

# **NPHF**

## **E-Newsletter**

November, 2013

5<sup>th</sup> issue

### **FOREWORD**



I have the pleasure to write foreword to this newsletter. During the time of reporting, NPHF has been entrusted to implement the District Investment Case projects in four districts- Bajhang, Bajura, Baitadi and Achaamand at the same time monitoring the projects in three districts -Dadeldhura, Jajarko and Dhading (already implemented earlier). The projects have been kicked off. I wish to thank UNICEF for the support.

The research on Overcoming barriers to scaling skilled birth attendants' utilization in improving Maternal, Newborn and Child Health in Nepal is in implementation phase. An inclusive view of this research is now accessible to all those involved in health care decision making with it being registered in WHO clinical trail registry. Further, the Farming Health and Environment Project located at Bharatpur, Chitwan is moving on satisfactorily under new management at field level despite hiccups in the beginning. The visit of Dr Erik Jørs was very helpful in clearing misunderstandings. GARP-Nepal has taken off and the working committee is functioning smoothly. In all, the progress is satisfactory.

Feedback from the readers will be highly appreciated to ascertain the usefulness of the newsletter.

**Dr. Badri Raj Pande**

**Vice President**



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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 proactive 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, 5<sup>th</sup> Issue, October, 2013

# Nominations

## Member of the Thematic Group on Human Resource on Health

Dr. Tirtha Rana, Treasurer, NPHF has been nominated as a member and facilitator of **the Thematic Group on Human Resource on Health** by in course of preparation of New National Health Policy of Nepal.

## Member of the Technical Working Group of Nepal Oral Health Policy

Dr Lonim Prasai Dixit, Board Member has been nominated as the member of the technical working group by Ministry of Health and Population for drafting the **Nepal Oral Health Policy**.



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# ACTIVITIES at NPHF

## District Investment Case –New

The District Investment Case (DIC) is an economic analysis of the programs of Ministry of Health at district level which encompasses a robust methodology to perform evidence based strategic planning and budgeting for Maternal Neonatal Child Health (MNCH)

After the successful implementation of District Investment Case -Overcoming bottlenecks in achieving MDGS 1,4,5,6 and 7 in Dadeldhura and Udayapur district in 2012, NPHF has started implementing the project in Bajhang, Bajura, Baitadi and Achaam district of Nepal and is monitoring the projects in 3 districts (Dadeldhura, Jajarkot and Dhading) where implemented before. The project is funded by UNICEF and the collaborative partners are Ministry of Health, Health Research and Social Development Forum (HERD)

### i. Orientation workshop

A workshop to orient the DIC project staff and to select the tracer intervention and indicators was held on 8-9 September, 2013 at Hotel Himalaya. The experts from the UNICEF Nepal facilitated the workshop where seven participants from NPHF and nine participants from HERD attended.

### ii. Workshop on Marginal Budgeting for Bottlenecks (MBB) tool

The DIC project staff participated in a three day workshop on MBB tool from 7-9 October, 2013 at Club Himalaya Nagarkot. The experts of UNICEF were the facilitators of the workshop and seven participants from each NRIs (NPHF and HERD) were trained. The main objective of the workshop was to orient the DIC team about MBB tools.



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## Research /Projects Update

### **Developing Information base on the Elderly Population in Nepal - Completed**

The research entitled “**Developing Information base on the Elderly Population in Nepal**” which was conducted with the support of WHO has been completed. Dr. Tirtha Rana is the Principal Investigator of this research.

The findings showed that the elderly population has increased from 5.0% during 1952-54 to 8.1% in 2011. The aging index of Nepal is 23.30, which indicates that population is gradually moving towards old age. Neglect, verbal and physical abuse by sons, daughter in laws and other family members compelled elderly people to join the old age homes. The types of services provided to the elderly people varied by the level of skill, interest of the care givers and the affordability of the old age home. Geriatric wards have been established in three hospitals in FY 2012/13 with geriatric OPD in Bir Hospital and aims to cover all zonal hospitals with the geriatric wards.

Based on findings the study recommends the need of mainstreaming the issues of elderly people in a holistic approach while designing long term and sectoral policies to address the multifaceted issues, to organize advocacy and sensitization programs to the political bodies, policy makers and bureaucrats on the issues of elderly people, in partnership with NGOs, private sector and civil societies, to hold awareness raising campaigns and events, and to include elderly population related course in the formal and academic education system.



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## Ongoing Research / Project Update

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

#### i. Field Visit

The intervention phase of SBA project is ongoing in all three district; Bajhang, Dailekh and Kanchanpur with continuous monitoring of all intervention components. Dr. Kiran Regmi, Director of Family Health Division (FHD) and Dr. Shilu Aryal, consultant Gynaecologist, of FHD, also a member of SBA steering committee visited Dailekh district on 11<sup>th</sup> September, 2013 where the district project coordinator presented the progress report of Dailekh district. They appreciated NPHF initiatives of mobilizing community group for increasing SBA coverage. Further, two team from central office also went to intervention districts for monitoring and supervision on 19<sup>th</sup> and 22<sup>nd</sup> September respectively.

#### ii. 2<sup>nd</sup> review meeting

The 2<sup>nd</sup> review meeting of the ongoing research was held on 17-18 October, 2013 at NPHF central office, attended by SBA research team. The meeting discussed about the implementation status, issues and challenges in implementation and a way forward to overcome the challenges. Further, with the inputs of PI, Program Director and Program Manager, the micro level plan for each district was also developed.

#### iii. SBA Clinical Trail Registry- ISRCTN78892490

To assure that an inclusive view of this research is accessible to all those involved in health care decision making, NPHF acted on registering it in WHO clinical trail registry and **ISRCTN78892490** has been assigned to it.

One can access the clinical trail of this research from [www.controlled trials.com/ISRCTN78892490](http://www.controlled trials.com/ISRCTN78892490)



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## **B. Farming Health and Environment Project (FHEP)**

This project is under implementation at Bharatpur, Chitwan and is supported by DIALOGOS, Danish NGO.

### **i. Baseline survey**

The research proposal for undertaking baseline survey in Chitwan district has been approved by NHRC and the training of enumerators has been completed for this purpose

### **ii. Village level meeting**

A village level meeting in each of the selected five VDCs of Chitwan; Chianpur, Mangalpur, Sukranagar, Jagatpur and Bhandra was conducted from 19-27 September, 2013. The meeting was organized to share the project activities and the target and non-target effect of chemical pesticides to the human beings and environments to the potential stakeholders. The VDC secretary, HP-In charge, farmers' co-operatives, commercial and IPM farmers, including the political parties participated on the meeting. The preliminary planning of the project, future working areas, collaborative approaches of working issues, and other aspects of the possibilities of minimizing chemical pesticides were the major issues discussed by the stakeholders.

### **iii. FHEP workshop**

Dr. Erik Jors, Vice President of DIALOGOS visited Nepal to evaluate the progress of project activities. During his visit, two day workshop on FHEP was organized on 21-22 October 2013 at the training hall of NPHF, where board members, senior staff and project staff from central and district level participated. The workshop mainly focused on status of project activities, challenges in implementation and a way forward for its effective implementation. Following the presentation on the status of project activities, constructive inputs were provided by board members and other participants. Dr. Erik Jørs and Dr. Badri Raj Pande also elucidated on the respective role of DIALOGOS, CISU and NPHF in implementation of the project. Further on the second day Dr. Pande and Dr. Jørs also signed the MoU between NPHF and DIALOGOS for the successful implementation of the project. Dr. Jørs also facilitated the workshop on



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Nepal Public Health Foundation



corruption where, he highlighted about the corruption and mechanism to avoid corruption, where the members of the Central Steering Committee of FHEP participated.

#### **iv. Monitoring and Supervision visit**

Dr. Erik Jørs and Dr. Shri Krishna Giri, Part time Project Coordinator visited Chitwan from 23-26 October, 2013 to monitor and supervise the ongoing activities at district. They also met the District Advisory Committee members and discussed on the project activities.

### **C. Global Antibiotic Resistance Partnership- Nepal (GARP-Nepal)**

GARP-Nepal project has been started under NPHF with Dr. Buddha Basnyat, a founding member as Chairperson of the working committee, comprising of members from different disciplines including Dr. Sameer Mani Dixit, a founding member as a Principal Investigator.

#### **Inaugural Meeting and Workshop**

GARP-Nepal inaugural meeting was held on 2 July 2013 at Hotel Shanker in Kathmandu followed by a workshop. More than 50 experts and interested parties participated in the meeting including GARP-Nepal working group members and stakeholders from the Ministry of Health and Population, from hospitals and NGOs, as well as microbiologists, pharmacists, clinicians and veterinarians.

Prof. Dr. Surendra Kafle, Vice Chancellor of Nepal Academy of Science and Technology was the chief guest and the inaugural session was chaired by Dr. Badri Raj Pande, Acting Executive Chair, NPHF. Remarks were offered by Dr. Buddha Basnyat, Chair, GARP-Nepal; Ms. Hellen Gelband, Associate Director, CDDEP; Dr. Nihal Singh, Medical Officer, WHO; Prof. Dr. Surendra Kafle, Vice Chancellor, NAST; Dr. Badri Raj Pande, and Dr. Paras Pokharel, Vice Chair, GARP-Nepal. All the dignitaries appreciated GARP-Nepal initiatives in addressing antibiotic resistance issue and wish for the success of GARP-Nepal.



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During the workshop, presentations were made on antibiotic use and resistance in animals and human. The closing session was chaired by Dr. Sameer Mani Dixit, Principle Investigator for GARP Nepal and from the program it was concluded that antibiotic is a serious issue that calls for immediate action from policy level as well as from all stakeholders.

## **Other Activities**

### **i. Intra -household Food Security Sharing Meeting**

A sharing meeting was organized on 3 July, 2013 at Hotel Radisson to disseminate the findings of study on Intra-household Food Security and its Associated Factors in Nepal which was conducted from 20 August 2012-20 March, 2013 with WHO support.

The meeting was chaired by Dr. Badri Raj Pande, attended by the concerned stakeholders from Government, NGOs and others. Mr. Narayan Subedi, Program Manager and the Principal Investigator of the study presented the findings.

All the participants and the dignitaries provided their constructive suggestion that nutrition awareness programs are needed to make people aware regarding the importance of locally available food and that nutrition should be included in the school curriculum. Focus should be given on fortified food and more concern should be shown from NGOs and INGOs regarding this issue. Further also it was suggested that issues on consumption of junk food should be included in coming up researches.



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## **ii. Interaction Program on Bird flu**

Bird Flu, the deadly H5N1 virus was consistently reported in Kathmandu Valley with thousands of chickens being culled every week during the month of July and August. In this regard, Nepal Public Health Foundation organized an Interaction Program on Bird Flu on 6 August, 2013 with the aim to discuss on current situation and how NPHF as a civil society can support the national activities.

The program chaired by Dr. Badri Raj Pande was attended by Dr. Sharad Raj Onta, General Secretary, Board Members; Prof. Dr. Shiba Kumar Rai and Dr. Chhatra Amatya, Dr. Durga Datta Joshi, President of National Zoonoses and Food Hygiene Research Centre, Dr. Kedar Karki, Chief Veterinary Public Health, Dr. Banshi Sharma, Vice President of Nepal Veterinary Association, Mr. Shiva Prasad Badal and Mr. Dhruva Kumar Adhikari, Public Health Supervisor of DPHO Bhaktapur and Kathmandu.

Status of Bird flu in Nepal, reasons behind the spread of Bird flu, impacts of bird flu outbreak, vaccination and insurance and the activities carried out by government and other bodies to address the situation were discussed.



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# Participation in National and International Activities

## **i. Workshop on Finalization of School Health Nutrition Joint Action Plan**

Dr. Lonim P. Dixit, Board Member and Mr. Narayan Subedi, Program Manager of NPHF participated on the workshop on finalization of Five Year Joint Action Plan (2013-2018) on School Health Nutrition organized by School Health and Nutrition Network at Hotel Summit on 18<sup>th</sup> July 2013. Representatives from Child Health Division, Department of Education and those working in the sector of School Health and Nutrition were present in the workshop.

Two working groups (on health and education) were formed in the workshop to finalize the draft action plan and provide their recommendations for its finalization.

## **ii. National Consultative Meeting on Every New Born Action Plan**

Mr. Janak Thapa, Program Manager participated on National Consultative Meeting on Every New Born Action Plan organized by Ministry of Health and Population and supported by UNICEF Nepal, WHO Nepal and Save the Children Nepal from 11-13 August, 2013 at Dhulikhel.

The objective of the meeting was; to discuss the existing Newborn health policies, strategies and programs and to explore the inequalities in newborn care and possible scale-up of evidence based interventions to support the most deprived. The meeting held introspective and retrospective group discussions on the newborn care in Nepal that entailed its current status, health policies, strategies and programs.



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### **iii. Vulnerability and Adaptation Assessment Training**

Dr. Gajananda P. Bhandari, Program Director participated in the Vulnerability and Adaptation Assessment Training from 12-15 August, 2013 at Hotel Himalaya, organized by Ministry of Health and Population. The workshop was organized as an initial step in developing National Strategy for Protecting Health from Climate Change. The training and the task to develop national strategy has provided an excellent opportunity to explore in-depth in the area of climate change and human health.

### **iv. 5th International Conference on Health GIS 2013**

Mr. Janak Thapa, participated in the 5<sup>th</sup> International Conference on Health GIS held on 21-23 August 2013 at Bangkok, Thailand. The conference focused on the use of GIS and related information and communication technologies in health sector for exploring the various causative factors for diseases and deliberates on better planning of health care systems.

During the conference Mr. Thapa presented the abstract on Assessing Health Status of Rural Community of Village Development Committee of Nuwakot District, Nepal.

### **v. National Stakeholder Workshop on the Implementation of WHO Framework Convention on Tobacco Control**

Dr. Badri Raj Pande, and Dr. Gajananda Prakash Bhandari, participated on the National Stakeholder Workshop on the Implementation of WHO Framework Convention on Tobacco Control which was held from 13-15 September, 2013 at Dhulikhel Lodge Resort, Kavrepalanchowk. The workshop was well attended by the dignitaries from MoHP and WHO.

During the workshop they participated in developing action plan format and related document on the basis of findings of Joint Need Assessment Report on Tobacco.



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#### vi. 23<sup>rd</sup> International Day of Older Person

Dr. Tirtha Rana, participated in a one day workshop organized by Nepal Health Care Cooperative Ltd. and Manmohan Memorial Medical College and Teaching Hospital on the occasion of 23<sup>rd</sup> International Day of Older Persons where she presented the findings of Developing **Information base on the Elderly Population in Nepal** on 28 September, 2013. NPHF has recently completed this study

#### vii. National meeting on violence against women (VAW) from global and local perspectives

Dr. Tirtha Rana participated in a National meeting on violence against women (VAW) from global and local perspectives themed on “**The role of health services in its prevention**” organized by Kathmandu University, Kathmandu Medical College, Dhulikhel Hospital, The Research Council of Norway, and Norwegian University of Science and Technology on October, 1, 2013. The objective of the meeting was to share the knowledge and experience of different countries to address VAW in health care settings, with a special focus on antenatal health care; build linkages among stakeholders to allow for networking amongst like-minded organizations.

#### viii. Meeting on Nutrition

Dr. Tirtha Rana participated in a meeting organized by Nutrition Technical Committee under Child Health Division, DoHS to share the new evidence on Iron Folic Acid (IFA) Supplementation in course of preparation of National Anemia Control Strategy on Oct. 1, 2013. During the meeting the consultant from UNICEF made in-depth presentation by further analysis on NDHS, 2001, 2006 and 2011. It was reported that despite the continuous progress on IFA supplementation, there has not been significant decline in Nutritional Anemia in the country especially in the under five children.



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### Reader's comment from last edition

Great to know the expansion in activities-Mr. Ashok Bhurtyal,  
Founding Member

Thank you for the newsletter and also for hard work. Keep it up!- Dr. Ramesh Kant Adhikari, Founding Member

Hearty congratulations for having completed so many activities  
Prof. D.S. Manandhar, Founding Member

Thanks for sharing the e-News letter  
Dr. Lochana Shrestha, Life Member



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## Gallery



Dignitaries on the dais during GARP- Inaugural Meeting and Workshop



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Participants of GARP- Inaugural Meeting and Workshop



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Mr. Narayan Subedi, Program Manager during Intra-household food Security Sharing Meeting.



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Participants during Intra-household food Security Sharing Meeting



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FHEP VDC level meeting at Jagatpur  
Sukranagar



Field coordinator highlighting the project activities,



District Advisory Committee Meeting



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DIC workshop



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Participants and facilitator of DIC MBB tool workshop



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# आकस्मिक कक्षमै भारफुक

■ गणेश चौधरी

टीकापुर- सर्पले डसेर टीकापुर अस्पतालमा भर्ना गरिएको एक बालिकालाई मुखमा आकस्मिक कक्षमै भारफुक गरेको छ । टीकापुर ८ राजीपुरकी १० वर्षीया भावना टमटालाई अस्पतालमै भारफुक गरिएको हो । डाक्टरको माथ भए तपरी आफन्तले स्थानीय गुरुवा भागीरामलाई समेत बोत्ताएर भारफुक गरिरहेका छन् ।

सोमबार राति सर्पले उनलाई डसेको थियो । टीकापुर अस्पतालको इमर्जेन्सी कक्षमा राखेर उनको उपचार भइरहेको छ भने इमर्जेन्सी कक्षमै उनको भारफुक पनि गुरुवाले गरिरहेका छन् ।

बालिकाको ल्यान बचाउन दुवै विधिबाट उपचार गराइरहेको आफन्तले बताए । अस्पतालका सुपरिटेन्डेन्ट डा. नरेन्द्र खनालले बिरामी बेहोस भएपछि अस्पताल पुर्‍याइएको र बाप उपचारका लागि नैपानुगुन लैजान सल्लाह दिएकोमा गम्भिर बालिकाका आफन्तहरू भारफुकमा लागेको



सर्पले डसेर अस्पतालमा उपचार गराइरहेको बालिकालाई भारफुक गर्दै स्थानीय गुरुवा । अस्पतालको आकस्मिक कक्षमै उनको उपचारसँगै भारफुक पनि भइरहेको हो ।

भन्दा पनि मान्दैनन्, कसैलाई सन्तुष्टि हुन्छ भने गर्छन्, उनले धेरै ।

अस्पतालमै भारफुक हुन थालेपछि हेर्ने काउन्सिलरको घुइँच लागेको छ । अस्पतालका डा. खनालका अनुसार यो वर्ष सर्पले डसेर टीकापुर अस्पतालमा उपचारका लागि आएको जम्मा छ । तीमध्ये एक जना उपचारपछि घर फर्केको र अर्को एकको मृत भएको थियो ।

सर्पले डसेको अवस्थामा तत्काल अस्पताल पुर्‍याई उपचार गरिएर ज्यान बोगाउन सकिने खनालले बताए । 'सर्पले डसेमा अधिकतम केसहरू दिती म अस्पताल ल्याइने गरिएको छ उनले भने, 'गाउँमै भारफुक गरि ठीक गर्ने प्रयास गरिन्छ, बिरामीको अवस्था जटिल हुँदै गएपछि मात्र अस्पताल पुर्‍याइन्छ ।'

भगतबर विधान उपचार नागि अस्पताल ल्याइएर भावनाको उपचार जारी । पनि हिता अस्पताल ल्याएर कारभ उपचारमा कठिन भइरहेको सुपरिटेन्डेन्ट खनाल बताए ।

## Banned insecticides easy to buy in Kavre

MAHESHWARI GURGAJAN  
KATKUN, Aug 12

Even though the Nepal government has imposed a ban on the import and production of endosulfan and other pesticides, local agricultural input stores in the districts of Kavre and Chitwan are openly selling these products to locals.

Indian fertilizer companies have been making these insecticides easily available in the Nepal market despite their being banned in India also. Dr



MAHESHWARI GURGAJAN  
Pesticides, which are banned in India and Nepal, are being sold openly as pictured at a pesticides shop in Kavre town.

May 13, 2011, the Indian supreme court had placed a ban on the production and sale of endosulfan.

The Nepal government has claimed that 15 products including endosulfan are markedly harmful.

'As per a previous paper, endosulfan products still available in the market after their prohibition should have been used up within two years' time, but no one has complied with that,' said a former registrar at the Pesticide Registration and Management

See more at: Banned...



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# Rampant use of linden telling on health of folks

Malayan News Service  
Irra, August 7

body knows how it is produced or from where it is supplied, but it has been popular among villagers as a pesticide for years. Kanpure Powder, a white waxy dust, is what a man of Panchkhal sprays on the potatoes stored at home. "It saves our agro-produce from pests," said the man, who also uses it to de-louse his children. "We have

been using this as medicine against lice for ages and nothing has happened till date," said the woman.

"Why bother about other costly medicine? It is cheap and easily available in our village," said another woman of the same village. She has 10 such packets at home in case her cattle suffer from lice and gnats.

The white powder is taken as an ultimate solution against lice, gnats and flies, and is easily available at the local

teashop and other shops in 50 to 500 gm packets for prices ranging from Rs 5 to Rs 10. The shopkeepers, however, don't know how and from where the powder is produced and supplied. "We don't know much about it, so we don't showcase it, but if someone comes for it we sell it to him," said a trader of Panchkhal.

According to District Health Chief Arjun Sapkota, the powder, so popular in the villages is a fatal poison and its trans-action is illegal. But its use in

the villages of Sindhupalchowk, Kavre and Dolakha is rampant.

Earlier, concerned about its increasing popularity Agricultural Department, Tribhuvan University and a German university had jointly organised Toxic Management Project and tested the powder in a lab in Germany. The lab result had identified the powder as the fatal poison 'Linden'. Although farmers had almost stopped using it for some time, it has again gained in

popularity.

"It has very serious consequences on human health and the environment," said senior crop protection officer Mihusudan Poudyal, of District Agriculture Office.

Poudyal said the use of linden has a number of harmful effects on health. It can cause miscarriage, mental retardation, paralysis, and cardiac complications. "As it is cheap and easily available, villagers use it, but its use on crops reduces soil productivity."

## Nearly 100 doctor vacancies in midwest

ARIJUN OLI  
NEPALGUNJ, Oct 7

Health facilities in the mid western region of Nepal are reeling under chronic shortage of health workers, says a report.

In the region that includes the country's most backward Karnali zone, over 60 per cent of posts of doctors, staff nurses and other health workers have been lying vacant for several years, according to the report, which was released by the Midwestern Regional Health Directorate at a function recently organized in Nepalgunj.

Health facilities suffer from shortage of health workers especially in rural areas, where there are no

private health facilities either. In many villages, people are forced to walk miles to reach health facilities only to return empty-handed.

According to the report, as many as 92 posts of doctors and 166 posts of staff nurses have been lying vacant in 15 districts. In addition, around 425 posts of other health workers have been lying empty across the region. Similarly, 24 out of the total 80 posts of lab technicians are yet to be fulfilled.

Health authorities say they are facing difficulties to provide better healthcare to people due to the perennial problem of manpower crunch. They also stress the need for ending the short-

age of manpower in order to provide better and effective healthcare to the people living in remote parts of the country.

Dr Pravin Mishra, secretary of the Ministry of Health and Population (MoHP), who attended the program where the report was unveiled, says the government is mulling over revising its health policy to end the manpower crisis in health facilities.

"In order to end the perennial manpower shortage and provide better health services, we are planning to engage private medical colleges," said Dr Mishra. "For this to happen, we need to amend our Nepal Health Services Act-1997, which we are mulling over."



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