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Asst. Prof. Dr. Prakash Joshi
Asst. Prof. Dr. Anshu Jha**Message from Director**

It gives me immense pleasure to write these few words of good wishes for "PEDILITES". I take this opportunity to congratulate all involved, from the Professor and Head of Department to all the editors and contributors. Kanti Children hospital is proud to be part of academic and clinical learning of Department of Pediatrics of NAMS. Starting this sort of academic environment in a government hospital will definitely benefit both the hospital and the needy children. The country has definitely benefitted by the program since it is one of the program in the government system, after Institute of Medicine and BP Koirala Institute of Health Sciences, whose graduates have spread across the country and contributed immensely to child health nationwide. I also take this opportunity to sincerely acknowledge the good work of the founders and designers of the program, which has proved immensely successful in Nepal's government led health system. Periodic publication of such newsletters will foster creativity as well as provide an opportunity for mutual learning.

Message from HoD/MD Pediatrics Program Co-ordinator

It is a privilege to be witnessing the publication of this historic first issue of "PEDILITES", an official E-Newsletter of the Department of Pediatrics of NAMS, located in Kanti Children's Hospital. As they say "Time flies and waits for no man", 15 years have passed by, since the recruitment of the first batch of students, during which time different activities have occurred yet we were unable to document most of the events. However, I feel glad to see most of what has happened in past one year in this historic "PEDILITES". I can also see honest efforts by the editorial team to include events of all faculty members and students who have contributed in making this department a center of excellence for pediatric training. I would like to congratulate all the members of the editorial board for coming out with such an excellent newsletter. I hope this marks the beginning of a series of such a document in future. Who knows, this may also be the beginning of future "Journal of National Institute of Child Health".

Adios

Prof. Dr. Ganesh Kumar Rai and Assoc. Prof. Dr. Kailash Prasad Sah retired this year. We are proud that both of them were our graduates and later excellent faculties. We wish them success in their future endeavors!



NAMS Corner



Prof. Dr. Ajit Rayamajhi has been appointed as Chairman of IRB of NAMS. Asst. Prof. Dr. Nisha Jyoti Shrestha has also been appointed Chairperson of IRB of Kanti Children's Hospital. Prof. Dr. RP Bichha has been appointed member of senate of NAMS. Dr. Kreesna Prasad Paudel and Dr. Bulu Wagle have been re-appointed as Associate Professors. Dr. Prakash Joshi and Dr. Anshu Jha have been newly appointed as Assistant Professors. Dr. Ramhari Chapagain has been promoted to Associate Professor. We would like to congratulate all of them for their achievements.

Grateful to NAMS

We express utmost gratitude to NAMS, Bir Hospital for providing 48 lockers to our Residents and faculties at Kanti

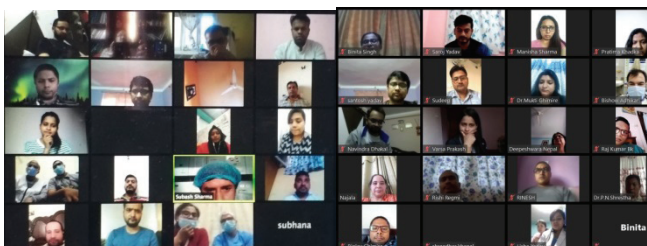
Good News

We are proud to announce that our Department will soon begin Doctorate in Medicine (DM) in Pediatric Neurology and DM in Neonatology starting from this academic session. We would like to congratulate all the faculties. We are also delighted to announce that Kanti Children's Hospital has been declared as National Institute of Child Health by the Ministry of Health.

Faculty Corner

Where there is a will there is a way

Like all other departments of NAMS, we have also been adversely affected by Covid-19 pandemic. However, we have been able to conduct our regular topic presentations and clinical classes via "zoom" during Covid-19 pandemic and lockdown. It has provided some solace to otherwise nervous moments.



ANPLS and Research Methodology training



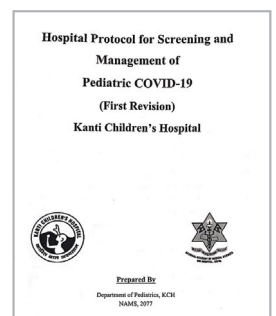
Research Methodology training for 150 first year Residents of all MD, MS and MDS programs of NAMS was conducted from July 1-4, 2020. Two Advanced Neonatal and Pediatrics Life Support Trainings for MD students of Pediatrics, Anesthesia, General Practice and Msc Nursing were also conducted from July 5-10, 2020. We would like to congratulate all the faculty involved in the training!

Children's Hospital. This has been very helpful for everyone to keep their precious belongings at work.



Managing SARS-CoV-2 Challenges

Developing a pediatric protocol for SARS-CoV-2 was a nightmare initially. It was mainly because very less was known about the illness. However, since most of the difficult pediatric cases were being referred to our hospital from all over the country, it seemed necessary. Hence, the Department of Pediatrics of NAMS, came up with its own "Protocol for management of SARS-CoV-2 in pediatric population". This was a herculean undertaking by Assit. Prof. Dr. Nisha Jyoti Shrestha who was closely supported by Assit. Prof. Dr. Prakash Joshi and Assoc. Prof. Dr. Bina Prajapati Manandhar and the group led by HOD Prof. Dr. Ajit Rayamajhi. Currently, the group is working on its 2nd edition which will include a separate section for oncology, neonatology, PICU and Pediatric surgery.



Another feather in the cap

The Royal College of Pediatrics and Child Health, London, United Kingdom in collaboration with Kanti Children's Hospital and Grande International Hospital has begun, for the first time, MRCPCH clinical examination in Kathmandu, Nepal. A mock examination was conducted in October, 2019. However, the first real MRCPCH clinical examination scheduled to be conducted on April 10 & 11, 2020 has been postponed because of COVID 19 pandemic. We would like to congratulate Prof. Dr. Ajit Rayamajhi and Prof. Dr. Kalpana Upadhyay Subedi for being appointed as examiners for the MRCPCH clinical exams. We would also like to congratulate Prof. Dr. Ajit Rayamajhi for being awarded Fellowship of the Royal College of Pediatrics and Child Health (FRCPCH) of the United Kingdom.



Obituary

With utmost sadness and grief we mourn the untimely demise of one of our past faculty member, Late Prof. Dr. Neelam Adhikari, who passed away peacefully at home in the presence of family members. She had attained her MBBS and MD in AIIMS, New Delhi, India and is remembered as an efficient teacher, skillful clinician and disciplined academician who was respected immensely in the pediatric fraternity of Nepal. May her soul rest in eternal peace.



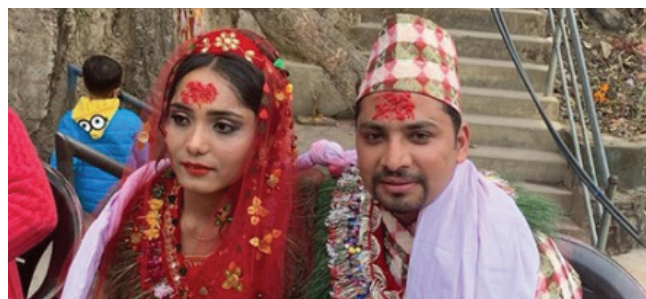
Resident Corner

Congratulations

Congratulations to our 15th MD Pediatrics batch who just graduated. Now that you have learned to spread your wings and fly high as pediatricians- soar with wit, conquer with dignity and heal with care !

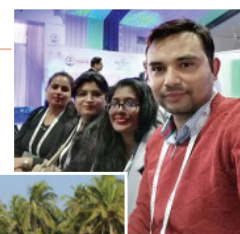


Congratulations Dr. Shreedhar Khanal on your unique and highly inspiring wedding. We wish the new couple a happy conjugal life. Congratulations Dr. Prakriti Bhandari, Dr. Manisha Sharma, Dr. Rinesh Adhikari for their first newborns. We all know happiness cannot be bought at any cost but sometimes happiness is born! Do make the best of your Residency and parenting.



Pedicon – awesome experience for enhancing knowledge

The 15th batch pediatric Residents attended PEDICON 2020, organized by the Indian Academy of Pediatrics in Indore, India from 9th to 12th January, 2020. It gave them a much needed break from regular academic activities for visiting beautiful places and making new friends. They also attended many symposium, discussions, lectures and quizzes on infectious diseases, pulmonology, haemato-oncology, gastroenterology, adolescent medicine, neurology, intensive care and neonatology and braced themselves with advances in the field of pediatrics.



A few steps in Residency could be a beginning of a journey of thousand miles



On instructions of Ministry of Health and Population, Dr. Biplav Ghimire was posted in Mahakali provincial hospital, Mahendranagar and Dr. Sudip Kumar Thakur in Seti Provincial hospital, Dhangadhi for one month, for community level management of SARS-CoV-2, as a part of mandatory community posting. Dr. Ghimire helped establish specialized newborn care unit, conduct orientation programs for doctors



and nurses and re-start immunization services in addition to managing pediatric SARS-CoV-2 cases. Dr. Thakur, worked in pediatric ward, fever clinic, NICU and isolation ward and managed SARS-CoV-2 patients. Both of them are thankful for being provided with the opportunity of a lifetime. Who knows, a few steps in Residency could be a beginning of a journey of thousand miles in the services of the needy for both of them.

Kanti Children's Hospital

Kathmandu Metropolitan City has generously donated a new PCR machine to Kanti Children's Hospital for testing COVID-19 in patients and staff. The hospital has also signed a memorandum of understanding with Nepal Health Research Council, which states, "all child health related research conducted by NHRC for the next five years will be conducted at KCH." The hospital has also accepted and implemented the request by Ministry of Health to make Trishuli Hospital in Trishuli as its satellite hospital. Hence, a pediatrician and surgeon from KCH have begun attending special pediatrics care clinic in Trishuli Hospital once a week. Congratulation to Director Dr. Krishna Prasad Paudel for his initiative.



Thankful to ever scarce PPE donors

SARS-CoV-2 pandemic is considered one of the worst health calamity faced by mankind after the second world war. Hence, all over the world, hospitals have been swamped by ill-fated patients and Kanti Children's Hospital was no exception. To protect front line health workers engaged in the treatment of these patients and to address the ever increasing demand of personal protective equipments, American Nepal Medical Foundation, Arrow Pharmaceuticals, Rotary Club of Patan and Godavari Alumni Association, to name a few, were the fore runners to lend a helping hand and donate PPE. We would

like to thank them and also our faculty members Assoc. Prof. Dr. Bina Prajapati Manadhar and Asst. Prof. Dr. Nisha Jyoti Shrestha for personally donating PPE.



Research and Publication

Researches

1. Prof. Dr. Ajit Rayamajhi: Role of Clinical Criteria and Diagnostic tests in COVID19 Patients in a Tertiary Care Children's Hospital in Nepal (July 2020 onwards)
2. Prof. Dr. Ganesh Rai: Estimating the Cost of Illness for Typhoid Fever in Nepal: A Sub-Study of the Typhoid Vaccine Acceleration Consortium (TyVAC) (August 2019 onwards)

Publications

1. Rayamajhi A, Thapa A, Kumar M, Yen C, Tate JE, Parashar UD, Rayamajhi AK. Preparing for rotavirus vaccine introduction – a retrospective assessment of the epidemiology of intussusception in children below 2 years of age in Nepal. *Vaccine*. 2018 December 14; 36(51): 7836–7840. doi:10.1016/j.vaccine.2017.11.022.
2. Chapagain RH, Agrawal S, Pokharel S, Kayastha M, Bhattarai S, Jha A, Gauchan P, Adhikari S, Giri BR, Sah RK. Clinico-Laboratory Profile, Complications and Therapeutic Outcome of Scrub Typhus in Children. *J Nepal Health Res Counc*. 2020 Sep 8;18(2):282-287. doi: 10.33314/jnhrc.v18i2.2730.PMID: 32969394
3. Giri BR, Chapagain RH, Sharma S, Shrestha S, Ghimire S, Shankar PR. Effect of the 2015 earthquake on pediatric inpatient pattern at a tertiary care hospital in Nepal. *BMC Pediatr*. 2018 Feb 5;18(1):28. doi: 10.1186/s12887-018-1008-z
4. A Basaula, Y., Paudel, R., Chapagain, R. (2019). A Five Years Study of Occurrence and Associated Risk Factors for Birth Defects in a Tertiary Care Hospital in Central Nepal. *Journal of Nepal Paediatric Society*, 39(3), 135-141. <https://doi.org/10.3126/jnps.v39i3.28447>
5. Nepal D, Agrawal S, Shrestha S, Rayamajhi A. Morbidity Pattern And Hospital Outcome Of Neonates Admitted In Tertiary Care Hospital, Nepal. *J Nepal Paediatr Soc*.2020;40(2):107-13.

Pediatric Conferences in 2021

NEPAL: XXth Nepalese congress of Paediatrics “NEPCON 2020”

Venue: Hotel Park Village, Kathmandu

Date: April 30 –May 2, 2020

Link: <https://www.nepas.org.np/> (Postponed until further notice due to Covid-19 pandemic)

INDIA: 58th Annual Conference of Indian Academy of Pediatrics “PEDICON”

Venue: Noida, India

Date: Rescheduled from 2021 to 2022

Link: <https://pedicon2021noida.com/> (Rescheduled for the year 2022 due to Covid-19 pandemic)

PAKISTAN: The 17th Asia Pacific Congress of Pediatrics

Venue: Lahore, Pakistan

Date: October 15-17, 2021

Website: www.ppa.org.pk/apcp

SINGAPORE: Royal College of Paediatrics and Child Health Conference Singapore with the 9th Singapore Paediatric & Perinatal Annual Congress

Venue: Singapore

Date: March 6-7, 2021

JAPAN: The 124th Annual Meeting of the Japan Pediatric Society

Venue: Kyoto International Conference Center

Date: April 16-18, 2021

Website: (<https://www.icckyo.or.jp/en/>)

NETHERLAND: European Academy of Pediatrics (EAP) 2021 Congress

Venue: Amsterdam

Date: April 22-25, 2021

NEW ZEALAND: 72nd Annual Scientific Meeting of the Paediatric Society of New Zealand

Venue: Rotarua

Date: November 2-5, 2021

Website: www.paediatrics.org.nz

EGYPT: 12th ISTP of International Society of Tropical Pediatrics

Venue: Intercontinental City Stars Hotel, Cairo

Date: November 23-27, 2021


MALAYSIA: 11th Asia Pacific Paediatric Endocrine Society Biennial Scientific Meeting with the 42nd Annual Conference of the Malaysian Paediatric Association

Venue: Kuala Lumpur Convention Centre, Kuala Lumpur

Date: November 25-28, 2021


Website: jspe.umin.jp/kanren/files/APPE2020.pdf

Jokes Corner

Me: I have many hidden talents 

Friend: Like What ?

Me: I don't know, They're all hidden 

Robert: Boss ! If many girls claim to be Mona then how to identify who is REAL MONA? 

Boss: Very Simple. Give them Piperacilin + Tazobactam.

That will kill all “PSEUDO-MONAS.” 

Photo Gallery

