



पोखरा स्वास्थ्य विज्ञान प्रतिष्ठान



# Annual Report



F/Y 2079/080

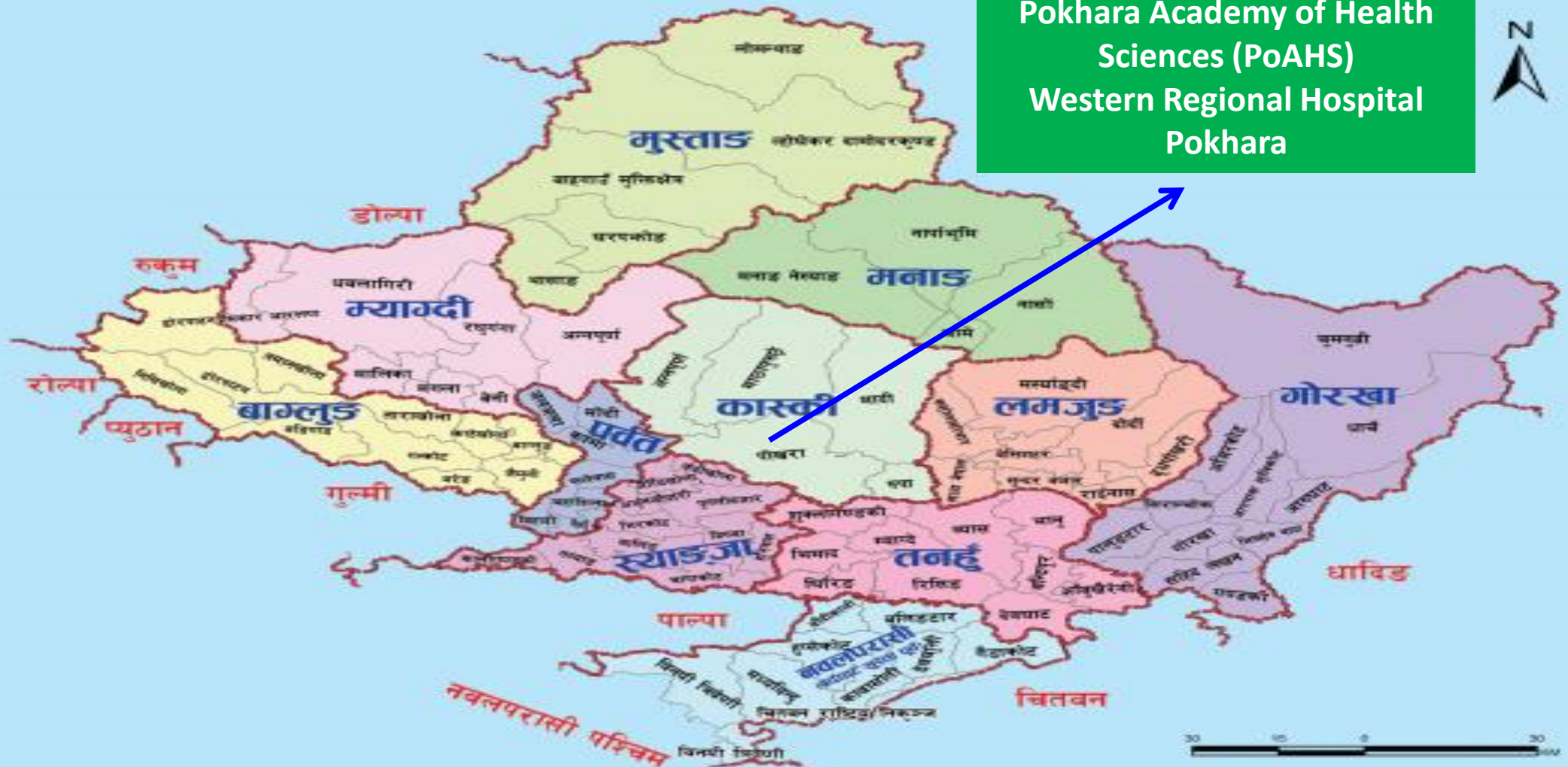
Pokhara Academy of Health Sciences  
Western Regional Hospital  
Pokhara, Kaski



# 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 bedded.
- In 2072 Paush, Government of Nepal declared to make WRH as Pokhara Academy of Health Sciences.
- In 2076 Falgun 25, Academy conducted MD/MS entrance exam and admission process 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, in second year (2077 batch) was 26 and in third year (2078 batch) was 33 and 32 in (2079 batch) Altogether 108 students were enrolled in PoAHS till yet.
- The running beds distribution of WRH are as follows.

# Beds Distribution

Department	Deluxe cabin	Cabin Beds	Semi Cabin Beds	General Beds	Total beds
Medical ward				30	30
Pediatric			2	33	35
Orthopedic				47	47
Post operation				9	9
Gynecology	1	3		35	39
Surgical				45	45
ICU				10	10
NICU				30	30
PICU				6	6
Maternity		3		60	63
Dialysis				18	18
Emergency				29	29
NRH				10	10
Transplant ICU				2	2
Total	1	6	2	364	<sup>6</sup> 373

# Infrastructure

❖ Hospital ownership land: (207+62) Ropani

❖ Own Building:

❖ Hospital area: (Adequate)

❖ Doctor quarter: (Inadequate)

❖ Staff quarter: (Inadequate)

❖ Major Functional Medical Equipment:

❖ MRI Machine	1	❖ Fibro-Scan	1
❖ CT Scan	1	❖ Endoscopy	1
❖ Cath-Lab	1	❖ Anesthesia Work station	10
❖ ERCP	1	❖ C-Arm	2
❖ Echo Machine	1	❖ X-ray Machine	7
❖ Ventilator	30	❖ USG Machine	7
❖ Oxygen Concentrators	79		
❖ ABG Machine	5		
❖ BIPAP/CPAP	38		



# GENERAL FEATURES OF WESTERN REGIONAL HOSPITAL

## LOCATION AND AREA:

Western Regional Hospital is located in Ramghat, ward No.10 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:

Though this is a regional hospital so previous western region 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.



# Main Catchment Areas (2079/080)

## Inpatients Visit (Visited by the People of 76 Districts) Rasuwa

S.N	Districts	Patients	Percent
1	Kaski	13272	58.5
2	Tanahun	2570	11.3
3	Syangja	2048	9.0
4	Parbat	1185	5.2
5	Baglung	869	3.8
6	Myagdi	662	2.9
7	Lamjung	646	2.8
8	Gorkha	217	1.0
9	Dhading	191	0.8
10	Mustang	61	0.3

## OPD/ER Visit (Visited by the People of 77 districts)

S.N	Districts	Patients	Percent
1	Kaski	334393	81.3
2	Tanahun	18543	4.5
3	Syangja	18244	4.4
4	Parbat	9647	2.3
5	Baglung	6176	1.5
6	Myagdi	5346	1.3
7	Lamjung	5116	1.2
8	Gorkha	2082	0.5
9	Dhading	1485	0.4
10	Nabalparasi	639	0.2

# Main Catchment Areas (in F/Y 2079/080)

Inpatients Discharge (Visited by the People of all Provinces)			OPD /ER Visit (Visited by the People of all Provinces)		
Province	No.of Patients	Percent	Province/Other	No.of Patients	Percent
Koshi	129	0.57	Koshi	1096	0.3
Madhesh	109	0.48	Madhesh	1137	0.3
Bagmati	381	1.68	Bagmati	3295	0.8
Gandaki	21570	95.09	Gandaki	400826	97.4
Lumbini	325	1.43	Lumbini	2433	0.6
Karnali	65	0.29	Karnali	852	0.2
Sudur Paschim	35	0.15	Sudur paschim	368	0.1
Foreign	70	0.31	Foreign	1366	0.3
Grand Total	22684	100	Grand Total	411373	100

# Hospital Services

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

# OPD Services

- Medical
- Surgical
- Orthopedic
- Antenatal
- Gynecology
- ENT
- Dental
- Psychiatric
- Pediatric
- Dermatology

- Physiotherapy
- Cardiology
- Urology
- Nephrology
- Gastroenterology
- Hepatology
- Neuro-Surgery
- PAC



# Indoor Services

- Medical
- Surgical
- Gynecology
- Maternity
- Paediatric
- Orthopedic

- ICU
- NICU
- PICU
- ENT
- Operation
- Dental

# Major Hospital Services

## Preventive Services

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

# Curative Services

## OPD

- ❖ Medical
- ❖ Surgical
- ❖ Orthopedic
- ❖ ENT
- ❖ Antenatal
- ❖ Gynecology
- ❖ Pediatric
- ❖ Dermatology
- ❖ Dental
- ❖ Psychiatric
- ❖ Physiotherapy
- ❖ Cardiology
- ❖ Gastroenterology
- ❖ Nephrology
- ❖ Hepatology
- ❖ Neuro-Surgery
- ❖ Urology
- ❖ PAC

## Indoor services

- ❖ Medical
- ❖ Surgical
- ❖ Gynecology
- ❖ Maternity
- ❖ Pediatric
- ❖ Orthopedic
- ❖ ENT
- ❖ ICU
- ❖ NICU
- ❖ PICU
- ❖ Operation
- ❖ Dental
- ❖ Kidney Transplant

# 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



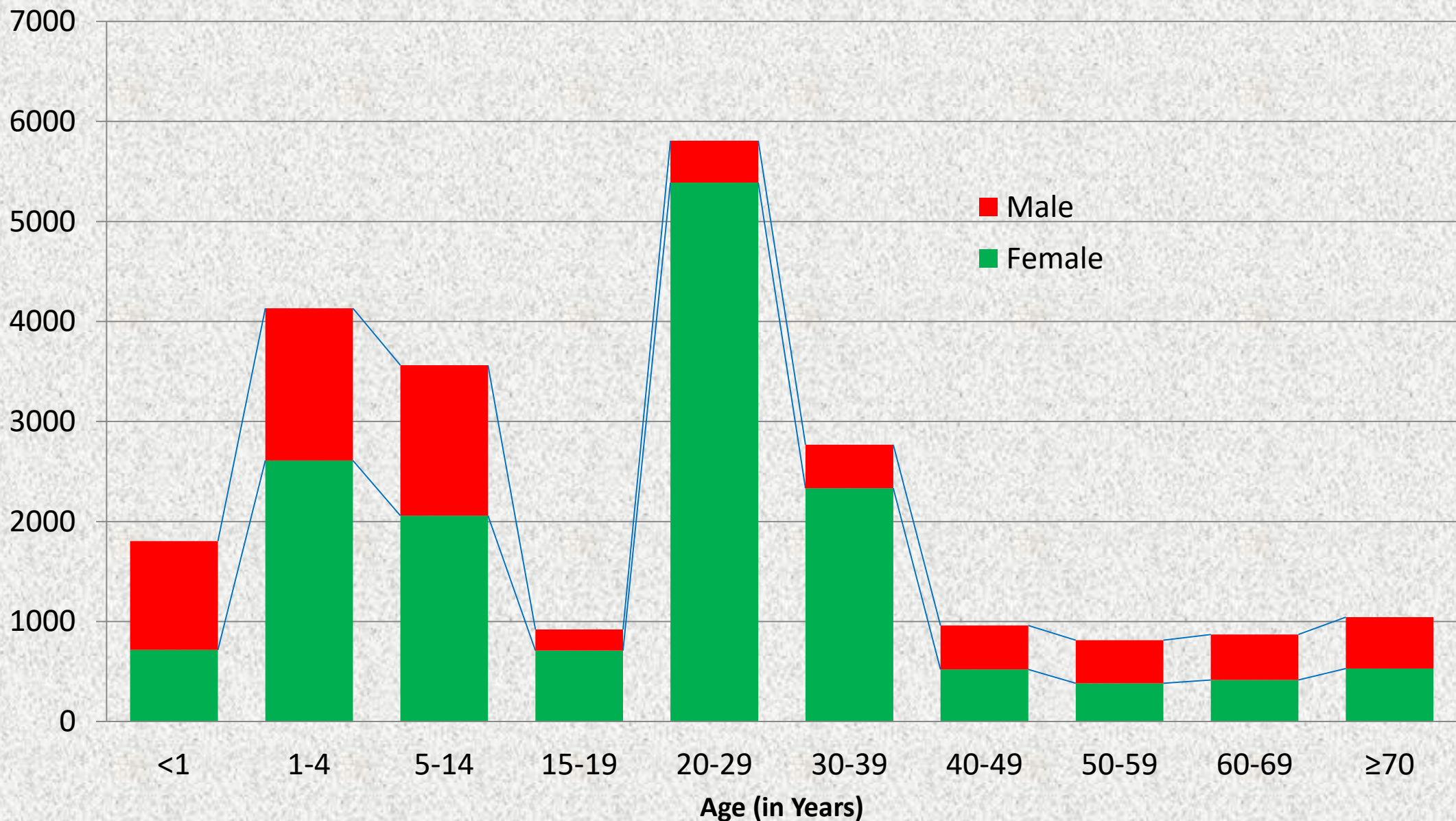
# Special Programme

- ART
- CAC, PAC
- MCH Clinics (Immunization, Family planning)
- Safe Motherhood
- Methadone Maintenance Programme
- Nutrition Rehabilitation Home
- OCMC
- Social Service Unit
- Geriatric Service
- Dialysis
- Free Primary Emergency Treatment
- Telemedicine
- Kidney Transplant

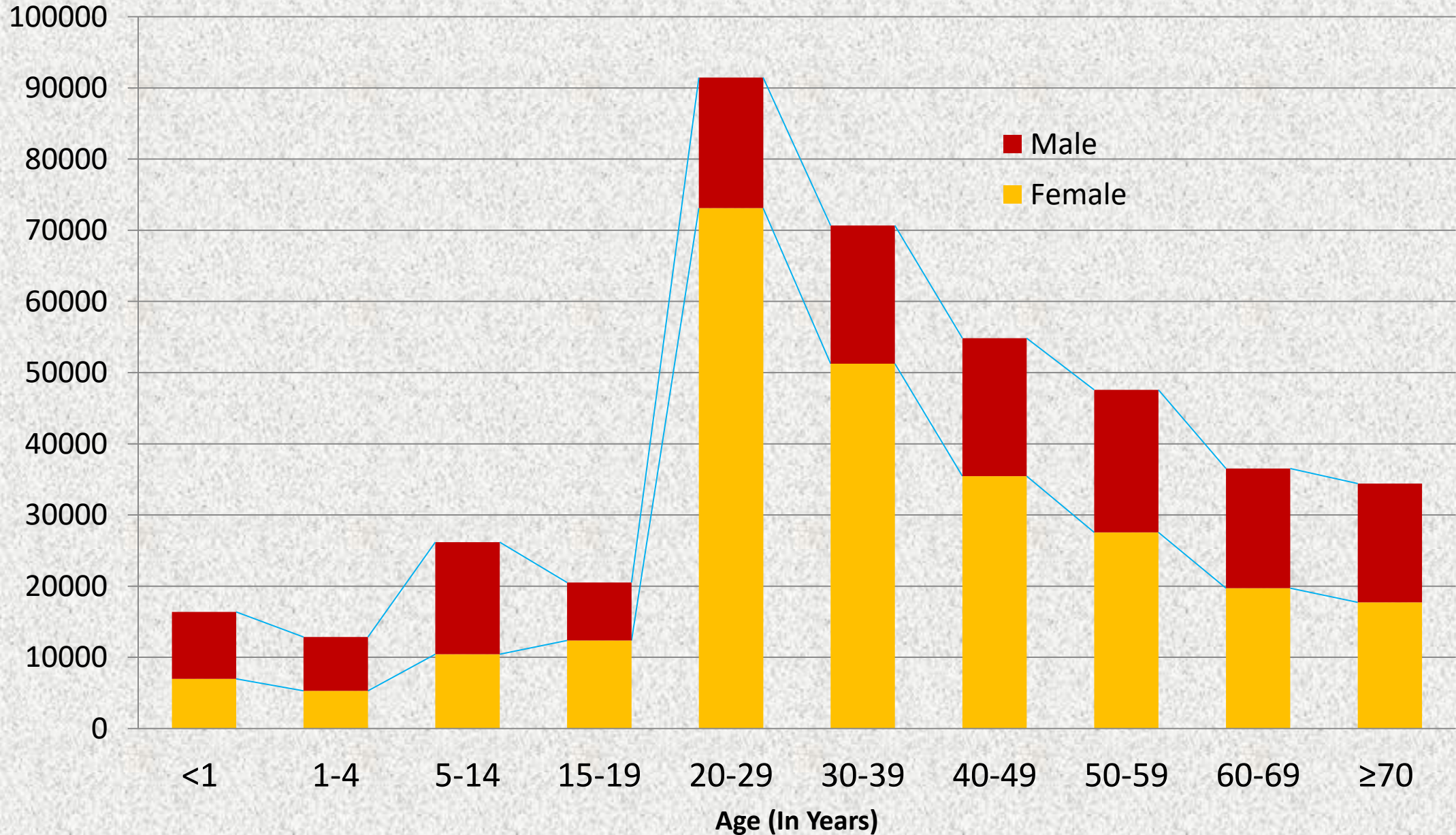
# Hospital Statistics

S. N	Contents	F/Y 2077/078	F/Y 2078/079	F/Y 2079/080
1	Total Number of OPD Cases	130454	272359	356402
2	Total Number of Emergency Cases	26033	40739	54971
3	Total Number of Inpatients	14228	20466	22684
4	Total Number of Lab Services Provided	943553	1745257	1627191
5	Total Number of Hospital Services Provided	156487	313098	411373
6	Total Number of Delivery Conducted	5346	7840	8915
7	Total Surgery Cases	4184	7203	9690
8	Number of CAC Services Provided	172	256	405
9	Total Maternal Deaths	5	9	1
10	Total Hospital Deaths	484	493	304

# Age wise Inpatients in F/Y 2079/080

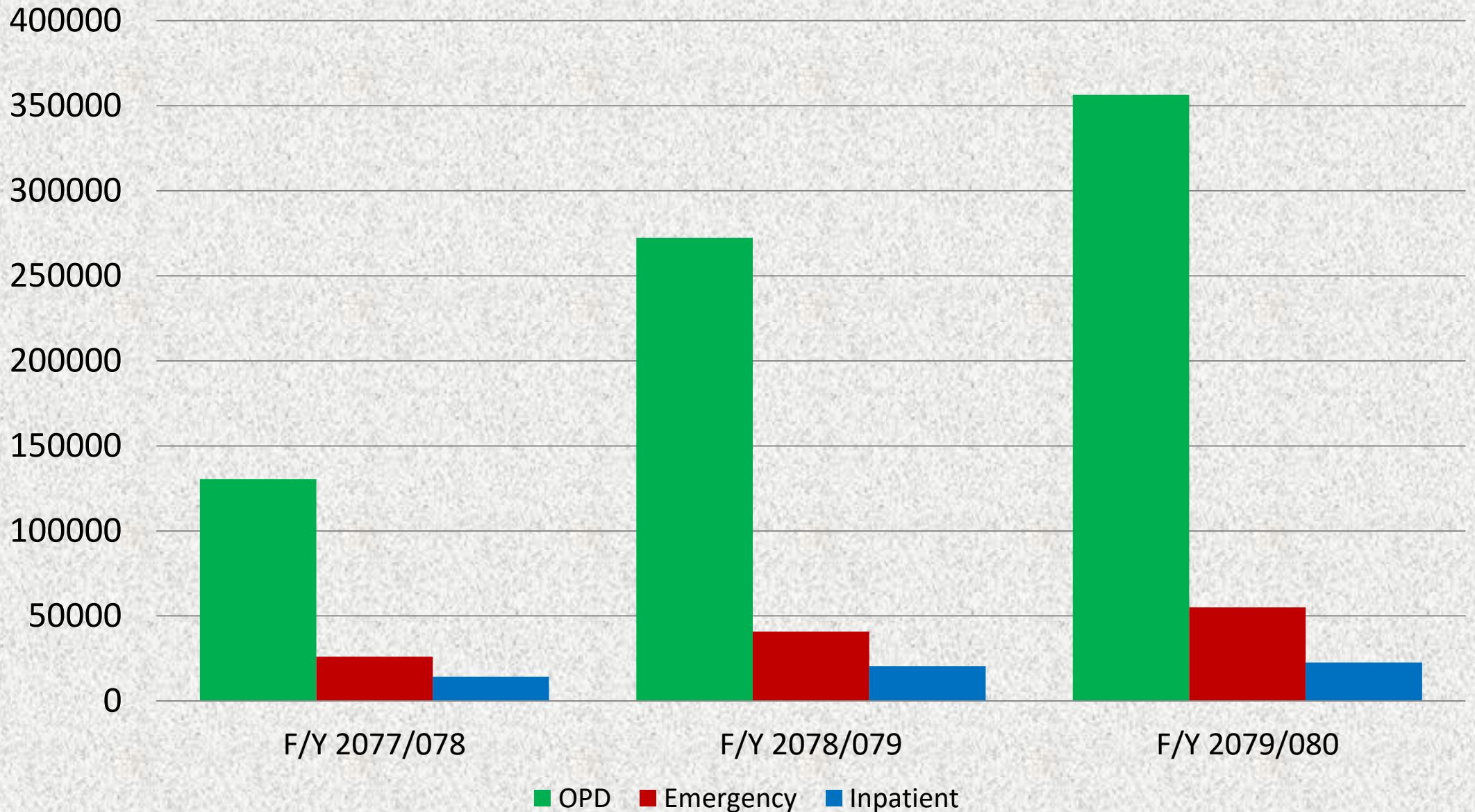


# Age wise Outpatients in F/Y 2079/080

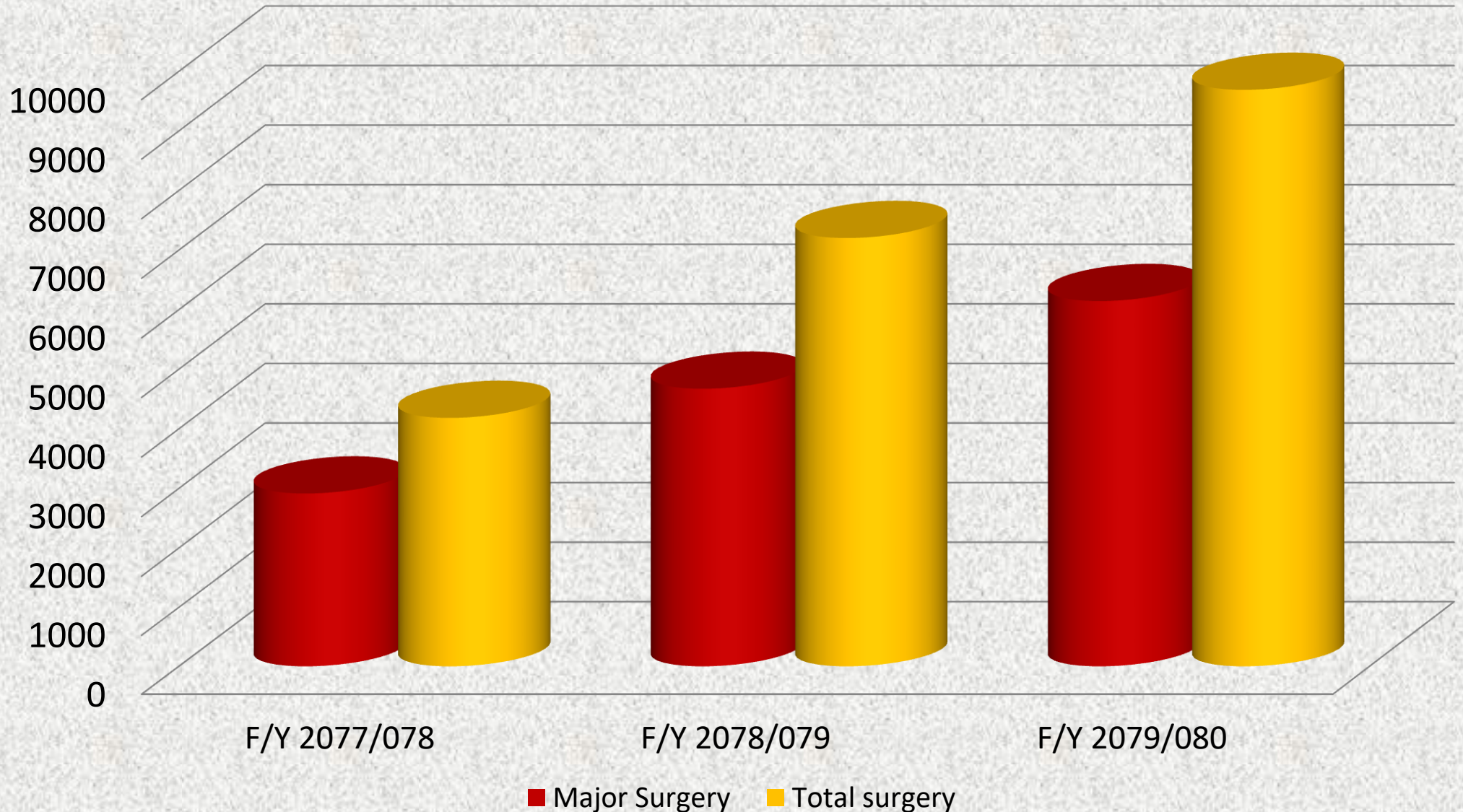




# Flow of Patients in WRH



# Total Surgery Vs. Major Surgery



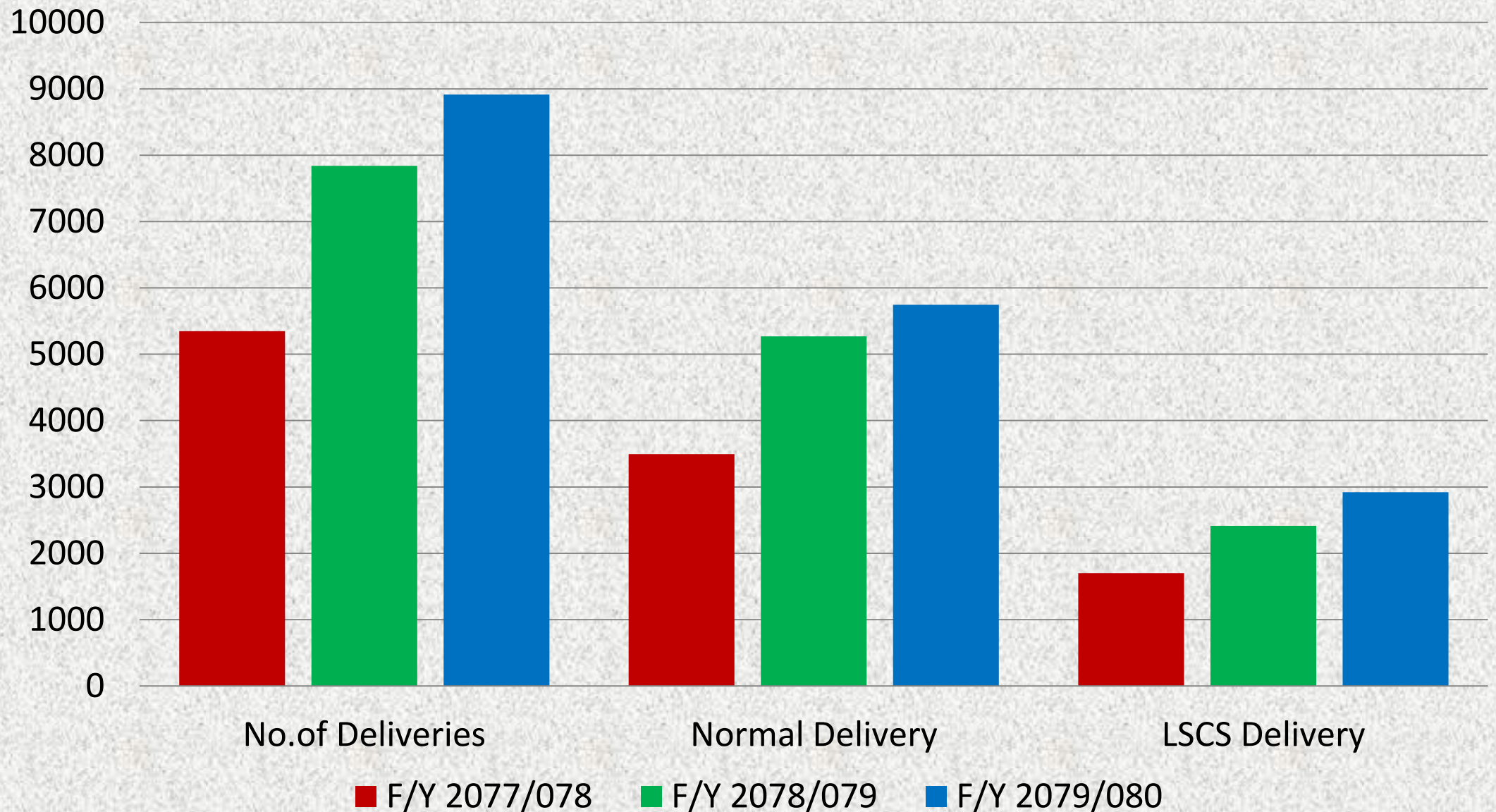
# Top 10 Morbidity Among Inpatients

S. N	Morbidity in F/Y 2077/078		Morbidity in F/Y 2078/079		Morbidity in F/Y 2079/080	
	Disease	No. of Patients	Disease	No. of Patients	Disease	No. of Patients
1	COVID-19	1336	Bac.Sepsis	1024	Bac. Sepsis	1146
2	Bac.Sepsis	532	COVID-19	900	Appendicitis	607
3	Pneumonia	352	Pneumonia	625	Pneumonia	599
4	Appendicitis	346	Appendicitis	570	Hernia	423
5	Kidney Disease	225	NNJ	339	Cholelithiasis	414
6	COPD	190	Abortion	302	NNJ	394
7	Cholelithiasis	178	COPD	286	Abortion	380
8	Inguinal Hernia	154	ARI	274	COPD	376
9	AGE	145	Kidney Disease	265	Kidney Disease	315
10	NNJ	139	Fever	263	Thalasaemia	283

# Top Ten Mortality Among Inpatients

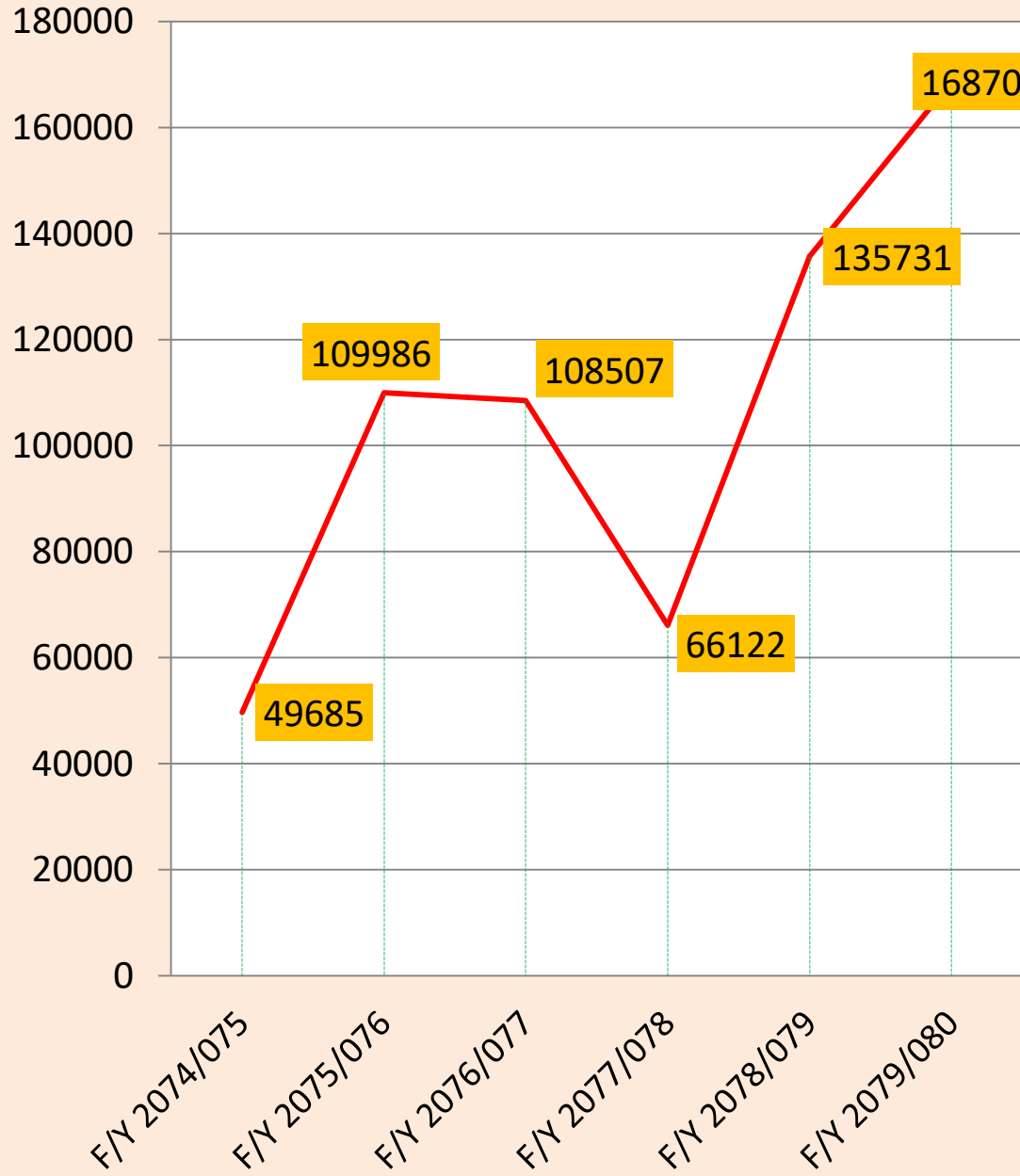
S. N	Mortality in F/Y 077/078		Mortality in F/Y 078/079		Mortality in F/Y 079/080	
	Disease	No. of Patients	Disease	No. of Patients	Disease	No. of Patients
1	COVID-19	228	COVID-19	161	Sepsis	118
2	Pneumonia	36	Bac.Sepsis	69	Heart Disease	27
3	Bac.Sepsis	34	Pneumonia	26	Pneumonia	22
4	LBW	24	COPD	22	Resp.distress of Newborn	13
5	Kidney Disease	18	Heart Disease	22	COPD	13
6	Liver Disease	17	Birth Asphyxia	17	LBW	12
7	Birth Asphyxia	16	Liver Disease	16	Kidney Disease	11
8	COPD	15	LBW	13	Brain Haemorrhage	11
9	Stroke	7	Septicaemia	11	Liver Disease	10
10	Septicaemia	5	Kidney Disease	9	NNJ	7

# Hospital Delivery Statistics

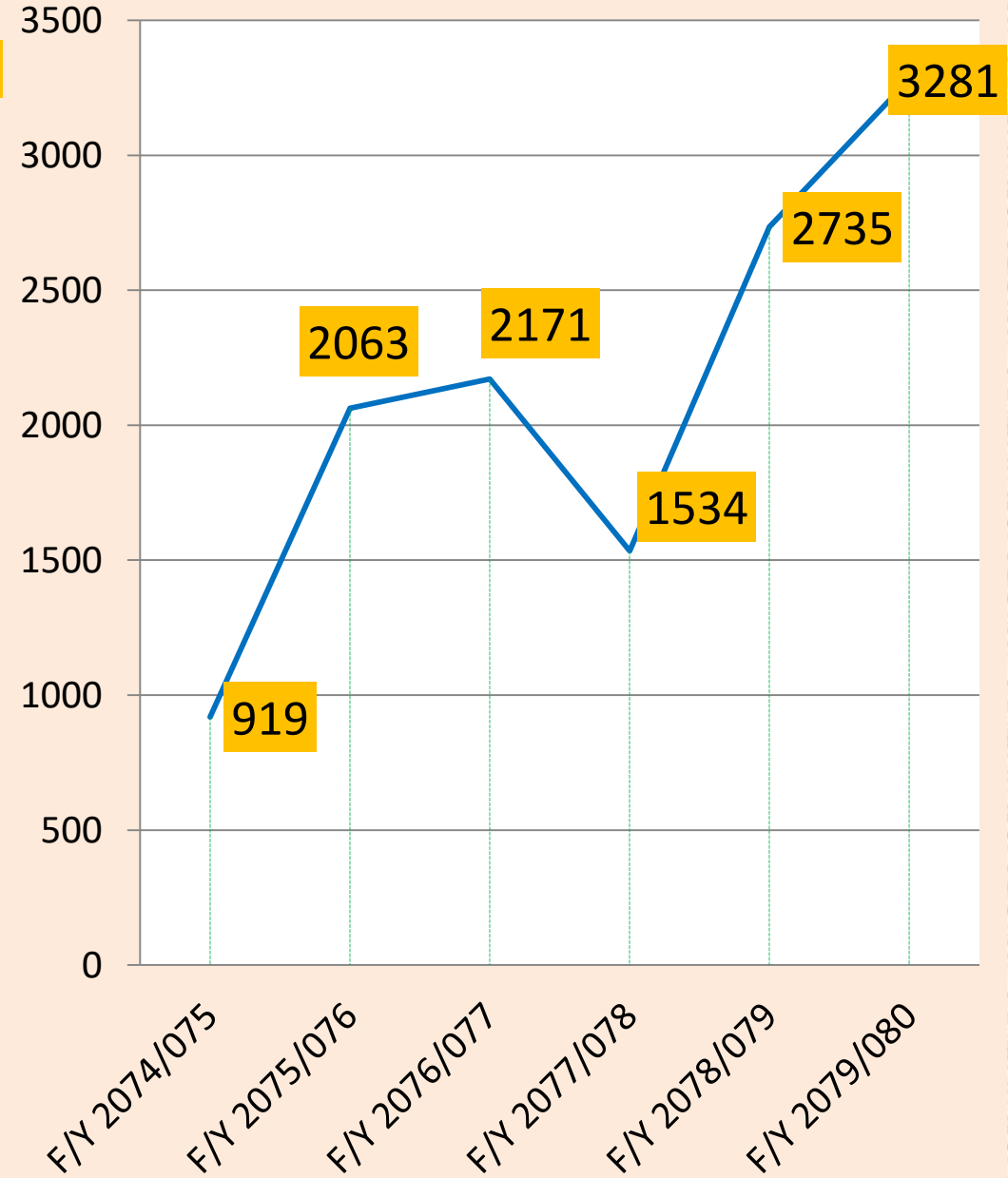




## Trend of HI OPD Patients



## Trend of HI Inpatients



# Target Group Free Health Service

F/Y	Poor	Helpless	Disabled	Sr. Citizens >60	FCHV	Gender Based violence	Others	Total
2077/078	1957	56	195	1545	5	16	57	3831
2078/079	4135	71	186	1646	9	56	58	6161
2079/080	7574	70	130	1112	14	10	28	8938

# Major Innovations

- Development of PoAHS
- Installation of Oxygen Plant
- Starting Super- Speciality Services like cardiology, Gastrology, Nephrology, Urology, hepatology, Neurosurgery etc
- Installation of MRI Machine
- Installation of Cath-lab Machine
- installation of CT-Scan Machine
- Kidney transplant service
- COVID-19 treatment center
- Starting of COVID OPD
- Hospital waste management
- Expansion of dialysis Service
- Established NICU Service from NCU Service
- MD seat allocation (17+26+33 seats)

## Continued.....

- Computerized Lab (Interfacing Lab data)
- Hospital beds Increased
- Shifted Maternity and Neonatal service from the new maternity building.
- Token system for OPD and Insurance counter
- Separate Health Insurance Counter
- New services; RIRS, PCNL, ESWL, Fibro-Scan, Biopsy, Vit.D, B12 etc

# Hospital Strength

- Adequate Hospital ownership land
- Adequate Water Supply
- ICU, PICU, NICU services
- Advanced Medical Equipments
- Own hospital Pharmacy
- Attachment with PoAHS
- Health Insurance Program