

Non-communicable Diseases in Nepal-Research Roundup

June 2023



Publications

NCD Watch Nepal

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Roundup Summary

In June 2023, a scoping review of the literature on non-communicable diseases and mental health in Nepal yielded 13 articles. Most of the studies were cross-sectional in design and focused on the topics of hypertension, non-communicable diseases, mental health, and cardiovascular health.

Breast self-examination: Knowledge, practice and associated factors among 20 to 49 years aged women in Butwal sub-metropolitan, Rupandehi, Nepal

DOI: <https://doi.org/10.1371/journal.pone.0286676>

Context: Breast self-examination is an important, cheap, and easy method for early diagnosis of breast cancer which can be cured in the majority of cases if diagnosed in the early stages.

Methodology: A cross-sectional survey was carried out among 262 women (20 to 49 years) in the Butwal sub-metropolitan, Rupandehi district, Nepal.

Key message: The study found that more than half of the participants (55.3%) had poor knowledge of breast self-examination (BSE). The study also indicated the influence of ethnicity, contraceptives, personal and family history of cancer, and knowledge for practicing breast self-examination. There is an immediate need to increase the knowledge and practice of breast self-examination to prevent and detect breast cancer in its early stage.

Pregnancy outcomes in women with gestational hypertension and preeclampsia at Paropakar Maternity and Women's Hospital, Nepal: A retrospective study

DOI: <https://doi.org/10.1371/journal.pone.0286287>

Context: Gestational hypertension and preeclampsia are the most common types of hypertensive disorders in pregnancy.

Methodology: A retrospective study was done among 4820 women who had given birth at The Paropakar Maternity and Women's Hospital in Kathmandu, Nepal.

Key message: The incidence of preeclampsia was 85 (1.8%) and gestational hypertension was 205 (4.3%). The odds of cesarean section among women with gestational hypertension was almost 2 times. Also, women who develop preeclampsia seem at higher risk of having adverse pregnancy outcomes than women with gestational hypertension.

Effects of age on non-communicable disease risk factors among Nepalese adults

DOI: <https://doi.org/10.1371/journal.pone.0281028>

Context: In Nepal, deaths attributable to NCDs have been increasing, as has life expectancy.

Methodology: This study analyzed the effects of age on NCD risk factors, using data from the Nepalese STEPs Survey 2019, a nationally representative cross-sectional study.

Key message: The prevalence of most behavioral risk factors was highest among men and women aged 60 years and above. Similarly, the prevalence of hypertension and hyperlipidemia was highest among the elderly. Age interactions were significant in the association between alcohol consumption and -hypertension, -overweight/obesity, and -hyperlipidemia among women.

Self-reported emotional and behavioral problems among school-going adolescents in Nepal-A cross-sectional study

DOI: <https://doi.org/10.1371/journal.pone.0287305>

Context: Changes during adolescence can be emotionally distressing and affect personal well-being, productivity, and quality of life

Methodology: This cross-sectional, school-based study on emotional and behavioral problems (EBPs) included 1904 adolescents aged 11–18 years, enrolled in government and private schools located in 16 districts in Nepal. The Nepali version of the Youth Self Report form was used to assess self-reported EBPs.

Key message: The overall prevalence of self-reported EBPs was 14.2%. The mean total problems score was 39.2. This study found an association between self-reported EBPs and academic performance and linked self-reported EBPs to other factors such as negative/traumatic life events and physical illness.

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Practitioners' perspectives on preparing for and delivering remote psychological support in Nepal, Perú and the United States during COVID-19

DOI: <https://doi.org/10.1111/papt.12476>

Context: Remote delivery of psychosocial support is occurring without any formal training to ensure safe and effective care.

Methodology: This qualitative study was conducted to determine practitioners' experiences of rapidly adapting to deliver psychological support remotely during COVID-19.

Key message: This study concluded that remote psychological support is feasible and useful for practitioners, including non-specialists, in diverse global settings.

Factors associated with self-care behaviours among people with hypertension residing in Kathmandu: a cross-sectional study

DOI: <https://doi.org/10.1136/bmjopen-2022-070244>

Context: Engaging people with hypertension in their self-care is one effective way to avert premature deaths due to hypertension.

Methodology: This was a cross-sectional study among 375 adults with hypertension in selected municipalities of Kathmandu district, Nepal. Hypertension Self-care Activity Level Effects (H-SCALE) was to assess self-care behaviors.

Key message: This study found that adherence to the Dietary Approach to Stop Hypertension (DASH) diet and weight management was particularly low, 9.3% and 14.1% respectively. Secondary or higher education, Brahmin and Chhetri ethnic groups, and good perceived health were positively associated with DASH diet adherence. Similarly, males had higher odds of physical activity. Brahmin and Chhetri ethnic groups and secondary or higher education were correlates of weight management.

Psychological impact of COVID-19 pandemic and lockdown among the population involved in tourism sector in Lakeside of Pokhara: A qualitative study

DOI: <https://doi.org/10.1002/hsr2.1382>

Context: People involved in tourism businesses faced numerous stressors and psychological impacts due to the pandemic.

Methodology: Qualitative study was conducted among 20 individuals related to tourism business stakeholders in the Lakeside of Pokhara, Nepal.

Key message: Tourism business stakeholders struggled to combat the numerous stressors and psychological impacts due to the COVID-19 pandemic and lockdown. Therefore, there is a growing need for government bodies to implement favorable business-related policies, and Mental Health and Psychosocial Support (MHPSS) related programs to these stakeholders.

Advantage of neuroeducation in managing mass psychogenic illness among rural school children in Nepal

DOI: <https://doi.org/10.1016/j.ibneur.2023.05.003>

Context: More than one hundred schools in Nepal have documented epidemics of mass hysteria.

Methodology: A cross-sectional study was carried out among 234 female students in community schools of Dhading district, Nepal.

Key message: This study suggested that using day-structured neuroeducational tools might be an efficient way to treat mass psychogenic illness in Nepal.

Mental Health Literacy Among Undergraduate Medical Students In Eastern Nepal

DOI: <https://jcmc.com.np/jcmc/index.php/jcmc/article/view/1312>

Context: Increasing the mental health literacy of the population is important as it reduces stigma and promotes help-seeking behavior.

Methodology: A cross-sectional study was conducted among the 200 medical students at Birat Medical College Teaching Hospital, Nepal. The mental health literacy scale for healthcare students (MHLS-HS) was used to assess literacy.

Key message: The mean mental health literacy score was 96.1 ± 8.6 , indicating a relatively high level of mental health literacy (range 26-130). Higher academic years and family openness on mental health issues were positive predictors of mental health literacy.

Knowledge, Practice And Attitude Regarding Cervical Cancer Screening Among Female Teachers Of Government School, Bharatpur, Chitwan

DOI: <https://jcmc.com.np/jcmc/index.php/jcmc/article/view/1242>

Context: In Nepal, cervical cancer ranks second highest after lung cancer and is the leading cause of female cancer deaths.

Methodology: A cross-sectional study was conducted among 362 female teachers from selected government schools in Bharatpur, Chitwan, Nepal.

Key message: Among the participants, only 16.3% demonstrated a good level of knowledge, 36.1% displayed a good level of attitudes towards cervical cancer screening and only 38.3% had utilized cervical cancer screening services. The utilization of cervical cancer screening services showed a statistically significant association with respondents' level of education, family type, shyness, and the absence of any uterine problems.

Competency of primary care providers to assess and manage suicide risk in Nepal: The role of emotional validation and invalidation techniques

DOI: <https://doi.org/10.1016/j.ssmmh.2023.100229>

Context: Screening for suicide risk in primary care settings is a recommended strategy worldwide for suicide prevention.

Methodology: This study used ratings on the Enhancing Assessment of Common Therapeutic Factors (ENACT) tool during observations of provider-patient role plays (N=91) to understand how primary care providers' use of emotional validation behaviors is associated with competency in assessing for and managing suicide risk.

Key message: This study suggests that training primary care providers on emotional validation techniques may improve their competence in suicide prevention.

Cascade of diabetes care in Bangladesh, Bhutan and Nepal: identifying gaps in the screening, diagnosis, treatment and control continuum

DOI: <https://doi.org/10.1038/s41598-023-37519-w>

Context: Diabetes has become a major cause of morbidity and mortality in South Asia.

Methodology: This study analyzed data from three STEPwise approaches to Surveillance (STEPS) surveys conducted in Bangladesh, Bhutan, and Nepal during 2018–2019.

Key message: In Nepal, among the participants with diabetes, 4.9% of them were treated and controlled, suggesting that 95.1% of the diabetic population had an unmet need for care. A common influencing factor for awareness of diabetes diagnosis in Nepal was living in urban areas [AOR:6.2; CI:1.9, 19.9].

Cardiovascular Health Practice among Adults in a Municipality in Kathmandu District, Nepal

DOI: <https://www.nepjol.info/index.php/NHJ/article/view/55001>

Context: Around 17.9 million deaths in the world are attributed to cardiovascular diseases.

Methodology: A cross-sectional study design was conducted among randomly selected 236 adults residing in Budhanilkantha Municipality of Kathmandu District.

Key message: In this study, only 22% of participants consumed WHO-recommended fruits and vegetables and 36.4% monitored blood cholesterol. Similarly, 24.1% and 25.4% were current

alcohol users, and current smokers respectively. The practice of cardiovascular health was significantly associated with the marital status ($p < 0.001$) of the adults.

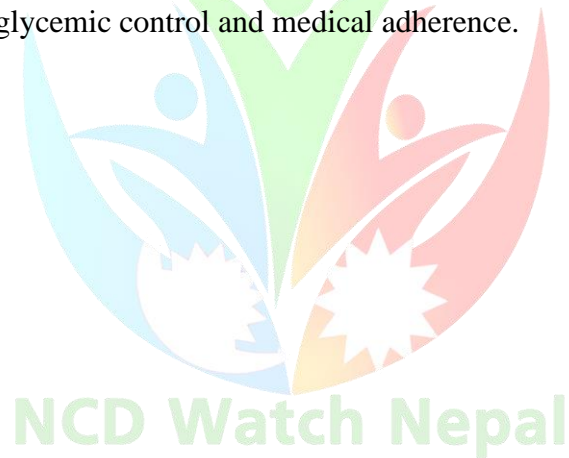
A hospital-based assessment of glycemic control and medication adherence in type 2 diabetes mellitus in Eastern Nepal

DOI: [10.4103/jfmpe.ifmpe.90.23](https://doi.org/10.4103/jfmpe.ifmpe.90.23)

Context: Poor glycemic control in type 2 diabetes mellitus (T2DM) causes damage to various organs and leads to the development of disabling and life-threatening complications.

Methodology: A cross-sectional study was conducted among 129 patients with T2DM at B.P. Koirala Institute of Health Sciences (BPKIHS), Nepal.

Key message: The majority of diabetic patients had good glycemic control (65.1%) and medium medication adherence (83.7%). Patients taking regular fruit, being involved in daily jogging, having a shorter duration of drug therapy, and having good diabetic knowledge were identified as factors that affect both glycemic control and medical adherence.



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 June 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>
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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

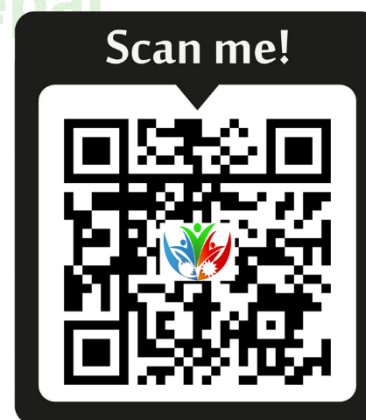
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Publications



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