

DH BUZZ

QUARTERLY NEWSLETTER DHULIKHEL HOSPITAL



DHULIKHEL HOSPITAL
We Care

Issue: 3, August 2023

The First Permanent Pacemaker

in Dhulikhel Hospital

The Gift of Vision

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DH BUZZ

QUARTERLY NEWSLETTER DHULIKHEL HOSPITAL



Dear Readers,

Welcome to the third issue of the Dhulikhel Hospital Newsletter!

As we embark on this journey together, let us reaffirm our commitment to the core values of compassion, commitment, and quality that are the foundation of Dhulikhel Hospital. We are pleased to introduce you to stories, news, and events from our rural communities and Dhulikhel Hospital.

We are grateful for your support and your commitment to our mission. You are an essential part of the Dhulikhel Hospital family, and we appreciate you!

This newsletter is also an opportunity to express our gratitude to our dedicated medical staff, administration, and support teams for their tireless work and teamwork. Their unwavering commitment to the well-being of our patients is truly inspiring.

We hope you find this newsletter to be informative and engaging. We look forward to continuing to work with you to create a healthier, happier, and more resilient community.

If you have any articles, suggestions, feedback, or ideas please do not hesitate to reach out to us. Wishing you good health and happiness!

The Editorial team
DH Buzz

Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time.

–Marian Wright Edelman

Please send in your articles or feedback at oge@dhulikhelhospital.org

Departmental Story

The Gift of Vision

The phrase "the eyes are the windows to the soul" is often used to describe the deep connection that can be felt when looking into another person's eyes.

Eyes are essential to see the world around us, and play a vital role in connecting to others. Whereas, vision is essential for our safety, mental acuity, and overall well-being



This is the story of a healing journey of a 44-year-old Hom Bahadur towards regaining his vision. Mr. Hom lives with his brother and sister-in-law. Born with Down's syndrome, he was deaf by birth and had trouble speaking. But it never stopped him from relishing his life. He used to run around the village playing and was adored by all his neighbors for his cheerful personality.

Gradually he started having difficulty in vision, he struggled to move and leaned against the wall to walk due to diminishing vision. All his near and dear ones were concerned about him and yearned to see the smiling face of Hom back. It was a turning point in Mr. Hom's and his family's life when Hom presented to Dhulikhel Hospital.

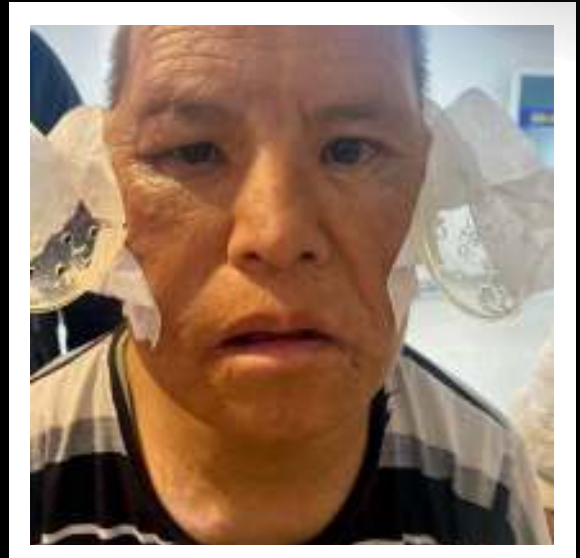


Bilateral SICS was done under GA on 10th April 2023.

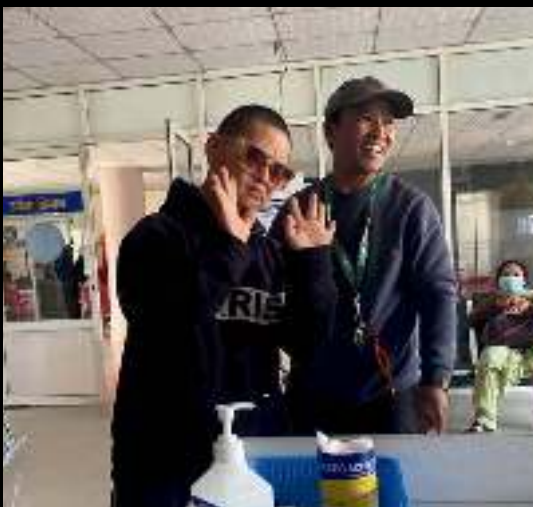


Hom with doctors and family. The Next day after operation

Here he was assessed and relevant investigations were carried out. On examination of his vision, he could only perceive the light on both sides. He was diagnosed to have bilateral white and mature cataracts. After all the evaluation and assessment, he was planned for cataract surgery under general anesthesia. He underwent Bilateral Small Incision Manual Cataract Surgery (SICS) on 10th April 2023 by Dr Angira Shrestha, Head of the Department of Ophthalmology, Dhulikhel Hospital and her team.



The next day when his eye pads were removed, he was overjoyed to see his brother and sister-in-law. He looked at the mirror and admired himself. The smile on his face was priceless. Though we couldn't get his exact visual acuity, he could now walk comfortably and was even capable of dancing with happiness like before.



It gives us immense joy that Mr. Hom can experience the gift of vision and perceive the world around him with various colours, shapes, and patterns.

Well! talking about Mr Hom's family and neighbours, they are overjoyed to have their cheerful, bright-eyed Hom back. Hom has brought joy to everyone who knows him.

Patient's Testimonial

A Beacon of Hope

Meet Mr. Megh Bahadur Dhakal, a 68-year-old gentleman, whose life's journey took an extraordinary turn when he confronted a medical emergency of Third-degree Heart Block. With the unwavering support of our compassionate and skilled cardiology department, Mr. Dhakal overcame a near-death experience and became the first patient to receive a permanent pacemaker at Dhulikhel Hospital. This is a remarkable milestone for our hospital and for Mr. Dhakal, who is now able to live a healthy life. Lets hear what Mr Megh has to say about his experience at DH.

I am deeply grateful for the exceptional care that I received during my most difficult chapter of life. I offer this testimonial as a testament to the compassion, skill, and dedication of the medical team at Dhulikhel Hospital.

I am Megh Bahadur Dhakal, and within the ward of Dhulikhel Hospital, I experienced a life-changing journey.

Before my arrival at hospital, I had repeated episodes of dizziness, breathlessness, and unconsciousness. Alarmed by these signs, my family rushed me to Dhulikhel Hospital, a haven of healing and hope. The doctor's team found some abnormalities, and I was diagnosed to have heart block and needed critical care so I got admitted to Medicine ICU and was planned for Permanent Pacemaker Insertion. Their quick response and efficiency in assessing my condition saved my life.



The heart attack was a terrifying and bewildering experience. It was around midnight when I was lying on the MICU bed, suddenly I felt uneasy, and I knew something was wrong. My heart had stopped beating. My family had lost all hope of saving me. It was the quick response and efficiency of the medical team of Dhulikhel Hospital that acted as the beacon of light. They revived me to life by performing Cardiopulmonary Resuscitation (CPR) then the team of doctors inserted temporary pacemaker at the midnight.

The first Permanent pacemaker insertion in Dhulikhel Hospital.

Patient's Testimonial

A Beacon of Hope



The Team

When I opened my eyes the next day, I found Dr Nishan. He explained my health status to me in a very compassionate way and told me how I got my life back. He also explained the severity of my situation and the necessity of a permanent pacemaker to regulate my heart's rhythm.

The thought of having a pacemaker was stressful, but the compassion and care displayed by Dr Nishan and the entire medical staff made all the difference. They listened attentively to my concerns and patiently answered all my questions, helping me understand the procedure and what to expect.

The day of the permanent pacemaker insertion arrived, and I was anxious, yet the medical team's reassuring presence gave me strength. The procedure went smoothly, and throughout the surgery and in post operative ward, the medical staff made sure I was comfortable and well cared.

The nursing staff were attentive and vigilant in monitoring my recovery. They showed genuine concern for my well-being, providing the support and encouragement I needed during my healing process. The pacemaker has significantly improved my heart's function, allowing me to regain my strength and vitality. I am grateful for every beat of my heart, I owe my life to the skilled and caring doctors and nurses at Dhulikhel Hospital.



**Mr Megh after pacemaker insertion
with his sons**

I am happy to know that I am the first case to have permanent peacemaker insertion in Dhulikhel Hospital. I am grateful to the team of the Cardiology Unit of Dhulikhel Hospital. I highly recommend Dhulikhel Hospital to anyone in need of cardiac care or any medical attention. Thank you, Dhulikhel Hospital, for saving my life and giving me a second chance to spend with my loved ones.

With best regards,
Megh Bahadur Dhakal

STAFF'S CORNER

Lal Didi

For this edition, we feature Mrs. Lal Kumari Khatri, one of the longest-serving employees at Dhulikhel Hospital. Mrs. Khatri works in the immunization and vaccination department. She joined Dhulikhel Hospital as an ANM nurse in December 1996, at that time there were only 15 employees working.



The hospital had very few facilities and staff back then, so they played a crucial role in every task, from patient care to assisting in construction work, they left no stones unturned for smooth functioning of the institution. She gets emotional and smiles gently as she remembers how hard they worked day and night.

1. What was your first job after completing ANM?

I initially worked for a non-profit organization as an ANM for six years then joined Dhulikhel Hospital. I have been diligently working in this institution for three decades ever since that time.

2. What was your role at the time of joining?

I was hired as a nurse for ANMs. Dhulikhel Hospital did not then have the same level of infrastructure development as it does now hence, we were all-rounders back then. Besides our regular role as nursing staff, we looked after the pharmacy, store and many more. I recall that time when there was no ward boy and we would move heavy instruments and equipment.

3. What do you love the most about your job?

Whenever people come searching for me for my service, I feel the happiest. Serving people and getting blessings from them is what I cherish the most about my job. If I have to answer what kept me going all these years, it has to be the zeal and enthusiasm to serve people in need.



4. What challenges have you faced in your career?

Challenges will always be there and I have faced them in the past too. With a radiant smile, she replies I remember in my early days of joining the hospital, we were short of staffs, we worked day and night, overtime duties were part of our regular life. But as a woman and a mother I have always struggled in balancing my professional and personal life and I assume that to be the biggest challenge

5. Most memorable moments working in Dhulikhel Hospital?

I recall those moments when the new operational building was being built. Besides our regular duties, we also assist with the construction work because of a shortage of manpower. Seeing our worn-out and hungry faces, Dr. Ram used to reward us with delicious momos from Dhulikhel Lodge Resort for our dedication and hard work. I adore those moments till the present day

6. How has the hospital evolved in your eyes?

I am glad to witness the development and progress Dhulikhel Hospital has achieved over the years. Time has surely lapsed, we started with around 15 staffs now the hospital is employing around 1500 staffs. The hospital has not only constructed big buildings and departments; it has also built its trust around millions of patients. I feel proud to be associated with this noble institution.



7. How has the hospital impacted you in your professional and personal journey?

Working in Dhulikhel Hospital has helped me in many ways. Personally, and professionally, I have matured, learnt and achieved satisfactorily in my life. Yes, when I think about my early days and myself now at present, I feel gratified with my journey.

8. Any specific post-retirement plan?

Many of our patients come from the remotest parts of Nepal. Finding the routes to various departments is a challenge. We often find people frequently wandering around in the premises. I will really love to help people and show them the routes and directions to different buildings and departments inside the hospital, she chuckled as she continued. I will like to volunteer even if I retire and help patients and assist them.

"I have worked in this institution for almost three decades, and even after my retirement, I would love to volunteer here."

Congratulations!

Congratulations to Dr. Robin Karmacharya, Assoc. Professor in Surgery for being awarded the “Mrigendra Samjhana Medical Trust Young Health Researcher Award 2022 for Medical Doctor” by Nepal Health Research Council for his outstanding contribution in health research in Nepal.



Dr. Robin Karmacharya receiving Mrigendra Samjhana Medical Trust Young Health Researcher Award

SMALL STEPS TO SERVE OUR PATIENTS



Clean linen is our priority to reduce hospital infection. Your safety means everything to us , and we take every step to ensure you receive the right care, at the right time, for the right person.



Clean, comfortable linens for our patients



Identification bands ensures correct patient identity, a vital step for patient safety.

DH EXCHANGE

"I had an opportunity to visit the beautiful city of **Regensburg, a medieval city near Munich**, in April/May, 2022. The sole aim of the visit was to get **exposure cum hands on training on Pulmonology and bronchoscopy** at a hospital in Regensburg. I had a great experience in in-and outpatient management of patients with respiratory illness and allergy. The most fruitful part of the training in Germany was in **bronchoscopy and different interventions** that basically laid a **foundation** of my practice after returning back.



I was lucky to be there on the most pleasant season of the year in Germany while I could have a beautiful sightseeing roving over different cities and making friends"



Dr. Nirish Vaidya,
Consultant Physician/Assistant Professor,
Department of Internal Medicine (DH-KUH)



The faculties of **Physiotherapy, Nursing and Midwifery** from Dhulikhel Hospital-Kathmandu University Hospital visited the University of **South Bohemia, Czech Republic** for the Erasmus program of teaching and training activities and clinical site visit from 15th to 20th May, 2023.

DH Exchange



Prof. Dr Subindra Karki, Head of Department of Radiology had **visited Medical University of Graz, Austria** from 8th - 19th May, 2023. Prof. Dr Subindra participated in an **International Staff week** where 35 participants from 23 nations including all continents shared their experiences and explored possibilities of research and collaborations through an exchange program. Dr Subindra's visit has been a success to our ongoing collaboration with Medical University of Graz. Dr Subindra also visited the Department of Pediatric Radiology.



International Student's Testimonial

Our names are **Alisa Reiter and Lea Fuchs**, and we are two final year medical students from Germany. We recently completed a two-month surgery internship at Dhulikhel Hospital as part of our practical year.

Being exposed to a different healthcare system during our time at Dhulikhel Hospital, we witnessed firsthand the challenges and successes of medical practice in Nepal. Observing the local medical staff provided us with a unique perspective on healthcare delivery.

Working alongside Dhulikhel's doctors was an invaluable learning experience. We had the chance to look into the **different surgery departments as well as the Emergency Department of the hospital**. Everyone generously shared their knowledge and expertise, guiding us through surgical procedures and imparting their insights into the Nepali healthcare system. Their mentorship greatly enhanced our understanding of surgical techniques and patient care. On different occasions, we also were able to join local students for clinical classes and gained more insight into the Nepalese teaching style.



Alisa Reiter and Lea Fuchs

One aspect that stood out during our internship was the **opportunity to observe and assist with surgeries in the operating theatre**. We witnessed a variety of procedures, which broadened our understanding of surgical interventions. The highlight of our stay was the **chance to accompany** one of Dhulikhel's doctors on duty to the **Outreach Center in Dhungharka**, where **medical services** are provided to **more remote rural areas**. On this opportunity, we were also able to visit a school in the area, where Manisha, a nurse working for the Dhulikhel Hospital community service department, **would educate the school children on crucial health topics such as rabies, reproductive organs and puberty**.

Beyond the hospital setting, we were warmly welcomed by the Nepalese people, allowing us to immerse ourselves in the culture and traditions of Nepal. We are immensely grateful to all the wonderful people we met during our internship. The support and camaraderie we experienced from the hospital staff and fellow interns made our stay in Dhulikhel truly memorable. Their hospitality and friendliness created a welcoming environment that made us feel at home in a foreign country.

Once again, we would like to express our sincere gratitude to **Dhulikhel Hospital for providing us with this enriching opportunity**. We extend our heartfelt appreciation to Pramesh Koju, the international coordinator, for his warm welcome and unwavering support throughout our time at Dhulikhel Hospital. The **knowledge and cultural experiences** we gained will undoubtedly **shape our future medical practice and contribute to our personal growth**.

We hope to stay connected with Dhulikhel Hospital in the future.

Warm regards,

Alisa Reiter and Lea Fuchs

Dhulikhel Hospital enlisted in Social Security Fund list



In the pursuit of providing accessible quality healthcare in Nepal, Dhulikhel Hospital and the Social Security Fund have signed a bilateral agreement to extend treatment services to individuals registered under the Social Security Fund.

The agreement inked on Jestha 22, 2080, marks a significant milestone in ensuring quality healthcare services for beneficiaries of the social security scheme.

The Social Security Fund is a government-led initiative designed to safeguard the welfare of workers by providing them with financial protection during times of illness, accidents, and retirement. With the inclusion of Dhulikhel Hospital as a healthcare service provider under this scheme, beneficiaries will now have access to specialized medical care from one of the country's prestigious medical institution.

Mr Pradhumna Shrestha, the Hospital administrator of Dhulikhel Hospital, emphasized this partnership represents a progressive step towards providing comprehensive medical care to a broader population.

The agreement aims to offer a range of healthcare services, including medical consultations, diagnostic tests, hospitalization, and other essential medical procedures, to all eligible individuals under the Social Security Fund.

According to the fund, **20 %** of the fee for receiving medical treatment must be borne by the contributors themselves. And the rest **80%** will be paid by the SSF. The reimbursement will be made under the annual limit of healthcare services.

Dhulikhel Hospital strives to provide quality and accessible health services to the community. The partnership will improve the health outcome of the community and nation.



Social Security Fund
(SSF) Nepal

Peer supporters led lifestyle modification intervention among people with hypertension in Banepa, Dhulikhel, and Panauti Municipality

Cardiovascular disease (CVD) is the leading cause of mortality among non-communicable diseases (NCDs). The main contributing factors to CVD include **high blood pressure, high LDL cholesterol, diabetes, smoking, secondhand smoke exposure, obesity, unhealthy diet, and physical inactivity**. Hypertension poses the greatest risk among CVDs, with a **global prevalence of 1.28 billion adults aged 30–79 years**, most of whom live in low- and middle-income countries. One of the global targets for NCDs is to reduce hypertension prevalence by 33%.

In Nepal, the **prevalence of hypertension is 28.52%, and prehypertension is 27.4%**. However, awareness among hypertensive individuals is low, and risk factors include smoking, alcohol, obesity, lack of exercise, and dietary patterns.

The Nepalese government, in collaboration with the World Health Organization, has developed a multi-sectoral action plan for NCD prevention and control. A package of essential NCD services has been initiated to train medical professionals and community health workers in managing CVDs, diabetes, cancer, and COPD. Budget allocation for NCDs is less compared to communicable diseases, and preventive efforts involving non-health sectors seem to be neglected. Community health workers have heavy workloads, a challenge to conduct household-level screenings. **A cost-effective strategy is to raise preventive awareness, and utilizing trained peer supporters .**

The aim is to produce trained peer supporters who can provide counseling and long-term support to households. **The study aims to reduce blood pressure in hypertensive participants and contribute to understanding the effectiveness of peer support in managing hypertension.** This research could pave the way for better strategies in hypertension management and prevention.

The main **objective will be to assess the effectiveness of peer supporters-led education sessions on blood pressure among hypertensive.** Meanwhile, dietary adherence, medication adherence, adherence to physical activity, the prevalence of CVD risk factors among family members, and the prevalence of pre-hypertension and their incidence at the end-line will be assessed.





This is a mixed-method study where both the qualitative and quantitative approaches will be used. This study aims to undertake quasi-experimental design with an intervention and control group so that the effectiveness of interventions delivered by peer supporters can be compared. Screening of the participants will be done at the community level at their wards in 3 municipalities to identify dedicated peer supporters and other hypertensive participants in their proximities. A baseline and end-line quantitative data of these participants will be taken as per the objectives of the study. Also using a Consolidated Framework for Implementation Research, the whole process will be evaluated during the intervention to understand its barriers and facilitators.

THE INTERVENTION

Hypertension peer supporters will be trained first using our manual based on the HEART manual by WHO. Peer supporters will organize household counseling with one peer supporter counseling at least 5 patients in their households with one of the family members within 2 months. Also, the peer supporters will be trained to identify CVD risk factors and calculate them for the family members and counsel them as well.

There will be 3 sessions in total, each for 2 months. So, the intervention duration will be 6 months.

UPDATES TILL NOW: We are at the beginning of the study. The preliminary stakeholder meeting has completed with the District Health Office Chief accompanied by the health coordinators of the three municipalities at the DHO office, Kavre

Student's corner

Embracing New Beginnings - A Farewell to the 16th MBBS Batch of KUSMS, Dhulikhel Hospital

Every journey has its milestones, and as one chapter draws to a close, another one eagerly awaits to unfold. With a mix of nostalgia and hope, the time has come to bid farewell to the remarkable individuals who formed the 16th MBBS batch of KUSMS at Dhulikhel Hospital. As they step out into the world as medical professionals, we celebrate their accomplishments and wish them success in their future endeavors.

As you step into the world as doctors, remember that the journey of a healer is a lifelong one. Embrace every patient as an opportunity to make a positive impact. Your compassion and empathy will be the light that shines through the darkest moments for those under your care. The medical profession is a noble one, and we are confident that you will carry its mantle with grace and dignity.

Congratulations, 16th MBBS batch of KUSMS, Dhulikhel Hospital! May you embrace this new beginning with enthusiasm, knowing that the world eagerly awaits the positive change you will bring.



Graduation Ceremony of 21st Batch Certificate in Health Science Nursing

The department of Nursing and Midwifery of Dhulikhel Hospital has successfully celebrated the graduation ceremony of 21st Batch PCL Nursing. Thirty three students graduated this year from Kathmandu University School of Medical Sciences.



Medical Students transforming lives

Upholding the motto of 'Serving above the self', the **Rotaract Club of Kathmandu University Medical School (KUMS)** comprises dynamic and socially conscious students from Kathmandu University Medical School (KUSMS) who are committed to making a positive impact on society. It is a vibrant and proactive youth organization, sponsored by Rotary Club of Dhulikhel with skilled and energized medical students, staff and alumni of Dhulikhel Hospital, an integral part of the larger Rotaract Movement, that operates under the umbrella of Rotary International coming together to address community needs, promotes peace and understanding, and foster leadership and personal development.



RACKUMS is a medical student platform in Nepal, **aiming to improve healthcare access, raise awareness, and provide educational support to underprivileged communities.** They carry out about 100 various **projects annually, such as health camps, blood donation drives, and environmental initiatives.** The club participates in global service projects and fosters international understanding through cultural exchanges and collaborations with other Rotaract Clubs.

Rotaract Club received Platinum Citation from Rotary International for 2022/23 and was recognized by Rotary District 3292 Nepal Bhutan for their outstanding project, Sahara Micro Relief Fund, supporting financially challenged patients at Dhulikhel Hospital.

We are glad to witness the team spirit of Rotaract Club of Kathmandu University Medical School taking steps to transform the lives of individuals and communities through service, fostering a spirit of volunteerism and empathy among young medical students, and contributing to the betterment of society at large. In addition to its service projects, RACKUMS offers its members opportunities for personal growth, leadership development, and networking. **Engaging in such activities nurtures a sense of responsibility and empathy in future healthcare professionals, empowering them to become compassionate and socially conscious leaders.**

Student's corner

Let's have some insight into wonderful projects carried out by RAC KUMS



Oral Health Screening program at Dhulikhel



Sergeant-at-arms handing gong and gavel to president



Female on Field "Menstruation Awareness Project"



Deusi Bhailo Program
A fund raising event for Sahara



1st prize winner National Rotaquiz 'Late Santosh Memorial Rotaquiz'



Providing sanitary kits to school kids



Project Sahara contributing the treatment expenses for a patient



Platinum Citation award



Representing Nepal at Rotary Youth Leadership Awards, Manali India



First Aid Project at Dhulikhel



Celebrating AIDS day in Dhulikhel Hospital premises



Antimicrobial Resistance Awareness Rally at Dhulikhel



Installation Ceremony



RAC KUMS installed the drinking water jar at KUSMS Library



GLOBAL ENGAGEMENT

Collaboration for Development of Health Services at the Khumbu Region of Nepal

Dhulikhel Hospital welcomed Mr. George Hillary, a professional dedicated to philanthropic missions at the Khumbu region in Nepal, and also the grandson of Sir Edmund Hillary, to discuss possible areas of collaboration for development of health services at the Khumbu region of Nepal. Mr. George Hillary is a member of Himalayan Trust, established by Sir Edmund Hillary in 1960 to improve the health, education and general wellbeing of people living in the Solukhumbu region of Nepal



Signing Memorandum of Understanding (MOUs)



MoU signing for collaboration with Northeast Ohio Medical University [USA] and University of Utah [USA].



The Department of Dentistry, Dhulikhel Hospital, Kathmandu University School of Medical Sciences and Faculty of Dentistry Niigata University, Japan have signed a MoU regarding collaborations among the two institutions.

Global Engagement

United Cities and Local Governments Asia Pacific, (UCLG ASPAC) Intermunicipal cooperation for resilient and sustainable cities



Dhulikhel Hospital welcomed delegates of Mayors, General Secretary and high government officials from various parts of Asia and Africa for the First session of United Cities and Local Governments Asia Pacific (UCLG ASPAC). The Health City Initiative, a joint collaborative study between Dhulikhel Hospital and Dhulikhel Municipality was the highlight of the event.

Experts from Medical College of Wisconsin, USA, visited Dhulikhel hospital for collaborative work in Vascular Surgery.



Experts from Medical College of Wisconsin, USA: Dean Klinger MD, Laura Cassidy PhD, Sarah Cornell MS, Jackie Gellings MD, Jennifer Schuh MD along with expert from Boulder Colorado, USA: Daniel O'Hair MD and expert from Carl von Basedow Klinikum, Germany: Florian Thermann MD. They have been visiting Dhulikhel Hospital for collaborative work in Vascular Surgery, Thoracic surgery, Research Initiatives and various other projects. The team met Prof. Dr. Ram Kantha Makaju Shrestha, Executive Director to discuss ongoing and future collaborations. We heartily welcome the team members here at Dhulikhel Hospital.

Events

A Visit by Delegates from Nepal Administrative Staff College



Delegates from Nepal Administrative Staff College (a national level autonomous institution which provides necessary training with career development for the employees of the Government of Nepal and Public Enterprises) led by the executive chairman Dr. Rajan Khanal visited Dhulikhel Hospital on 14th of January 2023.

Visit of Honorable Minister of Health and Population



Dhulikhel hospital welcomed Honorable Minister of Health and Population Mr. Mohan Bahadur Basnet and team on 11th of May 2023. Mr. Basnet was appointed health minister on the 3rd of May, 2023. Dhulikhel hospital wishes a successful tenure ahead.

Events

Celebration of World Hypertension Day 2023



Glimpses of celebration of World Hypertension Day 2023 at Dhulikhel hospital. A joint program between WHO, EDCD Nepal Government, Local governments of Kavre, District Health Office, Dhulikhel and Dhulikhel Hospital. The Program launched a Bagmati - Kavrepalanchok Hypertension Care Cascade Initiative with the signing of a commitment by major actors involved in the process.

Events

Toys Exhibition in Dhulikhel Hospital



The department of Pediatric nursing of Dhulikhel hospital has conducted a toys exhibition in the Therapy Garden of Dhulikhel Hospital. The concepts of games and toys have a very important role in children's lives. It contributes to the development of cognitive, motor, psychosocial, emotional, and linguistic skills. It also plays a key role in raising self-confident, creative, and happy children. The toys were exhibited based on the age group of children. Students from different schools of Dhulikhel participated in the exhibition. In addition to the exhibition of toys and games information regarding normal growth and development among children among various age groups was provided in the program

Awareness program about Cervical cancer and breast cancer screening in Devitar, Dhulikhel



The Department of Obstetrics and Gynecology of Dhulikhel hospital has conducted an awareness program on Cervical cancer and breast cancer among women in Devitar Primary health Clinic, Dhulikhel. The program was conducted in collaboration with Rotary club of Dhulikhel. Female health volunteers and women from Devitar participated in the program

Events

Felicitation of respected Mr. Jorg Bahr



Felicitation of respected Mr. Jorg Bahr from Germany. His contribution to the development of Dhulikhel Hospital and other health institutions, schools, and communities in Nepal is a story of inspiration.

As the lead of German Rotary Volunteer Doctors, he supported DH and several hospitals in Nepal to expand the services and train health professionals. DH family salutes this man of great personality, wide vision and big heart, a true friend/family member of our institution and our country.

Celebrating International Day of the Midwives



Every year, the 5th of May is celebrated as "International Day of the Midwives" and "World Hand Hygiene Day." The Department of Nursing and Midwifery, Dhulikhel Hospital celebrated a small program in celebration of the "International Day of the Midwives" on 4th of May.

The formal program was followed by an exhibition program regarding information and awareness to pregnant women and new mothers. Similarly the infection prevention and control unit of Dhulikhel hospital also conducted an exhibition on the proper hand sanitation techniques.

Events

Congratulations!

It is with great pride and admiration that we extend our heartfelt congratulations to the exceptional individuals who lead our various departments at Dhulikhel Hospital. These remarkable professionals have not only demonstrated unparalleled dedication but have also showcased outstanding leadership in their respective fields.

Congratulations once again to our esteemed Head of Departments !!



Dr. Darshan Dhoju - **Dept. of Orthopedics**
Dr. Abha Shrestha – **Dept. Obstetrics and Gynecology**
Dr. Angira Shrestha – **Dept. of Ophthalmology**
Dr. Bikash Shrestha – **Dept. of Ear Nose, Throat**
Dr. Pankaj Kumar Singh – **Dept. of Forensic Medicine**
Dr. Sangina Ranjit – **Dept. of Anesthesia**
Dr. Robin Man Karmacharya – **Dept. of Surgery**
Dr. Srijana Singh – **Dept. of Pediatrics**
Dr. Sanu Krishna Shrestha – **Dept. of Emergency**
Dr. Manisha Singh Basukala – **Dept. of Dermatology**
Mr. Rajendra Bhatta – **Dept. of Clinical Biochemistry**
Mr. Surendra Madhup – **Dept of Microbiology**

Pre-clinical Science

Dr. Jyoti Tara Manandhar – **Dept. of Pharmacology**
Dr. Prabodh Risal – **Dept. of Biochemistry**
Dr. Jagdish Chataut – **Dept. of Community Medicine**
Dr. Reena Jha – **Dept. of Physiology**

Dental

Dr. Smriti K.C - **Dept. of Prosthodontics**
Dr. Dasrath Kafle – **Dept. of Orthodontics**
Dr. Sumita Upadhaya – **Dept. of Paediatric Dentistry**

Events

Celebration of International Nurses Day 2023



Glimpses of the Celebration of International Nurses Day 2023, and the Convocation of the final batch of Proficiency Certificate Level (PCL) Nursing at the auditorium hall with the Chief Guest Dr. Rita Thapa (Bhaskar Tejshree Memorial Foundation), a renowned figure in the field of health in Nepal.

Milk and Dairy products Handover



Milk and Dairy products handover by Bagmati Federal government, Province dairy development board, Hetauda on the occasion of World Milk day (विश्व दुध दिवस). Starting from 2001, the 1st of June is celebrated as World milk day to recognize the importance of milk as a global food, and to celebrate the dairy sector.

Events

Collaboration with Khumbu Pasang Lhamu Rural Municipality



Reaching Newer Heights...

Dr. Ram Shrestha signed MoU with Khumbu Pasang Lhamu Rural Municipality for collaboration in health services, capacity building, referral and other technical support between DH and the municipality. It will be an impactful partnership for the people in the Khumbu region. It happened on a special event organized to mark the commemoration of the 70th year of ascent of Mt. Everest, participated by delegates from different countries, and also distinguished guests from Nepal

Launch of Souvenir Magazine



Dhulikhel Hospital is pleased to announce the launch of **Souvenir Magazine**, which commemorates the **significant milestone of 25 years of achievement of Dhulikhel Hospital**. The Souvenir magazine brings past collections of memories fresh a retreat to our readers and supporters

Events

Innovative Digital Contents for better Teaching and Learning



The **Leading University Project for International Cooperation (LUPIC)** has successfully conducted a two day **video editing course** on preparation of innovative digital contents for better **teaching and learning**. The program was conducted in collaboration between LUPIC, Kathmandu University and Dhulikhel Hospital.

Welcoming the delegates from the UNICEF headquarter

Regional and country office from UNICEF were welcomed, both the team discussed potential areas of collaboration. This meeting has opened doors for potential joint projects and synergistic efforts that will further enhance our ability to address critical healthcare challenges.



TRAININGS AND WORKSHOPS

Dhulikhel Hospital Spine Surgery Course 2023



The Department of Orthopedics and Traumatology at Dhulikhel hospital has successfully completed Advanced Spine Surgery Course. 20 participants including 12 surgeons from various hospitals all over Nepal participated in the course. The course had both theoretical as well as practical surgical exposure on a cadaver.



Trainings & Workshops

Research Methodology Workshop

The department of Nursing Dhulikhel hospital has successfully conducted a “Research Methodology Workshop” in collaboration with Bournemouth University, England, Erasmus Mundus and Green Tara Nepal. Ms. Carol Clark and Ms. Vanora Hundley provided training on various methodologies of Research to participants.



Workshop on Diagnosis and management of Obstructive Sleep Apnea

The department of ENT-HNS, Dhulikhel hospital has successfully conducted 3rd Workshop on Diagnosis and management of Obstructive Sleep Apnea in collaboration with Lowenstein medical.



Trainings & Workshops

Advanced Interdisciplinary Emergency Ultrasound Workshop

Advanced Interdisciplinary Emergency Ultrasound Workshop was held, jointly **organized by Dhulikhel Hospital**, the **German and Swiss Societies of Ultrasound in Medicine** with support from German Rotary Volunteer Doctors (GRVD). A **total of 30 participants** from General Practice and other multidisciplinary specialties from different hospitals in Nepal participated in the course.



Trainings & Workshops

One-day Workshop on Colostomy Care for Nurses

It is essential to update nurses regarding comprehensive lifetime colostomy management program. With this vision, **Department of Nursing of Dhulikhel Hospital** conducted one-day workshop on Colostomy Care for nurses. It was organized in collaboration with **Hvidovre University Hospital, Denmark, Bhaktapur Cancer Hospital, Bhaktapur, Department of Nutrition, Surgery and Medicine of Dhulikhel Hospital.**



The aim of the training was to enhance knowledge among nurses to provide high quality care to the Patient with colostomy and to build a capacity among nurses. With multidisciplinary approach the training was conducted by Mr. Per Herlufsen (Stoma Nurse specialist), Ms. Roshani Bajracharya (Sister Incharge) Dr. Uttam Laudari (Resident, Surgery Department), Ms. Subina Manandhar (Assistant Professor, Nursing), Ms. Durga Tiwari (Nursing Lecturer) and Ms. SanjuKarmacharya (Nutritionist).

Theoretical classes were followed by practical skill sessions related to Colostomy Care. The participants were given certificate of participation in the closing session.



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**“Doubt kills more dreams than
failure ever will.”**

– Suzy Kassem



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