



## A Decade of Critical Care Medicine in Nepal

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as not for profit, charitable NGO. NCCDF organizes short courses trainings and workshops focusing in critical care in collaboration to CCNAN and NSCCM and also organizes various awareness programs on Sepsis Day and Hand Hygiene Day.<sup>7</sup>

Critical Care Nurses Association of Nepal (CCNAN) was established in 2016 and presently has 200+ life members. CCNAN is involved in developing Instructors for Critical Care Nurse Training Program (CCNTP) which certifies nurses as Critical Care Nurses. CCNAN also organized the First International CCN Conference in Kathmandu in November 2017 and also established the Regional Federation CCN – SAARC (RFCCN-SAARC). India became the first president of RFCCN SAARC and organized a conference in Belgaum, Bengaluru in 2018 and again in 2019, Second Conference of RFCCN-SAARC was organized in Butwal, Nepal and the

### Introduction

The first ICU in Nepal started in 1973 at Bir Hospital as a five 5 bed medical ICU which was started after King Mahendra Bir Bikram Shahdev suered some heart problem in 1970 and returned from his treatment in Delhi when he felt the need of ICU.<sup>1,2</sup> Ms. Rameshwori Shrestha, was known as the First ICU Nurse who worked in this ICU at Bir Hospital.<sup>3</sup>

In Nepal, Anesthesiologists were and still are the main physicians working in ICU along with other specialist as Society of Anesthesiologist of Nepal (SAN) was established since November 1987 and have been working in developing anesthesia, critical care and pain medicine services and education in the country.<sup>4</sup>

Nepalese society of Critical Care Medicine (NSCCM) was established on 10 April 2010 and became a member of WFSICCM in 2018 and currently there are 160+ Life members. NSCCM has been organizing CME every month and organized its first conference in 2014 and since then in 2016, 2018 and in 2022 organized twenty second Asia Pacific Association of CCM (APACCM) Conferences in Nepal which was one of the major events. NSCCM is involved in various academic activities, workshops, CMEs for strengthening ICU services in Nepal.<sup>5,6</sup>

Nepal Critical Care Development Foundation (NCCDF) was established in 2012

presidency of RFCCN-SAARC was handed over to Nepal.<sup>8</sup>

Considering academic programs, the first Doctorate of Medicine in Critical Care Medicine (DM CCM) was started at Institute of Medicine, Tribhuvan University from 2013 with support from Royal College of Canada International (RCCI, RCPSC). National Board of Medical Specialties (NBMS) from Medical Education Commission(MEC) has also started a three-year National Board Fellowship in CCM since 2021. Also, there has been a one-year clinical fellowship in CCM running in National Academy of Medical Sciences (NAMS) from 2020 and NSCCM has currently established a National Institute of Critical Care Medicine (NICCM) which had started a oneyear fellowship in adult critical care in three different hospitals of Nepal.<sup>6</sup> Considering Critical Care Nursing, Masters in Critical Care Nursing has been started from 2023 at Maharajgunj Nursing Campus, Institute of Medicine, Tribhuvan University

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which is a two-year academic program to develop academic leadership in CCN.<sup>9</sup>

Nepal Intensive Care Research Foundation (NICRF) was established in 2020 and focused on research and then started ICU Registry which is now running across 19 ICUs in the country and conducting multinational trials.

As per a study in 2020, there were total 194 Hospitals with ICUs and total 1595 ICU beds in the country and 840 ICU Beds with ventilators. However, as of now, there only around 35 Intensivists in Nepal and only 2.8 ICU Beds/100,000 population.

As COVID has brought in huge investment in infrastructure and equipment but the parallel growth trained human resources is far from reality and thus there are gaps in implementation of standard of care. The current need of Critical Care in Nepal is trained human resources, more resources in clinical research, patient safety and quality.

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