



Nepal Public Health Foundation

E-news Letter

9th Issue, February 2015

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.

Foreword

It gives me pleasure to write foreword for the ninth e-newsletter. Important activities have been organized during the period of reporting. A national level dissemination workshop on Situation Analysis on Antibiotic Use and Resistance in Nepal was organized under the GARP-Nepal project. Hon Minister of Health and Population was the chief guest. Further the implementation research on Overcoming barriers to scaling skilled birth attendants' utilization in improving Maternal, Newborn and Child Health in Nepal has been successfully completed. Regional and District workshops were held at Dhangadi and Parsa respectively on the process, methodology and eventual replicability of District Investment Case approach. Further various training and monitoring activities were carried out in the Farmer Health and Environment project in close coordination with the stakeholders. Organisation of National Public Health Leadership training has been another important activity.

Also a high level Nepal Health Profession Education Policy Commission has been formed recently. It is a matter of honour that our members of NPHF- Prof. Dr. Arjun Karki, Prof. Dr. Ramesh Kant Adhikari and Prof. Dr. Bhagawan Koirala were nominated as its members. Congratulation!



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Nominations:

- A high level a body -Nepal Health Profession Education Policy Commission has recently been formed in which NPHF members; Prof. Dr. Arjun Karki, Prof. Dr. Ramesh Kant Adhikari and Prof. Dr. Bhagawan Koirala were nominated as its members.

Activities at NPHF

Ongoing Research / Project Update

A. Overcoming barriers to scaling skilled birth attendants' utilization in improving Maternal, Newborn and Child Health in Nepal

Nepal Public Health Foundation (NPHF) has been conducting this research project with support of the WHO/Geneva for the period of three years. The final report of whole project is being prepared. The project has been completed in December with the conduction of informal closing ceremony. However, cost analysis is yet to be finalized.

District level dissemination:

District level dissemination was conducted in Bajhang, Dailekh and Kanchanpur with the purpose of sharing the overall findings of the project and to get some input from the stakeholders. The program was well attended by the District /Public Health Officer and other focal persons, representatives from DDC, health facility incharge from intervention and control VDCs, Maternal Neonatal and Child Health related I/NGOs and media persons.



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The participants recommended expanding the research as a programme in control and other remote VDCs to promote maternal neonatal and child health including minimum required logistics supply components. It was also suggested conducting post intervention survey again after few months as this survey couldn't cover all target groups who were intervened. The participants appreciated that the intervention was effective. Moreover, discussion on issues of effectiveness of intervention component, EOC fund and health facility management Committee (HFOMC) and especially those of Youth groups was done.

B. District Investment Case

The Investment case (IC) is a strategic and evidence- based problem solving approach to support better maternal, neonatal and child healthcare planning and budgeting. It highlights the urgent need to accelerate progress towards health related MDGs 1,4,5,6, and 7 by describing health problems being faced by a country in the area of maternal newborn and child health.

Regional Level Dissemination:

The workshop was organized by far western regional health directorate with technical and financial support of UNICEF and Nepal Public Health Foundation (NPHF) at Hotel Devotee, Dhangadi on 3rd November, 2014 following the annual review meeting of far western regional health directorate. The dissemination workshop was chaired by Dr Krishna Kumar Rai, Director, Far western regional health directorate. Honorable Mr. Khaga Raj Adhikari, Minister Health and Population attended the program as the chief guest. The other guests were directors from different divisions, centres, Regional Health Training Centre, zonal hospitals, D/PHOs from all the districts of far western region, representative from different NGOS/ INGOs, UNICEF, WHO, GIZ, private and public hospitals, etc. Altogether, 150 participants had attended the programme. Dr. Tirtha Rana, Treasurer, NPHF also had attended the program.

The program started with the welcome speech and objective presentation by Mr. Parshuram Shrestha, Sr. Public Health Administrator, Far western Regional Health Directorate. Likewise, Dr. Asha Pun, Maternal and Neonatal Health Specialist, UNICEF Nepal made presentation on the process of DIC in Nepal. The discussion focused around methodology, cost estimation, preference to scenario, funding sources and its replicability. The program ended with the vote of Thanks by Dr. Tirtha Rana and closing remarks from the chair, Dr. Krishna Kumar Rai.



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District level workshop

DIC workshop was conducted from 13th to 16th December in Parsa; one of the DIC identified districts for third phase. The inaugural session was chaired by Local Development Officer Mr. Guru Subedi and Mr. Surendra Prasad Chaudhary, CA member attended the program as a chief guest. There was participation of district level stake holders like FCHV, VDC secretary, Health Facility In charge, SBA, political leaders, media, etc. During the workshops, bottleneck for different indicators and action plan to overcome those bottlenecks were developed. Appreciative Inquiry (AI) approach was used throughout the workshop, so as to create a positive attitude among the participants.



Monitoring Visit:

The DIC team visited the three districts namely, Jajarkot, Dadeldhura and Dhading with the objective to assess the current implementation status of the action plans and strategies developed during DICworkshops. During the visit, the DIC team visited health facilities of the target VDCs and conducted FGDs to collect quantitative information on the indicators. Interaction with the DIC focal person was also done during the visit. During the interaction, the factors were explored hindering the implementation of the action plans and strategies. The monitoring report has been submitted to UNICEF, Nepal.

C. Farming Health and Environment Nepal (FHEN)

The project is being implemented by NPHF at Chitwan with support of Danish NGO DIALOGOS, Denmark from April, 2013. The project will focus on the prevention of pesticide poisoning among vegetable farmers in the Chitwan District of Nepal by means of training, research and awareness raising activities.



Closing Ceremony of Farmers' Field School Training

The closing ceremony of Farmers Field School on Farming, Health and Environment was held at Mangalpur-9 Sharanpur on November, 2-2014. Trainings were organized from July to September with total training days of 22 weeks. In

the weekly training farmers gathered in the school, discussed on the problems and made common



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conclusion how to address their farming and pesticide problems. The closing ceremony was chaired by Trainers leaders Mr. Krishna Prasad Paudel with Chief guest Dr. Chhatra Amatya, Executive member of NPHF, Special guest Prof. Dr. Mohan Sharma, Director of Continuum Education from Agriculture and Forestry University. Other guests included Mr. Kamal Nath Wagle, Plant protection officer from Agriculture office, President from IPM farmers association, President from Farmers Federation.

Pesticide Dealer Training:

Three day's pesticide dealer training was conducted from 3 to 5 February, 2015 at training hall of District Public Health Office, Chitwan. The main theme of the training was to train the pesticide dealers who have been involved in pesticide transaction in the farming community. Altogether, Twenty five pesticide dealers were present. Dr. Badri Raj Pande, Acting Executive Chair, NPHF and Prof. Dr. Srikrishna Giri Project Co-ordinator, FHEN participated in the event, besides DADO, Chitwan, DPHO and DAO, Chitwan and supported the training. The training covered various aspects of pesticide like safe storage, use and management and its negative effect on human health and environment. Various approaches like method demonstration, lecture method of trainings by resource person, field visit and demonstration, group discussion and group work were used in the trainings. The specialty of the training was that it covered broad aspects of farming, health, environment issues.

Teaching Fellow Farmers Training

Training of trainer farmers were conducted frequently in farmer's field at Jagatpur, Sukranagar, Mangalpur VDCs during January and February, 2015. The main objective of the training was to develop the sharing skill of the trainer-farmers so that they can share knowledge to other fellow farmers. Various approaches like lecture methods, practical demonstrations, songs, drama and role play were used.

Monitoring visit

The training and other FHEN activities have been regularly monitored by the field co-coordinator, agronomist, and project co-coordinator as well as occasionally by the Executive Chair of NPHF. The main purpose of monitoring visit was to collect feedback from the farmers and other stakeholders which contribute in further improvement in ongoing activities. In addition to this, the local monitoring team consisting of the IPM farmers, co-operative members, DADO and DPHO officers including office staffs also were involved in regular monitoring of farming activities of FHEN.

Pesticide container management meeting

One day co-operative meeting was organized in NPHF/FHNP office to discuss on the problems of disposal of the pesticide containers and try to find out its sustainable management. Fifteen co-operative members



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including office staff participated. The meeting agreed to establish one large container or drum in each co-operative to store the empty pesticide containers inside it to act as a signal towards pressurizing to the government for long term and sustainable management of containers in the country.

D. Global Antibiotic Resistant Partnership:

GARP Nepal's core group meeting was held on 12th November, 2014 at Nepal Public Health Foundation Meeting Hall. In the meeting, a concept note on antibiotic use in livestock sector entitled "Study of Antimicrobial Use Pattern, Drug Residue and Antimicrobial Resistance in Food Producing Animals in Nepal" prepared by a research student of Agriculture and Forestry University (AFU) under the guidance of Dr. SharadaThapaliya, working group member, GARP Nepal was reviewed and finalized. It was also decided to celebrate antibiotic week and develop curriculum for modular teaching in medical colleges of Nepal.



GARP Nepal organized a "National Level Dissemination Workshop of Situation Analysis and Recommendations: Antibiotic Use and Resistance in Nepal" on 15th December, 2014 at Hotel Radisson, Lazimpat with the aim of disseminating the findings of situation analysis. The workshop was attended by 79 assembled dignitaries among these were Honorable minister of Ministry of Health and Population, representatives from government, INGOs, NGOs, Clinicians, Academicians, Veterinarians, Microbiologist,

Journalist, Members and Staffs of NPHF. Mr. Khagaraj Adhikari, Honorable Minister, MOHP was the chief guest of the program who inaugurated the session and chaired by Dr. Sharad Onta, General Secretary, NPHF. The workshop was divided on scientific session I & II followed by discussion. During the scientific session I, Dr. Buddha Basnyat introduced about GARP- Nepal where he highlighted the growing issue of antibiotic resistance, reasons behind its severity in South Asia and AMR problem on travelers. Dr. Sameer Mani Dixit and Ms. Santoshi Giri jointly presented the situation analysis, its findings and further recommendation of GARP Nepal. The presentations were followed by the discussion where the participants put forth their comments, queries and views on the findings of situation analysis of antibiotic resistance and its use in Nepal. Likewise, in the scientific session II Dr. Abhilasha Karkey presented on Drug Resistance Index (which is ongoing at Patan Hospital), Dr. Nira Ramdam on Antimicrobial Use Pattern in Livestock Production Systems in Nepal, Dr. Frank Paulin on Antimicrobial Resistance and Ms. Hellen Gelband on The Global Antibiotic Resistance Partnership and the global future. Dr. Tirtha Rana,



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Treasurer of Nepal Public Health Foundation delivered her vote of thanks to all the participants for their active participation and officially adjourned the program.



NPHF Activities:

National Public Health Leadership Training

Nepal Public Health Foundation had organized “National public health leadership training” at Hotel Embassy from 22 to 25 December, 2014. The participants were from different background like government personnel including Public Health officers, personnel from I/NGOs, academicians, etc. Likewise, trainers were Mr. Jayandra Rimal, Dr. Kedar Baral, Mr. Chudamani Bhandari, sr. Public Health Administrator, MoHP, Dr. Gajananda P. Bhandari, Founding member, NPHF, Ms. Binjwala Shrestha,



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Executive member, NPHF, Prof. Dr. Sharad Onta, General Secretary, NPHF. The training package included the concept, role, duties and qualities of public health leadership. The workshop was entirely focused on concept, role, and qualities of public health leader, leadership plan, conflict management and managing self. Group work session was also held which was followed by presentation.

On the last day, remarks from participants were shared in which participants shared that they found workshop as fruitful, contemporary and requested to continue such leadership training in the coming days.



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Participation in National and International Activities

Participation at the Joint Annual Review (JAR) meeting

Dr. Badri Raj Pande, Vice President participated at the Joint Annual Review Meeting from February 23-24 at Hotel Everest, Kathmandu, organized by MoHP with engagement of government officials, EDPs and civil society members to reflect on the progress of Nepal Health Sector Programme 2010-15 (NHSP II). This high-profile event was chaired by Honorable Minister of Health and Population, Mr. Khagaraj Adhikari.

The thematic sessions included progress, challenges, priorities and perspectives, policy updates, reflection of the field on local innovations (success stories of three health facilities of Kailali, Rupandehi and Syangja and decentralization in the health sector: opportunities and challenges

Dr. Tirtha Rana, Treasurer, NPHF attended the following programs:

- 1) Program of NHRC on 12 January, 2015 to receive suggestions on the way forward on NHRC activities and in honor of some persons who contributed to NHRC. Honorable Minister of Health Mr. Khaga Raj Adhikari participated in this program and appreciated the work performed by NHRC in establishing evidence for health policies and programs and advised to strengthen the capacity of NHRC.
- 2) Interaction meeting on 18 February, 2015 organized by HKI on SPRING Pathway to better Nutrition study team members to share the interim study findings on Multi-sectoral Nutrition Plan implementation and its financial management.

NPHF staffs' Participation:

Civil Society Alliance for Nutrition Network (CSANN) meetings:

Mr. JanakThapa, Program Manager, NPHF attended a CSANN meeting on 7 January 2015, conducted with the agenda of planning for Generation Nutrition Campaign at Grand Hotel, Kalimati. Besides, he also attended series of meetings conducted by CSANN on 23 January, 5 & 9 February, 2015.



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Policy Review on Advertisement of Junk Food

Mr. JanakThapa, Program Manager participated in the workshop on “Policy Review on Advertisement of Junk Food” organized by Resources Centre for Primary Health Care (RECPHEC) on 13 February, 2014 at Alpha House, New Baneshwor.

Proposal Writing Training

A 3-Day Capacity Building Programme- Proposal Writing Training was organized by HR Development Centre from 9 to 11 January, 2015 at Hotel Badshah, Baneshwor. Ms. Chandana Rajopadhyaya, Program Officer participated in the training. The training was focused on development of project proposal.

Published Article:

1. Article on “Provider perspectives on the enabling environment required for skilled birth attendance: a qualitative study in western Nepal” co- authored by **Dr. Gajananda P. Bhandari** can be retrieved from
<http://europepmc.org/abstract/med/25252172>
2. Article on “Factors affecting institutional delivery in rural Chitwan district of Nepal: a community-based cross-sectional study” by **Dr. Rajani Shah** can be retrieved from
<http://www.biomedcentral.com/1471-2393/15/27/abstract>
3. Articles by **Dr. Nilambar Jha**, Member, NPHF can be retrieved from the following links:
 - a. Burden of teenage pregnancies in Terai area of eastern region of Nepal
http://ijrhs.com/admin/download_newsroom.php?fname=Mt5UZWVuYWdlIX3ByZWduYW5jeV8zODIucGRm
 - b. Revitalizing Primary Health Care and activities in Nepal
<http://www.nepjol.info/index.php/HREN/article/download/9630/7921>
 - c. Alcohol consumption among women in a district of eastern Nepal
<http://www.nepjol.info/index.php/HREN/article/download/9633/792>



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Media Watch

स्वास्थ्यचौकीमा अहेव छैनन्

■ भीमबहादुर सिंह

जाजरकोट- चौखा उपस्वास्थ्यचौकी रग्दामा डेढ वर्षदेखि अहेव छैनन् । दरबन्दीका स्वास्थ्यकर्मीलाई अन्यत्र काज खटाएपछि चौकी अहेवविहीन बनेको हो ।

स्वास्थ्य प्राविधिक लामो समयदेखि स्वास्थ्य संस्थामा नबस्दा दुर्गमका बासिन्दा उपचारबाट वञ्चित भएका छन् । मातृशिशु कार्यकर्ता र कार्यालय सहयोगीको भरमा स्वास्थ्य संस्था चलेको छ । बिरामी उपचारका लागि निजी मेडिकलमा धाउन बाध्य भएको स्थानीय किशोर मल्लले बताए ।

चौकीमा स्वास्थ्य परीक्षण तथा औषधि वितरण गर्ने अहेवसमेत नहुँदा बिरामीलाई दुई दिन पैदल हिंडेर उपचार गर्न जानुपरेको उनले बताए । पटक-पटक जिल्ला स्वास्थ्य कार्यालयमा

अहेव पठाइदिन अनुरोध गरे पनि सुनुवाइ नभएको मल्लको गुनासो छ । लामो समयसम्म स्वास्थ्यकर्मी काजमा बस्दा र मनोमानी बेपत्ता हुँदा दुर्गमको स्वास्थ्य सेवा प्रभावित बन्दै गएको हो । राजनीतिक शक्ति र पहुँचमा उनीहरू काजमा बस्ने र तोकिएको

**लामो समयसम्म
स्वास्थ्यकर्मी काजमा बस्दा
सेवा प्रभावित**

क्षेत्रमा सेवा गर्न नजान्ने प्रवृत्तिले यस्तो भएको मल्लले बताए ।

त्यस्तै, स्वास्थ्यचौकी अर्छानीकी अनमी आरतीकुमारी यादव र प्राथमिक स्वास्थ्य उपचार केन्द्र दल्लीकी अनमी तुलसी बोहोरा स्वास्थ्यचौकी कुदुमा काजमा बसेका छन् । स्वास्थ्यचौकी जगतिपुरका सिनियर अहेव

तोयानाथ शर्मा र कैनाका लोकप्रकाश रोकाय पनि जिल्ला अस्पतालममा काजमा बसेका छन् । यसरी दुर्गमका सेवा गर्न खटिएका कर्मचारी सुविधायुक्त क्षेत्रमा काज बस्दा स्थानीय उपचारबाट वञ्चित हुने गरेका हुन् ।

जिल्ला अस्पतालमा स्वास्थ्य सहायक पदमा कार्यरत डा. धनिकलाल यादव पनि पाँच वर्षदेखि बेपत्ता छन् । अस्पतालमा उनको दरबन्दीमा अर्को कर्मचारी आउने व्यवस्था नहुँदा कार्यसञ्चालनमा समस्या भएको स्वास्थ्य प्रमुख धीरजंग शाहले बताए । 'दरबन्दीका कर्मचारी बिनाजानकारी बेपत्ता छन् । अस्पतालमा भने जनशक्ति अभाव छ,' उनले भने । स्वास्थ्य सेवा विभागमा बारम्बार पत्राचार गरे पनि कुनै कारवाहीको प्रक्रिया अघि नबढेको शाहले बताए ।



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किसानलाई नयाँ विषादी सिफारिस

राजेश्वर काय

नेपालगन्ज- डढुवा रोगबाट आलु, टमाटर लगायतका खेतीलाई बचाउन सेक्टिन र रियलवेट नामक विषादी प्रभावकारी देखिएको छ। अनुकूलन परीक्षणमा रोग नियन्त्रणका लागि यी दुई विषादी प्रभावकारी देखिएका हुन्। आलुका दुई नयाँ जात पनि मौसम अनुकूल प्रमाणित भएका छन्।

खजुरास्थित क्षेत्रीय कृषि अनुसन्धान केन्द्रले आफ्नो परिसर र किसानका खेतमा गरेको परीक्षणमा यस्तो नतिजा निस्किएपछि वालीविज्ञहरूले किसानलाई यसको प्रयोग गर्न सुझाएका छन्। यस्तै परीक्षण क्रममा पश्चिम तराईमा नयाँ दुईवटा आलुका जात उत्कृष्ट देखिएका छन्। सीआईपी ३९३३८५ दशमलव ३७ र सीआईपी ३९५१९५ दशमलव ७ जातका आलु मौसमअनुकूल देखिएका हुन्।

यसअघि डढुवा रोग लाग्दा किसानले कपरबन्सी क्लोराइड, सेटलएक्सेल र डाइथेयम ४५ (म्यानकोजेब) जस्ता विषादी प्रयोग गर्दै आएका थिए। यिनका तुलनामा नयाँ सेक्टिन तथा रियलवेट विषादी छर्कदा प्रभावकारी परिणाम निस्किएको यसको परीक्षणमा संलग्न वैज्ञानिक रामबहादुर खड्काले बताए। विषादी छर्कदा र आलु रोप्दा किसानले यसको जात तथा औषधिहरूमा ध्यान दिन सके अहिलेको क्षतिलाई न्यून गर्न सकिन्छ, उनले भने।

पश्चिम तराई र मध्यपहाडी जिल्लाहरूमा हिउँदयाममा शीतलहर र अत्यधिक जाडोले आलु र टमाटरजस्ता तरकारी खेतीमा डढुवाको संक्रमण हुने गरेको छ। रोग संक्रमणले बर्सेनि तरकारी उत्पादन घट्दै गएपछि क्षेत्रीय कृषि अनुसन्धान केन्द्रले अनुकूलन परीक्षण गरेको हो।

यसअघि राफ्टर आलुवाली अनुसन्धान कार्यक्रम खुमलटारमा यसको परीक्षण गरिएको थियो।

त्यहाँबाट ल्याइएका नयाँ जात र विषादीलाई किसानका खेतमा अनुकूलन परीक्षण गरिएको अनुसन्धान केन्द्रले जनाएको छ। बाँके, बर्दिया, कैलाली, कञ्चनपुर, दाङलगायत पश्चिम तराईका जिल्लामा शीतलहरपछि आलु र टमाटर खेतीमा डढुवाको संक्रमण फैलिने गरेको छ। यस वर्ष पनि डढुवा रोगका कारण आलु र टमाटरको उत्पादनमा कमी आएको जिल्ला कृषि कार्यालय बाँकेले जनाएको छ।

मौसममा ८० देखि ९० प्रतिशतसम्म सापेक्षित आद्रता भएमा डढुवा रोग लाग्ने गरेको छ। तापक्रम १० डिग्री सेल्सियसभन्दा माथि र हल्का पानी परेर बादल लागेपछि यसको संक्रमण फैलिने गरेको हो। पहाडका तुलनामा तराईमा कृहोरो बढी लाग्ने गरेकोले समस्या धेरै छ। कैलाली, बर्दिया, दाङ, सल्यान, प्यूठान र रुकुमका २७ जना किसानका खेतमा यसको अनुकूलन परीक्षण गरिएको थियो।

जिल्ला कृषि कार्यालय बाँकेका प्रमुख राजेश्वर प्रधानका अनुसार जिल्लामा आलु करिब तीन हजार हेक्टर र टमाटर ५ सय हेक्टरमा खेती गरिएको थियो। डढुवा रोगका कारण करिब १० हेक्टर क्षेत्रमा लगाइएको आलुमा नोक्सान पुऱ्याएको छ। यसैगरी टमाटरको उत्पादनमा ५ प्रतिशतले कमी आएको प्रमुख प्रधानले बताए।

कृषि विकास कार्यालयले प्राकृतिक विपत्तिबाट हुने क्षति न्यूनीकरणका लागि वाली विमाका लागि आग्रह गरे पनि धेरै किसानले वालीको विमा गराउँदैनन्। एक लाखको वाली विमामा ५ हजार रुपैयाँ खर्च हुन्छ। सरकारले त्यसमा ३ हजार ७ सय ५० रुपैयाँ अनुदान दिन्छ। यति सुविधा पाउँदा पनि किसान आकर्षित नहुँदा क्षतिपूर्ति पाउन सकेका छैनन्। एक लाखको विमा गरेका किसानले क्षतिपूर्तिबाट ९० हजार रुपैयाँ पाउँछन्।

EDCD gearing up to tackle swine flu

H1N1 virus claimed 18 lives last year

Himalayan News Service
Kathmandu, February 7

With a view to making health officials and the public aware about the risk of H1N1 virus, the Epidemiology and Disease Control Division under the Ministry of Health and Population has launched training and awareness programmes.

As many as 18 persons, including Bhawa Krishna Bhattarai, a joint secretary at National Planning Commission, had died of the virus in Kathmandu and 300 blood samples, out of thousands collected from various parts, were tested positive, stoking fear of an epidemic. Many people last year had suffered from H1N1 flu, which is also known as swine flu.

With increasing number of cases detected in various parts of India, the risk of the disease is said to have increased in Nepal as thousands of people enter Nepal from India through open border on a daily basis.

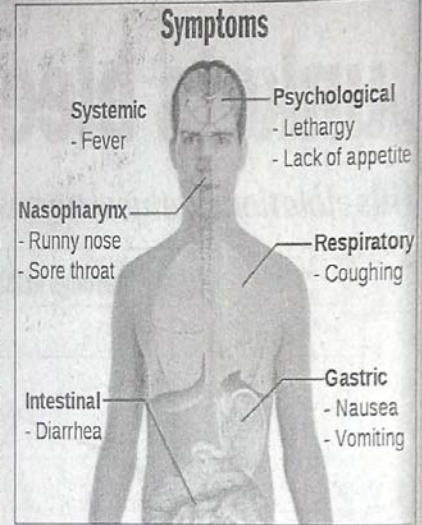
The EDCD has already conducted a training programme for health officials in the capital and is all set to run awareness campaigns and trainings at the major entry points of Nepal-India border.

The government is also broadcasting public service announcements about the disease through radio and television.

Dr Baburam Marasini, Director, EDCD, informed that a training programme for health officials has already been conducted in Kathmandu and a team is heading for the Terai region.

Health officials from zonal hospitals, sub-regional hospitals and laboratories will participate in trainings to be conducted in Jhapa, Biratnagar, Birgunj, Bhairahawa, Nepalgunj and Kanchanpur among other places.

The EDCD is also planning to conduct a training programme for health officials



Graphics: Courtesy H1N1

Precautions

- Avoid close contact with people who are sick
- Stay inside when sick
- Cover mouth and nose with a tissue when coughing or sneezing
- Washing hands often helps protect one from germs
- Avoid touching eyes, nose or mouth
- Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious food

stay safe from the disease, hygiene is the most important aspect," he added.

Experts have been repeatedly suggesting people not to shake hands, cover nose while sneezing and to maintain a distance from the patients. According to the EDCD, one to two cases of H1N1 flu have been detected every month this year. Those places which have already had the epidemic of the disease are still vulnerable to an outbreak.

According to the World Health Organisation, the H1N1 virus, which caused an influenza pandemic some years ago, is believed to have originated from pig.

The virus transmits from infected humans to others while sneezing or coughing.

The symptoms of flu are cough, fever, sore throat, runny nose, bodyache, headache, chills and fatigue.

Under-fives, senior citizens, pregnant women, children below 18 years who are under long-term aspirin therapy, those who have lungs, heart, liver, blood, nervous system-related problems, and HIV-positive people, among others, are vulnerable to H1N1 virus. The virus was first detected

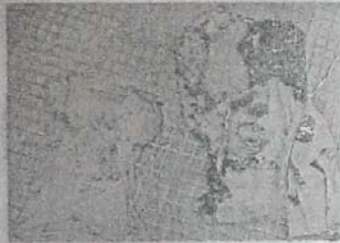


Nepal Public Health Foundation

पढिरहेका किशोरीमाथि एसिड



‘एक्कासि बोटल फ्याँक्यो’



एसिड हानिएपछि
घाइते संगीता
मगरलाई उपचारार्थ
काठमाडौं मेडिकल
कलेजमा लगेरिद ।
तल्लो तस्विरमा
एसिडले जलेका
उनका कपडा ।

प्रतिभा बस्नेत

काठमाडौं- एसएलसी दिने तयारीमा रहेका दुई किशोरीमाथि राजधानीमा आइतबार एसिड आक्रमण भएको छ । बसन्तपुरस्थित ‘ए प्लस’ ट्युसन सेन्टरभित्र कक्षामा रहेका किशोरीमाथि मास्क लगाएर आएका एक व्यक्तिले एसिडको बोटल प्रहार गरेको हो । एसिड लागेर रामेछाप घर भई जैसिदेवल बस्ने १६ वर्षीया संगीता मगर र रौतहट घर भई भीमसेनस्थान बस्ने १४ वर्षीया सीमा बस्नेत घाइते भएका छन् ।

गम्भीर घाइते भएकी मगरको

सिनामगलस्थित काठमाडौं मेडिकल कलेजमा उपचार भइरहेको छ । उनको अनुहार, दाहिने छाती र तिघामा गम्भीर चोट लागेको छ ।

मगर बोल्ल सक्ने भए पनि शरीरको आधा भाग जलेका कारण स्थिति गम्भीर रहेको अस्पताल स्रोतले जनायो । बस्नेतको वीर अस्पतालमा उपचार भइरहेको छ । उनको अनुहार जलेको छ । प्रहरीका अनुसार जम्पर र मास्क लगाएर बिहान कक्षामा अचानक छिरेको व्यक्ति किशोरीमाथि एसिडको बोटल फ्याँकेर फरार भएको थियो ।

बाँकी पृष्ठ ५

सीमा बस्नेत (वीर अस्पतालको शय्यामा)

म एक सातार्दखि ‘ए प्लस’ ट्युसन सेन्टरमा पहुँच गइरहेकी थिएँ । बिहान ५ बजेदेखि कक्षा सुरु हुन्थ्यो । आज बिहान गणित पढाउने शिक्षक नआउने भएकाले अलि ढिलो पुगेकी थिएँ । ट्युसन सेन्टरको दोस्रो बेञ्चमा बसेर हामी ‘एकाउन्ट’ पढिरहेका थियौं । म संगीतासित सिबेदै थिएँ । अचानक भुइँचालो आए जसरी ढोका कसैले खोलेको । हामी तीनै जनाले भस्किएर ढोकातर्फ हेर्ने । एउटा केटा उभिएको थियो । उसको एउटा हात पछाडिपट्टि थियो । किन आयो ? को थियो बुझ्न नपाउँदै त्यसले सिसाको बोटल संगीताको दाहिने छातीमा फ्याँक्यो । बोटल फुट्यो । बोटलको एसिड मेरो अनुहारमा पनि लाग्यो । सुरुमा त त्यो के हो भन्नेसमेत थाहा थिएन । साथी पोलेर रुन थाली । म पनि रोएँ । त्यहाँबाट निस्किएर दुवै जना आ-आफ्नो घरतर्फ दौडिएर गयौं । ट्युसन पढ्ने ठाउँ मेरो डेरादेखि ५ मिनेट टाढा छ । म दौडिँदै घर जाँदा एक जना छिमेकी दिदीले मलाई अनुहार पानीले धुन लगाउनुभयो । मैले अनुहार धोएँ । तर मुख पोल्ल छानेन । घर पुगेपछि हजुरबुवा र आमा मलाई अस्पताल ल्याउनुभयो । संगीतालाई त भन् धेरै लागेको छ । कसले किन हान्यो केही थाहा छैन ।

(कुराकोनीमा आधारित)



नेपाल जनस्वास्थ्य प्रतिष्ठान
Nepal Public Health Foundation