From the President’s pen…..

HAPPY NEW YEAR 2013! Greetings from NEPAS! It’s most heartening to know that NEPAS is going to start a newsletter with the inaugural issue being released on the beginning of the New Year 2013. It is a long time plan of the society which has come true today with the efforts of Dr. Bikash Shrestha supported by the Editor in Chief of NEPAS journal Dr. Arun Neopane and other members of the editorial team. A newsletter is a good tool to keep abreast with the activities of the society, its members and to keep in contact. Members are spread all over the country and even abroad, the newsletter can keep the members informed of whereabouts, what’s happening and also know about the achievements and the happenings in the life of the members and spread the news to all the members. I hope the newsletter will help to keep the members well informed about the Society and its members and also be able to keep us abreast with the latest happenings and information on Pediatrics. I hope we are able to continue with the issues. I invite all the members to contribute personal information and other articles to the newsletter and help us to continue the newsletter effort. Once more I wish all a very successful happy and prosperous New Year 2013.

Dr. Jyoti Ratna Dhakhwa
President NEPAS

From the editor’s pen…..

It is of immense pleasure for me to be provided with the privilege of launching the newsletter of Nepal Pediatric Society. I aim to give my best for this effort and hope that it shall be of substantive value to all the readers. I look forward to the readers’ feedback so that it shall improve with time. Though a small step, I presume it shall definitely go a long way in the field of Paediatrics. Thank you all for the support. And Happy New Year 2013 to all.

Dr. Bikash Shrestha
Editor NEPAS Newsletter

The official newsletter of Nepal Pediatric Society has been launched with the innovative scheme to bring together all the members of the society, including the paediatric residents. It has been planned to be a conjoined effort of all the members and be published three monthly. It is hoped to be a bridge between all the members, along with a forum for exchange of ideas, as well as an opportunity for the creativity of the members. It also aims to provide relevant literature update as well as academic forum for the members. It will also be an official link to the Journal of Nepal Paediatric Society. It shall be modified according to time with feedback from the members, so that it will be of utmost advantage to all. Thank you.

Quote of the issue- The art of medicine consists in amusing the patient while nature cures the disease. - Voltaire
The Nepal Paediatric Society was established in 1981 as a non-profitable organization initiated as symbiotic efforts of all the pediatricians who were determined for the betterment of the health of children in Nepal. Since the last three decades, it has gone beyond and left behind a glorious past in the field of child health and development. The contribution of the society has been well appreciated in all the realms of child health, including immunization, respiratory tract infections, malnutrition, diarrhea and other common paediatric ailments. It has also provided expert opinion and recommendations to the government in all health policies which involved health of children. It has also been credited with the irreplaceable support and expertise to all agencies which are involved in the field of child health, especially, WHO, UNICEF, USAID etc. It has been a cornerstone for the direct involvement of child health care with its provision of child health clinic in various parts of the country. The society has always and shall always strive toward the betterment of the children for a better tomorrow.

The past Presidents of NEPAS

Dr. Yogendra Bhakta Shrestha (1981-1984)
Dr. Badri R. Pande (1984-1986)
Dr. Hemang Dixit (1986-1988)
Dr. Manindra R. Baral (1988-1992)
Late Dr. Krishna Dhoj Khand (1992-1994)
Dr. Dharma S. Manandhar (1994-1996)
Dr. Prakash S. Shrestha (1996-1998)
Dr. Achyut M. Acharya (1998-2000)
Dr. Pushpa Raj Sharma (2002-2004)
Dr. Uday Raj Upadhyaya (2004-2006)
Dr. Suniti Acharya (2006-2008)
Dr. Rameshwar Man Shrestha (2008-2010)
Dr. Dhan Raj Aryal (2010-2012)
Dr. Jyoti Ratna Dhakwa (2012-....)

Welcome to the new members...

NEPAS would like to welcome all the budding paediatricians of the country who joined the society in 2069 BS

1) Dr. Aruna Bijukchhe: email-arunabij@live.com Mob-9849257236
2) Dr. Ramita Shrestha: email-adhramita@hotmail.com Mob-9841332125
3) Dr. Anand Kumar Jha: email-drnanjudha@gmail.com Mob-9855023945
4) Dr. Shanti Regmi (Chitawan)
5) Dr. Sujay Raj Verma: email-sujayrajerma@yahoo.com Mob-9851134084
6) Dr. K.M. Roma: email-agrawalsandeep34@gmail.com Mob-9848028480
7) Dr. Puja Deo (UK): email-pujadeo105@gmail.com
8) Dr. Sharina Rajbhandari: email-sharina_rajb@hotmail.com Mob-9841554472
9) Dr. Sunil Prashad Khusuwaha: email-drsunilkushwaha@yahoo.com Mob-9857031191
10) Dr. Niraj Acharya: email-drnirajacharya@gmail.com Mob-9858023673
11) Dr. Bikash Shrestha: email-kalmaan@yahoo.com Mob-9841233981

Photograph of the Issue

A lonely boy in Khumjung, Lukla
R E C E N T  E V E N T S

1. Workshop on child abuse and protection was held by NEPAS-UNICEF on April 24-25, 2012.
2. 31st NEPAS day was celebrated on June 16, 2012 by organizing health check up for children at Bal Mandir and update on National tuberculosis Programme.
3. World Breast Feeding Week was celebrated from Aug1-7, 2012.
4. CME on seasonal influenza vaccine was conducted on Sept 22, 2012.
5. World Pneumonia Day 2012 was celebrated by organizing health camp at Khopasi on Nov 10 and talk programme on pneumonia on Nov 12, 2012.
6. The first satellite symposium of the country on update on probiotics was held on Oct 6, 2012.
7. APLS training for the medical personals from Nov 21-24, 2012 in Kanti Children’s Hospital.

F U T U R E  E V E N T S

1. NEPAS is jointly conducting a study on the impact of Hib vaccination in collaboration with Johns Hopkins Hospital, Baltimore, USA.
2. NEPAS is organizing a workshop on immunization in the near future.
3. NEPAS is continuing APLS course conjoined with Kanti Children’s Hospital for the medical personals soon.
4. NEPAS is planning a workshop on child abuse as well as reduction in neonatal deaths.
5. NEPAS is organizing a grand picnic for the members soon.


RECENT LITERATURE FROM NEPAL IN THE WORLD OF PEDIATRICS


NEW REVIEW OVERVIEW


NOONAN SYNDROME

- **Introduction** - A relatively common autosomal dominant disorder with phenotypical features common with Turner syndrome.
- **Incidence** - 1 in 1000-2500 live births
- **Etiology** - Missense mutations in a gene on chromosome 12q24.1
- **Features** - Short stature/large head/triangular facies
  - Cervical spine fusion/scoliosis/pectus carinatum/pectus excavatum
  - Excess skin on the back of neck/short neck/webbed neck
  - High hairline at forehead/low set ears/backward rotated ears
  - Hypertelorism/epicanthic folds/refractive errors
  - Pulmonary valve stenosis/ASD/VSD cardiomyopathy
  - Renal anomalies/cryptorchidism
  - Mental retardation/learning disabilities/hypotonia
  - Joint contractures or hyperextensibility
- **Differential diagnosis** - Turner syndrome/fetal alcohol syndrome/fetal hydantoin syndrome
- **Investigation** -

- **Prognosis** - Relatively normal life span, depending upon the involved cardiac lesions

KNOW YOUR TERM

ENCEPHALOPATHY AND ENCEPHALITIS

Encephalopathy describes a diffuse disorder of the brain which is characterized by any two of the following three criteria:
- a) Altered state of consciousness
- b) Altered cognition or personality
- c) Seizures

Encephalitis is an encephalopathy accompanied by CSF pleocytosis.

APPROACH OF THE ISSUE

APPROACH TO A CHILD PRESENTING WITH ACUTE CHEST PAIN

NEPAS Activities 2012

World Pneumonia Day camp at Khopasi

World Breastfeeding Week

Workshop on child abuse with UNICEF

NEPAS day 2012-Health camp at Bal Mandir, Kathmandu

NEPAS in International Field

International Rotavirus symposium in Bangkok-2012

Asia Pasific Congress of Paediatrics in Kuching, Malaysia-2012

NOTICE

NEPAS newsletter is inviting members to be a part of the editorial board for the newsletter. Those interested are requested to contact the editor.

CONTACT US

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