

Non-communicable Diseases in Nepal-Research Roundup

May 2023



Publications

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Roundup Summary

In May 2023, a scoping review of the literature on non-communicable diseases and mental health in Nepal yielded 17 articles. Most of the studies were cross-sectional in design and focused on the topics of cancer, hypertension, diabetes, cancer, mental health, and chronic kidney disease.

Association between cancer stigma and cervical cancer screening uptake among women of Dhulikhel and Banepa, Nepal

DOI: <https://doi.org/10.1371/journal.pone.0285771>

Context: Cancer stigma can be a major barrier to cervical cancer screening uptake among Nepalese women.

Methodology: This was a cross-sectional study conducted among 426 women aged 30–60 years residing in semi-urban areas of Kavrepalanchok district (Dhulikhel and Banepa), Nepal. A validated Cancer Stigma Scale (CASS) was used to measure cancer stigma.

Key message: In this study, twenty-three percent of women had cancer stigma and 27 percent reported that they had ever been screened for cervical cancer. The odds of being screened was lower among women who had stigma compared to those who had no stigma. The study suggested that de-stigmatizing interventions may alleviate cancer stigma and contribute to higher uptake of cervical cancer screening.

Prevalence and factors associated with depression, anxiety and stress symptoms among construction workers in Nepal

DOI: <https://doi.org/10.1371/journal.pone.0284696>

Context: Construction work is physically demanding and can be risky due to the use of heavy machinery. However, the physical and mental health of construction workers in Nepal is often neglected.

Methodology: A cross-sectional study was done among 402 construction workers in Banepa, and Panauti municipalities of Kavre district, Nepal. The Nepali version of the validated Depression Anxiety and Stress Scale-21 (DASS-21) was used to assess depression, anxiety, and stress symptoms among construction workers.

Key message: The prevalence of depression, anxiety, and stress symptoms among construction workers were 17.1%, 19.2%, and 16.4%, respectively. In multivariate analysis, the depressive symptom was positively associated with poor sleep quality; the stress symptom was positively associated with Brahmin ethnicity and current smoking. This study recommends the development of evidence-based and appropriate community-based mental health prevention programs among laborers and construction workers.

Association between the person-centered maternity care experience and mental health after delivery in urban and rural Dhading, Nepal: a cross-sectional study

DOI: <https://doi.org/10.1186/s12884-023-05709-z>

Context: Negative childbirth experiences can cause psychological problems. However, the impact of person-centered maternity care experience on mothers' mental health after delivery has not been explored.

Methodology: A cross-sectional study was conducted among 595 women who gave birth at public healthcare facilities in urban and rural areas in Dhading District, Nepal. The Edinburgh Postnatal Depression Scale (EPDS) was used to measure depressive symptoms.

Key message: Person-centered maternity care was associated with lower depressive symptom scores and higher mental well-being, regardless of the setting in Nepal. This study concluded that person-centered maternity care during childbirth can potentially improve mental health after delivery.

Post-traumatic stress disorder and its associated factors among survivors of 2015 earthquake in Nepal

DOI: <https://doi.org/10.1186/s12888-023-04836-3>

Context: Post-Traumatic Stress Disorder (PTSD) has been regarded as the most prevalent psychiatric disorder after a natural disaster.

Methodology: A cross-sectional descriptive design was used where 1076 adults aged 19-65 years from four adversely affected districts in Nepal due to the 2015 earthquake were randomly selected and interviewed. The Oslo Social Support Scale (OSSS), and the Post-traumatic Stress Disorder Checklist-Civilian Version (PCL-C) were used to collect data.

Key message: The prevalence of PTSD among earthquake survivors was 18.9%. The odds of having PTSD was higher among females and illiterate survivors. Participants from the Janajati ethnic group and those who had a business occupation had a 50% lower risk of having PTSD. Similarly, around 39% of the participants had moderate social support and had 60% lower odds of having PTSD compared to those with poor social support.

Cluster randomised trial to evaluate comprehensive approach to hypertension management in Nepal: a study protocol

DOI: <https://doi.org/10.1136/bmjopen-2022-069898>

Context: Despite having effective approaches for hypertension management, many people with hypertension in Nepal remain undetected and untreated.

Methodology: This is a community-based, non-blinded, parallel-group, two-arm cluster randomized controlled trial, with an allocation ratio of 1:1, conducted in Budhanilkantha municipality, Nepal. Ten health facilities and their catchment area are randomly allocated to either of the two arms and 1250 individuals with an established diagnosis of hypertension will be recruited.

Key message: The intervention arm receives a comprehensive hypertension management package including blood pressure audits by health workers, home-based patient support by community health workers while the control arm includes routine hypertension care. The change in outcome measures will be compared by intention to treat, using a generalized linear mixed model.

Diabetic Ketoacidosis among Diabetic Patients Admitted in the Department of Medicine of a Tertiary Care Centre: A Descriptive Cross-sectional Study

Link: <https://pubmed.ncbi.nlm.nih.gov/37203895/>

Context: Prompt diagnosis and treatment of diabetic ketoacidosis can decrease severity, hospital stay, and possible mortality due to diabetes mellitus.

Methodology: This descriptive cross-sectional study was conducted among 200 diabetic patients visiting the Department of Medicine at a tertiary care center.

Key message: Among the total diabetic patients, the prevalence of diabetic ketoacidosis was 3.5%.

Cancer Stigma in Non-patient Population Visiting B&B Hospital, Lalitpur, Nepal: A Descriptive Cross-sectional Study

DOI: <https://waocp.com/journal/index.php/apjcc/article/view/983>

Context: People fear disclosing their diagnosis or participating in screening programs to avoid rejection from family, society, or the workplace. Cancer patients have received considerable interest in recent years, but very few studies have studied cancer-related stigma in the healthy population.

Methodology: This cross-sectional study included 330 non-patient population of age 18-45 years visiting B&B Hospital, Lalitpur, Nepal. Cancer stigma was measured with the validated Cancer Stigma Scale.

Key message: The findings of this study showed that the cancer stigma persists in Nepal with the highest in the 'severity domain' and lowest in the 'policy opposition domain'.

Review of current status of cardiovascular and thoracic surgery in Nepal: An analysis from collection of institutional database

DOI: <https://doi.org/10.1177/02184923231175592>

Context: Cardiovascular and thoracic surgery is a developing field in Nepal, with advancements being made to improve the availability and quality of surgical services.

Methodology: Data from institutions performing cardiovascular and thoracic surgery from all over Nepal were collected for the year 2019.

Key message: Among the total of 2,264 cardiac surgeries performed in the country in the year 2019, the majority of the surgeries were for valvular heart surgery (34.3%), followed by congenital surgeries (32.8%) and surgeries for coronary artery disease (25.9%). The mortality rates for complex congenital procedures were higher.

Assessment of knowledge of diabetes mellitus among female health volunteers (FCHV) of Jiri, Nepal

Link: <https://www.jpahs.edu.np/index.php/jpahs/article/view/644>

Context: Identification of the level of knowledge related to diabetes among health workers is important in strategies for the prevention of diabetes mellitus.

Methodology: This was a community-based cross-sectional study among 90 Female Community Health Volunteers (FCHVs) in Jiri Hospital, Dolkha Nepal. Data was collected using Diabetes Knowledge Questionnaire (DKQ).

Key message: The average knowledge score obtained was 15 out of 24. This study did not show any relation between knowledge with age, educational background, or having a family member with diabetes.

Screening of Psychiatric Morbidity in a Male-only Prison

Link: <https://www.jpahs.edu.np/index.php/jpahs/article/view/613>

Context: Psychiatric morbidities are higher among prisoners and the chronicity of psychiatric morbidities may lead to suicidality among them.

Methodology: This was a cross-sectional analytical study done among 490 prisoners at Nakkhu Jail in Nepal. A modified Mini Screen (MMS) was used to find out psychiatric morbidities.

Key message: About 11% of prisoners were found positive for psychiatric morbidity. There was a significant association between length of stay, satisfaction with living facilities, regular health check-ups, doctor appointments during health problems, and psychiatric morbidity. Improving living services, early recognition of psychiatric morbidity through periodic health services and treatment in prison may lead to a low prevalence of psychiatric morbidity.

Chronic morbidity and health seeking behaviour among post-menopausal women of Itahari Sub-Metropolitan City, Nepal

Link: <https://www.jpahs.edu.np/index.php/jpahs/article/view/646>

Context: The prevalence of morbidity increases in the postmenopausal period.

Methodology: This is a community-based cross-sectional study conducted in five wards of the Itahari sub-metropolitan city of Nepal among 490 post-menopausal women.

Key message: Among the study participants, 69.4% were having chronic diseases; diabetes mellitus and hypertension had the highest prevalence. There was the lowest professional health-seeking for psychological symptoms and the highest for somatic symptoms.

Cardiac Disorders in Patients with Ischemic Stroke

Link: <https://www.nepjol.info/index.php/JUCMS/article/view/54466>

Context: Worldwide cardioembolic strokes account for one-third of non-lacunar strokes and almost half of all risk factors of ischemic stroke in Nepal.

Methodology: In this prospective observational study, data from 145 patients with ischemic stroke were analyzed.

Key message: Of 145 stroke patients included, cardiac disorders were present in 88.3%. Though common, cardiac disorders in total were not significantly associated with young and older patients with ischemic stroke in this study.

Depression among People Living With HIV/AIDS Undergoing Antiretroviral Therapy at a Tertiary Care Centre: A Descriptive Cross-sectional Study

Link: <https://pubmed.ncbi.nlm.nih.gov/37203896/>

Context: HIV/AIDS affects mental health in multiple ways, including its direct pathophysiological effects, associated stigma, impacts on social, and economic dimensions.

Methodology: This was a descriptive cross-sectional study conducted among 183 people living with HIV/AIDS at a tertiary care center in Nepal. The Patient Health Questionnaire (PHQ-9) was used for the assessment of depressive symptoms.

Key message: Among the participants, the prevalence of depression was found to be 10.4%. This study suggested that the assessment and timely management of depression could be an important step in improving lives and the effectiveness of HIV/AIDS intervention efforts.

Chronic Kidney Disease among COVID-19 Patients Admitted in the Department of Medicine of a Tertiary Care Centre: A Descriptive Cross-sectional Study

Link: <https://pubmed.ncbi.nlm.nih.gov/37203886/>

Context: Comorbidities are frequently seen in admitted COVID-19 patients with chronic kidney disease being one of the most common.

Methodology: A descriptive cross-sectional study was done in the Department of Medicine at the National Academy of Medical Sciences, Kathmandu. Medical records of 584 COVID-19 patients were reviewed.

Key message: In this study, the prevalence of chronic kidney disease was found to be 7.36%.

Suicidal Attempt among Psychiatry Patients Presented to the Department of Emergency of a Tertiary Care Centre: A Descriptive Cross-sectional Study

Link: <https://pubmed.ncbi.nlm.nih.gov/37203897/>

Context: More than 700, 000 people die due to suicide every year.

Methodology: A Descriptive cross-sectional study was done in the Department of Emergency, Universal College of Medical Sciences and Teaching Hospital, Nepal. A total of 1095 patients with suicidal attempts were included in the study.

Key message: The prevalence of suicidal attempts among psychiatry patients in the emergency department was 24.5%. The majority attempted at home and poisoning was the most common mode of attempting suicide.

Diabetes among Patients with Overt Primary Hypothyroidism Visiting the Outpatient Department of General Medicine of a Tertiary Care Centre: A Descriptive Cross-sectional Study

DOI: <https://pubmed.ncbi.nlm.nih.gov/37203892/>

Context: Reports of diabetes in hypothyroidism are scarce.

Methodology: A descriptive cross-sectional study was conducted among 520 adults with overt primary hypothyroidism who attended the Department of General Medicine of a tertiary care center in Nepal.

Key message: The prevalence of diabetes was found to be 39.04%, with the prevalence being higher among females (70.94%).

Mean Urea Reduction Ratio among Patients Undergoing Hemodialysis at a Tertiary Care Centre: A Descriptive Cross-sectional Study

Link: <https://jnma.com.np/jnma/index.php/jnma/article/view/8166>

Context: Despite hemodialysis being freely available, achieving adequacy in hemodialysis is a challenging task.

Methodology: This was a cross-sectional study conducted among 100 patients aged >18 years, undergoing maintenance hemodialysis at Universal College of Medical Sciences, Rupandehi, Nepal.

Key message: Among the study participants, the mean urea reduction ratio was 25.24 ± 15.59 . Also, hypertension and Diabetes mellitus was found to be the leading cause of end-stage kidney disease.

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 May 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:

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

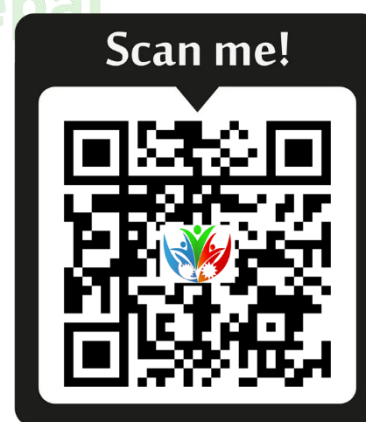
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Publications



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