



पोखरा स्वास्थ्य विज्ञान प्रतिष्ठान





Annual Report



Fiscal Year 2080/081

Pokhara Academy of Health Sciences
Western Regional Hospital
Pokhara, Kaski

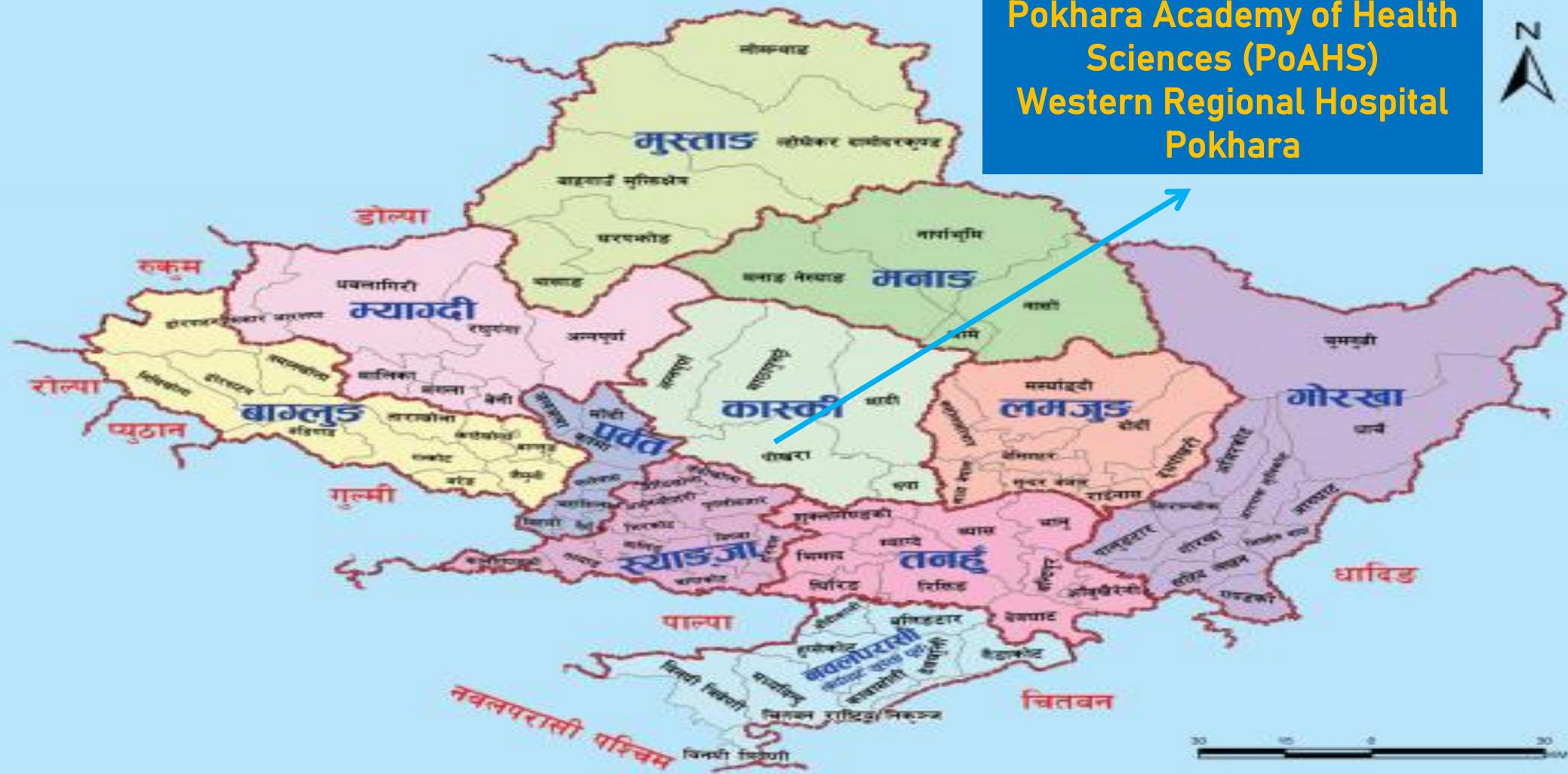
Outline of Presentation

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General Catchment Area

गण्डकी प्रदेश

Pokhara Academy of Health Sciences (PoAHS) Western Regional Hospital Pokhara



Historical Development of Western Regional Hospital

- Hospital was established in **2012 BS** named as "Soldiers Board Hospital" with strongly initiated by **Major Bir Singh Gurung** and his friends.
- In **2019 BS**, this Hospital was handed over to the Government of Nepal and developed as a **15 beded district hospital** of Kaski.
- In **2032 BS**, this Hospital and INF shining Hospital merged as a **Gandaki Zonal Hospital** with capacity of 50 beds.
- In **2043 BS**, Gandaki Zonal Hospital upgraded to **150 beded Western Regional Hospital** .
- In **2046 BS**, 50 more beds were added and upgraded as a **200 beded hospital**.

- In 2061 BS, 150 more beds were added for the separate expansion of post operative and orthopedic ward. Maternity/Gynae and NCU wards were also separately conducted in this period.
- In 2069 chaitra, Government of Nepal decided to upgrade WRH to 500 beded.
- In 2072 Paush, Government of Nepal declared to establish WRH as Pokhara Academy of Health Sciences.
- In 2076 Falgun 25, Academy conducted MD/MS entrance exam and admission process was started
- From 2077 Shrawan 1, regular Classes of MD/MS were started .
- No.of MD/MS students enrolled in first year (2076 batch) was 17, second year (2077 batch) was 26, third year (2078 batch) was 33,Fourth year (2079 batch) was 32 and Fifth year (2080 batch) was 30.

History of Hospital

- 2012** Soldier Board Hospital
- 2019** District Hospital with 15 beds
- 2032** Gandaki Zonal Hospital with 50 beds
- 2043** Western Regional Hospital with 150 beds
- 2046** Western Regional Hospital with 200 beds
- 2061** Western Regional Hospital with 350 beds
- 2069** Upgraded to 500 Beded Hospital
- 2072** Upgrade of Pokhara Academy of Health Sciences
- 2076** MD/MS Entrance
- 2077** MD/MS First Batch Enrollment
- 2080** B.Sc Nursing and BNS Program

Academic Programs

Programs	Starting on	No. of Batch	Total students					Total
			First Batch	Second Batch	Third Batch	Fourth Batch	Fifth Batch	
1. Post graduate								
Obs/Gyn	2076	5	4	6	6	6	4	26
Medicine	2076	5	2	4	2	4	4	16
Surgery	2076	5	4	5	6	5	5	25
Pediatrics	2076	5	2	3	3	3	4	15
Orthopedics	2076	5	2	4	4	3	3	16
Anaesthesia	2076	5	3	3	4	4	4	18
Radiology	2077	4	0	1	2	2	2	7
ENT	2078	3	-	-	3	2	1	6
Pathology	2078	3	-	-	3	3	1	7
Forensic	2080	1					1	1
2. Graduate								
B.Sc.Nursing	2080	2	20	20				40
B.N.S	2080	2	14	16				30

Beds Distribution

Department	Deluxe cabin	Cabin Beds	Semi Cabin Beds	General Beds	Total beds
Medical ward				30	30
Pediatric			2	37	39
Orthopedic				45	45
Post operation				9	9
Gynecology	1	3		35	39
Surgical				45	45
ICU				10	10
NICU				30	30
PICU				6	6
Maternity		3		64	67
Dialysis				18	18
Emergency				30	30
NRH				10	10
Transplant ICU				2	2
Total	1	6	2	371	380

GENERAL FEATURES OF WESTERN REGIONAL HOSPITAL

- ❖ Hospital ownership land: (207+62) Ropani
- ❖ Own Building:
 - ❖ Hospital area: (Adequate)
 - ❖ Doctor quarter: (Inadequate)
 - ❖ Staff quarter: (Inadequate)

LOCATION AND AREA:

Western Regional Hospital is located in Ramghat, ward No.11 of Pokhara Metropolitan city of Kaski district. It has covered 269 ropanies of land with boundary wall. Roads in north, south and west sides have surrounded the hospital. It is located at the distance of about 1 Km from the center of the city, 2 km from the inter-city bus park and 3 Km from the domestic airport and 1.5 kilometer from the international airport.

Altitude: 856 m from sea level

GPS Co-ordinates : N 28 12'46" E 83 59'54"

CATCHMENT AREA:

Western region/Gandaki province is the major catchment area of this hospital. Mainly patients from the neighbouring districts of Kaski visit this hospital. In addition, the patients from whole Gandaki province as well as throughout the country also visit this hospital.

Hospital Services

- Emergency Services
- Indoor Services
- OPD Services
- Health Insurance Service
- Telemedicine Service

OPD Services

- Medical
- Surgical
- Uro-surgery
- Orthopedic
- Antenatal
- Gynecology
- ENT
- Dental
- Psychiatric
- Pediatric
- Dermatology
- CTVS
- General OPD
- Physiotherapy
- Cardiology
- Urology
- Nephrology
- Gastroenterology
- Hepatology
- Neuro-Surgery
- Pain Clinic
- Pre-Anesthesia Check up
- Ophthalmology
- Plastic and Burn

Indoor Services

- Medical
- Surgical
- Uro-Surgery
- Plastic and Burn
- Neuro-Surgery
- CTVS
- Gynecology
- Maternity
- Paediatric
- Orthopedic

- ICU
- NICU
- PICU
- ENT
- Operation
- Dental
- Psychiatric
- Gastroenterology
- Hepatology
- Cardiology
- Nephrology
- Gereatric

Major Hospital Services

Preventive Services

- MCH Clinic
- Immunization
- Family Planning
- Nutrition Rehabilitation Center
- HTC/PMTCT (Prevention of mother to child transmission of HIV)

Curative Services

OPD	Indoor services
<ul style="list-style-type: none">❖ Medical❖ Surgical❖ Orthopedic❖ ENT❖ Antenatal❖ Gynecology❖ Pediatric❖ Dermatology❖ Dental❖ Psychiatric❖ Physiotherapy❖ Cardiology❖ Gastroenterology❖ Nephrology	<ul style="list-style-type: none">❖ Hepatology❖ Neuro-Surgery❖ Urology❖ Pain Clinic❖ Pre-Anesthesia Check❖ Ophthalmology❖ General OPD <ul style="list-style-type: none">❖ Medical, Nephro, GE, Cardio❖ Surgical❖ Gynae/Obs❖ Pediatric❖ Orthopedic❖ ENT❖ ICU❖ NICU, PICU❖ Operation❖ Dental❖ Uro, Neurosurgery, CTVS, Plastic/Burn

Diagnostic Services

❖ Laboratory Services

- Hematology
- Parasitology
- Bacteriology
- Virology
- Biochemistry
- Immunology
- Serology
- Cytology
- Histo-pathology
- Hormonology

- ❖ MRI
- ❖ CT-Scan
- ❖ Cath-lab
- ❖ ERCP
- ❖ Echocardiography
- ❖ X-Ray
- ❖ Ultrasound
- ❖ ECG
- ❖ Endoscopy
- ❖ Colonoscopy
- ❖ Holter monitor
- ❖ Tread Mill Test
- ❖ Fibro-Scan
- ❖ Mammography
- ❖ Uroflowmetry
- ❖ Audiometry
- ❖ ESWL
- ❖ Mamogram
- ❖ Uroflowmetry
- ❖ Interventional Radiology
- ❖ ABP monitor

Government Special Programme

- ART Service
- CAC, PAC
- MCH Clinics (Immunization, Family planning, Nutrition)
- Safe Motherhood
- Methadone Maintenance Programme/ OST
- Nutrition Rehabilitation Center
- OCMC
- Social Service Unit
- Geriatric Service
- Free Primary Emergency Treatment
- Telemedicine
- Bipanna Program: Dialysis, Kidney transplant, Head and spinal injury.

Trainings

- Medico-Legal training
- SBA Training
- VIA Training
- Family Planning Related Training: IUD, Norplant, ring pessary insertion
- ECCT, ACLS Training
- PECCT Training
- TLS Training
- Research methodology Training
- Pediatric cancer treatment orientation

Hospital Statistics

S. N	Contents	F/Y 2078/079	F/Y 2079/080	F/Y 2080/081
1	Total Number of OPD Cases	272359	356402	406729
2	Total Number of Emergency Cases	40739	54971	48777
3	Total Number of Inpatients	20466	22684	22147
4	Total Number of Lab Services Provided	1745257	1627191	1783140
5	Total Number of Hospital Services Provided	313098	411373	455506
6	Total Number of Delivery Conducted	7840	8915	7471
7	Total Surgery Cases	7203	9690	9946
8	Number of CAC Services Provided	256	405	573
9	Total Maternal Deaths	9	1	2
10	Total Hospital Deaths	493	304	208

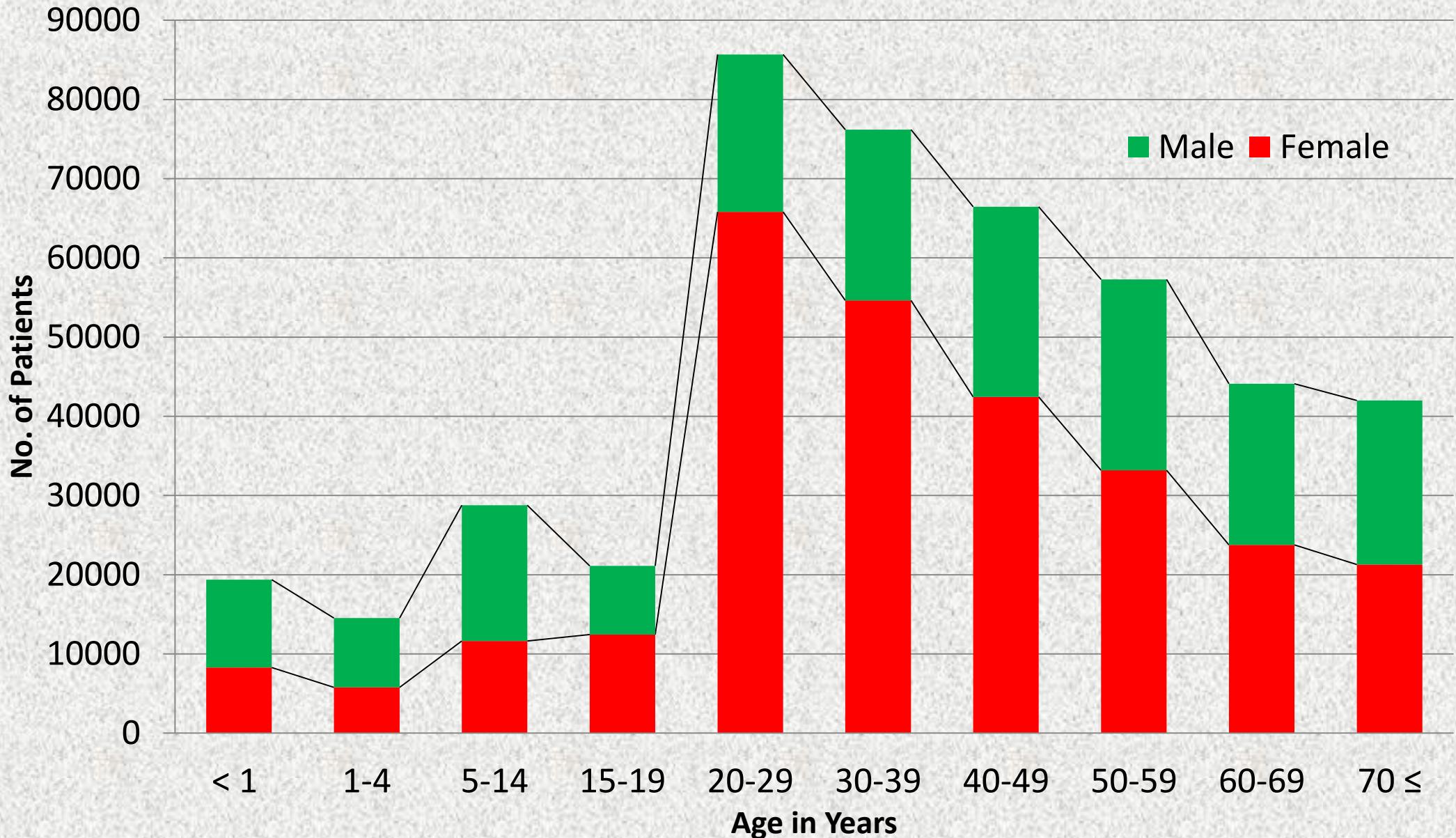
Inpatients Discharged in F/Y 2080/081

Age Group (In Years)	Number			% of Subtotal		% of Total
	Female	Male	Sub-Total	Female	Male	
Less than 1 year	1025	1512	2537	40.4	59.6	11.5
1 to 4	455	715	1170	38.9	61.1	5.3
5 to 14	541	975	1516	35.7	64.3	6.8
15 to 19	776	325	1101	70.5	29.5	5.0
20 to 29	6115	636	6751	90.6	9.4	30.5
30 to 39	3052	617	3669	83.2	16.8	16.6
40 to 49	802	703	1505	53.3	46.7	6.8
50 to 59	579	706	1285	45.1	54.9	5.8
60 to 69	532	634	1166	45.6	54.4	5.3
70 and above	715	732	1447	49.4	50.6	6.5
Total	14592	7555	22147	65.9	34.1	100.0

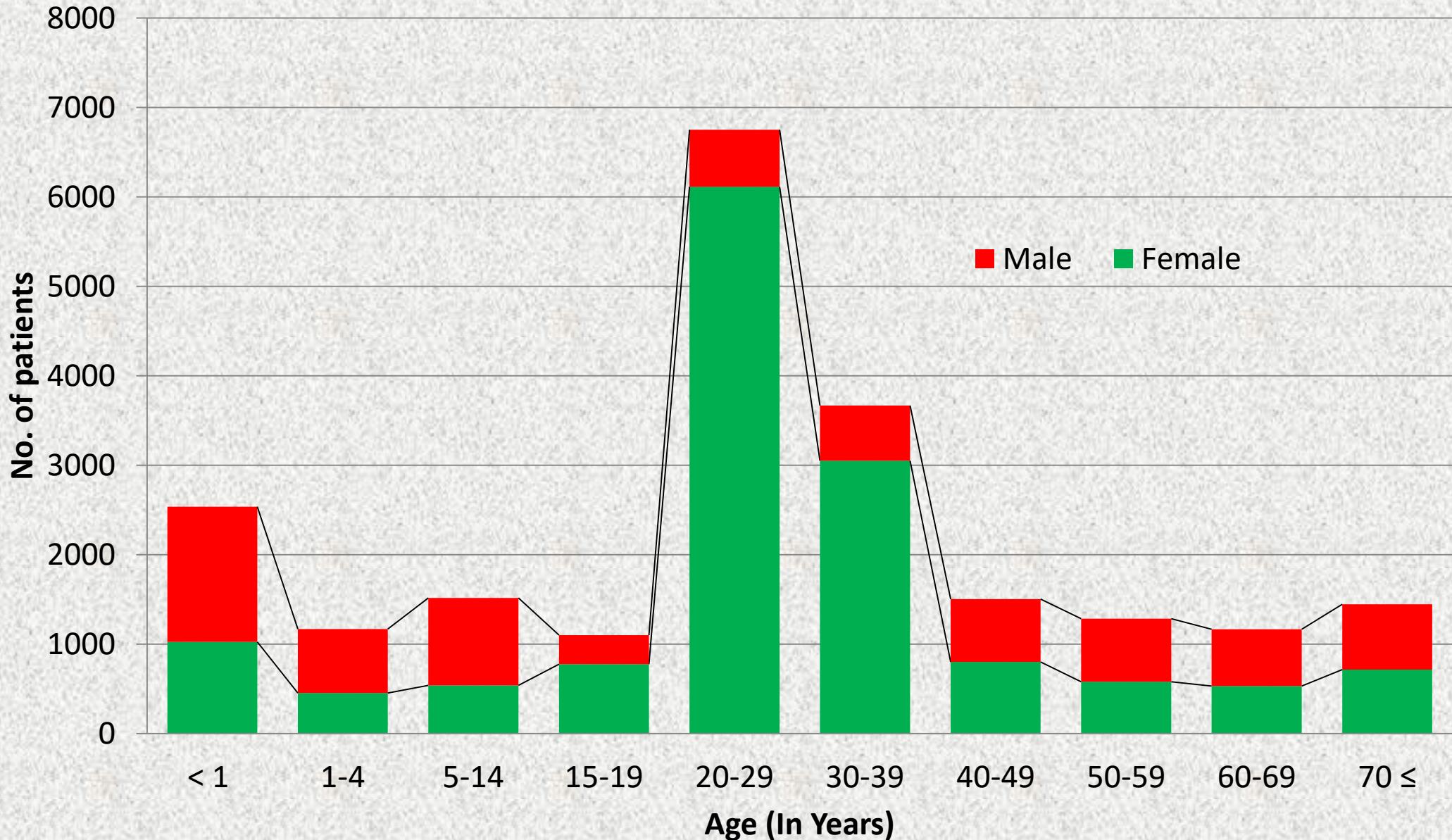
OPD/ER Outpatients in F/Y 2080/081

Age Group (In Years)	Number			% of Subtotal		% of Total
	Female	Male	Sub-Total	Female	Male	
Less than 1 year	8291	11081	19372	42.8	57.2	4.3
1 to 4	5781	8750	14531	39.8	60.2	3.2
5 to 14	11622	17152	28774	40.4	59.6	6.3
15 to 19	12451	8658	21109	59.0	41.0	4.6
20 to 29	65820	19867	85687	76.8	23.2	18.8
30 to 39	54638	21561	76199	71.7	28.3	16.7
40 to 49	42450	23996	66446	63.9	36.1	14.6
50 to 59	33191	24088	57279	57.9	42.1	12.6
60 to 69	23769	20335	44104	53.9	46.1	9.7
70 and above	21285	20720	42005	50.7	49.3	9.2
Total	279298	176208	455506	61.3	38.7	100.0

Age wise OPD Patients in F/Y 2080/081

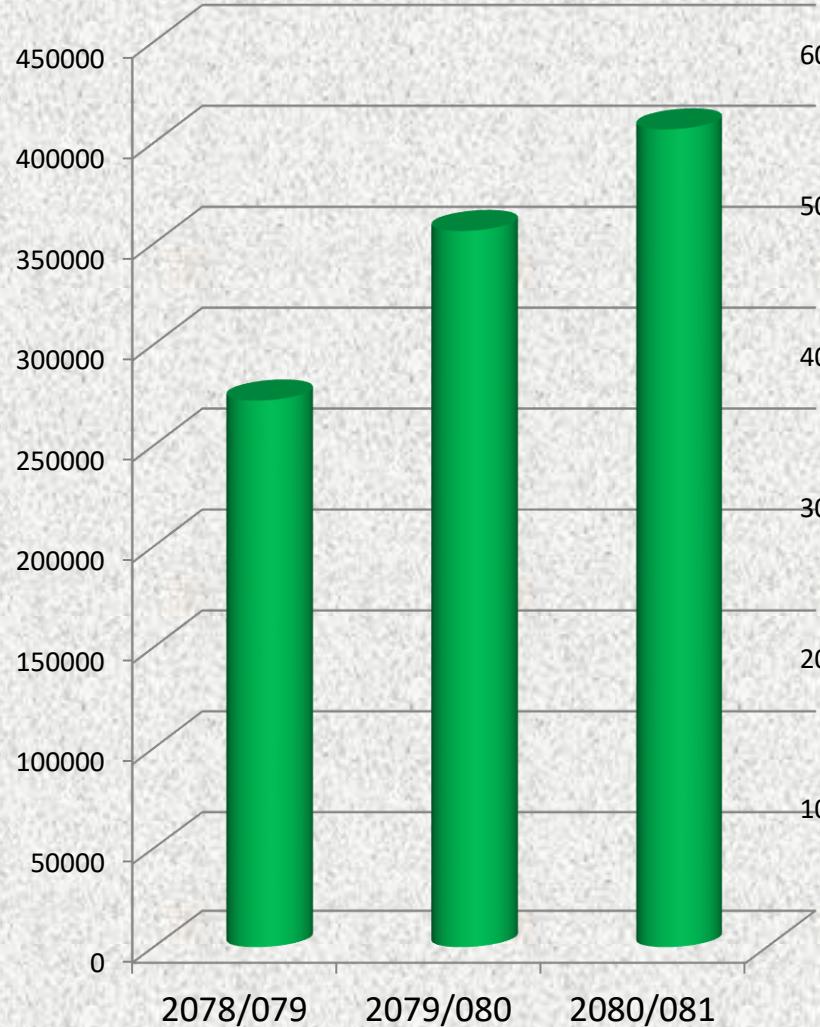


Age wise Outpatients in F/Y 2080/081

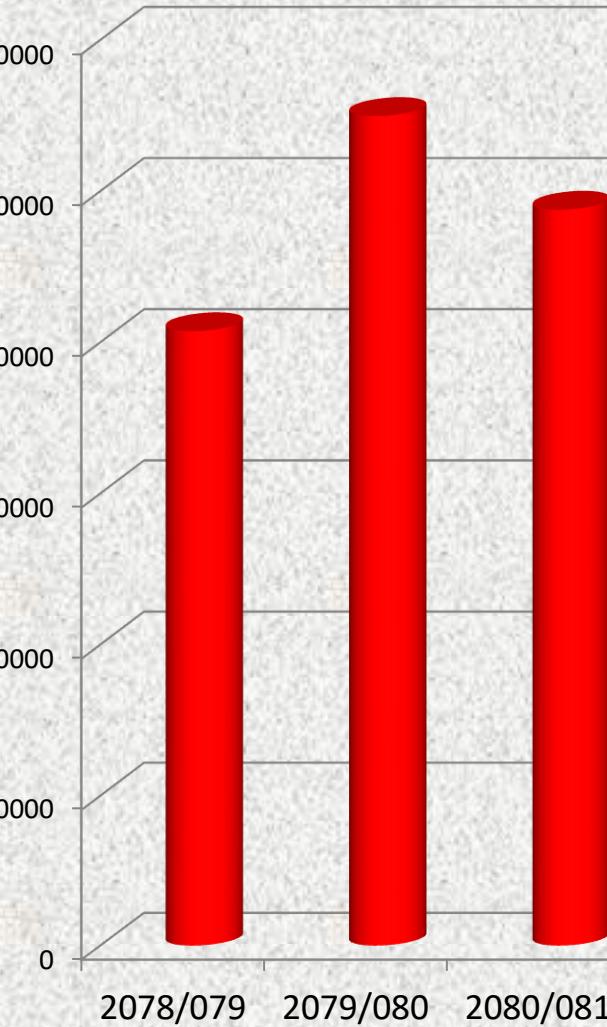


Flow of Patients

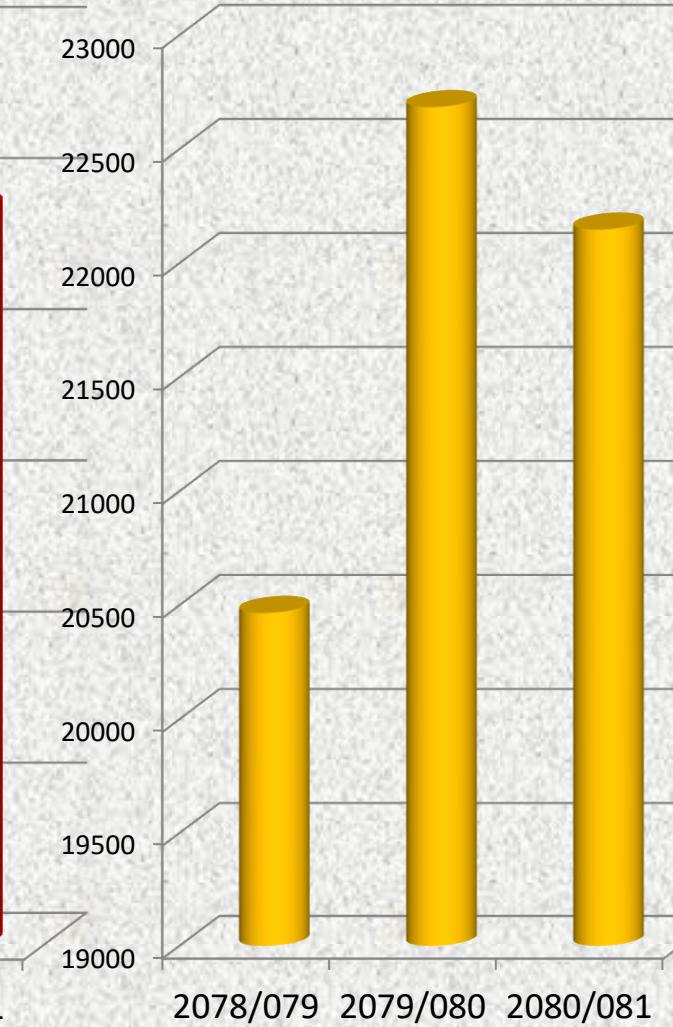
OPD



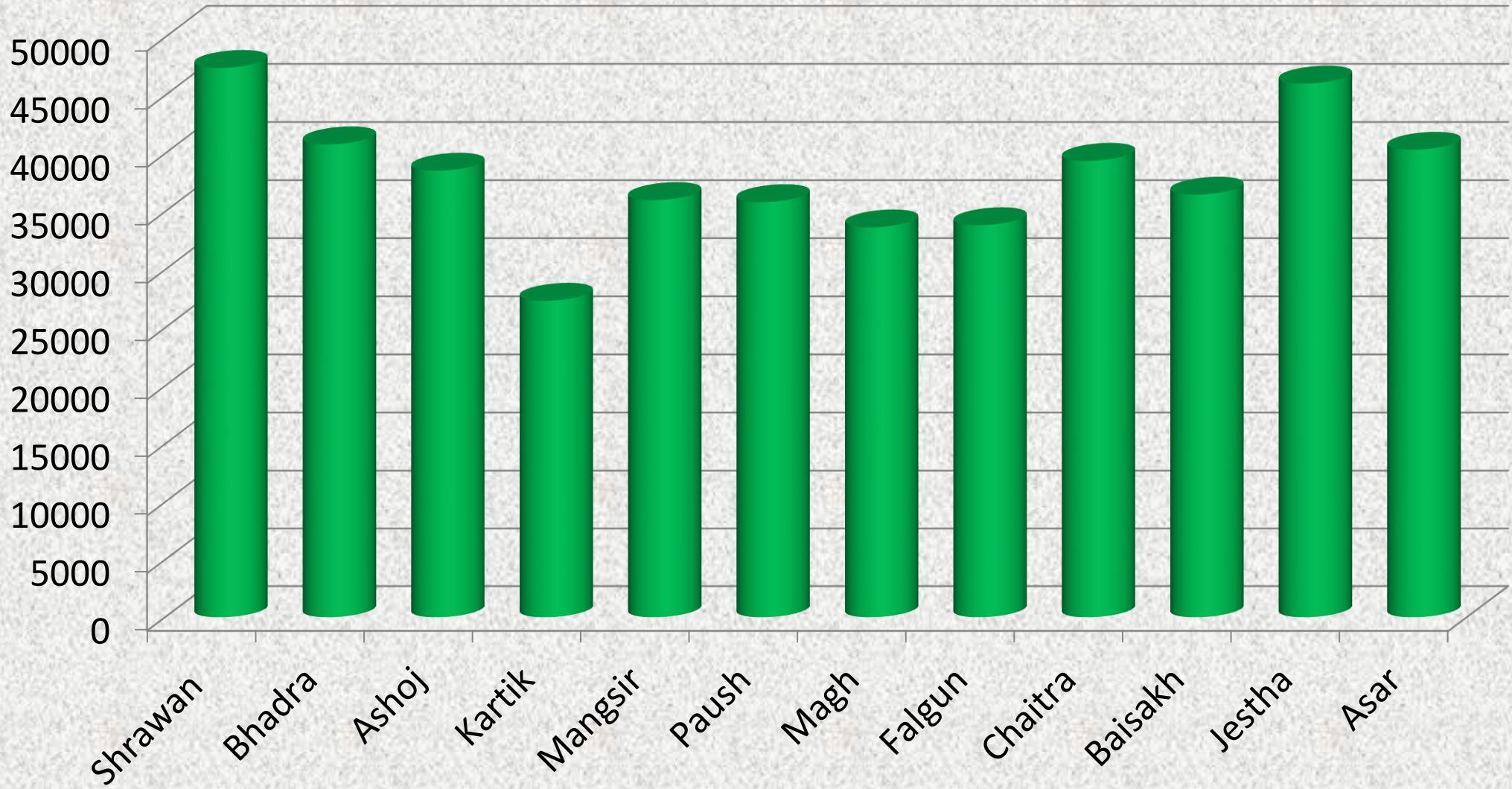
Emergency



Inpatient



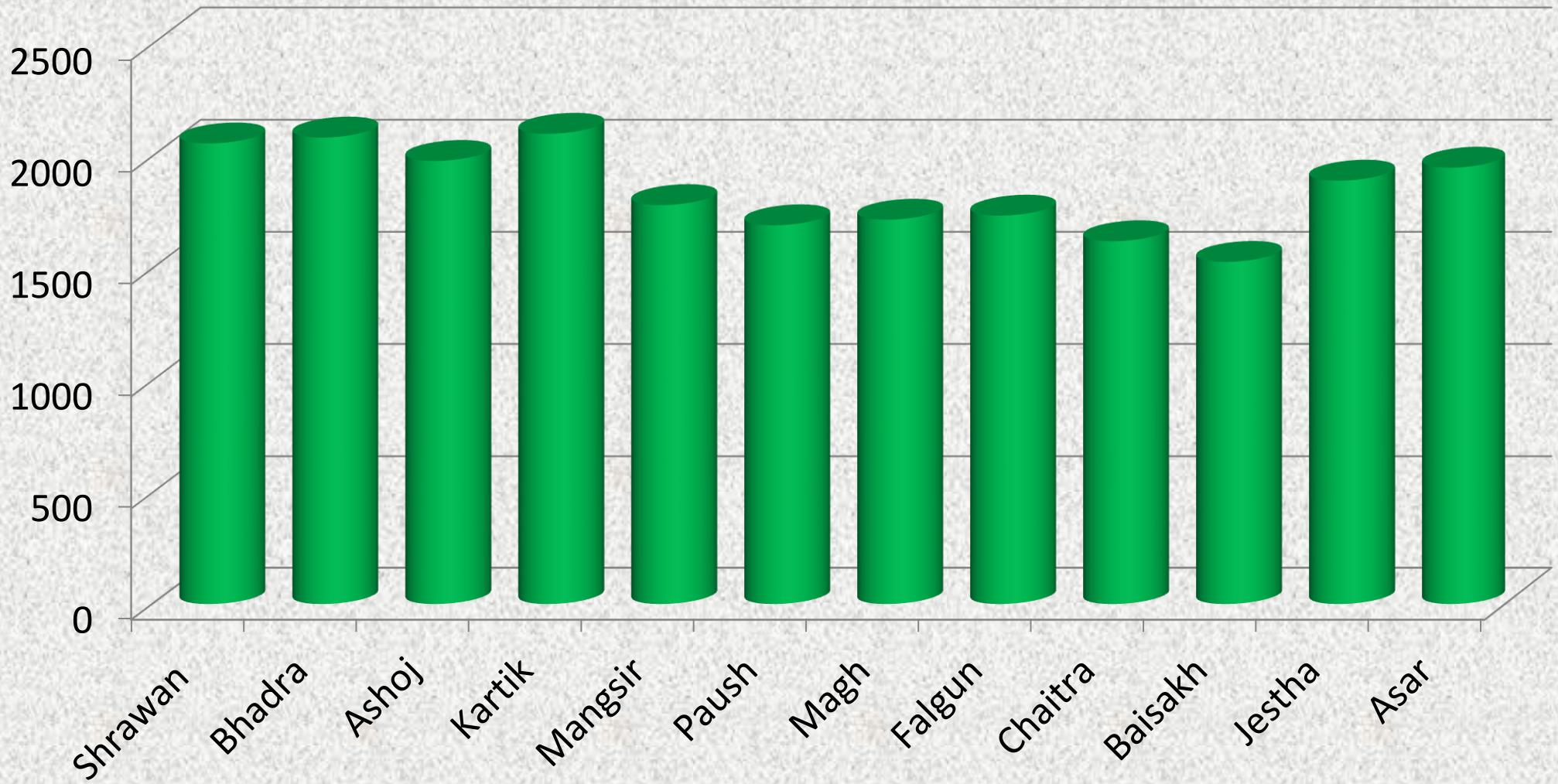
Month-wise OPD Patients in F/Y 2080/081



Department wise Service (F/Y 2080/081)

OPD Service				Inpatients Service			
S.N	Department	No.	Percent	S.N	Wards	No.	Percent
1	Medical	126845	31.2	1	Maternity	7863	35.5
2	Orthopedic	48984	12.0	2	Surgery	3430	15.5
3	Antenatal	37972	9.3	3	Medical	2547	11.5
4	Paediatric	32240	7.9	4	Pediatric	2488	11.2
5	Surgery	27475	6.8	5	Orthopedic	1780	8.0
6	Gynaecology	25887	6.4	6	NICU	1581	7.1
7	ENT	25675	6.3	7	Gynaecology	1249	5.6
8	Dental	18380	4.5	8	ENT	501	2.3
9	Dermatology	14175	3.5	9	ICU	272	1.2
10	Psychiatric	10439	2.6	10	NRC	102	0.5
11	Urology	7066	1.7	11	Other	334	1.5
12	Neuro-Surgery	4542	1.1				
13	GP Unit	24123	5.9				
14	Others	2926	0.7				

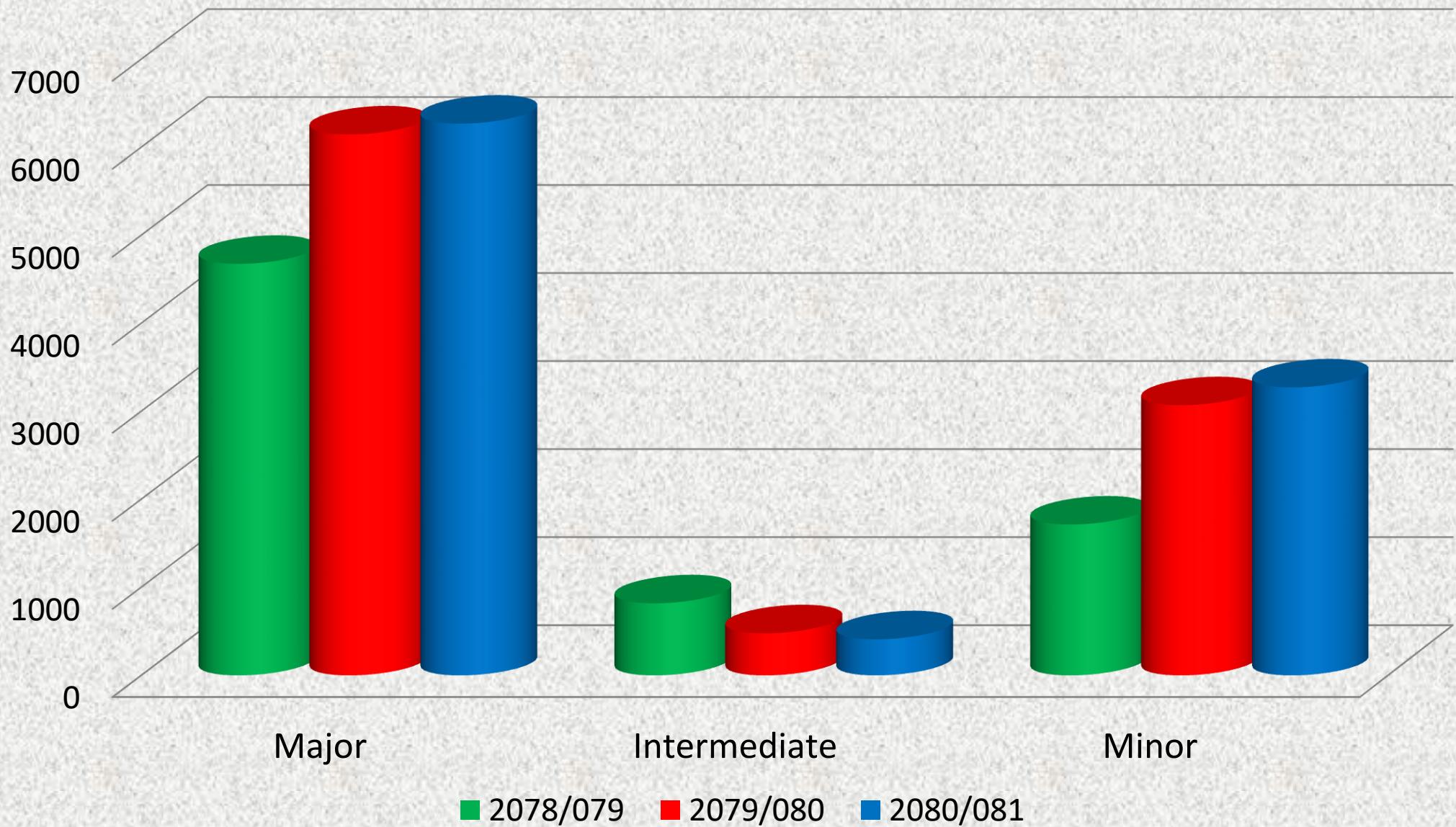
Month-wise Inpatients in F/Y 2080/081



Department wise Operation in F/Y 2080/081

S.N	Department	Major	Intermediate	Minor	Total
1	OBS/Gynae	2911	23	371	3305
2	Surgery	2153	202	865	3220
3	Orthopedic	1007	178	62	1247
4	ENT	174	0	66	240
5	Dental	22	6	1906	1934
Total		6267	409	3270	9946

Operative Statistics



Lab Services

F/Y	Laboratory Services (In <i>Number of tests</i>)								Total
	Paracitology/ Bacteriology	Virology	Hematology	Hormones/ Endocrinology	Biochemistry	Immunology	Other Tests		
2078/079	64669	78449	948398	65836	558397	26442	3066	1745257	
2079/080	72568	34785	853004	93574	533337	38156	1767	1627191	
2080/081	99073	49569	903807	121019	564446	42752	2474	1783140	

Top 10 Morbidity Among Inpatients

S. N	Morbidity in F/Y 2078/079		Morbidity in F/Y 2079/080		Morbidity in F/Y 2080/081	
	Disease	No. of Patients	Disease	No. of Patients	Disease	No. of Patients
1	Bac.Sepsis	1024	Bac. Sepsis	1146	Pneumonia	908
2	COVID-19	900	Appendicitis	607	Bac.Sepsis	826
3	Pneumonia	625	Pneumonia	599	Appendicitis	515
4	Appendicitis	570	Hernia	423	Respiratory Disease	501
5	NNJ	339	Cholelithiasis	414	Abortion	418
6	Abortion	302	NNJ	394	cholelithiasis	414
7	COPD	286	Abortion	380	Hernia	413
8	ARI	274	COPD	376	Kidney Disease	346
9	Kidney Disease	265	Kidney Disease	315	NNJ	330
10	Fever	263	Thalasaemia	283	COPD	325

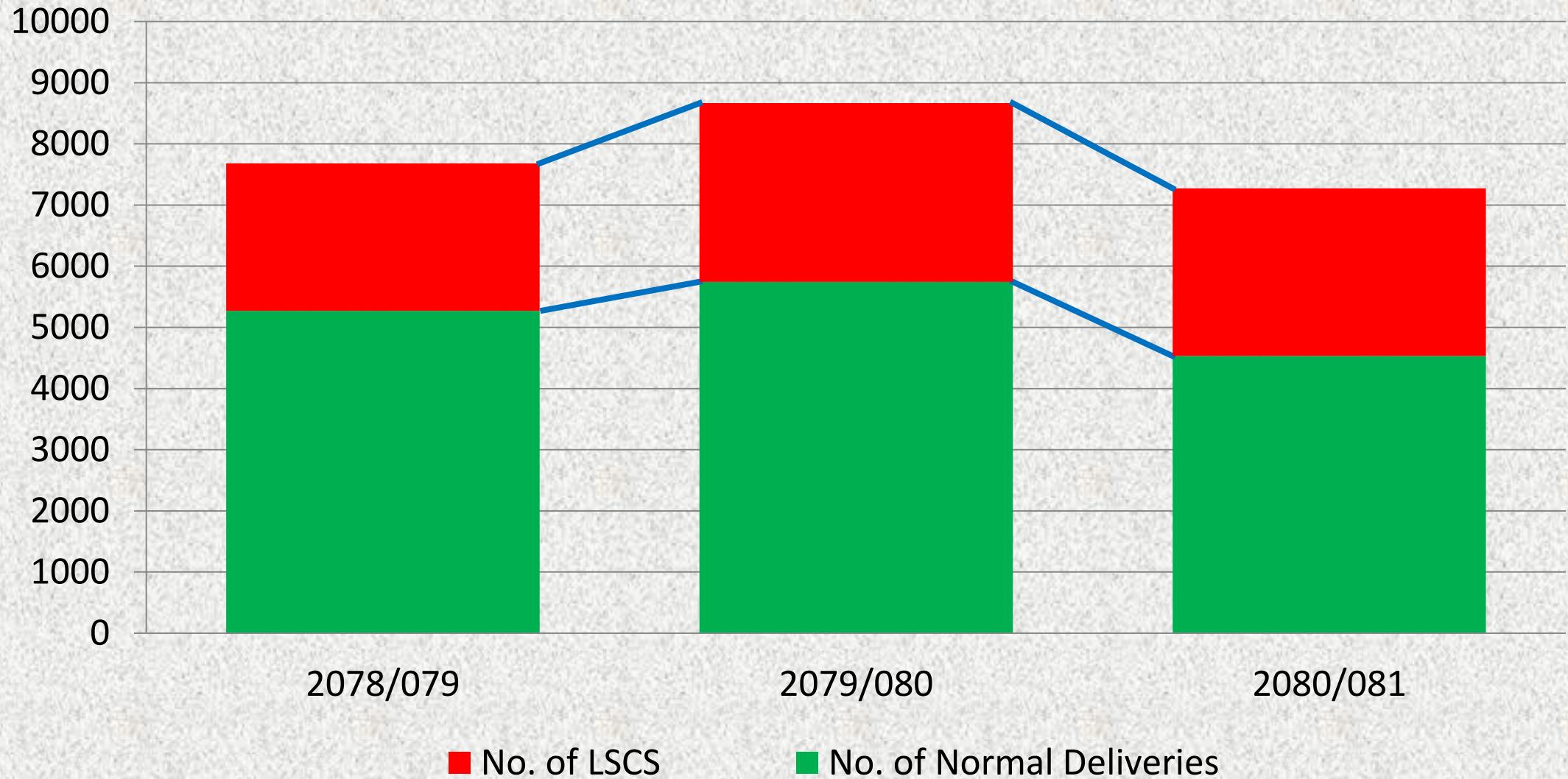
Top Ten Mortality Among Inpatients

S. N	Mortality in F/Y 078/079		Mortality in F/Y 079/080		Mortality in F/Y 080/081	
	Disease	No. of Patients	Disease	No. of Patients	Disease	No. of Patients
1	COVID-19	161	Sepsis	118	Sepsis	21
2	Bac.Sepsis	69	Heart Disease	27	Pneumonia	17
3	Pneumonia	26	Pneumonia	22	Heart Disease	16
4	COPD	22	Resp.distress of Newborn	13	Brain Haemorrhage	13
5	Heart Disease	22	COPD	13	COPD	11
6	Birth Asphyxia	17	LBW	12	Birth Asphyxia	11
7	Liver Disease	16	Kidney Disease	11	Liver Disease	9
8	LBW	13	Brain Haemorrhage	11	Malignancy	7
9	Septicaemia	11	Liver Disease	10	Respiratory Distress of Newborn	6
10	Kidney Disease	9	NNJ	7	Peritonitis	6

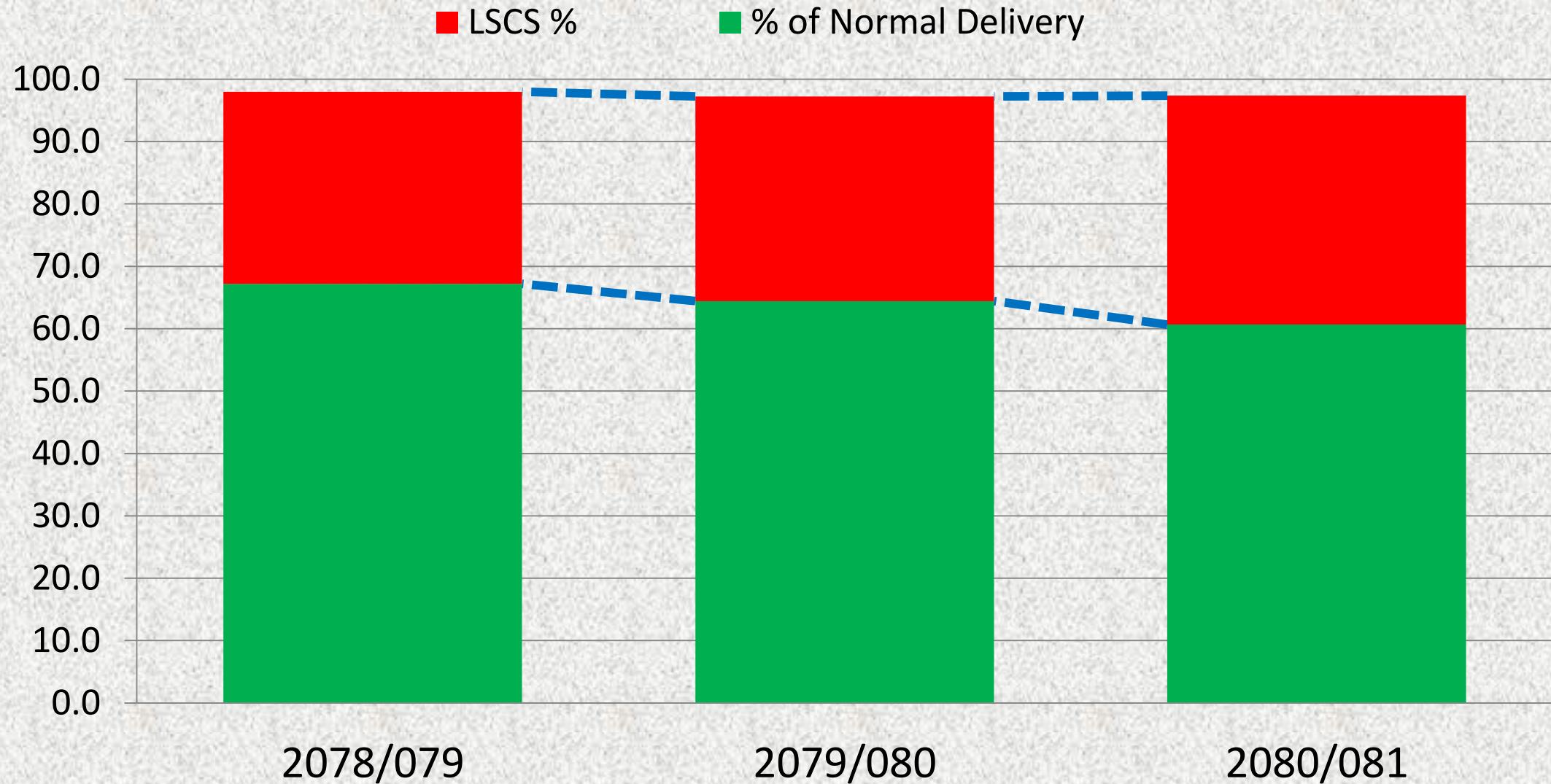
Hospital Delivery Statistics

Description	F/Y 2078/079	F/Y 2079/080	F/Y 2080/081
No. of Deliveries	7840	8915	7471
No. of Normal Deliveries	5268	5744	4532
No. of Assisted Deliveries (Complicated)	113	225	166
No. of LSCS	2414	2922	2741
LSCS %	30.79	32.8	36.7
Breech	45	35	32
No. of Maternal Deaths	9	1	2
No. of Perinatal Deaths	215	174	134
No. of Early Neonatal Deaths	94	78	39
No. of Late Neonatal Deaths	15	34	14
No. of Still Birth	121	96	95

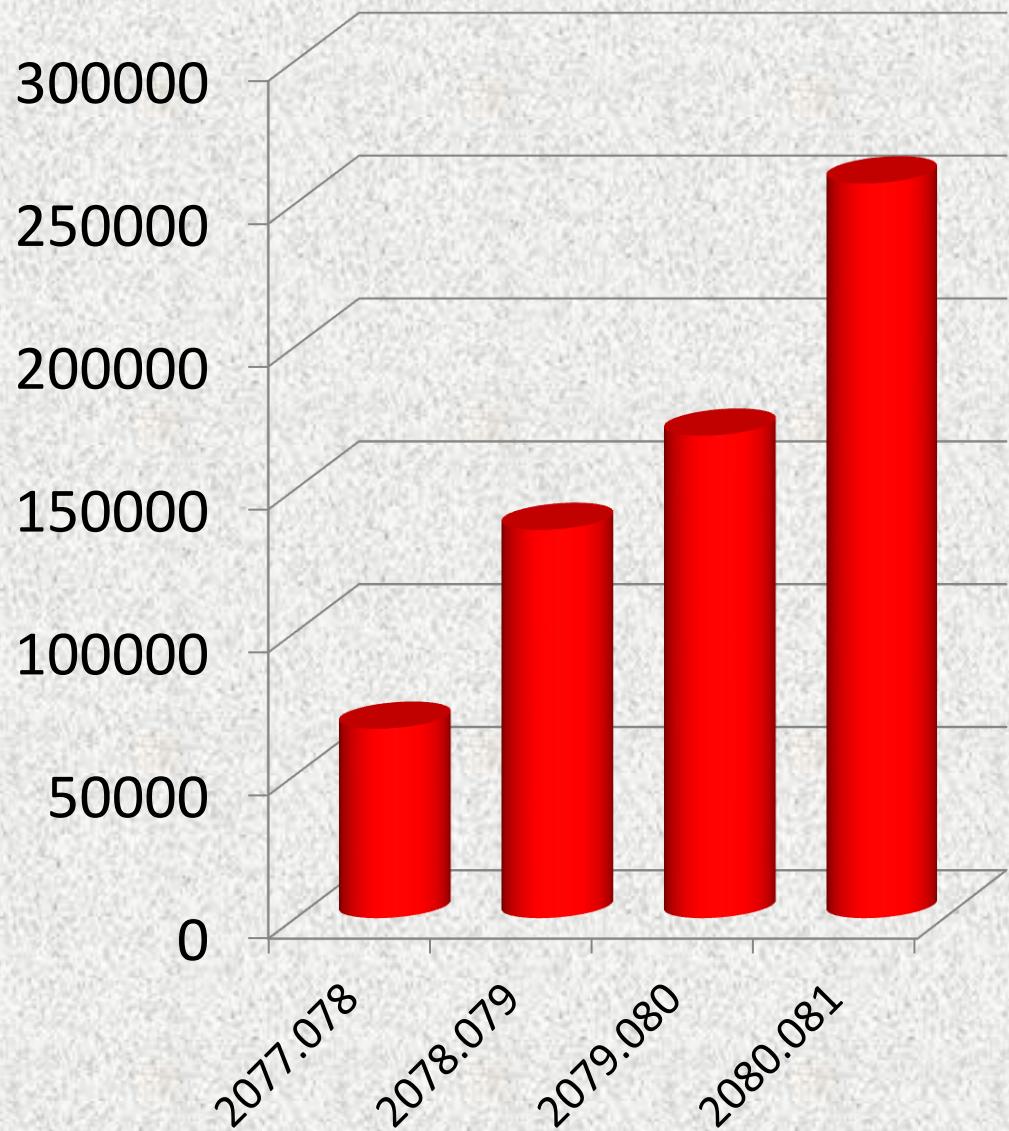
Normal vs C/S Delivery



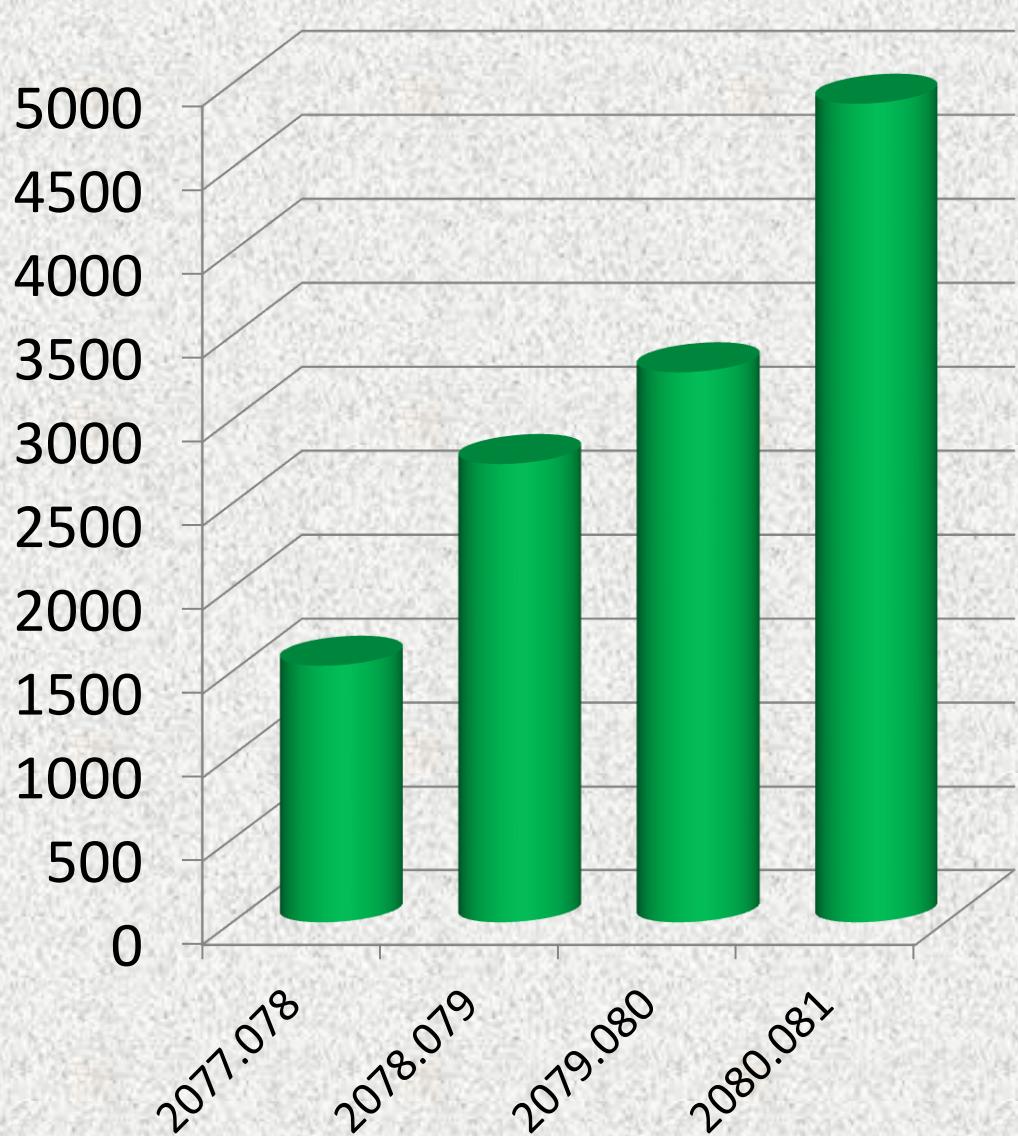
Normal Vs C/S Delivery



Trend of HI OPD Patients

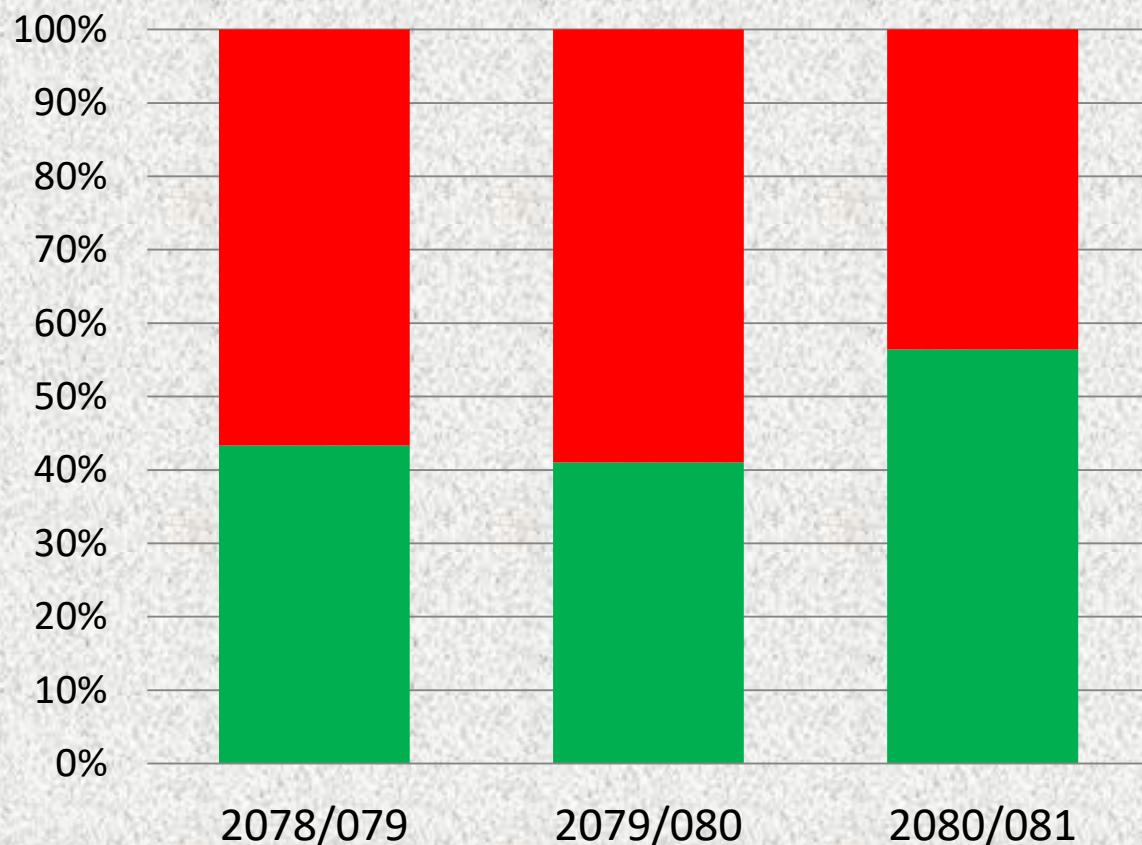


Trend of HI Inpatients

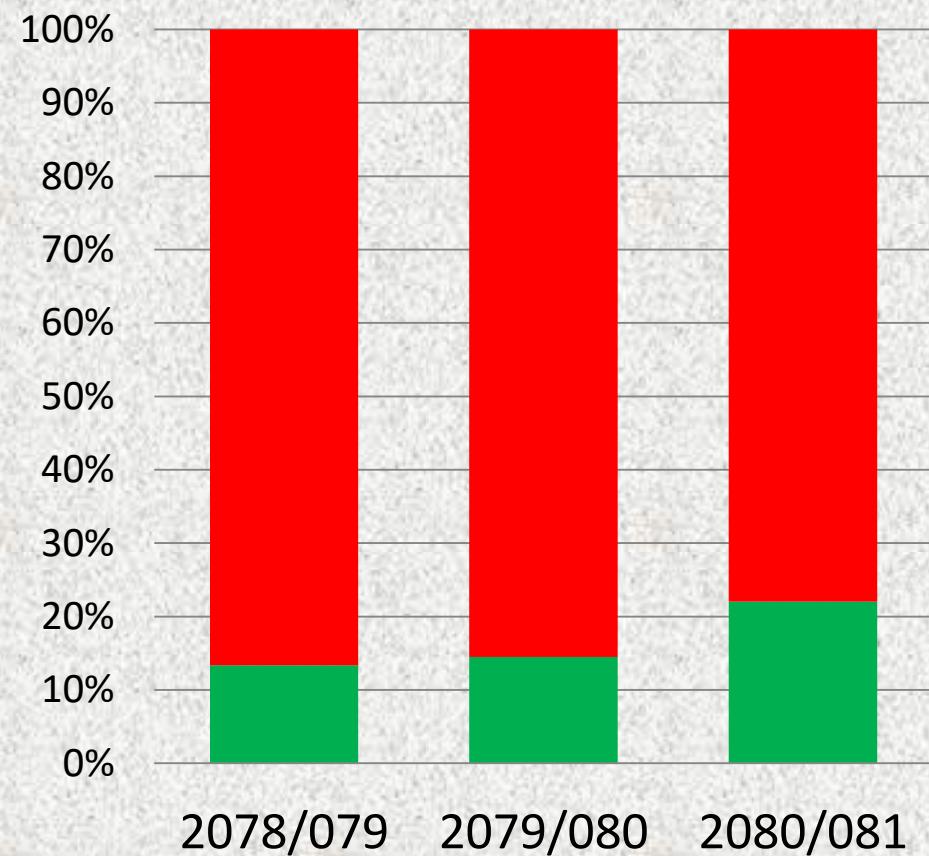


Health Insurance Load

OPD Service



Inpatient Service



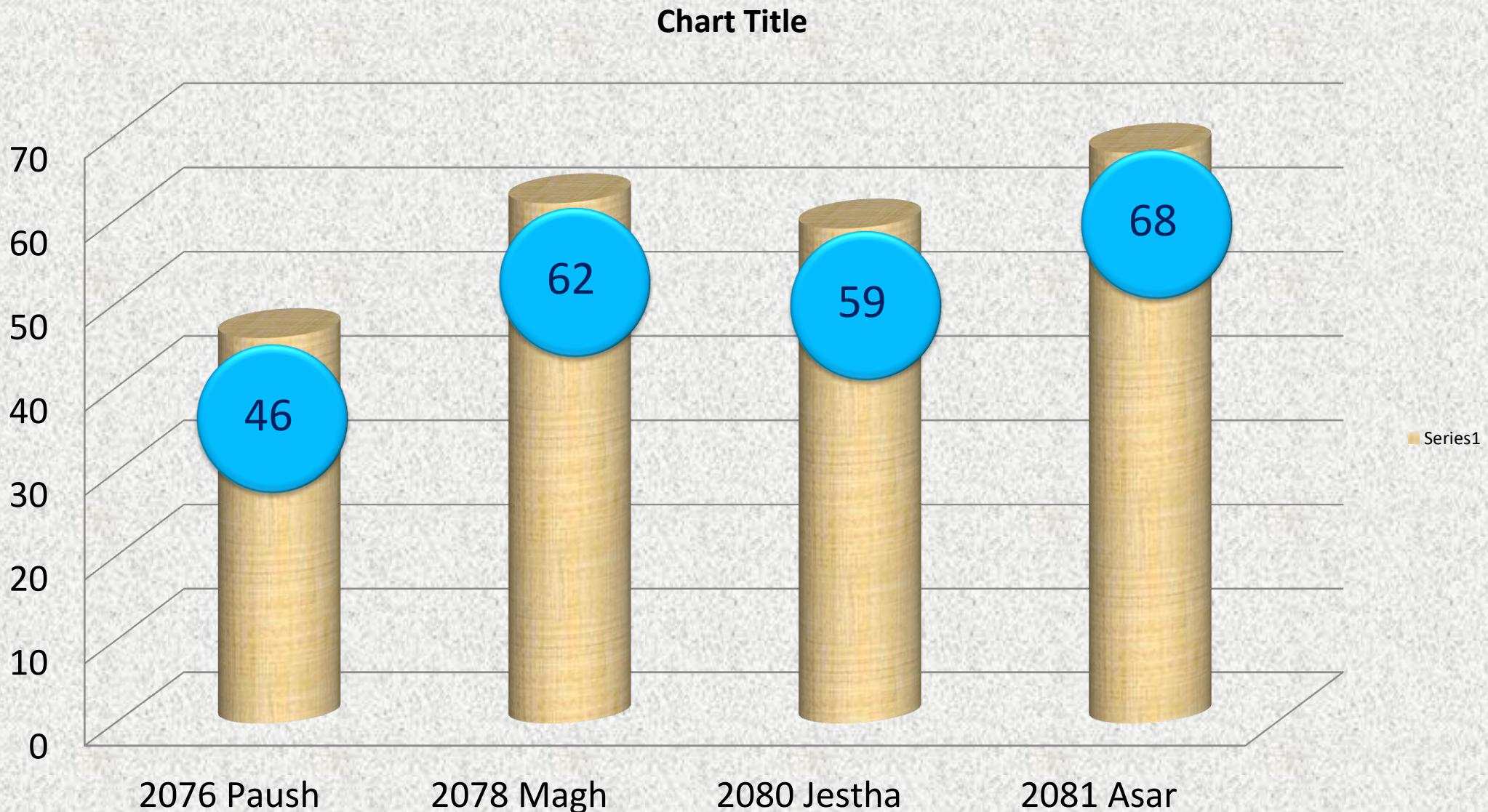
■ Health Insurance ■ General

■ Health Insurance ■ General

Target Group Free Health Service

F/Y	Poor	Helpless	Disabled	Sr. Citizens >60	FCHV	Gender Based violence	Others	Total
2078/079	4135	71	186	1646	9	56	58	6161
2079/080	7574	70	130	1112	14	10	28	8938
2080/081	2552	109	52	718	0	4	75	3510

Minimum Service Standard Score



Major Innovations

- Started B.SC Nursing and B.N.S Program in PoAHS
- Installation of Oxygen Plant
- Starting Super- Specialty Services like cardiology, Gastroenterology, Nephrology, Urology, hepatology, Neurosurgery, Plastic Surgery and Burn, CTVS etc.
- Installation of MRI Machine
- Installation of Cath-lab Machine
- installation of CT-Scan Machine
- Kidney transplant service
- Expansion of dialysis Service
- Established NICU Service from NCU Service

Continued.....

- Installation of Lab Information System (LIS)
- Establish lab report auto dispatch center
- OT beds Increased from 5 to 7 with 2 modular OTs
- Online Ticketing, Online Payment, QR Payment, Online Reporting
- Token system for OPD, lab and OPD counter
- Separate Health Insurance Counter and Real time claim
- New services; RIRS, PCNL, ESWL, Fibro-Scan, ERCP, Intervention radiology

Hospital Strength

- Adequate Hospital land
- Adequate Water Supply
- ICU, PICU, NICU, transplant ICU services
- Advanced Medical Equipments
- Own hospital Pharmacy
- UG/PG academic programs
- SSU/Health Insurance Program

Major Challenges

- Patient's crowd management
- Management of Health Insurance Program
- To run Academic activities MBBS and Allied Sciences
- Bewarise Dead body management
- Insufficient number of beds in critical care unit and other wards due to retrofitting program
- Operation management- inadequate number of OTs
- Inadequate number of quarter for staffs

Recommendations

- Complete retrofitting for expansion of ICU, Maternity, Medical and surgical wards
- Expansion of Emergency beds and facilities
- Establishment of MICU
- Expansion of Extended Health Service
- Expansion of Hospital Pharmacy and counter.
- Gradual development of EMR system
- Follow up of O& M survey
- Need to prepare HR Projection.
- Need to prepare and implement Scientific Master plan of Hospital and Academy

Continue..

- Need to manage scientifically the staff & public parking, Public toilet , Drinking water facilities etc.
- Promotion of medical research and academic activities.
- Expansion of CCTV coverage throughout the hospital premises
- Improvement of overall sanitation system especially liquid waste management.
- Construction of adequate staff quarter
- Scientific Management of Health Insurance Program
- Strengthen dead body management system

THANK YOU!