

SHREE BIRENDRA HOSPITAL, CHHAUNI

ACTIVITIES IN THE YEAR

POUSH 2059 - MARGA 2060



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Consultant Orthopaedic Surgeon

Chief of Post Accident Unit

Shree Birendra Hospital Chhauni is the continuation of Tri Chandra Military hospital, which was established on 9th September 1926 A.D. Tri Chandra Military hospital was dedicated to the glory of Sri Pashupati Nath and to the memory of those brave sons of the Kingdom of Nepal who fell in the Great War 1914-1918 A.D. and the field of responsibility was to provide health service to the Royal Nepalese army personnel. In the year 2032 B.S. Shree Tri Chandra Military hospital extended its services to the Ex-servicemen and families. Between B.S. 2040-2050, the need of reorganization and expansion of the hospital was felt because of increasing number of patients. Royal Nepalese Army agreed to build a new hospital, and the result was Shree Birendra Hospital, Chhauni.

Shree Birendra Hospital, Chhauni is a 380 bedded, moderately equipped, with almost all basic speciality hospital. Post accident unit, a vital wing of the hospital is rendering service to all post accident, civilian casualties also. As the size of the Royal Nepalese Army is getting bigger and bigger every year, so the responsibility of the hospital is also increasing. We all have

understood the reality of inadequacy in rendering adequate health service to the given population. For the last 2 years the number of patients visiting this hospital has almost doubled. This is because (i) increasing size of the Royal Nepalese Army (ii) migration of Army families/ex-servicemen and families to the capital because of threat and fear of retaliation by Maoist insurgents.

It has been realised by us and the RNAHQ that even this hospital is inadequate (space + manpower and field of speciality wise) to render adequate and good quality service. We are planning to extend this hospital to a 500 bedded hospital. It is high time now we should set the priority field in this hospital, which field is to be developed in the super-specialized level. This being an army hospital, also entertaining the civilian trauma victims, developing this institution as a super-specialized trauma center with all the physical facilities and specialized man power will not be a bad idea. To make this come true we should have good neuro surgery, orthopaedics and trauma surgery, reconstructive surgery and vascular surgery unit with well trained man power (doctors, nurses and paramedics) and necessary equipments and physical facilities. Training should be concentrated for surgery, nursing and paramedics. The population receiving medical service from Birendra hospital Chhauni are:

- .. Army
- .. Ex-serviceman and their dependants
- .. Army family
- .. Armed police
- .. Civilian police
- .. Fire brigade
- .. Sikari
- .. Employees of the Royal Palace
- .. Shree Birendra Higher Secondary School
- .. Rastriya Anusandhan Sakha
- .. Defence Ministry employees
- .. Civilians (Post accident cases)

Level of activities in providing health service has been very high. Service starts from outpatients department (GOPD). GOPD opens up round the clock, which used to be manned by only one medical officer earlier but now because of increasing load, it is been manned by 2 doctors and 4 paramedics round the clock. GOPD receives the regular patients, treats, refers to specialised OPD and admits the emergency cases after initial management. The average patient turnout in GOPD is 300 per working day.

All the trauma cases are received and managed in the trauma hall, which is manned by different set of doctors and paramedical staff. The number of trauma cases are also increasing with an average of 10 patients per day.

The family OPD is heavily overloaded with an average of 17000 patients per month

The details of the OPD patients in the last year are:

S.No.	OPD	Total
1.	GOPD ⇒	62968
2.	FOPD ⇒	133219
3.	PAC ⇒	2132

The specialist OPDs receive patients from GOPD, inter-departmental referrals and heavily from family OPD. The monthly turn out of patients in various specialist OPDs

S.No.	OPD	Total
1.	MOPD ⇒	15699
2.	Chest OPD ⇒	3453
3.	Psy OPD ⇒	5804
4.	Skin OPD ⇒	8843
5.	Paediatric OPD ⇒	15514
6.	Diabetic OPD ⇒	411
7.	SOPD ⇒	8873
8.	Ortho OPD ⇒	9257
9.	Gynae/ Antenatal OPD ⇒	8481
10.	ENT OPD ⇒	18672
11.	Eye OPD ⇒	11399
12.	Dental OPD ⇒	8897
13.	Thoracic OPD ⇒	115
14.	Physiotherapy ⇒	49998

Hospital admissions:

Total number 77346 patients received treatment as in-patients (admitted) from Poush 2059 to Mangsir 2060.

Admission Record of the year (2059 Poush - 2060 Marga)

S.No.	Category	Total
1.	Army ⇒	3303
2.	Police ⇒	63
3.	Army Family ⇒	2405
4.	Fire Brigade ⇒	2
5.	Army Civil ⇒	31
6.	Ex-Army ⇒	646
7.	Ex-Army Family ⇒	817
8.	Campus ⇒	1
9.	Rastriya Anusandhan ⇒	7
10.	Rakshya Mantralaya ⇒	1
11.	By Order ⇒	10
12.	Civil (PAU) ⇒	60

Interventional investigations: Birendra Hospital is equipped to carry out basic Interventional investigations and procedures.

1. Endoscopy	⇒	1096
2. Bronchoscopy	⇒	41
3. ECG	⇒	2989
4. Echo	⇒	631
5. TMT	⇒	39

MRI

6. Army	⇒	139
7. Family	⇒	288
8. Civil	⇒	4

CT Scan

9. Army	⇒	244
10. Family	⇒	643
11. Civil	⇒	163

The radiology and pathology departments have been kept busy with day to day increasing load of the patients.

Basic investigations:

1. Plain X-rays	⇒	19823
2. Special X-rays	⇒	300
3. USG	⇒	2854
4. Pathological Investigations	⇒	289447

We have installed a new lithotripsy machine, which is fully functional. Although there is lot of controversy regarding its effectivity, we have achieved good results as compared with the international reports.

Lithotripsy (Done in the last year)

1. Army	⇒	29
2. Police	⇒	18
3. Family	⇒	33
4. Ex-Army	⇒	17
5. Civil	⇒	22
6. Army/Civil	⇒	4

The surgical division was already busy with the regular patient load, however with the increasing involvement of the security forces to counter the Maoist activities, the number of combat casualties has increased

tremendously and thus the responsibility of the surgical division. Patients with gunshot wounds and mine blast injuries often need more than one operation. There is often multisystem involvement. The worst are mine blast injuries. Operation theatre actively is as follows

S.No.	Operations	⇒	Total
1	General Surgery	⇒	1520
2	Ortho Surgery	⇒	946
3	Eye Surgery	⇒	231
4	ENT Surgery	⇒	283
5	Gynae Surgery	⇒	290
6	Thoracic Surgery	⇒	24
7	Neuro Surgery	⇒	58
8	Dental Surgery	⇒	17
9	Uro Surgery	⇒	203
11	Lap Chole	⇒	58

Shree Birendra Hospital, Chauni introduced endoscopic surgery in 2058. Since then endoscopic surgeries like

- i. Arthroscopy
- ii. Laparoscopic cholecystctomy
- iii. Endo urological surgeries are routinely done.

In the interest of the patient's well being the hospital refers patients to other hospitals within or outside the country. Those referrals made are cases who need super specialised care which is not available in our centre.

Foreign referral

1	India	9
2	Germany	1
2	USA	1

Promotions

Glad to inform that the following Medical Officers were promoted within this year (Poush 2059 - Marga 2060).

S.No	C.No.	Previous Rank	Name	Promoted Rank & Date
1.	1075	Colonel	Shambhu Man Singh	Brig. Gen. from 059/12/27
2.	879	Colonel	Ramesh Bdr Basnet	Brig. Gen. from 2059/12/27
3.	1325	Lt. Colonel	Bishnu Thapa	Colonel from 060/03/12
4.	2193	Major	Bharat Prasad Singh	Lt. Colonel from 059/11/19
5.	2898	Major	Nagendra Bdr K.C.	Lt. Colonel from 060/06/12
6.	2302	Major	Jagat Singh Pandey	Lt. Colonel from 060/06/12
7.	2494	Captain	Eva Piya	Major from 060/06/12
8.	2499	Captain	Hem Sagar Rimal	Major from 060/06/25
9.	2937	Lieutenant	Kumar Roka	Captain from 059/09/15
10.	2945	Lieutenant	Minakshi Gurung	Captain from 059/12/21
11.	2946	Lieutenant	Krishna Gopal Bhujju	Captain from 059/09/15
12.	2947	Lieutenant	Moon Thapa	Captain from 059/12/13
13.	2986	Lieutenant	Umesh Kumar Singh	Captain from 060/05/15
14.	2987	Lieutenant	Anil Kumar Singh Dangol	Captain from 060/05/15
15.	3085	Lieutenant	Rosy Malla	Captain from 060/05/15
16.	3087	Lieutenant	Jyoti Rayamajhi	Captain from 060/06/08
17.	3088	Lieutenant	Nirjala Aryal	Captain from 060/06/08
18.	3090	Lieutenant	Bishnu Babu Thapa	Captain from 060/06/08
19.	3092	Lieutenant	Rinku Thapa	Captain from 060/06/08
20.	3093	Lieutenant	Surendra Bikram Basnet	Captain from 060/06/08

Nursing Officers

S.No	C.No.	Previous Rank	Name	Promoted Rank & Date
1.	679	Lt. Colonel	Baba Maiya Budhathoki	Colonel from 059/11/01
2.	2074	Major	Kamala Subba	Lt. Colonel from 2059/12/19
3.	2988	Lieutenant	Laxmi Gurung	Captain from 060/05/15
4.	2989	Lieutenant	Sarala Thapa	Captain from 060/05/15
5.	2990	Lieutenant	Anju Shrestha	Captain from 060/05/15
6.	2991	Lieutenant	Anju Rayamajhi	Captain from 060/05/15
7.	3511	Technician Subedar	Gunu Mahat	Lieutenant from 060/07/21
8.	3512	Technician Subedar	Satya Laxmi Shrestha	Lieutenant from 060/07/21
9.	3513	Technician Subedar	Sabita Basnet	Lieutenant from 060/07/21
10.	3515	Technician Subedar	Apsara Khulal	Lieutenant from 060/07/21

Technical officers

S.No	C.No.	Previous Rank	Name	Promoted Rank & Date
1.	2944	Lieutenant	Sahen Pradhan	Captain from 059/10/03

Recruitments

To meet the medical demand of increasing size of the Royal Nepalese Army the medical corps. is also increasing its man power by recruiting new doctors and nurses. Welcome to you all to the Royal Nepalese Medical corps.

The new recruitments

S.No	C.No.	Appointment Rank	Name	Appointment Date
1.	3334	Lieutenant Dr.	Saput Pandey Chhetri	2059/10/01
2.	3335	Lieutenant Dr.	Nirab Kayastha	2059/10/01
3.	3336	Lieutenant Dr.	Narayan Thapa	2059/10/01
4.	3337	Lieutenant Dr.	Pragya Gurung	2059/10/01
5.	3339	Lieutenant Dr.	Poonam Chand Thakuri	2059/10/01
6.	3340	Lieutenant Dr.	Pran Nath Ghimire	2059/10/01
7.	3341	Lieutenant Dr.	Ussab Rana Mohosin	2059/10/01
8.	3435	Lieutenant Dr.	Kunda Bikram Shah	2060/01/25
9.	3436	Lieutenant Dr.	Sujata Panta	2060/02/04
10.	3449	Lieutenant Dr.	Sunil Shakya	2060/02/08
11.	3450	Lieutenant Dr.	Raina Chaudhary	2060/02/08
12.	3451	Lieutenant Dr.	Rinku Joshi	2060/02/08
13.	3453	Lieutenant Dr.	Bikash Subedi	2060/02/08
14.	3455	Lieutenant Dr.	Dilasma Gharti Magar	2060/02/08
15.	3456	Lieutenant Dr.	Amar Narayan Shrestha	2060/02/08
16.	3457	Lieutenant Dr.	Sabita Aryal	2060/02/08
17.	3501	Lieutenant Dr.	Bikash Shrestha	2060/05/15
18.	3514	Lieutenant Dr.	Indira Pathak	2060/07/21

Retirements

Col. Dr. Manoj Prasad Bhattarai retired from service on 2060/03/09 after 31 yrs of service. We all extend best wishes to him.

Training

Training is a continuous process without which we cannot improve the service. To improve the existing health care system we need more specialised man power to meet this demand. We are sending our staff to various countries inside and outside the country. The training activity is as follows.

S.No	Rank	Name	Subject	Institute
1.	Maj.Dr.	Arun Sharma	Medicine	AFMC, Pune
2.	Maj.Dr.	Rajiv Raj Shahi	Radiology	U.K.
3.	Maj.Dr.	Rabindra Khujeli	Chest	AFMC, Pune
4.	Maj.Dr.	Guna Bahadur Thapa	Radiology	BPKIHS
5.	Maj.Dr.	Shushil Rawal	Surgery	TUTH
6.	Maj.Dr.	Hem Sagar Rimal	Paediatrics	TUTH
7.	Capt.Dr.	Mukunda Singh Shrestha	Radiology	AFMC, Pune
8.	Capt.Dr.	Bharat Bahadur Bhandari	Surgery	BPKIHS
9.	Capt.Dr.	Bhuban Raj Kunwar	Anaesthesia	BPKIHS
10.	Capt.Dr.	Anu Gurung	Ophthalmology	NAMS
11.	Capt.Dr.	Sarita K.C.	ENT	TUTH
12.	Capt.Dr.	Namrata Rawal	Psychiatry	TUTH
13.	Capt.Dr.	Praswash Thapa	Psychiatry	AFMC, PUNE
14.	Capt.Dr.	Amit Joshi	Orthopaedics	NAMS
15.	Capt.Dr.	Srijan Malla	Surgery	NAMS
16.	Capt.Dr.	Samir Aryal	Dental	AFMC, PUNE
17.	Capt.Dr.	Sunita Panta	Anaesthesia	AFMC, PUNE

E. Post Graduate & Graduate Training of Nursing Officers & T/Sub.

1. T.Maj.	Manjari Bajracharya	M.Sc. Nursing	Thiland
2. T/Sub	Narbada Khanal	B.N.	Lalitpur Nursing Campus
3. T/Sub	Madhuri Thapa	B.N.	Lalitpur Nursing Campus
4. T/Sub	Ajita Koirala	B.N.	Lalitpur Nursing Campus
5. T/Sub	Sunita Pokhrel	B.N.	Lalitpur Nursing Campus

Medals

In appreciation of their hard and sincere work in the hospital, the following officers were awarded the following medals. Congratulations !

Gorkha Dakshin Bahu III

S.No	C.No	Rank	Name	Decoration & Medal Get Date
1	1405	Colonel	Dr. Shiva Bdr Basnet	060/03/23
2	1325	Colonel	Dr. Bishnu Thapa	060/03/23
Rastra Sewa Padak				
1	1119	Colonel	Dr. Achyut Prasad Sharma	060/03/23
2	1152	„	Dr. Dujup Nikha Prasiko	060/03/23
3	1200	„	Dr. Gambhir Lal Rajbhandari	060/03/23
4	1318	„	Dr. Bachchu Ram K.C.	060/03/23
5	1319	„	Dr. Bhairab Kumar Hamal	060/03/23
6	963	Lt. Colonel	Dr. Bhanu Chandra Shah	060/03/23
7	1468	„	Dr. Naresh Kumar Giri	060/03/23
8	1576	„	Dr. Shashi Rai	060/03/23
9	1590	„	Dr. Nilu Dali	060/03/23
10	2298	„	Dr. Nagendra Bdr K.C.	060/03/23
11	2398	Major	Dr. Udaya Bajra Bajracharya	060/03/23

In the process of modernising the services of the hospital this year the following were added to the already existing armamentarium:

- “ Spiral, multislice CT Scanner
- “ Video Endoscopy
- “ Lithotripsy unit

Shree Birendra Hospital has been able to establish itself as one of the best Governmental medical centres in the country. It will not be wise to compare governmental institutions like our hospital to private hospitals and nursing homes. Private sector is business whereas governmental institutions are service oriented. To improve the existing facilities, the author feels that addition of a few basic facilities will smoothen the day to day running of the hospital. We clinicians treat the disease, in quite a few patients, that is not the end of the treatment. These patients need various rehabilitative measures to make them able earn their living and making them socially acceptable. To carry out these responsibilities we should have well organized rehabilitation and social service centers.

A hospital of this size in the author's opinion should have the following units of its own:

1. House keeping department
2. Laundry
3. Incinerator
4. Rehabilitation centre
5. Social service centre