

Non-communicable Diseases in Nepal Research Roundup

Making non-communicable diseases a national priority

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Non-communicable Diseases in Nepal-Research Roundup

April 2023



Publications

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TABLE OF CONTENTS

TABLE OF CONTENTS.....	1
<i>Roundup Summary.....</i>	<i>2</i>
<i>Satisfaction on Pain Management among Cancer Patient in Selected Cancer Care Center Bhaktapur Nepal</i>	<i>2</i>
<i>Stroke among Patients Admitted to a Tertiary Care Centre: A Descriptive Cross-sectional Study.....</i>	<i>2</i>
<i>Hypothyroidism among Type 2 Diabetic Patients Visiting Outpatient Department of Internal Medicine of a Tertiary Care Centre: A Descriptive Cross-sectional Study</i>	<i>3</i>
<i>Anxiety among Faculty Members of Academic Institutions of a Metropolitan City: A Descriptive Cross-sectional Study</i>	<i>3</i>
<i>Diabetic Retinopathy among Patients with Prediabetes Attending the Outpatient Department of Ophthalmology in a Tertiary Eye Care Centre: A Descriptive Cross-sectional Study</i>	<i>3</i>
<i>Metabolic Syndrome among Stable Chronic Obstructive Pulmonary Disease Patients Visiting Outpatient Department of a Tertiary care centre: A Descriptive Cross-sectional Study</i>	<i>4</i>
<i>Social and mental health impact of COVID-19 pandemic among health professionals of Gandaki Province, Nepal: A mixed method study.....</i>	<i>4</i>
<i>Post-traumatic stress disorder among individuals with traumatic spinal cord injury in Nepal: a cross-sectional study.....</i>	<i>4</i>
<i>Assessment of Cardiovascular Disease Risk in Females with Subclinical Hypothyroidism</i>	<i>5</i>
<i>Depression, anxiety and stress among undergraduate health sciences students during COVID-19 pandemic in a low resource setting: a cross-sectional survey from Nepal</i>	<i>5</i>
<i>Awareness of Cardiovascular Health among Adults Residing in a Municipality in Kathmandu District, Nepal</i>	<i>6</i>
<i>Tele-stroke services in rural areas of Nepal: a dire need.....</i>	<i>6</i>
<i>Health-Related Knowledge Attitude Practice and Quality of Life Among Diabetic Hypertensive Patients in Eastern Nepal.....</i>	<i>6</i>
<i>Assessment of the level of knowledge about diabetes mellitus among diabetic patients: A cross-sectional study from Nepal</i>	<i>7</i>

Roundup Summary

In April 2023, a scoping review of the literature on non-communicable diseases and mental health in Nepal yielded 14 articles. Most of the studies were cross-sectional in design and focused on the topics of cardiovascular diseases, hypertension, cancer, mental health, and diabetes.

Satisfaction on Pain Management among Cancer Patient in Selected Cancer Care Center Bhaktapur Nepal

DOI: <http://ijmscr.org/index.php/ijmscrs/article/view/696/565>

Context: Pain is the most common symptom in cancer patients and its intensity increases as the disease advances.

Methodology: A descriptive cross-sectional study was conducted among 158 cancer patients in Bhaktapur Cancer Hospital, Nepal. American Pain Society Patient Outcome Questionnaire (APS-POQ) was used to collect the data.

Key message: Among the participants, 94.9% were satisfied with the nurse's response regarding pain management. Cancer patients with mild and moderate pain were more satisfied than those with severe pain. A significant inverse relationship was found between waiting time for pain medication and patient satisfaction.

Stroke among Patients Admitted to a Tertiary Care Centre: A Descriptive Cross-sectional Study

DOI: <https://jnma.com.np/jnma/index.php/jnma/article/view/8075/4582>

Context: Stroke is one of the most common causes of mortality and the leading cause of morbidity in the world.

Methodology: A descriptive cross-sectional study was conducted in the Chitwan Medical College Teaching Hospital (CMCTH), Nepal. A total of 5,034 patients having a clinical and computed tomography (CT) confirmed diagnosis of stroke were included in the study.

Key message: Among the total patients, 149 (2.95%) had stroke. Hypertension (71.14%) was the most common underlying condition among stroke patients. Also, the mean hospital stay among patients was found to be 6.3 ± 5.18 days.

Hypothyroidism among Type 2 Diabetic Patients Visiting Outpatient Department of Internal Medicine of a Tertiary Care Centre: A Descriptive Cross-sectional Study

DOI: <https://jnma.com.np/jnma/index.php/jnma/article/view/8130/4558>

Context: Diabetes-thyroid relationship is said to be bidirectional.

Methodology: A descriptive cross-sectional study was conducted among 384 type 2 diabetic patients at Kathmandu Medical College and Teaching Hospital, Nepal.

Key message: The prevalence of hypothyroidism was found in 127 (33.07%) of diabetic patients.

Anxiety among Faculty Members of Academic Institutions of a Metropolitan City: A Descriptive Cross-sectional Study

DOI: <https://jnma.com.np/jnma/index.php/jnma/article/view/8133/4561>

Context: Academic professionals have a stressful job and working environment however, a very few studies have been conducted to assess mental health among academic professionals working in educational institutions.

Methodology: A descriptive cross-sectional study was conducted among a total of 416 university faculties working in academic institutions of Pokhara metropolitan city, Nepal. Beck Anxiety Inventory (BAI) was used to assess the level of anxiety.

Key message: This study found that among the total participants, the prevalence of anxiety was found among 111 (26.68%) academic faculties. Among them, 85 (76.58%) were mild, 13 (11.71%) were moderate, and 13 (11.71%) were of severe type.

Diabetic Retinopathy among Patients with Prediabetes Attending the Outpatient Department of Ophthalmology in a Tertiary Eye Care Centre: A Descriptive Cross-sectional Study

DOI: <https://jnma.com.np/jnma/index.php/jnma/article/view/8118/4576>

Context: Early detection of retinopathy in prediabetes will be a more secure strategy to prevent vision loss.

Methodology: This was a descriptive cross-sectional study conducted among 141 patients with prediabetes attending an ophthalmic center in Bhaktapur, Nepal.

Key message: Among 141 patients with prediabetes, diabetic retinopathy was found in 8 (5.67%). Also, it was found that all the patients with retinopathy were obese.

Metabolic Syndrome among Stable Chronic Obstructive Pulmonary Disease Patients Visiting Outpatient Department of a Tertiary care centre: A Descriptive Cross-sectional Study

DOI: <https://jnma.com.np/jnma/index.php/jnma/article/view/7719/4577>

Context: COPD has been associated with a number of extra-pulmonary manifestations like obesity, metabolic syndrome, and osteoporosis.

Methodology: A descriptive cross-sectional study was conducted among a total of 57 stable COPD patients visiting the outpatient clinic of Tribhuvan University Teaching Hospital.

Key message: In this study, the prevalence of metabolic syndrome was found among 22 (38.59%) COPD patients. This study recommended that the screening of metabolic syndrome is necessary and stratification for cardiovascular disease risk is important for timely intervention to prevent and decrease morbidities and mortalities.

Social and mental health impact of COVID-19 pandemic among health professionals of Gandaki Province, Nepal: A mixed method study

DOI: <https://doi.org/10.1371/journal.pone.0283948>

Context: The social impact experienced by health professionals can alter their efficiency and also lead to mental distress.

Methodology: This was a mixed-method study where a cross-sectional online survey was executed among 418 health professionals followed by in-depth interviews with 14 health professionals from Gandaki Province, Nepal.

Key message: The prevalence of depression among health professionals was found to be 39.0%. Being a female, job dissatisfaction, COVID-19 impact on family relations, COVID-19 impact on relationship with friends and relatives, etc. were found as independent predictors of depression.

Post-traumatic stress disorder among individuals with traumatic spinal cord injury in Nepal: a cross-sectional study

DOI: <https://doi.org/10.1038/s41394-023-00566-6>

Context: Post-traumatic stress disorder (PTSD) appears to be considerably prevalent among individuals with traumatic spinal cord injury (TSCI) in Nepal.

Methodology: This was a cross-sectional study conducted among 163 Individuals with TSCI of at least one month from trauma and admitted to Spinal Injury Rehabilitation Center (SIRC) and Dhulikhel Hospital, Kavre, Nepal.

Key message: Among 163 patients, the overall prevalence of PTSD was 27%, and the mean PostTraumatic Stress Disorder Checklist (PCL) score was 36 ± 13.9 . Females, individuals from nuclear families, individuals with lower literacy, and individuals from lower castes are significantly vulnerable to developing PTSD.

Assessment of Cardiovascular Disease Risk in Females with Subclinical Hypothyroidism

DOI: <https://doi.org/10.1155/2023/4440275>

Context: Subclinical hypothyroidism (SCH) is a common endocrine disorder prevalent in the Nepalese female population.

Methodology: This was a laboratory-based cross-sectional study was carried out at Manmohan Memorial Teaching Hospital, Kathmandu, Nepal, where 100 females with SCH and 100 euthyroid controls were included.

Key message: The study findings suggest that women with SCH are more likely to get cardiovascular diseases. Hence, timely monitoring of cardiovascular status among females with SCH is crucial.

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Depression, anxiety and stress among undergraduate health sciences students during COVID-19 pandemic in a low resource setting: a cross-sectional survey from Nepal

DOI: [10.1097/MS9.0000000000000517](https://doi.org/10.1097/MS9.0000000000000517)

Context: Students suffer from mental health issues due to delayed academic years and prolong stay at home during lockdown due to the COVID-19 pandemic.

Methodology: A web-based cross-sectional survey was conducted among the 493 health sciences students in Nepal during the early phase of COVID-19 pandemic. Depression, anxiety, and stress were measured using the Depression, Anxiety, Stress Scale-21 (DASS-21).

Key message: Overall, 50.5, 52.5%, and 44.6% of students had symptoms of depression, anxiety, and stress respectively. Participants whose relatives were infected with COVID-19 were

more likely to experience stress symptoms. Similarly, staying in quarantine had higher odds of having depression, and students who had internet facilities had lower odds of having depression.

Awareness of Cardiovascular Health among Adults Residing in a Municipality in Kathmandu District, Nepal

Link: <http://www.jkahs.org.np/jkahs/index.php/jkahs/article/view/766>

Context: Most cardiovascular diseases can be prevented with the modification of behavioral risk factors.

Methodology: A cross-sectional study was carried out among 236 adults residing in Budhanilkantha Municipality of Kathmandu District, Nepal. Semi-structured interview schedule based on the WHO Stepwise approach was used to collect data.

Key message: Among 236 participants, most (85.6%) of the adults had an adequate level of awareness regarding cardiovascular health. Awareness of cardiovascular health was significantly associated with educational level, ethnicity, self-reported morbidities, and family history of morbidities.

Tele-stroke services in rural areas of Nepal: a dire need

Link: <http://www.jkahs.org.np/jkahs/index.php/jkahs/article/view/749>

Context: Numbers of neurologists and stroke centers providing specialist services are not on par with the burden of stroke-related illness in Nepal.

Methodology: Viewpoint

Key message: Stroke care services are below the scarce level and completely devoid in most of the areas of rural Nepal. Telestroke service if properly implemented can act as a modern solution to provide access to such special health care services preventing rural citizens from lifelong disability and dependence.

Health-Related Knowledge Attitude Practice and Quality of Life Among Diabetic Hypertensive Patients in Eastern Nepal

DOI: <https://doi.org/10.51847/KvPxG6nVX5>

Context: Patients' awareness plays an important role among people living with a chronic disease like diabetes for an effective health promotion and disease control program.

Methodology: A cross-sectional study was conducted among 105 patients with co-morbid diabetes and hypertension attending the medicine outpatient department of Damak Municipal Hospital. Quality of life was measured using EuroQoL-5 dimensions (EQ-5D-5L) questionnaire.

Key message: In this study, 49.5% of the patients demonstrated good disease knowledge, however, their attitudes and practices toward the diseases were found to be poor. The KAP score was significantly associated with the patient's age group, gender, and patient education status ($p < 0.05$). This study suggested the need for health educational and interventional programs particularly focusing on chronic diseases such as diabetes and hypertension to people in this area.

Assessment of the level of knowledge about diabetes mellitus among diabetic patients: A cross-sectional study from Nepal

DOI: <https://doi.org/10.12688/f1000research.131307.1>

Context: Patients' knowledge about the disease is fundamental to its treatment and prevention or delaying of complications.

Methodology: A descriptive cross-sectional study using a translated Nepalese version of the revised Michigan Diabetes Knowledge Scale was conducted among randomly selected 360 patients with diabetes mellitus presenting to the outpatient department of Madhyabindu Hospital, Gandaki Province, Nepal.

Key message: It was found that only 27.2% of the patients had good knowledge of diabetes. Age, level of education, occupation, family history of diabetes, duration of the disease, presence of comorbidity, complications, and body mass index (BMI) were significantly associated with knowledge of diabetes mellitus. Based on the findings, it is important that diabetes self-management education and support (DSMES) programs should be implemented.

We thank you all for joining our initiative to promote evidence-informed policymaking and promote public awareness of the non-communicable disease (NCDs) and related issues in Nepal- we are committed to staying up to date with the latest NCD research in Nepal.

This issue covers a summary of scientific publications on NCDs in Nepal for the month of April 2023.

Should you have colleagues who'd like to receive these updates via email (ncdwatchnepal@gmail.com)

Individual summary of the round-up is also available on our social media outlets:

- ⇒ Twitter: <https://twitter.com/NCDWatchNepal>
- ⇒ Facebook: <https://www.facebook.com/NCDWatchNepal>
- ⇒ LinkedIn: <https://www.linkedin.com/company/ncd-watch-nepal>

Please join us and share with relevant colleagues. As always, previous editions of the round-up are available in our archive here at

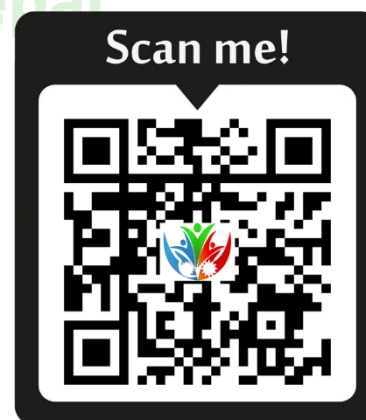
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Publications



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