



नेपाल इन्जरी  
अनुसन्धान केन्द्र  
Nepal Injury  
Research Centre

## Welcome from the NIRC Directors

Welcome to the first issue of our newsletter. We aim to keep you informed of the exciting news of Nepal Injury Research Centre (NIRC) which has been established at Kathmandu Medical College, Department of Community Medicine through a collaboration with the University of the West of England, Bristol. The collaboration is funded by the UK National Institute for Health Research Global Health Research Programme to promote health research between UK Higher Education Institutions and academic partners in low and middle-income countries.

*Prof. Dr Julie Mytton (NIRC UK Director and Chief Investigator)*

*Prof. Dr Sunil Kumar Joshi (NIRC Nepal Director).*



## Launching the NIRC in Kathmandu

The Nepal Injury Research Centre was officially launched on 6th September 2018 (21st of Bhadra 2075) by the Chief Guest, Honourable State Minister for Health and Population, Dr Surendra Kumar Yadav. On the occasion, State Minister Dr Yadav acknowledged the importance for collaboration for injury research in Nepal; stating, "The prevention of injuries is mentioned in the national health strategy of Nepal so the results of studies by NIRC should be incorporated by the Government and the Ministry of Health and Population will support the NIRC in all aspects."

This event was attended by over 130 participants from different government ministries and departments, international agencies, representatives from the World Health Organisation in Nepal and the International Labour Organisation, NGOs, faculties from academic institutions in Nepal and researchers. On the occasion, Professor Julie Mytton, the Chief Investigator and UK Director of NIRC said, "We are delighted to have this opportunity to support the Government of Nepal, and all our collaborators in Nepal to improve our understanding of who gets injured, why they get injured, and how we can stop such injuries from happening."

Prof. Sunil Kumar Joshi, welcomed the Chief Guest, distinguished guests and all the invitees present at the programme. Prof. Joshi highlighted the importance of having a National Injury Research centre and appreciated UWE and NIHR for the financial and technical assistance.

*Continues on page 2...*

## Workshop on Road Safety Reporting

The NIRC, in coordination with WHO Nepal, led a one-day workshop in Kathmandu on 5th September 2018, to support improvements in the reporting of road safety and road traffic crashes in Nepal. This workshop used resources developed and translated into Nepali by the WHO, exclusively for journalists. The workshop was facilitated by Dr Sudhamshu Dahal from Kathmandu University, Mr Kannan Krishnaswamy from the George Institute in India, Mr Hemant Tiwari, Road Safety Engineer and NIRC/UWE Research Fellow Dr Puspa Raj Pant.

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**UWE  
Bristol**

University  
of the  
West of  
England



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### Newsletter Calendar

- January 2019, Issue 1
- May 2019, Issue 2
- September 2019, Issue 3
- January 2020, Issue 4
- May 2020, Issue 5



*Injuries are predictable and preventable hence generating scientific evidence and introducing innovative interventions based on the that evidence are essential to enable people to be safe*

## Highlights of the Launch Ceremony Agenda

### Welcome speech :

Prof. Dr Julie Mytton

Prof. Dr Sunil Kumar Joshi



### Speech from the Chief Guest:

Dr Surendra Kumar Yadav

### Speech from VIP guests:

Dr Sushil Nath Pyakuryal

Dr Jos Vandelaer

Prof. Dr Damodar Pokhrel

Prof. Dr Rajendra Koju

Dr Usha Jha

Ms Nichola Cadge



### FRRG Coordination:

Dr Ramesh Kumar Maharjan

### RDRF Coordination:

Dr Padma Bahadur Shahi

## Launch Ceremony

Dr Damodar Prasad Pokhrel, CEO of KMC chaired the launching ceremony. In addition to the chief guest Hon. Dr Surendra Kumar Yadav, other distinguished guests included: Hon. Mrs. Sarita Neupane (Member of Parliament and Member of Parliamentary Committee for Health and Education), Hon. Er. Sushil Bhatta (Member of National Planning Commission), Hon. Dr Usha Jha (Member of National Planning Commission), Dr Sushil Nath Pyakuryal (Chief Specialist, Ministry of Health and Population; Chairperson National Advisory



Committee for Injury Prevention and Control), Dr Guna Raj Lohani (Director General, Department of Health Services), Prof. Dr Rajendra Koju (Dean, Kathmandu University School of Medical Sciences), Mr. Rabendra Raj Pandey (Chairman, Board of Directors, KMC), Dr Jos Vandelaer (Nepal Representative, World Health Organization), Ms. Nichola Cadge (Health Advisor, Department for International Development, Nepal).

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The ceremony was also attended by international and national NIRC collaborators; Professor Fazlur Rahman (Executive Director, CIPRB), Mr Martjin Thierry and Mr Jasper Vet (Safe Crossings, the Netherlands), Professor Dharma Manandhar (MIRA), Mr Krishna Ghimire (Nepal Red Cross Society) and Ms Writu Bhatta Rai (Swatantrata Abhiyan) along with their colleagues. Ms. Mina Lama, the Deputy Mayor of Hetauda Sub-metropolitan area was also present as a Guest on the occasion.

NIRC colleagues Prerita Joshi, Elisha Joshi, Bidhya Pandey, Preeti Gautam and Puspa Raj Pant worked in background to make this event successful. Dr Nayan Sainju and Ms Dristy Dhital conducted the formal ceremony.

UWE colleagues Dr Paul Pilkington and Gary Smart, Dr Santosh Bhatta, and Amrit Banstola actively supported and presented at the scientific sessions which took place after the formal ceremony.





## Media Workshop ...continued from page 1

On 5<sup>th</sup> September 2018, NIRC organised a one-day workshop for Nepali journalists aimed at improving road safety reporting. This workshop utilised two major resources: 1) the World Health Organisation's guides for journalists specially prepared to enable the reporting of different aspects of road safety, and 2) respected experts from the George Institute for Global Health (India) and Kathmandu University School of Arts, as trainers. The workshop was attended by 25 media persons representing Print, Radio, TV, Online and social media.

The workshop actively involved the participants by encouraging them to share their experiences; one participant,

Ms Dristy Dhital, presented her experience around road traffic crashes and Hemant Tiwari, who is a road safety engineer by

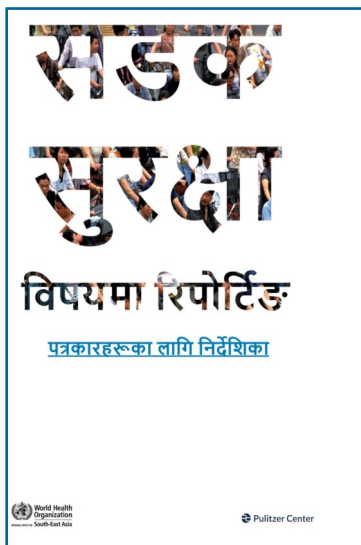


profession, share his experience about setting up Facebook page "safe & sustainable transport Nepal."

The programme for the workshop included varied sessions; the first session covered an overview of current situation of road safety and practices of media coverage in which Prof. Julie Mytton, Prof. Sunil Kumar Joshi, Dr Sudhamshu Dahal and Mr Kannan Krishnaswamy presented, in addition to a group discussion run by Dr Sudhamshu Dahal and Dr Puspa Raj Pant. The second session was aimed to familiarise the participants with best practices on reporting road safety using WHO's guide for journalists and TGI's Media Doctor approach. This session was also benefited by the presentations of a

staff member of WHO Nepal. During this session, the participants had opportunities to reflect upon different story angles as recommended in the WHO Guide for journalists. The participants found this workshop very useful and expressed a need for occasional refresher in the future.

Officials from the Ministry of Health and Population and WHO Nepal joined the final session of the workshop where they appreciated the endeavours of NIRC and expressed the need of working together with media to highlight the importance of road safety in Nepal. NIRC Research Fellow Dr Puspa Raj Pant coordinated the organisation of this workshop. Further workshops have been planned for 2019.



*"Reporting on Road Safety: a guide for journalists" translated into Nepali*



*"16 story ideas" for reporting on road safety, translated into Nepali*



# Meet the Team



**Prof. Julie Mytton**

NIRC UK Director and  
Chief Investigator, UWE



**Dr Alessandra Perugini**

NIRC Administrator,  
UWE



**Dr Matthew Ellis**

NIRC Training Lead,  
University of Bristol



**Dr Puspa Pant**

NIRC Research Fellow,  
UWE



**Amrit Banstola**

NIRC Research Associate,  
UWE



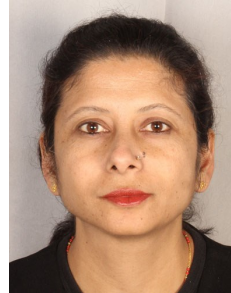
**Ms Preeti Gautam**

NIRC Research Associate,  
KMC



**Prof. Sunil Kumar  
Joshi**

NIRC Nepal Director,  
KMC



**Mrs Prerita Joshi**

NIRC Administrator,  
KMC



**Dr Sunil Manandhar**

NIRC Training Lead,  
MIRA



**Dr Santosh Bhatta**

NIRC Research Associate,  
UWE



**Ms Bidhya Pandey**

NIRC Research Associate,  
KMC



**Ms Elisha Joshi**

NIRC Senior Research  
Associate, KMC



# Meet the Team



**Dr Paul Pilkington**

NIRC Road Danger  
Reduction Lead, UWE



**Associate Prof. Toity  
Deave**

NIRC Home and  
Occupational Injury  
Lead, UWE



**Dr Dan Magnus**

NIRC Research Associate  
University of Bristol



**Mr Gary Smart**

NIRC First Response  
Lead, UWE



**Prof. Felix Ritchie**

NIRC Data Governance  
Lead, UWE



**Prof. John Parkin**

NIRC Transport  
Engineering Lead, UWE



**Mr Subhash Dhungel**

NIRC Road Danger Reduc-  
tion Consultant, KMC



**Ms Sumiksha Bhatta**

NIRC Data Manager,  
KMC

# Meet the Collaborators



**Prof. Dharma Manandhar**

MIRA, Nepal



**Mr Dhruba Adhikari**

MIRA, Nepal



**Mr Jasper Vet**

Safe Crossings,  
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Swatantrata Abhiyan,  
Nepal



**Milan Dharel**

Swatantrata Abhiyan,  
Nepal



**Salim Mahmud Chowdhury**

CIPRB, Bangladesh

## Safety 2018 World Conference (5-7 November, Bangkok)

Four NIRC team members, Prof. Julie Mytton, Prof. Sunil Kumar Joshi, Dr Puspa Raj Pant and Dr Santosh Bhatta, attended the 13th Safety World Conference in Bangkok, Thailand from 5 to 7 November 2018. The NIRC members made 7 presentations, including one oral presentation by Dr Puspa Raj



Pant.

Prof. Julie Mytton presented a poster on the “Status of injury prevention research in Nepal; a systematic review” which was carried out with an aim of gathering existing studies on Injuries from Nepal. [Authors: Julie Mytton\*, Santosh Bhatta, Matt Thorne, Puspa Pant.

Prof. Mytton presented a UK qualitative study—“Can first-aid education support public use of urgent care services?” which was undertaken with Dr Leah Bowen, Dr Ben Davies, Dr Helen Baxter, Dr Matthew Booker.

Prof. Sunil Kumar Joshi presented “Establishing an injury research centre in Nepal; challenges and opportunities” describing the collaboration and support the NIRC has received nationally and internationally as well as its activities for the project period. (Authors: Julie Mytton; Puspa Pant, Matthew Ellis, Kamran-ul-Baset, Sunil Kumar Joshi\*).

Dr Santosh Bhatta presented two posters from his PhD on “Home injury risk assessment in rural areas of Nepal: a community-based study.” [Authors Santosh Bhatta\*, Julie



Mytton, Toity Deave] and “Potential home environment change for child injury prevention in rural areas of Nepal: a qualitative study”. [Authors: Santosh Bhatta\*, Julie Mytton, Toity Deave].

Dr Puspa Raj Pant presented "Assessment of policies and legislation supporting child injury prevention in Nepal" under the sub-theme of Policies and implementation in injury prevention. His talk described the application of a policy analysis approach called A-CHIPP (Assessment of Child Injury Prevention Policies) to Nepal. [Authors: Puspa Pant\*, Julie Mytton, Santosh Bhatta]. Dr Puspa Raj Pant also presented a poster from his PhD,



“Parental empowerment to prevent home injuries in children in Nepal.”

The Safety 2018 World Conference included sessions on road traffic injury, drowning, and burns as well as violence-related injury (such as child maltreatment and youth or gender based violence). The theme of this years’ conference was “Advancing injury and violence prevention to achieve the SDGs” and concluded with a Bangkok Statement which calls for a greater attention on addressing injuries to enable achieving SDGs. The 14th Safety World Conference will take place in Adelaide Australia in November 2020.

\*presenting authors

### Safety 2018 Pre-Conference Child Injury Prevention and the Sustainable Development Goals

**SAFE  
KIDS**  
WORLDWIDE™

**CIPA** CHILD INJURY  
PREVENTION ALLIANCE

**ISCAIP**

On 4th September 2018, the NIRC team of Prof. Julie Mytton, Dr Puspa Raj Pant and Dr Santosh Bhatta attended the Safety 2018 Pre-Conference organised by Safe Kids Worldwide, the International Society for Child and Adolescent Injury Prevention (ISCAIP), and the Child Injury Prevention Alliance (CIPA). This pre-conference explored the opportunities for child injury prevention research to align with the SDGs, and had a special focus on drowning prevention and child pedestrian safety. All the key note speakers delivered thought-provoking presentations on what has been done in the field of child injury prevention in past decades and the opportunities for future research. There were plenty of opportunities for networking and collaborations.



## NIRC Latest Publications

### Status of drowning in Nepal: A study of central police data

Bhagabati Sedain and Puspa Raj Pant

**Background:** Drowning is a serious and mostly preventable injury-related cause of death. Low- and-middle income countries represent 90% of total drowning deaths worldwide. There is lack of epidemiological studies of drowning in Nepal. The aim of this paper is to describe the status of drowning in Nepal. **Methods:** Cases of drowning, occurring between January 2013 and December 2015 were extracted from the Daily Incident Recording System of Nepal Police. Variables on age, sex of the deceased, types of water bodies, places, season when drowning occurred and activities of deceased were extracted and descriptive analysis was done. **Results:** A total of 1,507 drowning cases were recorded over a 3 year period. The rate of drowning was 1.9 per 100,000 (2.95 for males and 0.92 for females). Majority of drowning occurred among males (76%) and more than half were (53%) under 20 years of age. Mostly drowning occurred in rivers

(natural water bodies). The findings provide strong indication that drowning occurs throughout the year in Nepal. Children were highly vulnerable to drowning. The magnitude of drowning was found to be lower than estimated by global burden of disease (GBD) study. **Conclusion:** The burden of drowning in Nepal is considerable, but mostly unknown to the public. Despite only having access to a limited data source, this study provides useful evidence that comprehensive research in Nepal is needed urgently. Full paper [here](#).

### Injuries in Nepal: A Neglected Public Health Burden and Ways Forward

Joshi SK, Pant PR, Banstola A, Bhatta S, Mytton J

This editorial in the Kathmandu University Medical Journal defined what is meant by the term 'injury' and explained that the majority of injuries are potentially preventable. Using the example of injuries occurring on the roads, it explored how the increase in road building and the rising numbers of new vehicles on the roads will increase the exposure to risk of a road traffic injury.

To help keep people safe from injuries it is necessary to understand who gets injured, how they get injured, why they get injured and when they get injured, so that interventions to prevent injuries can be developed and tested.

The editorial describes how the establishment of the Nepal Injury Research Centre will help to build capacity and capability for injury prevention research in Nepal, and how it will work to generate the evidence to help keep people safe.

Reference; Joshi SK, Pant PR, Banstola A, Bhatta S, Mytton J. Injuries in Nepal: a neglected public health burden and ways forward. Kathmandu University Medical Journal. 2017;15(4): Issue 60;269-270.

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