



नेपाल इन्जरी अनुसन्धान केन्द्र Nepal Injury Research Centre

Introduction to Issue 3

Welcome to the third Newsletter of the Nepal Injury Research Centre.

One of the main aims of the Nepal Injury Research Centre is to support injury research in Nepal through the provision of training, supervision and advice. We wish to help existing and newly appointed researchers to deliver research of the highest quality and that uses the best methods and techniques. We also work with a number of people who help that research happen, people who help us to look after the data we collect, use our funding wisely, and get our research findings out to the people who can use them.

This issue is all about the training we have been running, and about how we have started to tell other people about what we do. We hope you find it interesting. If you would like to know more about the work of the NIRC please have a look at our website or contact info@nirc.org.np



Professor Julie Mytton

Professor Sunil Kumar Joshi

Meet our new staff: Emer Brangan



Dr Emer Brangan, senior research fellow, has joined the NIRC team in August 2019. Emer has a background in applied social science health research and implementation, and will be working on projects relating to (i) interdisciplinary learning for road danger reduction and (ii) exploring cultural and sociological factors that influence injury risk and prevention in Nepal.

Emer will be based at UWE in Bristol, UK.



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Newsletter Calendar

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

Capacity Strengthening for Injury Prevention

Financial Governance Training Workshop



On 25-26th April 2019 we ran a two day course on the financial governance of research grants. The course was funded by the UK National Institute for Health Research Financial Assurance Fund. Mrs Claire Chappell, Finance Officer at the University of the West of England.

The course included sessions that explained the expectations of a UK funder of research and the information that our funder expects all organisations to provide on how much money has been spent on each study. We explored how to estimate the costs of proposed research. The course was a learning opportunity for both those who attended and those who delivered it. The UK team learned about how organisations in Nepal report and audit their finances and the different words we use to describe financial processes.



Grant Writing Workshop

A half day workshop was organized in Kathmandu on 27th April 2019 to support researchers at NIRC to prepare high quality grant applications, which can enable sustainable funding of research programmes in the future.

Top tips from two published guides were shared. This advice fell into three groups relating to the funders, the proposal and the process. The chances of success are improved by understanding what the funder is looking for by careful reading of both the call for research and studying the research of successful recipients of previous calls. Regarding the process of preparing the proposal, allow plenty of time, and engage with all the necessary contributors as early as possible. This allows time for sharing drafts of the proposal with experienced colleagues and adapting it following feedback. As for the proposal itself the research question is critical, and particular attention should be paid to matching of the study methods to the study aims. The funders need to be convinced that delivering the proposed study is achievable. Tables and

diagrams can help explain your methods if the application form allows you to include them.

The practical section of the workshop allowed NIRC researchers to present a range of ideas for future projects and to consider potential funders. Ideas from the workshop are now being worked up to concrete proposals that are being discussed in a monthly webinar.



International Injury Research Conference

An International Injury Research Conference was held on 29th April 2019 at Hotel Himalaya in Kathmandu. A total of 135 participants from different organizations and sectors working in the field of injury prevention and health attended the conference. The chief guest for the conference was Honorable Dr. Usha Jha (Member of the National Planning Commission, Government of Nepal).

The conference aimed to provide a platform for different stakeholders of Injury Prevention to come together and share their ideas and experiences, and to explore new opportunities. The conference was divided into two distinct segments; the formal session and the scientific session. The formal session included two status paper presentations from the Government of Nepal Ministry of Health and Population (MoHP) and the Ministry of Physical Infrastructure and Transport (MoPIT).



Dr Usha Jha, lighting the lamp at the start of the conference.

The scientific session included 11 presentations from national and international researchers. These presentations provided an overview of projects being carried out on a range of different types of injuries, both in Nepal and in other countries around the world. There was a lot of enthusiasm for attending and contributing to such conferences in future.

Meeting with Nepali Ministers in Oxford

On 10th June 2019, the Prime Minister of Nepal, the Right Honourable KP Sharma Oli, visited the University of Oxford to address the Oxford Union on Peace, Democracy and Development. UWE/NIRC Research Fellow Dr Puspa Raj Pant was invited to the event as a Member of the Britain-Nepal Academic Council (BNAC). On this occasion, Puspa spoke to the Chief Advisors of the Prime Minister where he expressed concern about the deteriorating road safety situation and suggested areas for action. The delegates were equally concerned about road deaths in Nepal.

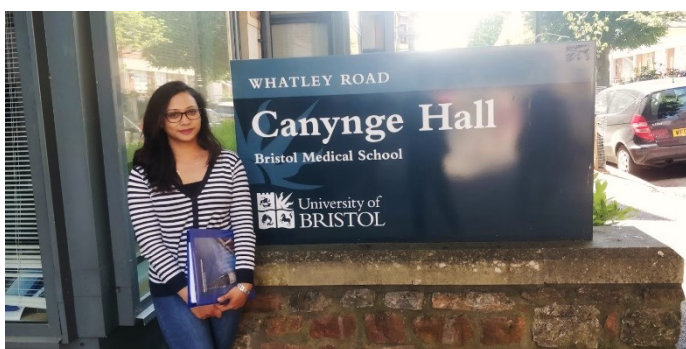


Prime Minister Oli second from the left, Puspa in the middle.

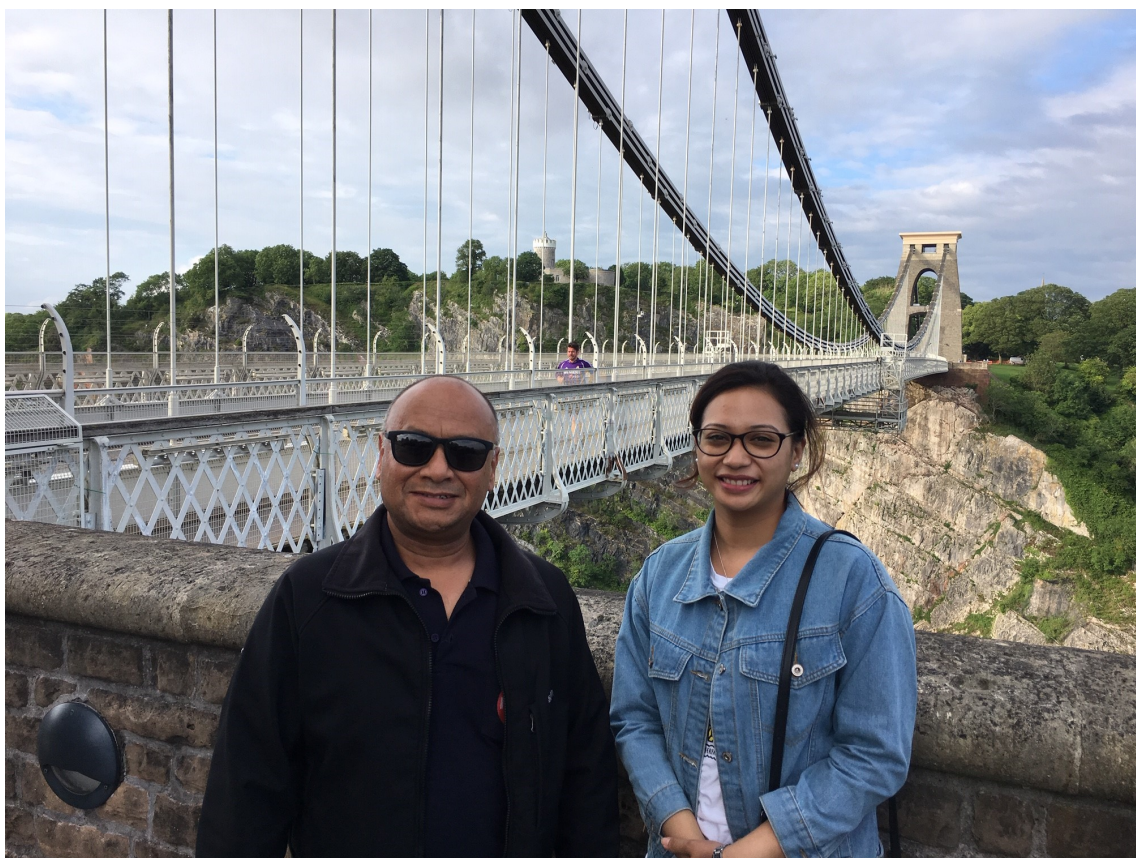
Prof Sunil Kumar Joshi and Elisha Joshi's visit to Bristol , UK

Prof. Sunil Kumar Joshi and Ms. Elisha Joshi visited Bristol from 16th-21st of June, 2019. Prof. Joshi and Ms. Joshi were warmly welcomed by our NIRC, UK research team. The trip proved to be fruitful and a useful learning opportunity.

Prof. Joshi visited the Nepal Injury Research Centre offices at UWE, Bristol where he met the team. Prof. Joshi and Prof. Julie Mytton reviewed the progress of the NIRC so far, and discussed plans for the future. It was followed by series of meetings with senior staff at UWE including Professor Olena Doran (Associate Dean for Research, Faculty of Health and Applied Sciences, UWE), Dr. Sally Moyle (Acting Deputy Dean, UWE) and Mrs. Helen Cox, (Acting Head of Department, Nursing and Midwifery, UWE). During the visit we explored the potential for stronger partnerships between UWE and Kathmandu Medical College. As a visiting professor of UWE, Prof. Joshi also delivered a presentation titled 'Health Systems in Nepal' to public health students and staff at UWE.



Ms. Elisha Joshi attended a five-day short course on 'Qualitative Research Methods' at the University of Bristol. The course was very insightful and included not only the basic principles about Qualitative research but also explained different techniques of qualitative research methods. The lecturers and facilitators were very enthusiastic and group works were engaging and interactive.



Advanced Injury Research Course

An Advanced Injury Research Course was organized by the Nepal Injury Research Centre (NIRC) in collaboration with Hamad General Hospital, Doha, Qatar. The course took place on 11th August, 2019 at the NIRC – Nepal Office, KMC Hospital, Duwakot, Bhaktapur. A total of 41 participants representing various organizations attended the course.



The course content included:

- I. Need of evidence - based injury research in Nepal
- II. Injury Prevention Research: Progress and Priorities
- III. Essential components of evidence – based injury research
- IV. How to develop informed consent forms in trauma and emergency settings
- V. Clinical Trials Registration, Conduction, Auditing and Data and Safety Monitoring Board (DSMB)
- VI. Establishing a National Trauma System: Importance of Clinical Research and Trauma Registry
- VII. Mixed Methods in Injury Research
- VIII. Scientific Writing
- IX. Population Based Injury Research

The facilitators of this course were injury prevention and care experts from Nepal, Qatar and the UK. Dr Edwin van Teijlingen (Bournemouth University) contributed in person, and Prof. Mytton and Dr Pant delivered sessions via video link from the UK.

Road traffic injuries explored on Good Morning Nepal

Research Fellow Dr Puspa Raj Pant was approached by Kantipur TV presenters of the popular breakfast show called Good Morning Nepal to talk about the potential solutions to address the alarming problem of road traffic injuries on 4th September 2019. YouTube link to the show is <https://youtu.be/OIY2c7IzvrU?t=321> (in Nepali)



Puspa with the KTV presenters Mr Ashesh Sharma and Ms Sareeta Gyawali

Global Road Safety Leadership Course

Dr Puspa Raj Pant, UWE/NIRC Research Fellow was nominated to attend the highly respected Road Safety Leadership course organised jointly by Johns Hopkins International Injury Research Unit (JHIIRU) and the Global Road Safety Partnership (GRSP) in Baltimore, USA, 8-20th September 2019, sponsored by Bloomberg Philanthropies. Puspa was the only Nepali participant among the 65 others from 30 different countries. This two-week long course comprised of two field observation visits (New York City and IIHS Vehicle Safety Testing Center, Virginia). The course leaders were renowned experts in all fields related to Safe Systems of Road Safety including those from WHO, World Bank, GRSP, Johns Hopkins, NCAP, IIHS, New York Police Department and Bloomberg Philanthropies. The programme has the objective of "building global leadership capacity to design, advocate for, and implement effective road safety programmes and policies." Puspa also had a number of side meetings amidst the busy course schedule. The learning from this course will greatly contribute to road safety related research and advocacy in Nepal.



Puspa with David Cliff, the CEO of Global Road Safety Partnership during a group work at the Global Road Safety Leadership course in Baltimore.

Delft Road Safety Course



Anish Khadka, Research Associate, working under the theme "Road Danger Reduction" received a scholarship to attend the respected Delft Road Safety Course. The course was held on 8th-20th September 2019 in Delft, the Netherlands. In line with one of the core activities of NIRC to develop a safe system approach to road injuries in Nepal, the two-week course was evidence-based, data-driven and laid its conceptual framework from the Safe System Approach.

The lectures were delivered by top road safety researchers and professionals from the Delft University of Technology, SWOV Institute for Road Safety Research, international institutions and consultancy firms.

The inter-disciplinary course brought together 26 road safety professionals from different parts of the world, hailing from diverse backgrounds and disciplines; presenting them the opportunity to share and learn from each other's experiences. The course content covered various road safety themes including safe systems, advocacy and awareness, effective enforcement, road safety data and evaluations, city development and design, road safety policy and research, safe vehicles and infrastructures, road safety audits and safety benefits, and human behaviors. Further, it involved field trips, interactive exercises, discussions and group assignments to promote and encourage team-building while assisting participants to process and apply learnings into practice.

NIRC Publications

Occupational risk factors as causes of deaths among economically active population in Nepal

Puspa Raj Pant

Nepal Injury Research Centre (NIRC), University of the West of England (UWE Bristol)
(Visiting Fellow: Kathmandu Medical College, Kathmandu Nepal)

Awareness about potential direct and/or indirect health hazards of an occupation, job or workplace environment is an unrecognised issue in Nepal for a long but slowly getting attention. To highlight such a neglected public health issue, it needs the dissemination of adequate information about potential harms to individual as well as the society. Such information can be in the form of information regarding direct health effects associated to occupational health hazards. In order to achieve effective dissemination, the information should be well supported by evidence, both facts and figures. However, precise evidence is only available through proper research or appropriate education which is hugely deficient for occupation health aspects. Nepal's

economy still relies heavily on traditional agrarian occupations; majority of such occupations have been driven by traditional knowledge and practices. However, gradual shifts have been observed in occupational and industrialisation in the current decades coinciding with the epidemiological transition [...].

For a full-text please visit:

<https://www.nepjol.info/index.php/IJOSH/article/view/22889>

International Journal of Occupational Safety and Health, 7 (2), 1-2. <https://doi.org/10.3126/ijosh.v7i2.22889>

Nuancing the need for speed: temporal health system strengthening in low-income countries

Bashford T¹, Joannides A¹, Phuyal K², Bhatta S³, Mytton J³, Harrison R⁴, Hutchinson P¹

1. NIHR Global Health Research Group for Neurotrauma, University of Cambridge, Cambridge, UK.

2. NIHR Global Health Research Group on Burn Trauma, Kathmandu, Nepal.

3. NIHR Global Health Research Group on Nepal Injury Research, University of the West of England Bristol, Bristol, UK.

4. NIHR Global Health Research Group on African Snakebite Research, Liverpool School of Tropical Medicine, Liverpool, UK.

Delays in receiving care are of particular relevance to time-critical pathologies, for which quality of care and timely access are fundamentally interlinked. Characterising and improving delays in a health system are complex, and require both quantitative and qualitative understanding. There is mutual benefit to collaboration across clinical, academic and geographical areas of interest in order to understand and reduce delays in accessing care. Patients with delayed access to medical care often experience worse outcomes. The 'three delays' model developed in the context of emergency obstetric care is an important conceptual device for researchers and policy-makers, particularly in resource-poor health systems.¹ This model characterises delay in terms of (1) the decision to seek care; (2) arrival at a health facility and (3) the provision of adequate care. However, 'access' is a nuanced term, one

that is not simply an issue of geographical resource distribution or population density. A patient may seek care, but be constrained by competing demands or health beliefs. Once sought, the care delivered may be inappropriate. Even after arrival at a healthcare facility that is able to deliver the necessary care, there may still be a clinically significant delay in obtaining it.² Furthermore, there may be variable prevailing sociocultural attitudes to different conditions, with a biomedical model of time-critical pathology interacting with multiple other narratives.³ Access to care by victims of snakebite may be hampered by a cultural belief [...].

For a full-text please visit:

<https://gh.bmj.com/content/4/4/e001816>

BMJ Global Health 2019;4:e001816.

<http://dx.doi.org/10.1136/bmjgh-2019-001816>

NIRC Latest News

The NIRC have successfully installed a data server in readiness to provide a REDCap service for researchers at KMC and across Kathmandu.

In the next Issue...

- NIRC visit to the Centre for Injury Prevention and Research in Bangladesh (CIPRB)
- Updates on Courses and Workshop

..and much more...

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