

Heart Screening, Health Camps and Public Awareness Program Conducted in Achham, Bajura, and Bajhang Districts

From June 1 to June 9, 2024, a large-scale heart screening initiative was conducted across 33 schools in the Achham, Bajura, and Bajhang districts. The program aimed to identify students with potential heart conditions and provide necessary medical interventions. A total of 13,178 students participated in the screenings, which involved initial assessments using stethoscopes to detect abnormal heart murmurs.

Subsequently, 1,052 students who exhibited signs of heart abnormalities underwent further testing using a portable echocardiography machine for precise diagnoses. These cases were evaluated by a specialized team consisting of Dr. Prakash Raj Regmi, Dr. Urmila Shakya, Dr. Ram Kishor Sah, Dr. Rajendra Koju, and Dr. Achutananda Lal Karn.

Key Findings

- **Total Diagnosed with Heart Disease:** 121 students
 - **Rheumatic Heart Disease (RHD):** 47 students
 - **Congenital Heart Disease (CHD):** 71 students
 - **Other Heart Conditions:** 3 students
- **Students Requiring Surgical Intervention:** 20 students (referred to Kathmandu for further evaluation and intervention)

District-wise Breakdown

Achham

- **Schools Screened:** 11
- **Total Students Screened:** 3,724
- **Positive Cases Found:** 48 students
 - **RHD:** 21 students
 - **CHD:** 27 students
- **Students Requiring Surgical Intervention:** 8 students

Bajura

- **Schools Screened:** 8
- **Total Students Screened:** 4,557
- **Positive Cases Found:** 33 students
 - **RHD:** 14 students
 - **CHD:** 19 students
- **Students Requiring Surgical Intervention:** 4 students

Bajhang

- **Schools Screened:** 14

- **Total Students Screened:** 4,897
- **Positive Cases Found:** 40 students
 - **RHD:** 12 students
 - **CHD:** 25 students
 - **Other Heart Conditions:** 3 students
- **Students Requiring Surgical Intervention:** 8 students

Free Heart Health Camp

On June 2, 2024, a Free Heart Health Camp was organized by the Nepal Heart Foundation in collaboration with Edwards Lifesciences in District Hospital of Mangalsen, Achham. The camp was held to provide comprehensive heart health check-ups and raise awareness about heart diseases among the local population.

- **Total Patients Examined:** 750
- **Patients Checked by ECG:** 209
- **Patients Checked by Echo:** 126
- **Immediate Surgical Interventions Required:** 3 patients (referred to Kathmandu for further intervention)
- **Medicines Distributed:** Worth Rs 1 Lakh, provided free of cost

Public Awareness Program

An interaction and talk program was organized on June 4, 2024, in Bajura District to educate local residents about heart diseases, trans fats, and risk factors contributing to heart conditions. The session was attended by 83 local participants.

Presenters:

- Dr. Satya Narayan Suwal
- Dr. Prakash Raj Regmi
- Dr. Prem Raj Baidya
- Dr. Urmila Shakya
- Dr. Ram Kishor Sah
- Dr. Rajendra Koju
- Dr. Achutananda Lal Karn

Dr. Prakash Raj Regmi led an interactive session on Lifestyle and Heart Diseases, addressing participants' queries and providing insights into heart health management. The participants engaged actively, and their questions were satisfactorily answered by the panel of doctors.

The heart screening programs, health camps, and public awareness initiatives have significantly contributed to early detection and management of heart diseases in Achham, Bajura, and Bajhang districts. The efforts have highlighted the importance of regular health check-ups and education in combating heart-related health issues. The Nepal Heart Foundation remains

committed to improving cardiovascular health across Nepal through continued outreach and support.

Heart Screening







Heart health Camp







Public Awareness Program



