Dear Members,

The third issue of the Newsletter is out. We have been able to keep the Society busy. We were able to organize events to celebrate the World Immunization Week, Health Camp organized at the Samudayak Swastha Kendra, Nagbahal was greatly appreciated by the locals and we had a very fruitful interaction on immunization with the parents. The talk programme in the evening at the Shangrila Hotel with Prof. A.K. Dutta as one of the prominent speakers was also well attended. Issues discussed prepare us for future events in Polio Eradication and keep us more vigilant for tackling adverse events following immunization. But most heartening is being able to hold the First Annual Scientific Meeting. Despite the bad weather and lousy muddy potholed road we had maximum attendance. The members appreciated the topics of the scientific sessions and took active role in the discussions. Suggestions have come for continuity of the event and the need to focus on development of Paediatric sub-specialty, spending more efforts to share our knowledge and skills and for the talented young to come forward with their work; I would like to take this opportunity to thank Dr. Binod Man Shrestha and his team for the excellent work, Dr. Bikash Shrestha for coming out with supplementary issue of NEPAS Newsletter (Printed copy of which has come out with special effort of Dr. Arun Neupane supported by National Health Labs). I would like to thank the event sponsors Sanofi Pasteur, Pfizer and Life Support group and all the Society members for bracing the bad weather and staying with us the whole day. My apologies for the difficulties incurred.

The newsletter also will continue but we need more articles by our members. Inform us of any personal achievements, major events you have attended or will attend, or any thoughts and ideas you may have for improving the newsletter and sustaining it. Also your suggestions for NEPAS activities will be appreciated specially as we are preparing to hold the next NEPAS in a big way next year. Why not drop a line to the editor?

Thank you.

Dr. Jyoti Ratna Dhakhwa
President, NEPAS

WELCOME TO NEW MEMBERS

1. Dr. Ram Chandra Bastola  9856025224  dr_ramchandra@hotmail.com
2. Dr. Ayush Khanal  9851115877  aayush_khanal@yahoo.com
3. Dr. Daman Raj Paudel  9851135861  poudeldamanraj@hotmail.com
4. Dr. Pramod Shrestha  9805316215  shresthapramod@gmail.com
5. Dr. Subodh Sharma  
6. Dr. Arun Giri  

Quote of the issue—Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship—Buddha
I would like to share my two most memorable contributions in improving newborn care in Nepal.

1. Developing locally made low cost equipment:
Keeping a baby warm is one of the basic requirements in newborn care. It becomes a prime concern in winter months and for the care of low birth weight babies (LBW). Incubators are generally used for keeping babies warm particularly in the care of LBW babies. While working as a Consultant Neonatologist at Prasuti Griha Kathmandu (The Maternity Hospital at Thapathali), about 20 years ago, I felt the need for developing simple low cost locally made equipment for keeping baby warm during resuscitation as well as in the post natal period in the neonatal ward. Although there were some incubators in the special care baby unit of Prasuti Griha, many of them were not in working conditions due to lack of spare parts and skilled maintenance technicians. It was difficult to manage with very few old working incubators, which were received mainly as donations. Neonatal jaundice is a common condition requiring phototherapy units, which had to be imported, and these are also costly when imported. The situation stimulated me to develop low cost locally made equipment, which are easy to operate as well as to maintain.
In collaboration with local carpenters and blacksmiths, DSM Resuscitaire (Fig.1), DSM Warm cot (Fig.2), DSM Phototherapy unit (Fig 3) and DSM Oxygen hood (Fig. 4) were made locally. These were tested in the neonatal ward and were found to be working well. These are now used in many government and private hospitals including medical college hospitals. We in Kathmandu Medical College have been using these equipment since the opening of the neonatal ward in 2000 and we have been able to save many preterm LBW babies including one weighing as low as 850 grams. Usefulness of these equipment have been presented and published.

2. Involvement in research work:
Since 1992, initially as Founding Secretary later as President of Mother and Infant Research Activities (MIRA) – an NGO established to improve maternal and newborn health through research, training, advocacy and service I have been actively engaged in hospital and community based studies. One of the most important studies has been use of women’s groups practicing participatory learning and action to improve maternal and newborn health, which showed a 30% reduction in maternal mortality and a significant reduction in maternal morbidity. A systematic review and meta-analysis of similar studies conducted in Bangladesh, Malawi and India have shown an overall reduction of 37% maternal mortality and 23% reduction of neonatal mortality. MIRA, because of its important research work, which were done mostly in collaboration with UCL Institute of Global Health, now is a well-known research organization both nationally and internationally. We provided 3 day essential newborn care training and 2 day follow up training to the health staff of 10 district hospitals between 1997-2005 in collaboration with Nepal Safer Motherhood Project, and MIRA on its own provided similar training to all the health staff and community health volunteers of two districts–Makwanpur and Dhanusha. I believe those were first such training on newborn care to such a large number of health staff and community based health volunteers in the country. I feel that these training programs must have made an important impact in improving newborn care in these health facilities. It is heartening to receive Outstanding Researcher Award from Nepal Health Research Council in 2003 and highest National Academy Award of Nepal Academy of Science and Technology in 2007 besides Fellowships from the Royal Colleges of UK, Indian Academy of Pediatrics and National Academy of Medical Sciences, Nepal as a recognition of my contribution to Child Health particularly in Newborn Health. I was privileged to be the President of Nepal Pediatric Society (1994-1996) and receive the prestigious Life Time Achievement Award of Nepal Pediatric Society from H.E. Dr. Ram Baran Yadav, the President of Republic of Nepal in 2012.
1. Training Program on "Establishing National Network for Newborn Health in Nepal" was conducted by Department of Paediatrics, Institute of Medicine, in collaboration with Child Health Division, Ministry of Health and World Health Organization on April 2-4, 2013 in Kathmandu, Nepal.

2. National Advocacy meeting for strengthening Infant and Young Child Feeding was organized on April 9, 2013. The programme was conducted by Nepal Breastfeeding Promotion Forum (NEBPROF) and supported by SAFANSI of World Bank and BPNI on April 9, 2013.

3. Paediatric Advanced Life Support Provider Course was conducted in Department of Paediatrics, BPKIHS, in collaboration with American Academy of Paediatrics and Indian Academy of Paediatrics on Apr 11, 2013.

4. World Immunization Week April 20-27, 2013 was conducted with the theme "Protect your world-get vaccinated." - Some highlights of the programme were as follows-
   A) Health Camp jointly organized and supported by NEPAS and Nagbahal Samudayak Health Clinic Family on April 20, 2013 for the local community.
   B) World Immunization Week and NEPAS Immunization Update was organized with the topic "Strengthening Internal Capacity on Immunization" on April 20, 2013 at Shangri-La Hotel, Lazimpat and included guest speaker Professor A. K. Dutta from AIIMS, New Delhi, India

5. CME was conducted on topic “Meditation is medicine” by B.K. Raju Ghale at Kanti Children Hospital on May 28, 2013.

6. IMNCI Referral Protocol Training was organized at Kanti Children's Hospital May 30-June 7, 2013

7. Department of Oncology in BPKMCH, Bharatpur, Chitawan organized a CME on “Paediatrics Hemato-Oncology” on June 7, 2013. The programme included various topics including immunization for cancer children, update of Paediatric Oncology services at BPKMCH, update on AML and nursing role in management of children with cancer.

8. 1st Annual Scientific Meeting of NEPAS 2013, was conducted with the theme “Clinical Experiences in Child Health for Brighter future” on June 15, 2013 at Hotel Park Village, Budhanilkantha, Kathmandu. The programme included keynote address, plenary sessions, symposia on sub-specialities, free paper presentations, immunization sessions and paediatricians all over Nepal actively participated.

1. NEPAS is planning to celebrate “World Breastfeeding Week 2013” in the first week of August.

2. “Paediatric Fundamental Critical Care Support Course” is being organized byDept. Of Paediatrics, Kathmandu Medical College, Sinamangal, KTM in collaboration with Universal Life Saving Effort USA, Organization for Sepsis Children of Nepal on July 9-10, 2013.

3. NEPAS is planning a training on Child Protection in the near future.


RECENT LITERATURE FROM NEPAL IN THE WORLD OF PEDIATRICS


NEW REVIEW OVERVIEW


SYNDROME OF THE ISSUE

PRADER WILLI SYNDROME

- **Introduction**- A rare genetic disorder associated with life threatening obesity.

- **Incidence**- 1 in 10000 live births/commonest genetic cause of obesity

- **Etiology**- Genetic defect with missing genomic material on paternal chromosome 15q11.13 region

- **Features**-
  - **Neonates**- Severe hypotonia/floppiness/head lag/poor feeding
  - **Infants**- Global development delay/short stature/excessive appetite/obesity
  - **Toddler**- Learning disability/pale skin/almond shaped eyes/cryptorchidism
  - **Older children**- Voracious appetite/hypogonadism/learning problems/
    sleep apneas/respiratory problems/behavior problems/diabetes/scoliosis

- **Investigation**-

- **Differential diagnosis**- Myotonic dystrophy/SMA type I/Down’s syndrome

- **Management**- Early diagnosis/genetic counseling/multidisciplinary approach/hormonal therapy

- **Prognosis**- Relatively normal life span if obesity is controlled/complications managed

References-

APPROACH TO A CHILD WITH SHORT STATURE


Dear Editors,

Overflowed gratefulness & congratulations for delivering us a vigorous, colorful & refreshing Newsletter to celebrate NEPAS Day. A periodic sum-up of pediatric events and upcoming activities, is indeed a great idea to keep us updated with activities happening around. Dedicating a column to Pediatric Super-Specialities to highlight the services, activities, progress and ongoing research in various institutions seems to be the need of the hour. A residents’ page for sharing their perceptions and learning experiences would keep us more childlike (the way we are)!!! Finally I would like to send best wishes to the editorial team for the forthcoming issues.

Dr. Aayush Khanal, MD
Teaching Assistant
Department of Pediatrics
Tribhuvan University Teaching Hospital
First annual scientific meeting of NEPAS 2013

World Immunization Week Celebration 2013

CME on Pediatric Hemato-Oncology at BPKMCH

PALS Provider Course at BPKIHS

CONTACT US

Editorial Advisors: Dr. Jyoti Ratna Dhakhwa & Dr. Arun Neopane

Editors— 1) Dr. Bikash Shrestha,
Department of Paediatrics, Nepalese Army Institute of Health Sciences, Shree Birendra Hospital, Chhauni, Kathmandu, Nepal.
Email- kalmaan@yahoo.com Mobile No- 9841233981

2) Dr. Krishna Poudel,
Department of Paediatrics, Kanti Children’s Hospital, Maharajgunj, Kathmandu, Nepal.
Email-kpkalyan@gmail.com Mobile No-9841393287

3) Dr. Mahesh Shrestha,
Department of Paediatrics, Kathmandu Medical College, Sinamangal, Kathmandu, Nepal.
Email-sthamahesh@hotmail.com Mobile No-9841276027

Office-
NEPAS newsletter section, NEPAS office, Kanti Children’s Hospital, Maharajgunj, Kathmandu, Nepal.
Email-nepas2010@gmail.com Tel-01-4412648