women to stay healthy and take care of their family.