



Community Health Education and Services by Tele-health (CHEST)

Maharajgunj, Kathmandu, Nepal
Email: chest@hotmail.com Tel: 00977 1 4780500

Report on Digital Health, ICT and health awareness program



1-2 June 2019

Hotel Kaveri INN

Gyaneshwor, Kathmandu, Nepal

- Bhagirath Tiwari



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Program Sponsor: Strategic Partnerships for Nepal (STRAPAL)
Implemented by: Community Health Education Services by Telehealth (CHEST Nepal)
Venue: Hetel Kaveri Inn, Kathmandu, Nepal (<http://www.kaveriinn.com/>)
Dates: 1-2 June 2019
Total Participants: 24
Duration Total: 2 Days



Background



Community Health Education and Services by Tele-health (CHEST)

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Community Health Education Services by Tele-health (CHEST) Nepal is a Social Non-Government Organisation (NGO). It was registered in the calendar year 2009 with the Government in Kathmandu, in the Kathmandu District Office and the Social Welfare Council of Nepal.

Since 2009, CHEST has launched an initiative utilizing information and communication technology for health as a platform for providing other services aimed at overall community development. A real-time telemedicine setup is used to provide consultation services for patients with skin diseases, and the same infrastructure is also used to provide education and other vocational training services to rural communities, as per their needs. After signing a formal memorandum of understanding between CHEST Nepal and the community, implementation of the project is planned. Several coordinators, who assess the needs and co-ordinate the implementation of the program at the community level, are selected among the village members for various aspects of the program; health, education, agriculture and other trainings. CHEST Nepal provides the technical expertise such as dermatological consultation, lectures and interaction with related experts through real-time teleconferencing from the DI Skin Hospital and Research Centre in Kathmandu (DISHARC).

After completing 1st International Conference on eHealth and Tele-Health (ICEHAT) on 1-3 November 2018, International Committee of eHealth and Tele-Health (ICEHAT), with the same conference acronym, has been formed under the umbrella of DISHARC on 2019. As per the idea and guidance from Guidance Councillor Prof. Gunter Burg and under the direct supervision and guidance from Chairman of (DISHARC/ CHEST/ ICEHAT), Prof. Anil Kumar Jha, the training / awareness program was organized by CHEST Nepal . The training was conducted at the Kaveri Inn, Kathmandu and the whole session lasted for two days, i.e. 1-2 June 2019.

In this programme, community health services initiatives, health care management and awareness, paediatric health , dental and oral hygiene as well as ICT training and awareness were discussed in detail as per the requirements of the community people. Pre-test and post-test of the program followed by interview with the participants was carried out during the period.

Trainers, participants and programme details has been provided into the annexes of this report.

Participant Details

A total of 24 participants took part in the training cum awareness programme. The delegates who participated in the programme were from the communities where CHEST Nepal works, namely, Gerkhutar, Nuwakot; Babhangama, Janakpur; and Mudikuwa, Parbat districts of Nepal. In each station total of six participants were selected. Out of six, two were community executives, other two were teachers and remaining two were students. In addition to that one participant from Lamjung community hospital and five popular community mobilizers nominated by chairman were selected for the broader dissemination of the initiative. Participant details will be presented in the annex of this report.



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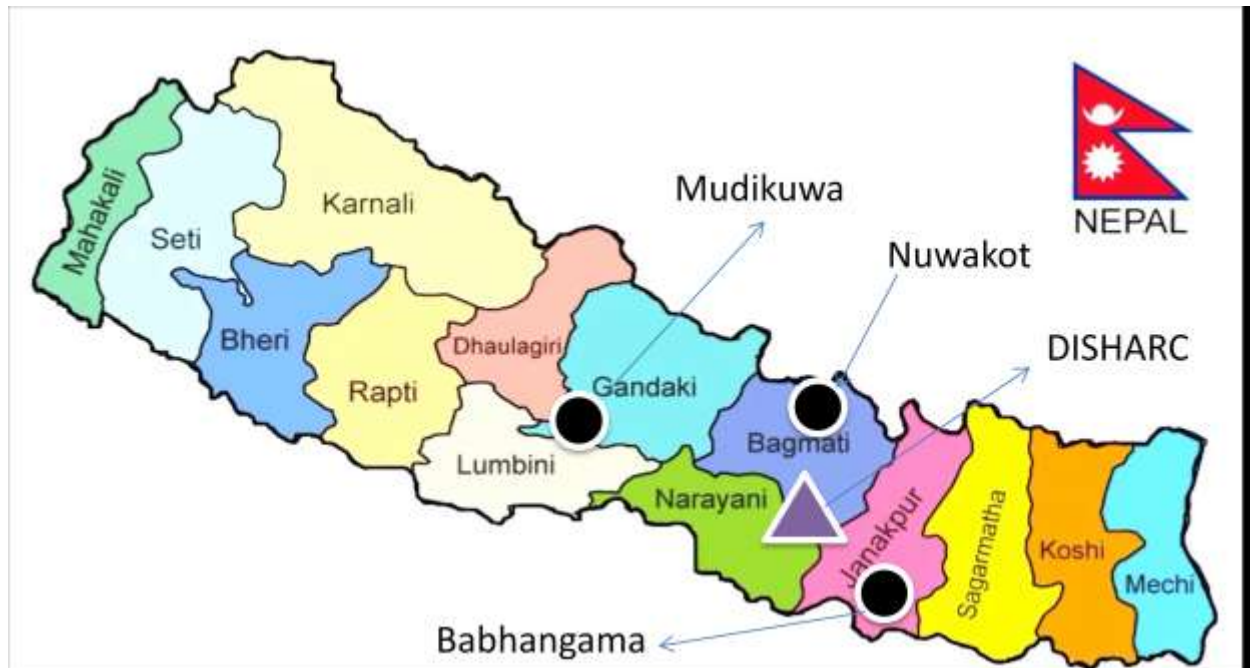


Fig: Participant locations across Nepal

Time Schedule

The two day training/ awareness program was conducted on two on-consecutive days; based on the availability of the community people and the CHEST team. This was also important because of the fact that the availability of the Chairman, Medical, Paeditric, Dental , Hospital Director and ICT Specialist including community members. With this the training was conducted on 1st and 2nd of June, 2019. Session startd at 9 am and ended at 7:00 pm on June 1 and started at 8:00 am and ended at 1:30 pm on 2nd June 2019 . Details program schedule is attached in the annex of this report.

Program Objective / Goal



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The main objective behind the training / awareness program was to get the delegates learn the essential ins and outs of the eHealth and Tele-health, Digital Health in broad, from start to end and what's in between. Along with that, the community people, teachers and the students needed to understand what to focus when managing the work of digital health, specially health and ICT related awareness to the community where they belong to . That is, being community members and community trainers (our ambassadors) their needs to be a balanced focus on all aspects of the initiative, from individual team members to the team itself to the task on hand. In addition to that, specific objectives are as follows;

- To provide in-depth training on basic and digital health related issues and health care management in the context of Nepal.
- To provide knowledge on ICT related technical issues to run the initiative, its operation as an ICT focal person.
- The aim of the training was to provide participants with a broad knowledge of the burning issues in ICT that will equip them to be confident and competent and enable them to make knowledge based society in the days to come.

Facilitation Techniques (Methodology)

There were several facilitation techniques used by the trainer which included multimedia presentations, question and answer, brainstorming, group discussions, case study discussions and interview to the participants. The multitude of training methodologies was utilized in order to make sure all the participants get the whole concepts and they practice what they learn, because only listening to the trainers can be forgotten, but what the trainees do by themselves they will never forget.

Scope and Limitation

The training and awareness program aims to provide in-depth knowledge of digital health and ICT awareness to the community people and more opportunities to them. The report outlines the activities and deliverables performed during the training based on the information provided by key informants (Participants). However, it does not include assessment from general people point of view. Neither does the report include overall community people of Nepal apart from Mudikuwa, Gerkhutar and Bavangama community members, teachers and students.

Facilitators



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Chairman of CHEST/DISHARC/ICEHAT, Director of DISHARC, Medical Doctor, Paedric Doctor, Dental Doctor and ICT Professional were directly involved in this program. Director Media and Communication of DISHARC, Administrative Officer, Accounts Officer including BoD and dermatologist of the DISHARC were also indirectly involved in this program. Detailed list of facilitators and support officials are given in the annex of this report.

Beneficiaries

It is learned during the training that one participant will make at least 15 community member aware about the issues. Therefore total number of participants were 24 in number and total number of direct beneficiaries will be $24 \times 15 = 360$. We have not calculated the indirect beneficiaries that will be produced by themselves in the days to come. As the participants are from community executives, teachers and students, the number will be good as per their profession and eagerness to share to the community. Exact number of beneficiaries and impact will be assessed next year.

Activities

The two-day programme was publicly-engineered by MC Michael Chand, Director of Media and Communication, DISHARC. Detailed activities outlined by Mr. Chand is given below in his own words;

A two-day Orientation Training on Digital Health, ICT and Health Awareness Programme was held in Kathmandu on 1st - 2nd June 2018.

The Training was inaugurated by the Chairman of DISHARC, Prof. Dr. Anil Kumar Jha, MD, FRCP (Edin.)

Welcome Address

After the welcome address by Prof. Dr. Jha, the Director of DISHARC, Mr. Rishee Prasad Sapkota, made a head-start with his presentation on the "Introduction of Health Awareness Programme".

Remarks:

Very receptive to all.

Presentation

Prof. Dr. Anil Kumar Jha then began with a video presentation on the "Concept of Digital Health and it's Importance In Nepal".

A raw version of the Corporate Video on DISHARC was also presented by him on the occasion.

Remarks:

The video on Bamangama Tele-Medicine Centre drew everybody's attention. Corporate Video well received, despite its nascent stage.

Presentation



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Dr. Adarsh Kumar Jha in his presentation spoke on the “Basic Assessment Of Health Service. Health Service Arrangement of Nepal and Advancement of eHealth in Global Scenario”.

Remarks:

Exceptionally demonstrative & and the message: “Beware of all prevailing circumstances on health - dos and don’ts”.

The participants were enthusiastic when Dr. Adarsh Kumar Jha dwelt on the point “preventive methods during snake bites”. An extensive discussion centered among the participants on whether it was a best option to look for a shaman or for an immediate health facility in an eventual snake bite.

Presentation

Dr. Sujit Shrestha, in his paper, spoke on the “Overview of Health in Paediatric Population”.

Remarks

This was well received among the audience as it contained valuable information on post-natal care of a child in all circumstances.

Presentation

DISHARC Director, Mr. Rishree Prasad Sapkota did his presentation on the “Management Of Digital Health (eHealth and Tele-Health) Project Through CHEST Nepal”.

Remarks:

Enthusiastic questions from the plenum.

Audience: A must-adopt system for all.

Presentation

Dr. Dharma Pratap Bharkher, Dental Surgeon, touched upon the topic “Awareness on the Oral Health and Dental Hygiene”.

Remarks:

It was an Interactive session with many questions raised on dental hygiene.

Session 2 - 2nd June 2019

Presentation

The second day session began with the ICT Professional, Mr. Bhagirath Tiwari, dealing with the topic on “Technical Aspects Of The Digital Health and Cyber & ICT Awareness In The Context Of Nepal”.

Remarks:

Statutory warning on the infringement of Cyber laws and social media in Nepal. Alarm signal for all. Plenum very thoughtful and vigilant.

Q &A Session



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Thereafter, a question & answer session was held with the community members of the Tele-Medicine & CHEST stations of Bavangama (Dhanusha), Gerkhutar (Nuwakot) & Mudikuwa (Parbat).

Remarks

Organise more training programmes in future!

The Orientation Training period was too short, they said. All were obliged to be together in one spot.

Historical participation

The two-day Orientation Training, not only brought the respectables of the stations together, but also six school juveniles (one boy and one girl each), who actively participated in the Training. All six were interviewed by Michael Chand with encouraging answers recorded at the end. The Training understood them to be the unofficial brand ambassadors, who were entrusted with the sharing of knowledge they all had gained in terms of health care and the careful use of the social media, e. g. Facebook and the stringent cyber rules and regulations being enacted by the Nepal Government soon. They were requested to share ideas on the CHEST activities in their respective areas.

Video Interview

Similarly, one representative each from the participating stations were interviewed on the occasion.

Brief comments and answers:

Unanimous in decision:

“A very informative and useful orientation for all of us! CHEST Nepal & DISHARC deserve our appreciation. However, the duration is too short for such a vast subject to comprehend just in two days” they all said. Video editing is in progress in this regard!

Test of General Knowledge (GK)

A day earlier to the Orientation Training, DISHARC, together with CHEST Nepal, held a written GK test, in order to find out how much knowledge the participants had on the ongoing training topics. The test on the same was held again on the day after the Orientation Programme was over, in order to determine their intensified knowledge on the training programme.

Closing of the programme



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The closing remarks were delivered by Prof. Dr. Anil Kumar Jha. He extended thanks and gratitude to all the participants, organising team, STRAPAL and Prof. Guenter Burg, followed later by the distribution of certificates.

CHEST-sponsored skill imparting training centers located at Bamangama, Dhanusha, Gerkhutar, Nuwakot, & Mudikuwa attended the Orientation Training. Pre-Test and Post-Test including interview of the key participants were also taken during the training. Outcome of the same will be made available in due course of time.

Conclusion

The training program was conducted successfully and all the participants took active part in all the two days of the training. The results from the pre-test and the post-test show that there were concepts and topics which the delegates didn't know about before the training and after the training they could explain the topics. We are very clear that the work of the delegates be monitored and any improvements will be followed-up. CHEST will monitor the impact and share with all concerned in the days to come.



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Annex A (program Schedule)

Digital Health, ICT and health awareness program 1-2 June 2019

Program Schedule

31-May-19, Friday	Participants arrive in the hotel		up to 7 pm
1-June-19, Saturday	Welcome speech by Chairman	Prof. Dr. Anil Kumar Jha	9:00 -9:05 am
	Introduction of Health Awareness Program	Rishee P. Sapkota	9:05 -09:15 am
	Concept of Digital Health and it's importance in Nepal	Prof. Dr. Anil Kumar Jha	9:15 – 11:15 am
	Tea break		11:15 – 11:30 am
	Basic assessment of health status, Health Service arrangement of Nepal and advancement of e-Health in global scenario	Dr. Adarsh Kumar Jha	11:30 – 12:30 am
	Lunch break		12:30 - 1:30 pm
	Overview of Health in Paediatric population (including paediatric health awareness and question and answer session)	Dr. Sujit Shrestha	1:30 – 3:00 pm
	Tea break		3:00 – 3:30 pm
	Management of Digital Health (E-health and Tele-Health) Project through CHEST Nepal/DISHARC in Nepal	Mr. Rishee P. Sapkota	3:30 - 4:30 pm
	Awareness on the oral health and dental hygiene	Dr. Dharma Pratap Bharkher	4:30 – 5:00 pm
	Wrap - up for the day		5:00 pm
	Evening reception (Dinner and get together with participants and trainer)		7:00 pm onwards
2-June-19, Sunday	Technical aspects of the digital health and Cyber & ICT awareness in the context of Nepal	Mr. B. Tiwari	9:15 - 11:15 am
	Tea break		11:15 - 11:30 am
	Question and answer with community members and way forward	CHEST team	11:30 - 12:00 pm
	Closing remarks and certificate distribution	Prof. Dr. Anil Kumar Jha	12:00 – 12:30 pm
	Lunch break and participant can go after the lunch		12:30 onwards



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Annex B (List of Trainers, officials and participants)



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Date: 1st June, 2019

Digital Health, ICT and health awareness program 1-2 June 2019

Attendance

S.No	Name	Address	Email Address	Contact Number	Signature	Remarks
1	Prof. Dr. Anil Kumar Jha	Kathmandu-3	anilkjha@hotmail.com	9851032654		
2	Mr. Rishee Prasad Sapkota	Kathmandu	risheesapkota@yahoo.com	9841511255		
3	Dr. Bijay Shrestha	KTM	bijayshrestha@hotmail.com	9841-221301		
4	Mr. Bhagirath Tiwari	Kathmandu	bhagirathtiwari@yahoo.com	987193688		
5	Mr. Michael Chand	Kathmandu	michaelchand@gmail.com	9854372799		
6	Dr. Sujit Shrestha	Kathmandu	sujitshrestha@gmail.com	9841543205		
7	Dr. Dharma Pratap Bharkher	KTM	dprathapbharkher@gmail.com	9868209233		
8	Dr. Adarsha Kumar Jha	Kathmandu-3, KCM	adarshajha@gmail.com	984944088		
9	Mr. Rupesh Manandhar	Muz - 03	manandharupesh@gmail.com	9851174609		
10	Mr. Niranjan Kumar Sah	Kathmandu	Sahniranjan1998@gmail.com	9807632031		
11	Mr. Sagar Raj Dulal	Kathmandu	Adalaksagarra@gmail.com	9843088681		

S.No	Name	Address	Email Address	Contact Number	Signature
12	Bichnu Kumar Pokharel	Bansbari-3	bichnu.pokharel@gmail.com	9851024830	
13	Laxman Raj Baral				



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Participants



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Attendance

S.No	Name	Address	Occupation	Email Address	Contact Number	Signature	Remarks
1	Mr. Binod Thakur	JNK - 2A	Social worker	—	9844052970		-
2	Mr. Umesh Yadav	JNK-25	politician	—	9844113805		2
3	Mr. Md. Kamraddin	JNK-25	social work	M.Kamraddin 411@gmail.com	9843308586		
4	Mr. Danbir Jha	Junk-25	Social/Work	—	9845327946		
5	Mr. Bijay Kumar Mandal	Phalabas, Mani	—	—	9845327946		
6	Mr. Dayakanta Jha	Swakshya school Balkharka, Mani	Teaching	dayakant15@gmail.com	9815833023		
7	Mr. Laxman Mandal	Swakshya S- Kumbhantaarjha	Student	—	9845840205		
8	Mr. Basanta Kumar Karn	JNK-25 Bunaga-22	Tele-Health work	—	9804886094		
9	Mr. Him Bahadur Poudel	Phalabas, Mani 4. Rungali	School/Principals/ST	himbahadur11@gmail.com	9842630409 5105		
10	Mr. Narayan Sharma Sapkota	11	Reading/ST	—	9847626490		
11	Mr. Tarantath Sapkota	Phalabas, Mani	Agriculture	tarantath1@gmail.com	9845263103		
12	Mr. Ganesh Tiwari	Phalabas, Mani Pagey-4	student	—	9860383052		
13	Miss Sushma Sunar	Phalabas, Mani Pagey-4	student	—	9847756235		

S.No	Name	Address	Occupation	Email Address	Contact Number	Signature	Remarks
14	Mrs. Chandri Giri	Birhat, Phalabas 3. Chankarpan	Teaching	chandrigiri1933@gmail.com	9847622871		
15	Mr. Ram Prasad Pyakurel	Nuwakot Garkharka	T. Health worker	ramprasadpyakurel@yahoo.com	9843020899		
16	Mr. Bishesh Bahadur Pandey	Bidara 10 Garkharka	Teaching	bbpandey12@gmail.com	9841548836		
17	Mr. Shyam Bahadur Bhandari	Bidara, Nuwakot	Teacher	shyam.bhandari1@gmail.com	98411548913		
18	Mr. Ram Chandra Pandey	—	—	—	—	—	
19	Miss Rojina Adhikary	Bidara Nuwakot	student	—	9849734362		
20	Mr. Rajan Gautam	—	student	—	9803550634		
21	Mr. Indra Prasad Sapkota	Birhat Mani	Teacher	indraprasad@gmail.com	984924195		
22	Mr. Yakub Guring	Lamjung	MS. & S	yakubguring1994@gmail.com	9849751247		
23	Mr. Shambhu Prasad Shrestha	Saur, Phalabas	Teaching	—	9845115583		
24	Ms. Sakshi Karn	Birhat Mani	Student	—	9804886094		



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Trainers and Officials 2nd June 2019



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Date: 2nd June, 2019

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Attendance

S.No	Name	Address	Email Address	Contact Number	Signature	Remarks
1	Prof. Dr. Anil Kumar Jha	Kathmandu	dranil.jha@hotmail.com	9851032694		
2	Mr. Nishu Prasad Sapkota	Maharajgunj	nishuprasad@hotmail.com	9841511758		
3	Dr. Bijay Shrestha					
4	Mr. Bhagirath Tiwari	Katipar	rajatman@yahoo.com	9871192685		
5	Mr. Michael Chand	DISHALI	michaelchand@gmail.com	9851072798		
6	Dr. Sujit Shrestha					
7	Dr. Dhruva Pratap Bharkher					
8	Dr. Adarsha Kumar Jha					
9	Mr. Rupesh Manandhar	Khy	rupeshmanandhar@gmail.com	985174608		
10	Mr. Niranjan Kumar Sah					
11	Mr. Sagar Raj Dulal	Maharajgunj	sagarrajdulal@gmail.com	984508081		



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Attendance

S.No	Name	Address	Occupation	Email Address	Contact Number	Signature	Remarks
1.	Mr Binod Thakur						
2.	Mr Umesh Yadav	Suk-05 Bakhangama	ward-05 Committee		9844110885		
3.	Mr. Md. Kamruddin	Suk-05 Bakhangama	Social work	AKKamruddin11 @gmail.com	9844550852		
4.	Mr. Dhanir Jha	Bakhangama Chha-05	Social		9804533746		
5.	Mr. Bijay Kumar Mandal	" "	Social		980780048		
6.	Mr. Dayakanta Jha	Bakhangama School	Teacher	dayakantajha15@jha.com	9815891023		
7.	Mr. Laxman Mandal	Bakhangama School	Student		982084205		
8.	Mr. Basanta Kumar Karn	Bakhangama - 05	TECHNICAL WORK		9804880074		
9.	Mr. Him Bahadur Poudel	Phulchowki Municipality	Programmer Regulator	himbahadurpoudel @gmail.com	985263108		
10.	Mr. Narayan Sharma Sapkota	Mudikavasi ward-10			9847626198		
11.	Mr. Tarunath Sapkota	Phulchowki Municipality - 4	forming	tarunath@yaha.com	985763095		
12.	Mr. Ganesh Triwari	Phulchowki Municipality - 4	student		9863819520		
13.	Miss Sushma Sunar	Phulchowki Municipality - 4	student		9847756235		

S.No	Name	Address	Occupation	Email Address	Contact Number	Signature	Remarks
14.	Mr. Chandra Giri	Phulchowki Bardham	Teaching	chandragiri221@gmail.com	984622274		
15.	Mr. Ram Prasad Pyakurel	Phulchowki Municipality	T. center Public health	ramprasadpyakurel@yaha.com	9845009893		
16.	Mr. Bishesh Bahadur Pandey	Bardham-10 Contributor	Teacher	bisheshb@yaha.com	984598836		
17.	Mr. Shyam Bahadur Bhandari	Bardham-9	Teacher	shyambhandari100@gmail.com	9841548713		
18.	Mr. Ram Chandra Pandey						
19.	Miss Rajina Adhikary	Bardham-06 Contributor	student		9845704362		
20.	Mr. Rajan Gautam	Bardham-10 Contributor	student		9803550891		
21.	Mr. Indra Prasad Sapkota	Phulchowki Municipality	Teaching	indraprasad@yaha.com	9847029155		
22.	Mr. Yakub Gurung	Lamjung	Health	yakubgurung@yaha.com	9843351247		
23.	Mr. Shambhu Prasad Shrestha	Chha-05 Rautahat	Teaching		9845115583		
24.	Ms. Sakshi Karn	Phulchowki Municipality - 05	Student		981218208		
25.	Bijaya Poudel	Midlandham, Kathmandu	Student	bijayapoudel199@gmail.com	987623920		



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Some pictures of the program

