

DH BUZZ

QUARTERLY NEWSLETTER DHULIKHEL HOSPITAL



DHULIKHEL HOSPITAL
We Care

Dear Readers,

Welcome to the second edition of Dhulikhel Buzz. Dhulikhel Hospital has been a cornerstone for providing **Quality Patient Service for All** since 1996. The year 2022 has been remarkable as everyone of us in our own capacity worked in a team and demonstrated our strength to reach our goals. The work we are doing is more relevant than ever today. Alone we can do so little and together we can do much better. Let us celebrate this new year 2023 with rejuvenating energy and reach a higher goal in career and life. We look forward to another exciting year and deliver the best. DH buzz is a platform to connect to you and share stories of hope and moments that inspire us in our daily lives.

Special thanks to our contributors for providing articles and information. We look forward to your continuing support and updates for our next issue.

"The magic in new beginnings is truly the most powerful of them all."-Josiyah Martin



Students from various schools of Dhulikhel participated in the toys Exhibition held at Therapy Garden of Dhulikhel Hospital

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

Departmental Story

The Drill

On 21st September, 2022, a Drill (simulation exercise) was conducted in Dhulikhel Hospital (DH) organized by the Ministry of Health and Population in collaboration with World Health Organization and Respond Global. Many stakeholders participated in this exercise.

Immediately after earthquake 2015, Nepal Government appointed DH as Hub Hospital for more than 50 bedded hospitals situated in Kavre, Sindupalchok, Dolakha, Ramechhap and Sindhuli. Later, additional 2 districts Solukhumbu and Khotang were also included in our satellite network. According to Dr. Sanu K. Shrestha, HoD of General Practice and Emergency Medicine the major challenge in the past was communication between government agencies and stakeholders. This time the issue was addressed.

The drill helped our staffs communicate and coordinate information flow systematically inside and outside hospital. As soon as the government declared emergency, DH activated Hospital Incident Command System (HICS). The hospital Nursing Director, Subasna Shrestha took the responsibility of Incident Commander(IC). Under her direction, all branches of HICS was activated. Planning Officer, Operational Officer, Communication Officer, Finance Officer and Logistic Officer took responsibilities and directed their own teams. The result, all the department was alerted. In-charges of all the Departments, students, hospital staffs from almost all clinical and ancillary departments were mobilized.



Emergency surge was activated with capacity to receive 150 patients. Within an hour Nepal Army Kalijung Battalion, Nepal Police, Armed Police of Nepal, Traffic Police, District Health Office, Dhulikhel Municipality was activated and all came to Dhulikhel Hospital. All representatives participated in debriefing session after the drill and had good interaction. This helped predict disaster response forecast in case of real scenario.

The drill helped us assess and strengthen not only internal communication system but also improve external flow of communication with Provincial Health Emergency Operations Centre (PHEOC), Health Emergency Operation Center (HEOC) and National Emergency Operation Center (NEOC).

Similarly coordination with other satellite and hub hospitals also went well.

The Chief of the HEOC declared DH had demonstrated best management amongst all the hospitals participated in the drill till now. DH hopes to conduct drills at least once a year in future for disaster



Patient's Testimonial

“I felt at home as the hospital had a facility where my husband and my 4 year old kid could also stay here along with me”

**-Sharmila Asthami
Roshi Rural Municipality**



On the day of discharge, Mrs. Asthami gives her statement as follows.

“I came to Dhulikhel Hospital for labor pain. My first child was delivered at home so hospital delivery was a new experience for me. I came here for a regular antenatal checkup so I decided to deliver my baby in this hospital. I gave birth to my baby through normal delivery. I am thankful to the friendly nurses and doctors here who made me feel comfortable during delivery and post delivery. I personally felt the service and treatment good. They also taught me kangaroo baby care. I felt at home as the hospital had a facility where my husband and my 4 year old kid could also stay here along with me. It would be really helpful if other hospitals also have similar facility like here. When I get back home I will recommend my friends and villagers to come to Dhulikhel hospital’s birthing unit for delivery.”



Staff's CORNER

Anyone who visits Dhulikhel Hospital often would notice a happy person who gardens and tends plants while wearing a cap. Today, we introduce the man who has been working with enthusiasm from the early days of Dhulikhel Hospital's establishment. **Mr. Basanta Phatyang, our Basanta Dai "The Gardener".**

Basanta Dai shows up at the hospital every day at six o'clock. He looks after all the plants from the director's office to the laundry at the far end of the hospital. He also makes sure that the director's office is locked after working hours. He doesn't go home until seven in the evening.



WHAT HE REMEMBERS FROM THE EARLY DAYS OF DHULIKHEL HOSPITAL?

With a radiant face, he says, "We used to visit Banepa to Dr. Niris's father's clinic when we were sick as kids." He continues, "Today, patients from all over Nepal come to Dhulikhel for treatment. Life has become so simple for the people of Dhulikhel."

I was 38 years old and I worked for the Survey department. My family contributed 4 ropani of land as a donation, which was reduced to 3 ropani after they built the road. I also had other jobs at a carpet factory and in building construction sometimes. The place where the hospital is now was a hill. It was a steep land and we doubted that a hospital could be built there." He also remembers and says proudly that Himal magazine published his photo with his mother. Basanta dai became part of the construction team when the hospital's development began. They planted trees around the facility after the construction.

The green and lush environment of Dhulikhel hospital that many visitors and patients appreciate is all thanks to Basanta dai. When he is questioned if he planted all the trees, he answers, "I started planting them first, then Anet and Manoj joined me."

HOW DO YOU FEEL WORKING IN THE HOSPITAL?

I love it here. Everyone is respectful and kind to me. I enjoy taking care of plants. I don't know what I would have done if I hadn't worked here. My home is near and it is easy for me to come to work

Congratulations!

Dr. Ram Bahadur Gurung

Dr. Ram Bahadur Gurung, Director of Clinical Services at DH, was felicitated by Dhulikhel Municipality on the occasion of 37th Anniversary of Dhulikhel Municipality with its highest honor 'Dhulikhel Ratna' or the Gem of Dhulikhel. An accolade for selfless dedication to the community.

Exemplary success and excellence can be achieved through hard work, perseverance, selfless dedication and most importantly, the willingness for sacrifice. Dr. Ram Gurung, who joined DH 24 years ago is a testimony to that. Through his continuous efforts he has established DH as a national level, Center of Excellence in Gastroenterology. Today, Dr Gurung is a beacon of hope for thousands of patients and hundreds of clinicians eager to train under his guidance.

Dr. Gurung embodies the values and principles of DH. The DH family heartily congratulate him for this honor.



Congratulations!

Dr. Bikash Parajuli

Dr. Bikash Parajuli, Orthopedic surgeon from Dhulikhel Hospital completed his fellowship in Spinal Surgery, becoming the first person to complete fellowship from DH-KUSMS



SMALL STEPS TO SERVE OUR PATIENTS

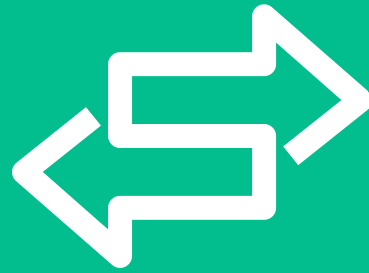


Scarves adorned by our nurses and staffs to help patients and their families to ease navigation and give health information on hospital services.

Medical Oncology Service in **DH**

**Medical oncology service has been started from November 28, 2022.
Our patients can now receive service from Consultant Dr Janak Raman Parajuli every
Monday 9 am to 4 pm**

DH EXCHANGE



Dr. Anish Joshi, Ms. Bindhya Sharma, Ms. Anjila Shrestha from Department of Pediatrics went to **Medical University of Graz, Austria** for clinical training for 3 weeks.

The main objective of the visit was observership in pediatric intensive care and acquire knowledge and experience on recent advancement in critical care and post operative care of pediatric patients.



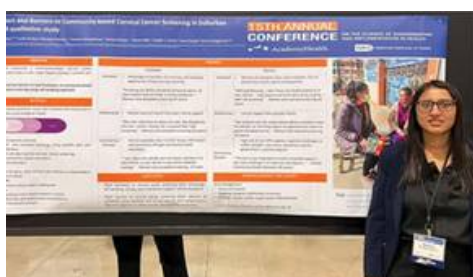
INTERNATIONAL VISITS

Ms. Prajita Mali (Research and Development Division) and Mr. Pramesh Koju (Department of Public Health and Community Program) visited University of Bergen to attend the course “Introduction to implementation science in global health course”, and Norwegian Institute of Public Health(NIPH), Norway.

Date: 28th November to 7th December 2022.

The visit’s goals were to deepen knowledge of various Implementation science models, frameworks, and theories and strengthen ties between DHKUH and NIPH.





Ms. Bandana Paneru from Cervical Cancer Prevention Project visited USA to present her research work at **15th Dissemination and Implementation Science Conference**, which was co-hosted by **NIH and Academy of Health**. She met with **Dr. Vidya Vedham, Program Officer at National Cancer Institute** and discussed about further collaboration in cancer studies in Nepal.



She also presented her research work at **Center for Methods of Prevention and Implementation Science (CMIPS) at Yale School of Public Health**, where she has been collaborating for the past three years. Further, she also visited **Mt. Sinai Health System**, at New York, where Dhulikhel Hospital has partnership to build AMPATH-Nepal. She visited a government hospital in New York and learnt about Dula Health program, similar to the Female Community Health Volunteers in Nepal.

A Journey of Antimicrobial Resistance Structural Operational Research and Training Initiative

(SORT-IT)

Dhulikhel hospital's journey to combat antimicrobial resistance (AMR) started with the opportunity of research grant to attend four modules for Antimicrobial Resistance Structural Operational Research and Training Initiative (SORT-IT) supported by World Health Organization (WHO) TDR for research on diseases of poverty.

One of the five pillars of the WHO action plan to tackle Anti- microbial Resistance (AMR) is to optimize the use of antibiotics.



The nursing faculties, Ms. Sulekha Shrestha and Ms. Indira Shrestha visited Sierra Leone on **23rd January– 4th February 2023**.

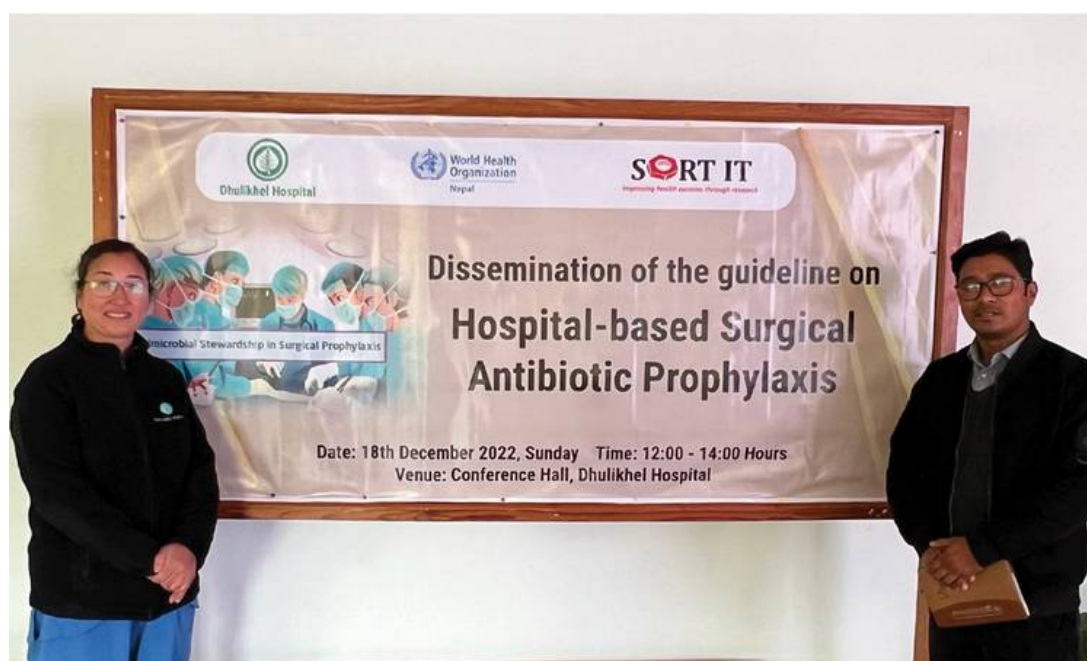
They are working on a study titled as **“Does introduction of a dedicated hospital surgical antibiotic prophylaxis (SAP) guidelines improve the practice of antibiotic use”** in Dhulikhel Hospital, Nepal.

Phase 1: Research study on, “Surgical antibiotic prophylaxis (SAP) administration practices in a tertiary level hospital, Kavre, Nepal”.

Duration: Two years; between 18th November 2019 – 14th September 2021

Key findings and implications:

- The study findings showed a high level of compliance (75%) compared to previous report from Nepal however, gaps in compliance still need to be addressed by the Hospital Management Committee of Dhulikhel Hospital.
- Administration of antibiotics for ineligible patients is evidence of irrational
- use of antibiotics. This increases the risk for development of drug resistant pathogens and the burden of AMR in Nepal. The Hospital Management committee is advised to develop antibiotic stewardship program, including a focus on compliance to SAP practices and develop a hospital based protocol based on the National Antibiotic Treatment Guideline (NATG).
- Without clear guidelines on choice and dosage of antibiotic for SAP in NATG, it may lead to variation in clinical practices and this may include inappropriate prescribing. The NATG require an amendment to include such guidance.
- National AMR committee should support further research on SAP compliance in other settings in Nepal and also should advocate for the revision of the NATG with Ministry of health and population (MoHP).



Phase 2: Research grant for development and implementation of hospital-based surgical antibiotic prophylaxis guideline at Dhulikhel hospital

Duration: Seven months; between 16th June – 31st December 2022

First step: Designing a hospital-based SAP guideline

Second step: Finalization, dissemination and implementation of SAP guideline in all operating theatres at Dhulikhel hospital from January 2023.

Phase 3: Research grant for assessing the impact of the research study on Surgical Antibiotic Prophylaxis Administration Practices

Duration: Seven months; between 23rd January – 9th September 2023

Module 1 on proposal writing and **Module 2** on data entry and analysis were completed in Tokeh beach at Free Town in Sierra Leon on 23rd January– 4th February 2023.

Data collection started in march 2023 after receiving the approval from ethics advisory group (EAG) and institutional review committee (IRC) at Kathmandu University School of Medical Sciences to conduct the study.

Module 3 on manuscript writing has been planned for early June 2023 and **Module 4** on knowledge management and dissemination in September 2023.

International Student's Testimonial



Caroline Mathilde Schyberg



Fiona Branth Leander

University College Diakonissestiftelsen, Denmark

I am in nursing 4th semester. Here, in department my major duties are in neonatal and general pediatric ward.

This place is really nice, we got shown around, we also went to the outreach center. The availability of resources differed from outreach center to Dhulikhel hospital and the city hospitals. Thank you for hosting, all the nursing teachers, staffs and colleagues.

I am a 4th semester nursing student. Here in Dhulikhel hospital, my major responsibility is in pediatrics department.

It has been a fruitful and interesting stay here in Dhulikhel hospital. I got to know how the nursing system is different from Danish, and what I found was if resources are not to be considered all the other aspects are similar to ours.

Scan for video of full testimonial



PAPER TO *Action*

Healthy Diets in Public Settings



Dhulikhel Hospital-Kathmandu University Hospital in collaboration with resolve to Save Lives, New York is developing, implementing and evaluating a public food procurement policy in 4 municipalities of Bagmati Province: Budhanilkantha, Thimi, Kageshwori Mahohara and Tokha. A policy dissemination event was held on 28th December, 2022 aiming for the launch of Healthy Food Procurement and Service Policy document. The event was attended by 68 assembled dignitaries among these were Mayor, Deputy Mayor, Chief Administrative Officer, division/section's head and elected officials from Budhanilkantha Municipality, Dhulikhel Hospital project team members, Food Procurement Policy National Task Force Members, Schools' head, School Health Nurse and Journalist

The event was inaugurated by Mayor Mr. Mitharam Adhikari and Deputy Mayor Anita Lama. Mayor Budhanilkantha Municipality: **“Most of us are aware about the importance of healthy eating but we don’t consume healthy foods due to availability of unhealthy food choices/inadequacy of healthy foods in market. It is disappointing to say that Nepal is importing large quantity of food products since local production is less due to shortage of skilled manpower.”**



Dr. Archana Shrestha, Principal Investigator/Associate Professor, Kathmandu University School of Medical Sciences highlighted the facts on unhealthy diet being the leading risk factor for death and disability globally. The Project Coordinators' Ms. Namuna Shrestha and Mr. Nabin Adhikari presented the project planned activities and contents of Food Procurement Policy document. The policy document was launched in the event by Mayor and Deputy Mayor which was then distributed among the participants. This document will be distributed to all the public facilities and also online in municipality's website.

The future plan after the policy development is the policy implementation including policy dissemination, capacity building to the canteen owners of public facilities, IEC materials distribution and monitoring visit. In three months, the project team will also evaluate its effectiveness



COMMUNITY SERVICES



Eye Camps held in Manekharka



"Happy Patient makes the Doctor even happier!!"

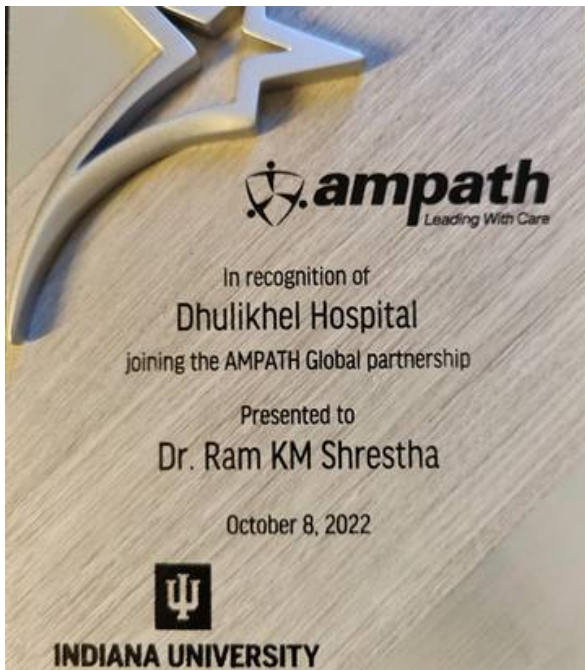
Awareness Program for Cervical Cancer to Women's Group



Health camps conducted in Dapcha, Bahunipati, Kattike Deurali and Baluwa



GLOBAL ENGAGEMENT



Dhulikhel Hospital has taken a great leap forward in the arena of global engagement. The year 2022 has been quite a vibrant year for building new relations and strengthening the old ones.

On 9th October 2022, Dhulikhel Hospital entered into partnership with the AMPATH Consortium (Academic Model Providing Access to Healthcare) comprising 18 US institutions, with Mt. Sinai, New York as the primary partner at an event in Indianapolis.



Following the event, a team of AMPATH delegates visited Nepal to Dhulikhel Hospital, KUSMS and Bolde outreach Center and interacted with the faculties, staffs and students.

GERMAN EMBASSY

4th November 2022

Delegates from the German Parliament, German Embassy in Nepal and Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) visited the hospital and discussed potential collaboration in health insurance, skills lab and gender issues.



NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY



9th November 2022

Delegates from Norwegian University of Science and Technology led by Dr. Siri Forsmo, Dean of the Faculty of Medicine and Health Sciences, and representatives from the Norwegian Institute of Public Health visited DH/KUSMS to discuss the future directions of collaboration





PARACELSUS
MEDICAL
UNIVERSITY

Paracelsus Medical University

Collaboration in Health Science: The Way Forward

22nd November, 2022

An Oration program was held at Dhulikhel hospital. The event was graced by delegates from Paracelsus Medical University Salzburg, Austria. Rector of Paracelsus Medical University Prof. Dr. Wolfgang Sperl and Coordinator of Dept. of Physiology and Pathophysiology Prof. Dr. Markus Ritter provided their insights on the current collaborations and discussed the areas for further collaboration.

A MoU was signed for continuation and renewal of partnerships.



Mahidol University Thailand



Team of delegates of Mahidol University led by Prof. Dr. Patcharee Lertrit, Dean of the Faculty of Graduate Studies. Dr. Aung Win Tun, Deputy Dean for International Relations; Asst. Prof. Dr. Somchai Trakarnrung, Deputy Dean for Educational Management; and Ms. Lalita Adulyakittiphaian, Head of International Affairs, Communication and Special Mission visited Dhulikhel Hospital.

The collaboration with Mahidol University which began nearly 15 years before has been one of the most impactful partnerships creating milestones in the areas of dermatology, urosurgery, nursing, public health, spinal surgery, ENT, microbiology, and several other services of Dhulikhel Hospital.



TRAININGS AND WORKSHOP

UROGYNECOLOGY CONFERENCE

3rd-5th November, 2022

Department of Obstetrics and Gynecology, Dhulikhel Hospital, has organized the Urogynecology conference from November 3rd to 5th, 2022. The program was inaugurated by Honorable Australian Ambassador to Nepal H.E. Felicity Volk. She emphasized on the importance urogynecology plays in the context of Nepal and all over the world. Prof. Dr. Abha Shrestha organizing chairperson highlighted about the urinary incontinence and its impact on women's health and in their social life. Participants from all the different medical colleges of Nepal attended the program. Speakers were from Germany, India and Nepal.



APPROACHES TO HEALTH DATA : A PUBLIC HEALTH SEMINAR

9th November,2022

The Department of Public Health and Community Programs hosted a 1 day seminar, led by Dr. Ursula Berger, Senior Biostatistician and Epidemiologist at Ludwig Maximilian University of Munich, and Mr. Bhim Prasad Sapkota from Ministry of Health and Population. The seminar was attended by public health students and graduates from DH/KUSMS and other institutions.



DIABETES EDUCATION FOR NURSES

10th-11th November, 2022

With the vision to update nurses on comprehensive lifetime diabetes management program , two days training program was organized by Nursing Department of Internal Medicine, Dhulikhel Hospital in collaboration with Lions Club International Foundation (LCIF) and Department of Nutrition, Physiotherapy and Community. With multidisciplinary approach the training was conducted by Dr. Prakash Sapkota (Lecturer, Internal Medicine), Ms. Subina Manandhar(Nursing Lecturer), Dr. Sagar Adhikari (Resident, Internal Medicine), Ms. Sanju Karmacharya (Nutritionist), Ms. Sabina Shrestha (Nursing Incharge),Ms. Sarita Duwal (Staff Nurse), Ms. Sarishma Ranjitkar (Nursing Officer),Ms. Geeta Bhaila (Nursing In-charge)and Ms. Alka and physiotherapy team of DH .

Diabetes training for nurses is essential to provide care to diabetes patients, this program is run on quarterly basis to cover all the nurses of Dhulikhel Hospital.



TRAINING IN PAEDIATRIC HOME-BASED CARE

7th-11th November, 2022

In partnership with Chimalaya Charity Denmark, DH hosted a five-day program on “Training in Paediatric Home-Based Care.” Lone Haahr Mogensen, a child home nurse, Lene Hesse Rasmussen, a pediatricians from Denmark, and Dr. Manjeswori Ulak, a doctor from Chimalaya Charity Nepal led the training. The seminar was attended by 18 nurses from various organizations, including Dhulikhel Hospital. The continuation of the training has also been planned for April 2023.

The training focused on:

- Health Promotion and prevention and Health Care Model
- Healthy mature newborn
- Motor skills and motor milestones
- Nutrition (healthy mature new-born) and transition from breast milk to solid foods
- Sleep and sleep rhythm for small children
- Emotional and linguistic development of the baby
- Home visit method program



CAPACITY BUILDING ON SOCIAL AND BEHAVIOR CHANGE (SBC) FOCUSED ON HUMAN CENTERED DESIGN (HCD)

23rd-25th November, 2022

Department of Public Health and Community Programs successfully completed a three-days training program organized in collaboration with John Snow Research and Training Institute Inc (JSI R&T) and UNICEF Nepal. The program was facilitated by the SBC and HCD experts from UNICEF Nepal. Participants were from different departments of Dhulikhel Hospital including the Research & Development Division, Department of Public Health and Community Programs, Department of Nursing, Department of Immunization and students from Master of Science in Public Health.

The main objective of the training was to strengthen the capacity of the health professionals in the field of health behavior science.

The concept and application of SBC and HCD is crucial to reach the unreached population to promote their well-being. The session also included group work out session where the participants were able to explore and practice the application of SBC and HCD with real life stories. The second phase of the training is planned to focus on Interpersonal Communication Skills and will be given to the same participants in near future.



ORIENTATION PROGRAM FOR THE FIRST BATCH STUDENTS OF BACHELOR IN YOGIC SCIENCES AND WELLNESS

25th November,2022

Orientation program for the first batch students of Bachelor in Yogic Sciences and Wellness. Bachelor in Yogic Sciences is a collaborative program between Kathmandu University School of Medical Sciences and Kathmandu University School of Arts.



COMMUNICATION SKILLS TRAINING

8th February, 2022

Communication plays a very important role in the services delivered in a healthcare setting. Skillful communication enables healthcare providers to establish rapport with their patients, solicit crucial health information, and work effectively with all members of a care team and the public.

Dhulikhel hospital provided a one day training program to the frontline workers and nurses on “Self image, Communication, Basic Manners and Etiquettes”. The program was organized in collaboration with Gate college, Mandikhatar, Kathmandu.



HELI PAD INAUGURATION AT DHULIKHEL HOSPITAL

Toward the end of 2022, Dhulikhel hospital is grateful to the Nepalese Army Kalijung for the construction of helipad within hospital premise. The helipad was inaugurated on Mangsir 28th 2079 by Sahaayak rathee Jyotindra Mahat along with Dr. Ram Kantha M. Shrestha.





**“Life isn’t about finding yourself.
Life is about creating yourself.”
- George Bernard Shaw**

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🌐 www.dhulikhelhospital.org