NEWSLETTER

CHITWAN MEDICAL COLLEGE

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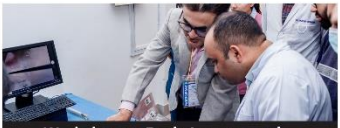

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MESSAGE FROM CHAIRMAN & MANAGING DIRECTOR

At Chitwan Medical College, we strive to encourage excellence, uniqueness, and innovation in all of our students. By providing them with high-quality, evidence-based medical education, the necessary training, and extensive exposure to cutting-edge procedures, we hope to equip our young doctors, nurses, and paramedical staffs with the abilities they need to confidently and competently handle the challenges of an environment that is becoming more competitive. Our educational efforts place a high priority on a person's holistic development. This newsletter, in my opinion, will work as a window through which the full picture of an academic, clinical and extracurricular activities, accomplishments, and advancement reached over the stipulated time can be seen. I am ecstatically happy with the editorial board of this newsletter who deserves my heartfelt appreciation for disseminating the information of our institution in such a pleasant manner. Thank you,

Prof. Dr. Harish Chandra Neupane

CME on Scientific Research Methods

A Continuing Medical Education (CME) for enhancing professional performance was conducted on 10th July 2022 for all the Nursing faculties and MN students of Chitwan Medical College. The resource person for the CME was Prof Raj Kumar Mehta, Professor and HOD of Nursing Research, CMC and Member Secretary of CMC-IRC. The CME highlighted the scientific research methods. A total of 35 faculties and MN students attended the CME.

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Thesis Proposal Development Workshop for MD/MS/MDS/DM/MCh Residents

This 2-day workshop was targeted for Post-graduate (PG) students/residents of different programs studying at Chitwan Medical College (CMC); the theme being "Developing competency for writing a thesis proposal". The workshop was conducted on 2 groups of residents (63 residents divided into 2 groups) on 2 separate weeks; 1st Workshop on July 8 – 9, 2022 and the 2nd Workshop on July 15 - 16, 2022.

The workshop included sessions on different steps of writing a thesis proposal, which is a mandatory academic requirement for the residents such as thesis research topic selection, writing introduction/background, conducting literature review, generating objectives and defining research variables, describing research methodology, developing research tools, ethical considerations etc. The workshop was concluded by the residents (in groups) and interactive discussion with the resource persons on the presentations that they made.

10th Faculty Development Workshop

The 10th Faculty Development Workshop was held in Chitwan Medical College from August 7, 2022 – August 12, 2022, under the theme - "Enhancing Health Professionals' Performance to Upgrade Students' Learning". It was a 6-day Workshop and covered various aspects and thematic areas related to Faculty Development. The highlights of the workshop included Principles of Adult Learning; Communication Skills; Understanding the Curriculum & Preparation of Microcurriculum; Behavioural Objectives; Professional Medical Ethics & Social Responsibility of Health Professionals; Medico – Legal Issues in Health Care Practice; Learning Styles; Teaching Learning Methods; Competency Based Medical Education (CBME); Feedback Skills, Problem Based Learning; Lesson Plan ; Assessment Sessions and Microteaching by the participants. The workshop had 20 participants from Chitwan Medical College and other medical colleges from Nepal.

CME on Medico Legal Issues in Clinical Practice

A Continuing Medical Education (CME) was held on August 9 & 16, 2022 (Bhadra 24 & 31, 2079) for all the post graduate residents of Chitwan Medical College. The resource person for the CME was Dr. Santosh Koirala, Sr. Lecturer & Head, Department of Forensic Medicine & Toxicology, CMC. The CME highlighted the medico legal issues in clinical practice. A total of 89 PG residents attended the CME.

Health Camp Conducted Successfully

Chitwan Medical College conducted Health Camp in association with various wards of Bharatpur Metropolitan to facilitate the health screening services in the community. The doctors, nurses and paramedical staffs of Chitwan Medical College actively participated in the health camp which was coordinated by Mr. Sujan Dahal and provide services in the community level as a theme.

"Health and safety is our Basic Concern"

Basic Emergency Medical Technician Program

Thirty days onsite training of Basic Emergency Medical Technician (BEMT) program was conducted at Chitwan Medical College from 22nd August to 20th September 2022. In total 14 trainees -health workers (10) and senior nurses (4) working in different emergency areas from different hospitals of Nepal participated in the training. The objective of the training was to handle the scene site, recognize the severity of patients, initiation of the resuscitation and transfer patients safely. Eighteen days clinical rotation in department of emergency medicine, department of gynae/obs, triage and dispatch area were also done so that the trainee get exposure with the real clinical cases.

4th QiMET Chitwan International Conference: "Gastroenterology and Hepatology Symposium"

The 4th QiMET Chitwan International Conference was held on September 24, 2022 at Chitwan Medical College under the theme: 'Gastroenterology & Hepatology Symposium". The conference was organized by Chitwan Medical College, Doncaster & Bassetlaw Teaching Hospital (DBTH), UK and QiMET International. The conference had several face to face and virtual presentations from

gastroenterologists, hepatologists and liver transplant physicians from Nepal and the UK. More than 100 participants attended the conference.

Remote Emergency and Primary Care Services in Nepal (REPSIN)

Remote Emergency and Primary Care Services in Nepal (REPSIN) on 25th September 2022, organized a training on 'Trauma Management in Rural Settings'. All the international training registrars of hybrid international emergency medicine (HIEM) programs attended the program.

World Heart Day Celebration

29th September is celebrated as World Heart Day every year. The department of Cardiology of Chitwan Medical College also celebrates this day.

"Let us celebrate World Heart Day by going for heart checkups and promising ourselves to eat healthy and live happy "

HPB Update 2022

An HPB Update was organized by Chitwan Medical College in association with International Hepatopancreatobiliary Association (IHPBA Outreach Program) on October 22, 2022. Several international speakers from the Netherlands, India, Japan and Singapore as well as speakers from Nepal delivered presentations on hepatopancreatobiliary issues. Approximately 30 PG Residents and 20 Consultants from various hospitals of Chitwan participated in the program.

Welcome and Orientation Program for DM/MCh Residents

On 7th November, 2022, a welcome and orientation program for the 2nd batch of DM/MCh residents of Chitwan Medical College was conducted. Prof. Dr. Harish Chandra Neupane welcomed the residents of the DM/MCh program.

The first uptake of DM/MCh program on Chitwan Medical College was on February 2022. Among the private medical college affiliated to TU, CMC is the first medical college to run this program.

Interaction between Faculties and Undergraduate (UG) Students of CMC and NHRC (Nepal Health Research Council)

The interaction sessions between NHRC (Nepal Health Research Council) official (Dr. Pradip Gyanwali, Executive Chief, NHRC) and UG students & faculties were held on November 10 and 11 respectively. The theme of the program was "Overview of NHRC, Health Research Governance in Nepal and Health Research Ethics. The interaction session was attended by 24 basic science faculties and 64 students. The session included a presentation by Dr. Pradip Gyanwali followed by interaction with the faculties and students.

Workshop on Thesis Data Management and Analysis for MD/MS/MDS second year Residents

This was a 1-day workshop aimed at MD/MS/MDS 2nd year Residents of different programs studying at Chitwan Medical College (CMC) with the theme "Developing competency for Thesis Data Management and Basic Statistical Analysis". The workshop was conducted on 2 groups of residents (52 residents divided into 2 groups) on 2 separate weeks; 1st Workshop on November 12, 2022 and the 2nd Workshop on November 26, 2022.

The workshop included sessions (theoretical aspects) of data management and statistical analysis followed by demonstration and practice on provided data sets. The different topics covered included data sheet preparation using SPSS software, descriptive and inferential analysis (Association, Correlation and regression analysis).

Welcome and Orientation Program for Hybrid International Emergency Medicine (HIEM) - 5th Batch and HI-GASTRO - 3rd Batch International Training Registrars

On 15th November, 2022, a welcome and orientation program for the 5th Batch of HIEM trainees and HI-GASTRO 3rd batch was organised at Chitwan Medical College. Hybrid International Emergency Medicine (HIEM) is the first collaborative international Emergency Medicine (EM) training developed in the UK and carried out in Nepal since 2018.

CME on Rational use of Antimicrobials & Rational Antimicrobial Prescription

A Continuing Medical Education (CME) was held on 16th November, 2022 for all the post graduate residents of Chitwan Medical College. The resource persons for the CME were Dr. Gita Paudel (Department of Pharmacology, CMC): Antimicrobials – A Brief Overview and Dr. Basanta Gauli (Critical Care Unit, CMC): Rational Antimicrobial Prescription. The CME highlighted the overview of antimicrobials and the rational antimicrobial prescription. A total of 66 PG residents attended the CME.

Workshop on Basic Laparoscopic Skills & Laparoscopic Hernia Surgery

Chitwan Medical College, in collaboration with Hokkaido University Japan, conducted a two-day workshop from November 22 to 23, 2022 on basic laparoscopic skills & laparoscopic hernia surgery. The faculties included Dr. Yo Kurashima, Dr. Saseem Paudel and Dr. Kotoe Kiriyama from Japan. The highlights of the workshop were didactic lectures, TAPP (Trans Abdominal Pre-Peritoneal Repair) Simulation and live hernia surgery demonstration. A total of 20 post graduate residents participated in TAPP Simulation Workshop while 8 MCH Residents & Junior Consultants participated in live hernia surgery demonstration.

CMC Alumni Meet 2022

On 26th November 2022, CMC alumni meet was conducted with the theme 'Back to where it began; Reminiscences and recollections. CMC alumni was founded by former students of Chitwan Medical College in order to connect the ex-students of CMC for networking, sharing, mentoring and supporting the student.

Helping Babies Breathe

Helping babies breathe Skill Development training for health care providers was jointly organized by Midwifery Society of Nepal, Chitwan Branch and CMC on 4th December 2022.

Awareness /Orientation Program on Cancer

On 15th December 2022, CMC Cancer Institute conducted awareness/ orientation program related to various types of cancers. The program was dedicated to Female Community Health Volunteers (FCHV) of Bharatpur, Metropolitan. The main objective of the program was to provide the information related to cancer and orientation about CMC Cancer Institute for its diagnosis and treatment. The total number of participants were 129. This program also highlighted the importance of Safe Motherhood Program (Aama Surakshya Karyakram) of Chitwan Medical College.

Awareness and Management of Needle Stick Injury in the Health Care Setting

Dental healthcare workers are dealing with patients routinely. Most of the dental instruments are sharp in nature which can cause injury. A small survey conducted revealed shady information regarding the necessity of Hepatitis B vaccination among dental healthcare workers. Hence a CPD program was conducted on 16th December 2022 on "Awareness and management of needle stick injuries in the health care setting". Professor Dr. Anand Amirth Raj coordinated the program. The other resource persons of the program were Dr Basanta Gauli, Dr Anup Poudel and Ms. Kriti Chaudhary. The focus of the program was to bring awareness among dental college students, interns, and faculty about the needle stick injuries, the role of vaccination post needle stick injury, prevention and management of needle

CMC Research Grants 2022/23 Presentation and Evaluation

The research proposal presentations for CMC Research Grants 2022/23 (faculties and students) to the representatives of CMC Research Grant Committee were conducted on December 26, 2022. Assoc. Prof. Deb Prasad Pandey (Adjunct Prof., AFU) was present as an external evaluator, along with Prof. Dr. Gopendra Psd. Deo and Dr. Santosh Timalsina. It included short

presentation and discussion sessions (~ 15 mins) by the shortlisted candidates. A total

of 6 faculties and 15 students presented their research proposals on the day.

CMC CANCER INSTITUTE

Rays Against Cancer

CMC Cancer Institute, Bharatpur-10, Chitwan, Nepal is dedicated to provide Diagnostic (Advance Pathology Lab (IHC & Flow Cytometry) and Therapeutic (Surgical Oncology, Medical Oncology and Radiation Oncology) services. It consists of team committed in treatment of various types of cancers.

OUR FEATURES

A. Linear Accelerator: Varian TrueBeam
   with 6D couch & HyperArc
   1. Stereotactic Radiosurgery (SRS)
      & Stereotactic Body Radiation Therapy (SBRT)
   2. Image Guided Radiation Therapy (IGRT)
   3. Volumatric Modulated Arc Therapy (VMAT)
   4. Intensity Modulated Radiation Therapy (IMRT)
B. Brachytherapy
C. Dedicated CT Simulator

CMC RADIATION ONCOLOGY TEAM

- Radiation Oncologist
- Medical Physicists
- Radiation Therapists
- Specially Trained Nurses

MEDICAL ONCOLOGY

- Cytotoxic Chemotherapy
- Targeted Chemotherapy
- Immuno Therapy

SURGICAL ONCOLOGY

Surgeries for: Brain tumors, Head and Neck Cancer, Lung Cancer, Breast Cancer, Gastrointestinal tumors, Hepatobiliary Cancer, Genitourinary Cancers, Bone & Soft Tissue cancer, Gynaecological Malignancies, Skin Cancers.

HEMATO-ONCOLOGY

- Diagnostic facility: Flow Cytometry
- Facility of Blood Bank
- Treatment of all Blood Cancers

LINAC VARIAN TRUEBEAM

" Dedicated for screening and treatment services of various types of cacners with the state-of-art equipments "

PAIN MANAGEMENT AND PALLIATIVE CARE

SERVICES DEDICATED TO

- Low back pain +/- Radiculopathy, Sciatica, Disc Prolapse
- Neck pain +/- Radiculopathy, Disc prolapse, Spondylosis, Spondylitis
- Knee pain, Shoulder pain, Frozen shoulder, Elbow, wrist pain, Carpal tunnel syndrome, Tennis elbow
- Headache, Migraine, Orofacial pain, Neuralgia (Trigeminal, glossopharyngeal Neuralgia)
- Joint pain, Arthritis (eg: Rheumatoid arthritis) Osteoporosis
- Post herpetic neuralgia, Neuropathic pain/ Nerve related pain (s/s-tingling, numbness, shooting, pricking, burning type pain), Diabetic neuropathy
- Cancer pain
- Chronic pelvic pain, Myofascial pain, Muscle sprain/strain, Tendonitis, Bursitis
- Acute or Chronic pain in any part of body

Pain management and palliative care are medical specialties that focus on reducing pain, discomfort, and stress for patients with serious illness.

PAIN MANAGEMENT TEAM, CHITWAN MEDICAL COLLEGE

DR. ROHIT BALYAN
Pain & Spine Physician
DNB, Fellowship in Pain Management
(FIPM/PDCC - SGPGIMS, Lucknow) CCEPC (Palliative care)

DR. TEJ PRAKASH DAWADI
MBBS, MS, Orthopaedic
[Fellowship in Spine Surgery & Endoscopic Spine Surgery]

DR. BISHNU DEV SHARMA
MBBS,MS, Orthopaedic
[Fellowship in Spine Surgery]

DR. RAKSHYA JOSHI
MD, Obstetrics and Gynaecology
[10+ Years of Experience]

DR. SABITA SHRESTHA
MD, Obstetrics and Gynaecology
[10+ Years of Experience]

PHYSIO. RISHIKESH SHAH
MPT. Musculoskeletal
Specialist Physiotherapist

PHYSIO. DARSHANA SHRESTHA
BPT
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PHYSIO. PRAKASH SHRESTHA
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