Welcome to DH Buzz!

It is an immense pleasure to bring to you the monthly newsletter of Dhulikhel Hospital. We hope to connect our readers to the ongoing array of hospital activities and events.

We believe, ‘Success is best when it’s shared’.

Dhulikhel Hospital has been a corner stone for providing Quality Patient Care service since 1996, we hope you find stories and articles in this newsletter interesting and inspiring. Special thanks to our contributors for providing articles and information.

We look forward to your continuing support and updates for our next issue.

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

Happy Vijaya Dashami and Tihar
A VACCINE OF DEDICATION AND A BOOSTER DOSE OF DETERMINATION

The Covid-19 outbreak has become a global apprehension. On 23 March 2020, the Government of Nepal announced country-wide lockdown and suspension of all national and international flights. The first case of Covid-19 in Nepal was confirmed on 23 January 2020 (also the first case in south Asia). On 16 May 2020, the first death due to Covid-19 in Nepal was reported from Dhulikhel Hospital.

During this lockdown industries faced financial crisis and the public faced restrictions of basic services except high emergencies. People with pre-existing chronic diseases such as diabetes, cardiovascular and renal failure patients faced double trouble. On one hand, hospitals provided limited services for their routine care and on the other, they themselves were immune-compromised.

The limited services for routine care reduced the patient volume around 60-75% in a month and financial revenues shrunk by 37 to 50% in some hospitals. This resulted a financial catastrophe especially for hospitals providing services not for profit and heavily relied on revenue generated from out of pocket expenditure from patients. Meanwhile, hospital authorities reported that use of personal protective equipment (PPE), and other new equipment to tackle Covid-19 increased operating costs by 18%.

The biggest challenge during the first lockdown for the Clinical Biochemistry Laboratory of Dhulikhel hospital was to continue routine diagnostic services without compromising quality, while also tackling Covid-19 infection. The diagnosis of Covid-19 is primarily under the Department of Microbiology but all laboratory staffs were mobilized to handle the crisis.

We salute our team who worked double and sometimes triple shifts in the diagnostic laboratory. Despite, pregnancy and breast feeding condition our staffs worked diligently. We managed inventory of essential reagents, consumables and quality control materials for one year at least. Our inventory strategies, health insurance for all employees for Covid-19 infection, and organization played crucial role to provide quality diagnostic services.

The nature of organization, the dedication of employees, determination for internal quality control, external quality assurance and implementation of quality indicators with support from community, family members, national and international stakeholder immunized us for unbroken quality services during this pandemic.
A four cm pencil stuck in the throat of a three-year-old child has been removed in Dhulikhel hospital. Three-year-old Prayatna Shrestha of Zakidol, Panauti swallowed a pencil while doing his homework on 21 Ashar 2079.

‘Both children were doing homework. All of a sudden, Prayatna fainted,’ said Prem Krishna Shrestha, the father. Not seeing the pencil, the parents thought the child must have swallowed it. They rushed him to Dhulikhel hospital.

Preliminary tests in the emergency department revealed a pencil stuck in the upper part of the respiratory tract. ENT specialist Dr. Abha Kiran KC said they were able to remove the pencil through ‘Rigid Bronchoscopy’.

Mother Prema Shrestha said, ‘We thought it was not possible to save our child but with the tireless efforts of the doctors, our child regained life.’

Dr. Abhakiran KC said, ‘Based on our medical experience, this was a major emergency. Children have come here with peanuts and other objects stuck in their noses, ears and throats. But this was the first case with a pencil stuck in the throat.’

After the pencil was removed, Prayatna was kept in the ICU for 5 days to prevent any complications.

Dr. Srijana Dangol, Head of Department of Paediatrics shares her experience that children can be freed from danger if parents pay more attention by keeping things in proper places unaccessible to children so that they do not get objects stuck in their noses, ears and throats.
My name is Sterre Bergman and I am a student of Global Health at the University of Maastricht in the Netherlands. In May 2022, I arrived in Dhulikhel to write my master thesis on cervical cancer screening in Dhulikhel and Banepa. I joined the feasibility of care HPV testing with self-sample collection for cervical cancer screening study at the Institute for Implementation Sciences and Health, in collaboration with Dhulikhel hospital.

This period in Nepal, and specifically at Dhulikhel Hospital, has been great. I had the opportunity to learn from Dr Archana Shrestha and Mrs Bandana Paneru, who gave me many new insights in doing research and the Nepali healthcare system. specially the days in the field were very interesting and a lot of fun. I had never before been offered corn and 'chiya' from interview participants! Also, I experienced the great Nepali hospitality by staying with a host family, where I could enjoy the best ‘dal-bhat’ at every dinner. Many thanks to all the great people that I met, who made this period such a success!

As part of Erasmus staff mobility program, two of DH staffs Finance Manager, Mr. Maniram Takachhe and Physical facility Manager Ms. Nirupa Shrestha visited Med Uni Graz Austria for 2 weeks.

The objective of the visit was to undergo training at the Finance and Controlling Department focusing on operational budget and inventory management system.

Bio-bank, Simulation Lab, Department of Paediatrics and Library were some of the highlights of the visit. They also sought opportunities for collaboration with various departments of MUG. During their trip, they also visited University of Vienna.
Dhulikhel Hospital– Kathmandu University Hospital (DH–KUH) in collaboration with the Resolve to Save Lives, started an innovative program with the objective;

“To develop, implement and evaluate a healthy public food procurement policy at municipalities of Bagmati province”

With the wide availability and consumption of unhealthy foods there is rise in chronic diseases. A healthy food procurement policy is a great tool to address such problems as it establishes a nutrition criteria that encourage consumption of healthy diets and limit/prohibit the intake of unhealthy foods.

Research Team conducted qualitative study, systematic review and formed a national task force representing key stakeholders at the Ministry of Health and Population, nutrition section, food quality control division, researchers, academicians and national planning commission.

A rapid need and interest assessment was conducted with 10 municipalities in Kathmandu, Province-3. After an overwhelmingly positive responses from different municipalities we moved forward with Budhanilkhanta. We conducted a baseline survey in schools to explore food procurement and service mechanisms in facilities.

The policy was legally approved by the 79th Budhanilkantha Municipality executive meeting on 2078/12/25. The municipality will be enforcing this policy in all public institutions and private schools in their jurisdiction (an estimated 150 in number). DH–KUH collaboratively will develop a dissemination, implementation and monitoring plan. A committee from municipality will monitor the schools during the policy implementation phase on a monthly basis; report to the municipality and DH–KUH quarterly and organize monthly meetings to discuss challenges and ways to address those challenges. Followed by end-line survey after three months of policy implementation.

AN APPROVAL FOR EXPANSION OF THE PROJECT HAS ALREADY BEEN RECEIVED FROM OTHER MUNICIPALITIES SUCH AS TOKHA, KAGESHWORI MANOHARA AND MADHYAPUR THIMI MUNICIPALITY.
A low birth weight 2 kg newborn baby at her 20 days of life gets severe infection and fights for life in NICU Ventilator for 4 days in Dolakha Dhulikhel Hospital. Thanks to our dedicated team and helping hands together helped this little angel win the battle!!

Survival Story of a Little Angel

A major milestone has been accomplished to serve our needy patients with access to Quality healthcare.

Teledermatology service was recently launched at Bolde Outreach Center with support of Ncell. Now patients get correct diagnosis and treatment related with skin diseases directly with our Consultant Dermatologist from Dhulikhel Hospital.

In 2019, Ncell Axiata Limited under its Corporate Social Responsibility (CSR) had signed an agreement with Dhulikhel Hospital to serve remote and underserved communities through quality health care services, using technology and data-driven health care methods.

Ncell is providing telemedicine equipment, establishing connectivity infrastructure at the local community health centers of DH. In future, this project will be expanded to other outreach centers of Dhulikhel Hospital as well.

Congratulations to the team involved.
A Life Saved
A Hel Rescue

Dhulikhel Hospital has been implementing the Community Health Support program with an aim to provide a continuum of care to the beneficiaries of the community of Dolakha to achieve a healthy community and healthy people run by Dolakha hospital since 2020. The program is being run across four municipalities, namely Bhimeshwor Municipality, Tama Koshi Rural Municipality, Kalinchowk Rural Municipality, and Baiteshwor Rural Municipality of Dolakha district, in technical support of Sambhav.

The program consists of community-based integrated Reproductive, maternal, and child health (RMNCH) intervention, non-Communicable disease Screening, Mental Health Counselling, and Covid-19 interventions delivered by Community Health Workers (CHWs) through home visits. This modality aligns with the plan of the Ministry of Health and Population to strengthen community health programs using the life-cycle approach, as mentioned in “Samudaayik Swasthya Karyakram Nirdesika, 2079” which is currently being operationalized as a pilot in two municipalities under the ownership of local government and the support of Department of Health Services.

Renu Basnet, a pregnant woman, a resident of Kalinchowk was brought to Dolakha Outreach center on the 8th of Shrawan for regular checkup. Doctors in-charge suggested that the time of delivery had come so Renu got hospitalized the very same day. The following day was the same and the next day too hence, the doctor decided to perform the cesarean section on the 10th of Shrawan. There was some complications after the operation and the baby was unable to breathe and was kept in ventilator. The doctor in-charge in Dolakha hospital referred us then to Dhulikhel hospital.

Doctors and the entire team were very helpful, we got airlifted by a helicopter to Dhulikhel. We are very thankful to Dr. Srijana, Dr. Santosh and the whole team who gave us hope. Now our baby is healthy and progressing. Renu smiled.

“I still remember the day, it was cloudy and raining. We were very worried and the weather was not in our favour but we got rescued by Dhulikhel Hospital. The team of doctors received us and treated my baby”

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Reached out to population 96,533
Households registered in the program. 32,976
Total No of Pregnancy Screening 11,400
Total No of ANC/PNC care delivered 1512/1170
Total No of Under 2 Care provided 3343
Reached population for Covid-19 response. 97,000
# Fiscal Year 2078-2079

This is one of the few life savior stories written in our chapters, we look forward to writing many more..........
Thakur Parajuli, also known as Thakur Dai, has been working as a cook in hospital from last 20 years. Let’s read more about our Thakur Dai.

I feel blessed to be part of Dhulikhel hospital. Here, every single profession has its own importance. Doctors and nurses directly save lives, administration people do the administration work. Likewise, I feel blessed I can contribute to hospital and be part of life saving of thousands of people and also feeding the life saviors.

While talking about how I came into this profession: I have always liked this profession. I enjoyed cooking from the time I was a teen. And another reason is also my friends, who were in this profession who inspired me.

If I have to talk about my achievements what I cherish from my experience is I love feeding people especially those who come from very remote areas where people do not even get to eat properly. In past, I have met many patients who used to say they do not even get 3 times meal to eat and they used to eat so much in our canteen. I used to love the fact that I am the lucky one who got chance to feed them and I felt emotional by seeing their condition. I thought, along with my team, to make all the canteens of hospital better. We are trying to serve all people at a same time. We have always maintained the quality and we will make it better in future.
The project “Implementation Research on Health Behavior” is a research project carried out by the Research and Development Division, Dhulikhel Hospital- Kathmandu University School of Medical Sciences (KUSMS) in collaboration with the JSI Research and Training Institute Inc and UNICEF Nepal.

The consortium intends to develop and establish tools and methodologies to strengthen the national immunization program and minimize the under-five mortality and morbidity caused by vaccine preventable diseases.

**Phase 1:** Rapid Assessment (RA) of behavioral factors that contribute to low vaccine uptake for COVID-19 and routine immunization among caregivers and community influencers in selected three provinces of Nepal.

**Phase 2:** Implementation research based on the findings from the rapid assessment.

**Phase 3:** Support the coordination and implementation of Behavioral Science Network.

**About Phase 1:** The rapid assessment was carried out in selected three wards of Kathmandu Metropolitan City after number of consultative meetings with the local stakeholders. The team are conducting Rapid assessment in other two provinces (Madhesh and Sudurpaschim).

**About Phase 2:** The team are working intensively for the Implementation research based on the preliminary findings from Rapid assessments carried out in selected wards of Kathmandu Metropolitan City.

**About Phase 3:** We propose to create a multi-disciplinary Center for Health Behavior Sciences (CEHEBS) led by Kathmandu University, that will be sustainable, and will have common ownership of MOHP, academia, professional societies, UN agencies, INGO, and experts from other civil societies, and immunization experts, donors, and implementing partners.

**PRELIMINARY FINDINGS SHARE WITH THE MEMBERS OF BEHAVIOR SCIENCE CENTER DURING THE 3RD CONSULTATIVE MEETING ON “CENTER FOR HEALTH BEHAVIOR SCIENCE”**
Twenty five army officers from Kalijung Barrack attended a Basic Life Support training course conducted in the skill lab of the Dhulikhel hospital. The training was conducted by HOD Emergency Medicine Dr. Sanu Krishna Shrestha and his team.

August 18, 2022, Community health nurses of Dhulikhel hospital in coordination with the chairperson of Ward-6 of Dhulikhel Mr. Sanjay Koju organized a meeting with local business owners of hotel and restaurants. An impactful presentation and awareness campaign on the impacts of plastic use on human life and ecosystem was conducted at the program.

Locals supported this initiative and engaged in a fruitful discussion on alternative ways of making Dhulikhel.
On 18th of August, 2022, a one day workshop on Non-pharmacological pain Management during labor was conducted by the 2nd Batch students of Bachelor in Midwifery. Forty two participants who were Midwifery students and OBGYN staffs participated in the program.

On 20th of July 2022 Deputy Mayor of Kathmandu Municipality Ms. Sunita Dangol visited Dhulikhel hospital. She was accompanied by Mayor of Dhulikhel Mr. Ashok Kumar Byanju and delegates from Kathmandu Municipality.

A 21 DAYS RURAL ULTRASOUND TRAINING

to Nurses and Midwives: Dhulikhel hospital successfully trained Nurses and midwives of rural health centers of Nepal, The training was a part of the MoU signed between the Health ministry of Bagmati Province and Dhulikhel hospital.
Inauguration of
New Laundry House
Australia’s Ambassador to Nepal, HE Felicity Volk visits Dolakha Hospital

With the Australian Government’s support through its Direct Aid Program (DAP), Dolakha Hospital has been supporting COVID-19 response by the Community Health Workers Program in Bhimeshwor Municipality and Kalinchowk, Tamakoshi, and Baiteshwor Rural Municipalities.

The Australian Government appreciated the community partnership and also valued highly the collaboration of the Dhulikhel hospital team to support local, female empowered and digitally enabled community health worker programs.

The DAP Hospital to train and equip 44 Community Health Workers on COVID-19 response:
- Creation of triage areas and hand hygiene stations in local health facilities
- Contact tracing over 1000 people
- Educating around 40,000 people in the community on personal protective measures from COVID-19
- Support the administration of COVID-19 vaccines through identification of target population, referrals, tracking and reporting

EVENTS

Basic Emergency Medical Training
Pediatric Ultrasound Course 2022
3rd international Nursing and Midwifery Conference 2022
“GREAT THINGS ARE DONE BY A SERIES OF SMALL THINGS BROUGHT TOGETHER.”

-VINCENT VAN GOGH

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