Knowledge is light

Highlights of this Issue

KMC conducts 17th Teacher’s Training Course
Training on Hospital Governance Quality Improvement and Safety by experts from Singapore
Intensive Course in Obstetric Emergencies: 2nd Phase
From the Principal's Desk

I feel immense pleasure from the core of my heart to welcome you all to the 18th issue of our Newsletter "KMC TIMES". This issue is of high significance as it is being released on our KMC day! I would like to express my hearty congratulations and best wishes to all on this happy and historical day.

We all know that this Medical College was established as a private Medical College in the year 1997 and was converted into a public medical college in the year 2006. Currently all the employees of this college are shareholders of KMC. This college, since its establishment till date has already enrolled 3222 students in four streams and we are proud to share that 1516 MBBS doctors, 146 specialists, 61 Dental surgeons and 220 nurses have already been produced and they are at the service of mankind in and out of the country.

This institution is committed to the act of imparting and acquiring knowledge as a whole, developing the powers of reasoning and judgment in general preparation of oneself and other intellectuals for a mature life. Students of undergraduate medical program are being trained on the pattern of the latest concepts in medical education with due emphasis on the highest standards of medical professionalism, empathy, human behaviour, medical and social ethics. The academic program not only focuses on various co-curricular activities but is also allows active participation. This gives maximum opportunities to the admitted students as soon as they are enrolled in the college. KMC is enriched with various teaching departments which are well equipped, having all the latest facilities to impart medical education. We have more than 250 highly qualified faculty members with strong academic backgrounds and having vast teaching experience.

We are also working hard continuously to strengthen our existing educational programs and we have requested Kathmandu University and Nepal Medical Council to initiate the PG program in Neurology, Neurosurgery, Radiology, and Emergency Medicine plus also in dental and nursing programs. Inspection from regulating bodies has recently been completed. We have been able to increase the BSc. Nursing student’s seat by 10 and making it to 40 this year.

A significant proportion of people in our country are unable to receive better health care facilities due to their economic conditions and limitations. We are therefore trying our best to develop KMC, our college as a Centre of Excellence and also Medical Hub for all groups of people residing in our country. Many Nepali citizens and even foreigners are receiving the highest level of health care facilities at our tertiary level teaching hospital at affordable costs.

I would like to grab the opportunity to communicate to our students through this newsletter that your efforts should be to graduate as a good doctor, dental surgeon or nurse. For this purpose you need to use all the facilities provided by the college and follow the instructions provided by your teachers. If your determination is strong, nothing can hinder nor stop you. You need to remain away from the negative forces arising in your mind sometimes and diluting your efforts towards achieving your goal of becoming a very proficient healthcare personnels. We are with you and you will be with us for your professional benefit. Lastly I would like to take this opportunity to wish you all a very happy, healthy and prosperous New Year 2076.

Thank you

Prof. Dr. Chanda Karki Bhandari
Principal
Kathmandu Medical College Public Ltd.

Composition of Core Committee of Medical Education Department

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Prof. Dr. Rani Gupta
Prof. Dr. Manindra R Baral
Assoc. Prof. Dr. Siddharth Dixit
Assoc. Prof. Dr. Binita Pradhan

Prof. Dr. Hemang Dixit
Prof. Dr. Sabeena Bhattarai
Prof. Dr. Abhinav Vaidya
Assoc. Prof. Dr. Punam B Dixit
Dr. Naresh Manandhar
Mr. Eurek Ranjit

Prof. Dr. Mukunda Raj Joshi
Prof. Dr. Sunil Kumar Joshi
Prof. Dr. Meera Bista
Mrs. Rameshwari Shrestha
Dr. Jenash Acharya
Recent News

Intensive Course in Obstetric Emergencies: 2nd Phase

The second phase of Intensive Course on Obstetric Emergencies (ICOE), a simulation based hands-on training, was held in Kathmandu Medical College on 14-16th Feb, 2019. Twelve Obstetrics and Gynaecology specialists, out of 24, who were trained in the first phase of the training, were given Training of Trainers/Teachers for continuum of this course by preparing a cohort of local Obstetrics and Gynaecology specialists of Nepal. The second batch of 24 specialists was trained by the team of 8 Malaysian and 12 Nepali trainers.

An agreement was signed by Dr. Rohana Haththotuwa, Secretary General of AOFOG, Dr. Gunasegaran PT Rajan, course Director ICOE and Past President O & G Society of Malaysia and Dr. Kusum Thapa, President of Nepal Society of Obstetric and Gynaecology, regarding continuing the ICOE in Nepal for next two years with the objective of providing educational support in practice of obstetric emergencies among medical professionals of Nepal.

Follow up workshop for Media Personnel on Road Safety Reporting

A follow-up workshop titled “How to Report about Road Safety Effectively?” was held at KMC Duwakot on 1 Feb, 2019. It was conducted by Nepal Injury Research Centre (NIRC) which is a collaborative project between Kathmandu Medical College and the University of the West of England (UWE), Bristol, UK. The workshop, presided by KMC Board Chairperson Mr. Rabendra Raj Pandey. Hon Ram Kumari Jhankri and Hon Dr. Dila Shangroula addressed the workshop. Around 30 media personnels participated in the workshop during which Mr. Yubraj Ghimire delivered presentations regarding the topic.

Two days training on Hospital Governance, Quality Improvement & Safety held at KMC Sinamangal

Two days training on Hospital Governance, Quality improvement & Safety was held at KMC Sinamangal from 19th-20th February. The training was organised by sing Health in association with KMC and Temasek foundation. Prof. Ong Biauw Chi, Chairman, Medical Board Singkang Hospital, Singapore was the main Resource person. The training covered areas such as Patient Safety, Clinical Governance Framework, Organizational Culture and leadership, key performance indicators, collecting data, charting data and consisted of team project work. The training was interactive and included Q&A sessions on both days.
Condolence Meetings

A condolence meeting was held in remembrance of Prof. Dr. Kanti Giri on 31st March 2019 in Kathmandu Medical College.

Assistant Matron Sister Kamala Sharma passed away on 6th Feb. 2019. A condolence meeting was held at KMC Sinamangal on 18th February 2019 in the auditorium of Dr. Pushkar Nath Pant Building.

Faculty Promotions and Appointments

Promotions: Congratulations to the following faculty members on their promotions.

Professors
- Dr. Uday Man Singh Dangol in Urology
- Dr. Suspana Hirachand in Pathology
- Dr. Amit Thapa in Neuro Surgery
- Dr. Meena Thapa in Obs. & Gynae.

Associate Professors
- Dr. Rupendra Thapa in Pathology
- Dr. Deepi Shrestha in Endodontics
- Dr. Tanka P Bohora in Surgery
- Dr. Ram K Chandyo in Com. Med.

Assistant Professors
- Dr. Marina Vaidya in Com. Med.
- Dr. Mona Sharma in Anaesthesia
- Dr. Gita Khakurel in Physiology
- Dr. Nain B Mahato in ENT
- Dr. Rachana Sharma in Psychiatry

Welcome to new faculties

KMC Times is proud to announce that the following faculty members have joined KMC in different department in various capacities.

Professors
- Dr. Shanker Man Rai in Burn, Plastic and Reconstructive Surgery
- Dr. Narayan Bikram Thapa in Radiology

Lecturer
- Dr. Anup Karki in Microbiology
- Dr. Arbin Shakya in Forensic Medicine
- Dr. Arbind Kumar Raut in Radiology
- Dr. Avish Karmacharya in Urology
- Dr. Buna Piya in Anaesthesia
- Dr. Dikshya Karki in Anaesthesia
- Dr. Sarbada Makaju in Anatomy
- Dr. Alok Dhungel in Neurology
- Dr. Smriti Kharel in Conservative Dentistry and Endodontics

Hospital Services

Registrar
- Dr. Jaya Regmee in Psychiatry
- Dr. Sumir Kesari in Cardiology
- Dr. Yugal Limbu in General Surgery

Committee Reports

Collaboration between Kathmandu Medical College (KMC) and Linnaeus University (LnU), Kalmar, Sweden

As a part of collaborative research project between KMC and Linnaeus University, Sweden, a conference on Gender Equality and Sexual Trafficking was organized on 20th January 2019 for a collaborative research project. The conference disseminated preliminary findings to relevant stakeholders of twenty different villages in Morang. The conference was inaugurated by the Chief Guest, Hon. Shashi Shrestha, Chairperson, State Management and Governance Committee. A forum theatre performance on the theme of gender equality and sexual trafficking in Nepal then followed.
Inauguration of the Conference

Anup Baral, director of Actors’ Studio, Nepal discussed on the methodological aspects of forum theatre. Prof. Dr. Katarina Swahnberg from Linnaeus University, Sweden identified the needs of intervention research in bringing progressive social changes. Mr. Anil Kumar Thakur, Secretary, National Women Commission, Government of Nepal applauded the effort of the project for gender equality issues in Nepal. Dr. Sushil Nath Pyakurel, Chief Specialist, Ministry of Health and Population, Government of Nepal recommended on upscaling the efforts and reaching over to other gender vulnerable areas of Nepal. Ms Tulasa Lata Amatya, Director, Community Action Center, Kathmandu, Nepal lauded for policy changes and effective enforcement on wider gender issues in Nepal. Chief Guest, Hon. Shashi Shrestha, stated that the government was committed to establishing equalities and decrease vulnerability of women in marginalization.

KMC conducts 17th Teacher’s Training Course

Department of Medical Education, KMC conducted 17th Teacher’s Training (Basic Course) from 11th to 14th March 2019 at KMC Duwakot. Each participant of this course receives CME credits recognized by NMC. Following participants from KMC and Nepalgunj Medical College participated in the course:

Participants:

Dr. Buna Piya Dr. Dikshya Karki
Dr. Ujjwal Joshi Dr. Arbind Shakya
Dr. Geshu Lama Dr. Anup Karki
Dr. Dikchhya Sharma Dr. Jaya Regmi
Ms. Nibha Bajracharya Dr. Punya Laxmi Manandhar
Dr. Sujan Paudel Dr. Chirayu Regmi
Dr. Sandarva Giri Dr. Yugal Limbu
Dr. Sailesh Maharjan Dr. Dabal Bahadur Dhami*
Dr. Roma Bora* Dr. Prabesh Pant*

* From Nepalgunj Medical College

The course was trained and facilitated by following faculty members:

Prof. Dr. Hemang Dixit Prof. Dr. Pushpa Raj Sharma
Prof. Dr. Sunil Kumar Joshi Prof. Dr. Arti S Pandey
Prof. Dr. Meera Bista Dr. Binita Pradhan
Dr. Smriti Mathema Dr. Jenash Acharya
Dr. Jyotshna Sapkota Dr. Megha Pradhan
Dr. Amrita Shrestha Dr. Deepak Kumar Roy
Mr. Eurek Ranjit Dr. Natalia Oli
Dr. Vivek Bikram Thapa Ms. Dayana Shakya

All KMC faculty members, staff and other readers are requested to send their feedbacks and relevant news to be published in KMC Times to newsletterkmc@gmail.com and/or contact the members of Publication Committee: Newsletter Unit.
Glaucoma Awareness Programme

Department of Ophthalmology, KMCTH organized Glaucoma Awareness Programme on the occasion of World Glaucoma Week (March 10th - 16th 2019). KMC students, nursing staff and paramedics participated in a programme held on 14th of March 2019.

On 15th of March 2019, all patients visiting the Department of Ophthalmology, KMCTH were screened for glaucoma. Detailed eye examination, measurement of intraocular pressure and disc evaluation were done in all patients. A total of 34 patients were screened for glaucoma.

Paediatric Eye Camp

A Paediatric Eye Camp was conducted at KMCTH in association with Professional Support Service Nepal on 14th February 2019. Students from different schools from Rolpa, Salyan and Dhading identified as having ocular problems from past eye screening camps were examined. A total of 35 patients were examined from Nilkantha Higher Secondary School, Mahesdharma Higher Secondary School, Dasrathchandra Higher Secondary School, Himalaya Fulbari Secondary School, Shree Luja Oibari Primary School and Shree Dependra Chautara Higher Secondary School. A team of Japanese doctors lead by Dr. Kobayasi had also visited KMCTH during the camp day. Three students underwent free squint surgery from Maheshdharma Higher Secondary School and Dasrathchandra Higher Secondary School. One patient from Salyan was fitted with Prosthetic eye in the Right eye for Pthisis bulbi and 25 students received spectacles for correction of refractive errors free of cost.

Basketball Trophy for KMC

Total of 28 players from KMCTH participated in FEST organised by KIST Medical College from 15th to 22nd March 2019. KMC troopers won the Inter Medical College Basketball competition and were awarded the trophy. Best player of the event was also bagged by Raunak Bista, Captain of KMC basket ball team.

CME/Talk Programme

Department of Paediatrics

Monthly CME meeting by Department of Paediatrics was held on 19th February 2019 at Sinamangal. Dr. Vijayendra Baral presented on the title “Hypothermia in Newborns with HIE”.

Influenza - Facts and Myths

An external talk programme on ‘Influenza – Facts and Myths’ was delivered on 11th February 2019 at KMC Sinamangal by Dr. Sher Bahadur Pun, Co-ordinator, Clinical Research Unit at Sukraraj Tropical & Infectious Disease Hospital, Teku.
Dental News

Orientation Program to 3rd Batch Interns of the BDS Program

Orientation Program to the third batch intern of BDS Program was conducted on 21st May 2019 at KMC-Duwakot.

Lecture on Oral Medicine and Maxillofacial radiology

Department of Oral Medicine and Radiology invited Prof. Dr. Chandramani B. More, a well-known academician in the subject of Oral Medicine and Maxillofacial Radiology and Head of Department at K.M Shah Dental College and Hospital, Sumandeep Vidyapeeth Deemed University, Vadodara, Gujarat (India), to deliver a lecture on “Evidence based management of oral potentially malignant lesions induced by tobacco and areca nut use”. The lecture was delivered on 3rd April 2019 at Dental College, Duwakot. Dental faculties, interns, dental house officers and students from 3rd and 4th year BDS attended the lecture.

Other News

KMC Faculty wins Global Leadership Program and represents Nepal

Dr. Smriti Mathema, Assistant Professor of Pediatrics, KMC was selected for “IPA LEAD: Child Health Emerging Leaders Program”, a 2.5-year formal mentored leadership development program designed to build engagement and leadership capacity among pediatricians within member societies of International Pediatric Association (IPA).

Dr. Mathema attended the IPA LEAD launch during the IPA Congress, Panama City, 16-21 March 2019, with in-person leadership sessions, roundtable discussions, networking events to drive improvements in Child Health at local, national and international levels. Dr. Mathema will be working on identifying strategies for addressing leadership challenges and will be completing an individual mentored leadership project.

World Oral Health Day

The theme for World Oral Health Day 2019, which is celebrated every year on 20th March, was “Say Ahh, act on mouth health”. Kathmandu Medical College – Dental College and Hospital organized third “Vitality Fest – 2019”. All BDS students including interns and dental surgeons actively participated in cultural programme, poster and quiz competition which was judged by faculty members.

Students from Kathmandu Medical College – BDS Program ranked first in the inter-college quiz competition organized by Nepal Dental Association and was also selected as best player in girls Futsal. Kathmandu Medical College hosted inter-college cultural programme judged by members of Nepal Dental Association. KMC team stood second in the cultural programme.

Shree Panchami 2075

On the occasion of Shree Panchami / Basanta Panchami, prayers were offered to Goddess Saraswati, Goddess of Knowledge, Wisdom and Learning at Sinamangal and Duwakot.

An awareness programme on Kidney disease

Nephrology unit of Department of Internal Medicine, Kathmandu Medical College conducted an awareness program on Kidney disease on the occasion on World Kidney Day 2019 with the slogan of “Kidney Health for Everyone Everywhere”

Free Health Camp and Blood Donation programme at Ramechhap

Departments of Ophthalmology, Otorhinolaryngology, Orthopaedics and Obstetrics and Gynaecology of Kathmandu Medical College provided technical support to the Brajramohan Shubhadradevi Memorial Foundation to conduct a free health camp and a blood donation programme at Ramechhap on Paush 21st, 2075. A total of 285 patients benefitted from the camp.
Duwakot Hospital News

ENT Camp

One day ENT camp was held on 3rd Magh 2075 (17th Jan 2019) at KMC Duwakot. Prof. Dr. Meera Bista and Dr. Sandarva Giri examined the patients. Hearing screening was conducted by Audiologist Ms Pema for 42 symptomatic patients.

Medicine Camp

One day respiratory disease screening camp was held on Poush 27th 2075 (11th January 2019) at KMC Duwakot. Pulmonary function tests were done for symptomatic patients. 30 pieces of Rovulizer were also distributed to patients requiring the same.

Health camp at Saraswotikhet Thimi on Saraswati Puja

Medical officers from KMCTH examined patients on one day health camp was held in Saraswotikhet Thimi, on 27th Magh 2075 (10th February 2019) which was organized on the occasion of Saraswoti Pooja.

Gynaecology Camp at KMC Duwakot

One day gynaecology camp was organized on 17th Chaitra 2075 (31st March 2019) with the collaboration of Obstetrics and Gynaecology Department KMCTH, Lions Club Umang and Red Cross Bhaktapur branch. 250 women were examined. BSc Nursing students counselled the females regarding health hygiene. Cervical cancer screening and USG was done for 50 patients.

Nursing News

Faculty exchange between Linköping University, Sweden and KMC

Two faculties from KMC, Ms Shrijana Pandey and Ms. Pratibha Khanal visited Linköping University, Sweden under an exchange program for 3 weeks from 9th March to 30th March, 2019. This exchange has been taking place under the Linnaeus Palme Grant for the past 7 years. During the visit, they visited various wards and hospitals related to Pediatrics and Psychiatry. They delivered lectures to colleagues and nursing students specializing in Midwifery and Pediatrics. They participated in various academic activities like doctoral seminars, tutorial sessions and inter-professional team work.
They joined social and recreational programs organized in the university like water painting and Fredagsfika. It was a memorable exchange with a lot of professional and personal growth. They could see independent nursing practice and team work in patient care.

Similarly, two faculties from Linköping University, Ms. Martha Saund Lavender and Ms. Susanna are visiting KMC from 1st April, 2019 for 3 weeks. They have been interacting with the nursing students from KMC in their clinical posting and also delivering lectures. They have conducted a workshop on ‘Feedback’ for the faculties of KMC. The exchange has proved to be fruitful to the faculties of both institutions for academic, vocational and cultural experience.

Under the same grant, two students from Sweden, Ms. Janni Torvaldsson and Mr. Robin Akeborgare have been posted in KMC for 3 months. They have been posted in Medical and Surgical wards, Emergency and in OT for few days. From KMC, two students, Ms. Roshani Tamang and Ms. Aashisha Parajuli went to Linköping University for 3 months. In Sweden, they were posted in various wards like Infection ward, Community care, Rehabilitation, Neurosurgery, Interprofessional ward etc.

Community posting

The BSc. Nursing 1st year 14th Batch started their community field posting from 30th December 2018 to 8th March 2019. In the 5 weeks of community field visit the students surveyed nearly 200 households in Duwakot, Besigaun Ward No. 1 and Changunarayan Jhaukhel Ward No. 3. They collected data for their community diagnosis and conducted home visiting. They performed micro-health projects according to the needs they assessed. They gave health teaching on different topics like environment sanitation, water purification, family planning, personal hygiene, prevention of cervical cancer through different methods and media like role play, flannel graph, demonstration and exhibition. They also visited different institutions like Nutritional Rehabilitation Home, Old Age Home, Solid Waste Management Department, Water purification plant and Dairy.

Antenatal nutrition exhibition

Students of BSc. Nursing 12th batch organized an exhibition on “Nutritional requirements for pregnant women” on Feb 20 2019 at Obs/Gynae OPD. The goal of this exhibition was to generate awareness amongst pregnant women and their family members about the importance of adequate and healthy nutrition required during pregnancy. The exhibition was divided into specific segments which included information regarding calorie intake during pregnancy and lactation, dietary modification for women with gestational diabetes and hypertension and demonstration of real objects according to their nutritional values. Postnatal mothers were guided to prepare “Sarbottam Pitho” at home.
Cancer Hospital posting

Twelve students from BSc Nursing 4th year were posted in Bhaktapur Cancer Hospital for their specialty course. Besides learning about their course objectives, the students conducted a musical role play on breast cancer and cervical cancer to spread awareness about its prevention. The students participated in awareness programs for pap smear and breast examination and visited Nepal Cancer Hospital, Harisiddhi for observation.

Helping Babies Breathe (HBB) Training Program

Department of Nursing, Department of Obs/Gynae and Department of Pediatrics jointly conducted Helping Babies Breathe (HBB) training program from 16th June 2018 to 26th February 2019. HBB is a training program designed to be a part of a program for essential new born care focusing on the “Golden minute” when stimulation to breathe and ventilation with bag and mask can save a life. Altogether 6 training sessions were conducted at KMCTH in which 90 doctors and nurses from various departments of KMCTH and other hospitals participated.

Presentation on “Counselling on Neurosurgical Cases: Role of Nurses

Ms. Sushma Bhurtyal presented on “Counselling on Neurosurgical Cases: Role of Nurses” in the conference organized by Nepalese Society of Neurosurgeon (NESON) on 6th April 2019.

Student News

Workshop on “Child mental health and basic counselling”

Rotaract club of KMC and Kist Medical College jointly organized a one day workshop on 31st March, 2019 titled “Child mental health and basic counselling”. The program had 34 participants from Rotaract Club of KistMC, Rotaract Club of KMC and Rotaract Club of Chandragiri and was facilitated by Dr. Prabhakar Pokhrel, Dept of Psychiatry, KIST MCTH and Dr. Narmada Devkota, Kanti Childrens Hospital. It focused on how to identify the school children at risk and intervene effectively through counselling so that children in need can be identified and supported.

Blood donation programme

A blood donation programme was organized by the KMC students Programme in association with Red Cross Society (Bhaktapur) on 17th March, 2019. A total of around 50 people donated blood helping us make the programme a success.

“Shanti- Dil Old Age Home Project” at Divine Old Age Home

Rotaract CLub of KMC successfully conducted a “Shanti-Dil Old Age Home Project” at Divine Old Age Home in Golfutar on 30th March, 2019. The event was supported by rotaracters and students of MBBS 21st and 22nd batch. The elderly there benefitted from free blood pressure screening, blood glucose testing and some financial assistance. They were provided with required medicine, bags of rice, water dispenser, jars and other essential supplies.

Forthcoming Events

• KMC Sports Week 21-26 April 2019
• KMC Day 1st May 2019
• Evaluation and Assessment Workshop at KMC Sinamangal 7th & 8th May 2019
• Workshop on Scientific Journal Manuscript Preparation at KMC Sinamangal 14th -16th May 2019
Photo Gallery
Editorial Structure of KMC Times

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