

NEWSLETTER FOR THE MONTH OF MAY 2023

Greetings for the upcoming monsoon season! We would like to let you know briefly about happenings at CIWEC.

Services:

We continue to offer full range of services (outpatient, inpatient and ICU care) including regular physical examination, pre-natal and post natal checks, pediatric well child checks, routine gynecological services and immunizations. We are open 24/7 for health problems and emergencies and staffing is provided by one of our senior doctors. There are specialist services in many areas like general and plastic surgery, orthopedics, cardiology, dermatology, endocrinology, eye/ ear, nose throat, neurology, physiotherapy, mental health counselling and psychiatry. We also offer upper endoscopy and surgical services within the premises at CIWEC Kathmandu. CIWEC Pokhara offers high dependency unit in its list of inpatient services. Appointments can be booked through by phoning or emailing the reception desk at bookings@ciwec-clinic.com.

Health News:

1. Diarrhea

Risk of diarrhea doubles in the spring and this risk continues to stay high through the monsoon season getting less from September onwards. There is also a seasonal parasite called Cyclospora that makes its appearance in June and stays through July and August disappearing almost completely after that. We would like to request you to continue to be careful with what you eat and drink and avoid flies from sitting on food. Drink bottled or boiled water. If diarrhea should occur, drink plenty of fluids e.g. oral rehydration solution (1 sachet mixes with 1 liter mineral water), you may take loperamide for symptom relief and seek help if the problem worsens or does not improve. For further information you can look up the website: www.ciwechospital.com.



2. CIWEC saw highest number of Frost Bite cases in the past Spring season

Past spring season, CIWEC saw a significant increase in number of frost bite cases. Cold weather condition, overcrowding on the mountains and poorly prepared climbers/helpers are most likely the reasons for increase in frostbite cases. Simply put, frostbite is damage to skin and underlying tissues caused by exposure to freezing temperatures which mostly affects hands and feet and a person may lose toes or fingers due to this. CIWEC has been providing state of the art care to these patients for several years.



Staffing:

1. CIWEC welcomes new psychologist

CIWEC Hospital would like to introduce you to psychologist, Mita Rana at Kathmandu office. She has been in the academic and clinical field of clinical psychology for more than two decades. Her main areas of expertise are adult mental health, working with couples and cognitive behavior therapy for anxiety and depressive disorders. Dr. Rana holds M.Phil.in Clinical Psychology & PhD degree (Psychology) from Tribhuvan University. She is also the coordinator of M.Phil. Clinical psychology program at Department of Psychiatry and Mental Health, TU Teaching Hospital (TUTH), Institute of Medicine, Kathmandu, Nepal. She can provide counseling at CIWEC by booking an appointment with her through reception desk.



Medical Partnerships under CSR:

1. Himalayan Xtri (Triathlon in highest altitude)

Himalayan Xtri is an annual extreme long-distance triathlon organized and carried out in Pokhara, Nepal. Launched in 2022 as a part of an international triathlon franchise, the Xtri World Tour, Himalayan Xtri is the only one of its kind in South Asia which sees athletes from all over the world. As an official health partner of the event, CIWEC provided end to end medical support on the race day. Besides this, CIWEC provided First Aid Training to the volunteers and put up a medical desk at registration for basic health check of the athletes. The race was scheduled on May 6 which was then followed by a closing and award ceremony on May 7, 2023. This year the event saw athletes and support crew from over 30 countries.



2. Mount Everest Marathon

Everest Marathon is an event known for being one of the toughest yet the most scenic marathon in the world with starting line right at the Everest Base camp. This event celebrates the historical successful ascent of Mt. Everest by Tenzing Norgay Sherpa and Sir Edmund Hilary on 29th May 1953 and is organized on the same day every year. CIWEC partnered as medical provider for the 2nd time with the 19th edition of the New Higher Mount Everest Marathon by Himalayan Expeditions Nepal. We provided medical kits to the 14 aid stations throughout the race route and a comprehensive medical kit for the Everest base camp.



Conferencing:

Conference of the International Society of Travel Medicine (CISTM 18) was held in Basel, Switzerland from 21 to 25 May. Four of our doctors and 1 nurse from CIWEC participated at this event. The International Society of Travel Medicine (ISTM) is society of physicians, pharmacists, nurses, and other medical professionals to promote travel health initiatives since 1991. Dr. Bhawana Amatya, one of our in-house doctors in Kathmandu, gave a presentation on “The Clinical Spectrum of Patients at CIWEC Kathmandu in the 2022 Nepal Dengue Outbreak” during the conference. Dr. Abhishek Shrestha from Pokhara presented a paper on “The Spectrum of Animal Bite and Potential Rabies Exposure in Travelers to Western Nepal”. It was a great learning and networking event for everyone.

