

# ***NPHF***

## ***E-Newsletter***

February, 2013

3<sup>rd</sup> issue

### FOREWORD



It gives me great pleasure to write foreword for the e-newsletter, third in the series. After a lean period of activities for few months, with changes and relocation of some staff, new activities are springing up. The third annual general meeting was accomplished with active participation of the members. We were pleased to welcome Prof Yan Guo of School of Public Health Peking University with whom we had fruitful discussion regarding future collaboration between NPHF and Peking University Health Science Centre. Further, in the field of Human Resource Development, NPHF along with the Public Health Foundation of India and Nossal Institute for Global Health has successfully organized Training for Trainers course on Leadership and Public Health in South Asia for participants from eight countries of South Asia.

We know, antibiotic resistance has been increasingly becoming a threat to global health security. To address to this growing threat and to develop country relevant solution, Global Antibiotic Resistance Partnership – Nepal Project is being hosted by NPHF. This is a new activity with involvement of many stakeholders and has far reaching consequence. Further, the implementation of SBA intervention project and intra-household food security project are continuing along with initial activities on Farmers' Health and Environment Project.

Feedback from the readers will be highly appreciated for improving the newsletter in future

**Dr. Badri Raj Pande**  
**Acting Executive Chair**  
**Nepal Public Health Foundation**



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## About NPHF

Nepal Public Health Foundation (NPHF) was established in April 2010 with a mission to have concerted public health action, research, and policy dialogue for health development, particularly of the socio-economically marginalized population and with a goal to ensure Civil Society's pro-active intervention in public health such as Health policy and Systems Research, Human Resource Development, Communicable Disease Control, Non-communicable disease control, Nutritional Research, Maternal and Child Health, Epidemiology, Biostatistics and demography.

Nepal Public Health Foundation E-Newsletter, 3<sup>rd</sup> Issue, February, 2013

## New Assignments

### Chairman of the National Certification Committee for Polio Eradication

The Ministry of Health and Population has appointed Dr. Badri Raj Pande, Vice President, NPHF as Chairman of the National Certification Committee for Polio Eradication, which is to guide surveillance of Polio and immunization staff in preparation for declaring WHO South-East Asia region Polio free. The committee members review and assess activities through site visit, review the work of National Expert Review Committee especially related to polio compatible cases, keep the Regional Certification Commission informed on an on-going basis, and to review and endorse a final country report of Nepal for certification.

### Assistant Dean of Institute of Medicine, Maharjgunj

Dr. Sharad Onta, General Secretary, NPHF has been appointed as an Assistant Dean of IOM, Maharjgunj since 11<sup>th</sup> November, 2012. He was working before as a Head of Community Medicine and Public Health Department of IOM. Dr. Onta is also the principle investigator of ongoing SBA research project of NPHF.



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# ACTIVITIES at NPHF

## 1. Visit of Prof Yan Guo from Peking University

Prof Yan Guo from School of Public Health Peking University Health Science Centre, Beijing visited Nepal Public Health Foundation on 30<sup>th</sup> November 2012 to discuss on various emerging issues on Non Communicable Disease (NCD) and Maternal Child Health (MCH). Dr. Badri Raj Pande, Acting Executive Chair, Dr. Sharad Onta, General Secretary, Dr. Tirtha Rana, Treasurer, Dr. Gajananda P. Bhandari, Program Director, Ms. Neeva Pradhan and Ms. Nirmala Sharma, Program Officers participated in the meeting from NPHF. The meeting was mainly focused on exploring the possible areas of collaboration between NPHF and Peking University Health Science Centre. Both the team explored few specific areas for future collaboration such as NCDs, Maternal Child Health, Health System Research and Global Health.

## 2. 3<sup>rd</sup> Annual General Meeting

3<sup>rd</sup> Annual General Meeting of Nepal Public Health Foundation was held on 8<sup>th</sup> December, 2012. The meeting was chaired by Dr. Badri Raj Pande, Vice President of NPHF. Dr. Lonim Prasai Dixit, Executive Board member of NPHF gave a welcome speech which was followed by the presentation of secretary report (FY2068/69) by General Secretary, Dr. Sharad Onta. The financial and audit report was presented by treasurer, Dr. Tirtha Rana. During the meeting, future program and strategies of NPHF was discussed. The closing remark was given by the chair and the program was followed by a dinner.



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### **3. Public health Leadership Program**

“A Training of the Trainers course for Leadership and Public Health in South Asia” was held in Kathmandu Nepal from the 15-22 December 2012, hosted in partnership with the Nepal Public Health Foundation, Public Health Foundation of India and the Nossal Institute for Global Health. Representative from all 8 South Asian countries participated in the course both as trainers and participants and came from a mix of academic and government learning institutes from Bangladesh, Nepal, India, The Maldives, Pakistan, Afghanistan, Bhutan and Sri Lanka. This event was part of the “Leadership Development in Public Health Policy – Building the Capacity of South Asian Policymakers program” funded through the Public Sector Linkage Grant, AusAID. Post training a network for Leadership and Public Health, South Asia has been established to allow participants to continue to network and progress this agenda forward both in their own country and at the regional level.

### **4. Study on Intra-Household Food Security and its associated factors in Nepal**

The baseline data collection of “Study on Intra-Household Food Security and its associated factors in Nepal” supported by WHO, Country office has been completed. The Principal Investigator of this project is Mr. Narayan Subedi, Program Manager of NPHF. The study was conducted in 4 districts of Nepal; two from Himalayan region (Jumla and Dolakha), one from Hill (Syanja) and one from Terai (Kapilbastu). The data collection duration was from 27<sup>th</sup> December, 2012- 25<sup>th</sup> February, 2013. The study is now in its analysis phase.

### **5. Overcoming Barriers to Scaling Skilled Birth Attendants Utilization in improving Maternal, Newborn and Child Health in Nepal”**

For the implementation of SBA intervention phase in Dailekh, Kanchanpur and Bajhang districts of Nepal preparations are being done. The research team will be leaving for the district soon after the completion of macro and micro level planning.



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## 6. Global Antibiotic Resistance Partnership

The Global Antibiotic Resistance Partnership (GARP) is a project of the Center for Disease Dynamics, Economics and Policy (CDDEP) and develops actionable policy proposals on antibiotic resistance for low –and-middle income countries. The GARP secretariat works collaboratively with partner organizations and national working group in each focus country. A meeting was organized at NPHF on 20<sup>th</sup> February, 2013 with the GARP team consisting of Hellen Gelband, Associate Director and Aleefia Somji, Senior Research Analyst, CDDEP for discussion to implement GARP project in Nepal, under the chairmanship of Dr. Badri Raj Pande, Acting Executive Chair, attended by the office bearers of NPHF and dignitaries like Prof. Dr. D. B. Karki, and founding members including Prof. Dr. D. S. Manandhar, Dr. Buddha Basnyat, Dr Sameer Mani Dixit. During the meeting Dr Tirtha Rana, Treasurer presented the financial scenario and Dr. Gajananda Prakash Bhandari, Program Director gave an account of NPHF activities highlighting on the strength and opportunities, governance and capacity. A lively discussion followed. It was agreed by the GARP team to establish the GARP-Nepal project with secretariat at NPHF. A working committee would be formed drawing members from various stakeholders, to be chaired by Dr. Buddha Basnyat and a coordinator would be appointed for day to day activities.



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# Participation in National and International Activities

## 1. WHO South-East Asia Inter-Country Workshop on Using Research Evidence for Policy-Making

The First WHO South-East Asia Inter-Country workshop on using research evidence for policy making was organized by WHO Regional Office for Southeast Asia from 17 to 21 September 2012 in Kathmandu Nepal. Evidence-informed health policy is public health policy developed by policy makers who are well-informed by the best available research evidence. The evidence informed policy making process is characterized by the systematic and transparent access to, and appraisal of, evidence as an input into the policy-making process. The Workshop was attended by 35 participants from Bhutan, Bangladesh, Myanmar and Nepal. The objective of the workshop was to enhance capacity of the stakeholders to use evidences on health policy. Dr Gajananda P. Bhandari, Program Director participated in the workshop.

## 2. Seminar on “Longevity: Shaping the Future” on the eve of 22<sup>nd</sup> International day of older persons

On 1 October 2012 National Senior Citizen Federation (NSCIF) organized a seminar with the theme “Longevity: Shaping the Future” in Nepal on occasion of the International Day of the Elders in coordination with Ministry of Women, Children and Social Welfare of the Government of Nepal and National Human Rights commission at Academy Hall, Kamladi. Dr. Badri Raj Pande, Acting Executive Chair, NPHF, spoke on the need to create a database on healthy ageing. NPHF took the opportunity to survey few representatives from district network of elderly citizen’s federation to track the general scenario of the senior citizen in the country with a set of questionnaires covering the situation of the elderly homes, the family’s role in taking care of the elders at home, the financial aspect of the Individual and the elderly homes, physical and psychological conditions etc. Ms. Nirmala Sharma and Ms. Neeva Pradhan facilitated to conduct the survey.



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### **3. National Assembly on Urban health and Non Communicable Disease**

The Resource Centre for Primary Health Care (RECPHEC) organized a National Assembly on 2<sup>nd</sup> and 3<sup>rd</sup> October 2012 inviting personnel from various districts which were involved in Health Rights and Tobacco Control Program in which Dr Gajananda P. Bhandari made a presentation on “Urban health and Non Communicable Disease”.

### **4. Second Global Symposium on Health Systems Research (HSR) 2012 Beijing, China on Kala-azar Control Program in Nepal**

Dr. Gajananda P. Bhandari participated and presented a poster entitled “Kala-azar control program in Nepal: a program review from 1994-2006” in Second Global Symposium on Health Systems Research (HSR) 2012 which was held in Beijing, China from 30 October to 3 November 2012 with a theme of “Inclusion and Innovation towards Universal Health Coverage”. Dr. Badri Raj Pande along with Dr. Tirtha Rana and Dr. Gajananda P. Bhandari are also the members of scientific committee of the Second Global Symposium on Health Systems Research 2012.

### **5. Mid- term Review of NHSP II 2010-2015**

As a part of the consultation process for the Mid-term Review (MTR) Ministry of Health and Population Health Sector Reform unit organized a group discussion with non governmental organization (NGOs) engaged in the health sector, where Dr. Badri Raj Pande, Acting Executive Chair and Dr. Gajananda P. Bhandari on behalf of Nepal Public Health Foundation participated on different occasions towards the end of November 2012.



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## 6. Course on Comprehensive Public Health Science, Research Ethics and Research Design

The course on Comprehensive Public Health Science, research Ethics and Research Design organized by Nordic School of Public Health, Sweden and Patan Academy of Health Sciences (PAHS), Nepal with five credits from 25<sup>th</sup>-31<sup>st</sup> November, 2013 has been completed by two of our office Staffs Mr. Narayan Subedi and Mr. Janak Thapa. The duration of the course was of seven days and each participant was expected to define, develop and present a critical analysis of a public health project at the end of the course. The participants were supposed to submit a concept paper to Nordic School of Public Health to be certified for which both of our staffs have already been awarded.

## 7. WHO Regional Consultation on Oral Health Strategy

Dr. Lonim Prasai Dixit, Board members, NPHF participated in the WHO Regional Consultation on Oral Health Strategy held in Kathmandu on 28-29<sup>th</sup> November 2012. The main objective of the meeting was to review current status of national policies and programs related to oral health among member states of South East Asia region and agree on regional strategy for oral health for the region. Dr. Dixit is also the member of the Technical working Committee of WHO/MOHP for regional and national consultative meeting on oral health.

## 8. 4<sup>th</sup> National AIDS Conference

The 4<sup>th</sup> National AIDS conference with a theme of Achieving Millennium Development Goals through Universal Access was held in Pokhara from 1<sup>st</sup> - 4<sup>th</sup> December, 2012. The conference was inaugurated by H.E Dr. Ram Varan Yadav, the President. Dr. Tirtha Rana, Treasurer, NPHF was nominated by Ministry of Health and Population as a member of Scientific committee. Dr. Rana made a presentation in the first plenary session of the conference titled as “**Women Living with AIDS (WLHIV) – A box of Tags and Labels**”, highlighting issues of Gender based Violence, Stigma & Discrimination and deprivation issues among WLHIV.



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## 9. Dhaka Colloquium on Systematic Reviews in International Development

Systematic review colloquium was held from 10-14 December 2012 which was hosted by BRAC University, in association with CIDA, 3ie and ICDDR-B, under the auspices of the Campbell Collaboration and International Development Coordinating Group. Altogether, 130 researchers from 31 different countries around the globe participated in the colloquium. There were 7 participants from Nepal representing different I/NGOs and academic institutions. Dr. Gajanada Prakash Bhandari (Program Director) and Mr. Narayan Subedi (Program Manager) from Nepal Public Health Foundation participated in the colloquium. The conference was preceded by introductory and advanced workshops on systematic review. DFID and 3ie shared experiences with systematic reviews and the participant researchers and policy makers discussed in groups about the possible topics for systematic reviews and shared their experiences of working and learning experiences.

## 10. HEALTH eXCELS Curriculum Grid Development Workshop

Dr. Lonim P. Dixit, Board member of NPHF participated as an expert at the HEALTH eXCELS Curriculum Grid Development Workshop for South East Asian school heads on Dec. 17 and 18 in Manila organized by South East Asia Ministry Education Office, SEAMEO INNOTECH and GIZ at the capacity of Coordinator of School Health and Nutrition Network Nepal. She represents NPHF, which is a member of the network along with WHO, UNICEF, HKI, Save The Children, etc.

## 11. 4<sup>th</sup> International Nutrition Research Methodology in Bangalore

Mr. Janak Thapa, Program Manager, NPHF participated in 4<sup>th</sup> International Nutrition Research Methodology in Bangalore from 21<sup>st</sup> Jan, 2012-1<sup>st</sup> Feb, 2013. India. St. John's Research Institute (SJRI) in conjunction with the Harvard School of Public Health and Tufts University had offer an interdisciplinary two-week course at SJRI. 44 participants from Nepal, India, Srilanka, Mauritius and Africa attended the course. This International Nutrition Research Methods Course introduced trainees to public health research topics through critical evaluation of scientific literature and exploration of a variety of demographic, epidemiological, biological and social factors that affect nutritional status. In addition, trainees were also given an opportunity to explore selected research areas in-depth through development of a research presentation and collaboration with faculty members.



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## 12. Nepal Health Sector Programme II 3<sup>rd</sup> Joint Annual Review

Dr. Badri Raj Pande, Acting Chairperson participated in the 3<sup>rd</sup> Joint Annual Review (JAR) of Nepal Health Sector Programme II, which took place from January 28<sup>th</sup>-30<sup>th</sup>, 2013 at Soaltee Crown Plaza, organized by MoHP and was widely participated by Ministry of Health and Population (MoHP), Department of Health Services (DoHS), Ministry of Finance and other health related ministries; National Planning Commission; Development Partners; Civil Society organizations and other stakeholders. It is an important annual event of the MoHP, organized with an aim to review the progress against the indicators set in the health sector programme, the challenges and major areas to be improved; and to set priorities for the next year. Besides these, the JAR also discusses issues related to governance, coordination, policies and other important issues.

## 13. National Committee of Immunization Practice

Dr. Badri Raj Pande, Acting Chair, NPHF (Member, NCIP) and Dr. Gajananda P. Bhandari, Program Director, NPHF attended the workshop on National Committee of Immunization Practice which was held from 14<sup>th</sup>-15<sup>th</sup> February, 2013 at Himalayan hotel to discuss on the introduction of new vaccines in the country.

## 14. Workshop for capacity development of Nepalese NGOs

A mini workshop to introduce approach by CISU (an association of Danish CSOs) to supporting civil society in developing countries and discussing on theme: capacity development was organized by CISU on 18<sup>th</sup> February 2012, and was participated by Dr. Gajananda P. Bhandari (Program Director) and Mr. Narayan Subedi (Program Manager) of NPHF. The participants discussed on types of capacity needs that are most important for further strengthening Nepalese NGOs; coordinated donor support for accessing funding modalities other than CISU in Nepal and the way various donors are cooperating and harmonizing their support to civil society organizations in Nepal.



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## Photo Gallery



**Mr. Janak Thapa and Mr. Narayan Subedi at Comprehensive Public Health Science, Research Ethics and Research Design**



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**Dr. Tirtha Rana at 4th National AIDS Conference**



**Dr. Gajananda P Bhandari and Mr. Narayan Subedi at Systematic Reviews in International Development, Dhaka**



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**Leadership Training Program**



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**Mr. Janak Thapa at 4<sup>th</sup> International Nutrition Research Methodology in Bangalore**



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**Farewell to Ms. Nirmala Sharma and Ms. Neeva Pradhan, Program Officers by NPHF**



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**Food insecurity:** The United Nations Food and Agriculture Organization disclosed that in Nepal between 1.3 billion and 2.2 billion tons of food is wasted every year due to lost harvests, inefficient storage practices and wastage at retail as well as consumer levels.

3<sup>rd</sup> Feb, 2013 Republica



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# Pregnant women to get blood for free

Himalayan News Service

Kathmandu, January 21

The Family Health Division (FHD) at the Ministry of Health and Population is set to provide women with free blood during delivery.

"The programme is aimed at reducing the financial burden on families and maternal mortality rate during child birth in district hospitals," said FHD Director Dr Senendraraj Upreti.

The division has finalised the programme and allocated a budget of Rs 30,000 to 50,000 to each district hospital where caesarean operations can be performed, he added.

The government will distribute budget on the basis of patient pressure at the hospital. In the first phase, it will implement the programme in 34 districts having blood banks and with low Human Development Index.

The division has also drafted

guidelines to distribute the budget and monitor the programme. Although the government provides all delivery services, including postnatal and antenatal care, for free, hospitals still charge patients for blood during delivery.

"With the introduction of the programme, all delivery services will be free of cost," said the director. At present, the government provides cash incentives to mothers receiving postnatal and antenatal cares

at health institutions.

A pregnant woman, who avails herself of all antenatal care, receives Rs 400.

Under the Ama programme, government provides Rs 500, Rs 1000 and Rs 1500 respectively to women in the Tarai, Hill and Mountain districts as postnatal incentive.

According to the Nepal Demographic and Health Survey (NDHS), 2011, only 58 per cent women opt for consultations during pregnancy.

## Treatment fee for senior citizen to be waived:

MoHP is planning to provide 50% waived on treatment fee for elderly people at regional hospital from this fiscal year. After the implementation of this guideline elderly citizen will get free OPD services and free indoor service till a maximum of Rs. 6,000.

12<sup>th</sup> Feb, 2013, Himalayan Times

## Universal Health

### Insurance Pilot Project:

MoHP is soon dispatching teams to take stock of situation in Ilam, Sarlahi, Baglung, Banke and Kailali where it is launching pilot project on universal health insurance. According to government the pilot project is being rolled out to assess viability of plan to provide subsidized health care services to the public nationwide.

7<sup>th</sup> Feb, 2013 Republica

## Reduced health budget to hamper MDG efforts:

Dr. Baburam Marasini, Chief of health sector reform unit said that although the country is showing progress in child mortality rate and maternal mortality ratio, the situation could reverse if the budgetary allocation are not forthcoming.

29<sup>th</sup> January, 2013 Himalayan Times



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# Youth in grip of drugs: Study

Himalayan News Service  
Kathmandu, January 23

A government research on drug abuse in the Capital City has yielded alarming findings. The Narcotics Drug Bureau (NCB)-commissioned research on drug abuse in the city has shown that young students constitute the largest group of drug addicts.

The research on 'Situation of Narcotic Drugs & Psychotropic Substances in Kathmandu and Chal-

lenges to Control' shows growing use of narcotic drugs among Plus-Two students. "Thirty-one per cent of abusers are from Plus-Two colleges, 28 per cent are under-SLC students, 22 per cent are SLC graduates and 19 per cent are above Plus-Two degrees," the report states. Presenting the findings of the random sample survey, Inspector Ghana Shyam Shrestha said drug abusers in Kathmandu are found to be using controlled pharmaceu-

tical drugs like diazepam and buprenorphine, heroin, hashish and marijuana.

According to the findings, around 23,000 drug users in the Capital consume an average of 2 kg heroin in a week.

The survey, which covered 100 drug users and traffickers in a period of six months, found that drug abusers from moffusils account for 67 per cent compared to 33 per cent of permanent residents in the Capital.

## Leprosy resurfaces in Chitwan

CHANDNI HAMAL  
CHITWAN, Jan 28

Although the government had declared eradication of leprosy from the country three years ago, the number of leprosy patients in Chitwan has been increasing of late.

According to records at the District Public Health Office (DPHO), 25 new leprosy cases have been recorded in the last six months. The new patients are receiving free medication from the DPHO.

The real number of the patients suffering from leprosy might be higher as the people tend to hide the disease due to the fear of being subject to social stigma attached with the disease. Last year too, 52 people were diagnosed with leprosy.

"The treatment is very effective and the patient will also get Rs 1,000 as an encouragement allowance. Still very few people contact the DPHO for leprosy treatment," said Keyarsingh Godar, the chief of Chitwan

DPHO. Godar also informed that people still are not aware about leprosy.

According to Jayaram Duwadi, an officer at DPHO, when Chitwan was declared leprosy-free two years ago, leprosy prevalence was 0.99 per 10,000 population but now the number has now

rosy in 7 people from the same family. People are still unaware that leprosy can be cured properly," added Duwadi. Generally, leprosy cases have been found in Bharatpur, Ratnanagar, Khairahani, Mangalpur, Jutpani, Sharadanagar and Gitanagar areas in the district.

Duwadi also opined that leprosy patients need not only medication but also proper arrangement for rehabilitation in society.

Two kinds of leprosy -- communicable and non-communicable -- are found in Nepal. Although leprosy is contagious, it does not transmit easily. The patients with higher infection need to take medicine for up to 12 months while those with less infection can be cured with six months of medication. According to Duwadi, the first dose of medicine itself is sufficient to render 99 per cent of the leprosy bacteria inactive. According to government data, 2,430 people are living with leprosy in Nepal while 110 have developed deformities due to the disease.

**Leprosy prevalence in Chitwan was 0.99 per 10,000 population two years ago but now it has gone up to over 1 per 10,000.**

gone up to over 1 per 10,000. He also informed that 91 people were diagnosed with the disease in the fiscal year 2011/2012. Among the new patients, 45 were women and 6 were children. One person had developed deformity due to the disease.

"We have found lep-

Number of  
Leprosy Patient  
not down:

According to  
Anandaban  
Hospital at  
Lalitpur, around  
3,500 new leprosy  
affected people  
visit hospital  
annually for  
treatment. 13<sup>th</sup>  
January, 2013  
Republica



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