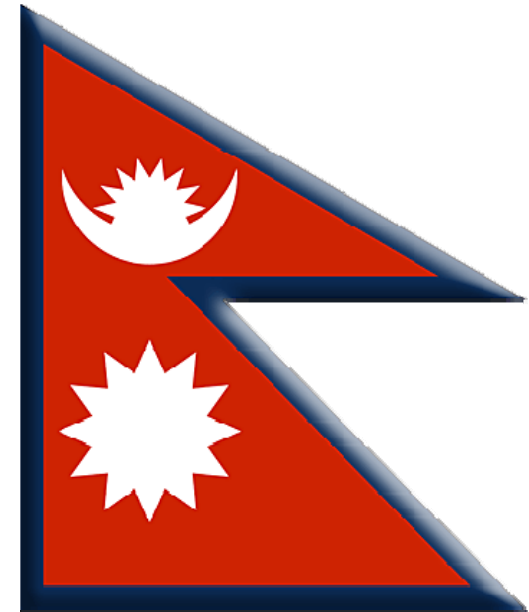


# Country Profile of Nepal



**Dr. Mukti Ram Shrestha**  
**President**

**Nepal Medical Association**  
**Siddhi Sadan, Kathmandu**

# Nepal at a Glance

- Nepal is a landlocked country with India in the southern, eastern, western sides and China in northern sides. Nepal has a great variation in languages, religions, ethnic groups, culture and traditions with a strong unity among these variations. As you know this is Country where Gautam Buddha was born in Lumbini and the Country where we can find Mt. Everest and beautiful range of Himalayas covering northern boarder.

# Nepal Demographics Profile 2018

- **Population 29,384,297 (July 2017 est.)**
- Median age    total: 24.1 years male: 22.8 years female: 25.3 years (2017 est.)
- Population growth rate    1.16% (2017 est.)
- Birth rate            19.5 births/1,000 population (2017 est.)
- Death rate            5.6 deaths/1,000 population (2017 est.)

# Background

- The health system in Nepal is 122 years old and based on primary health care approach
- Very different diseases in plain southern part and high mountain north parts
- Health services are mixed –both government and non-government (for profit and not for profit)

# The Health Care Systems

- Allopathic or modern medicine
- Traditional medicine – Ayurveda and Amchi
- Homeopathy
- Unani
- Other complimentary systems

# Health Service Delivery

- Community based health services and interventions- immunization (mobile clinics - every month), Vitamin A and albendazole distribution (twice a year) & primary health care out reach clinics (mobile clinics- every month) from local health facility
- Female community health volunteers and mothers groups
- Hospital and facility based services-general, specialized and mobile

# Health Service Organization

- Sub health post
- Health post
- Primary health centre
- District hospital
- General hospitals- zonal and regional headquarters
- National hospitals
- NGO and Private health institutions

# Strategic framework for improving the quality of care in Nepal

## **Three policies and strategies:**

- Policy on Quality Assurance in Health Care Services 2007,
- National Health Policy 2014,
- Nepal Health Sector Strategy 2015- 2020.
- The Constitution mandates the establishment, by 2018, of an adequate regulatory framework to improve the quality of health care.
- Nepal impressively reduced under-five mortality by 73% and infant mortality by 67%.



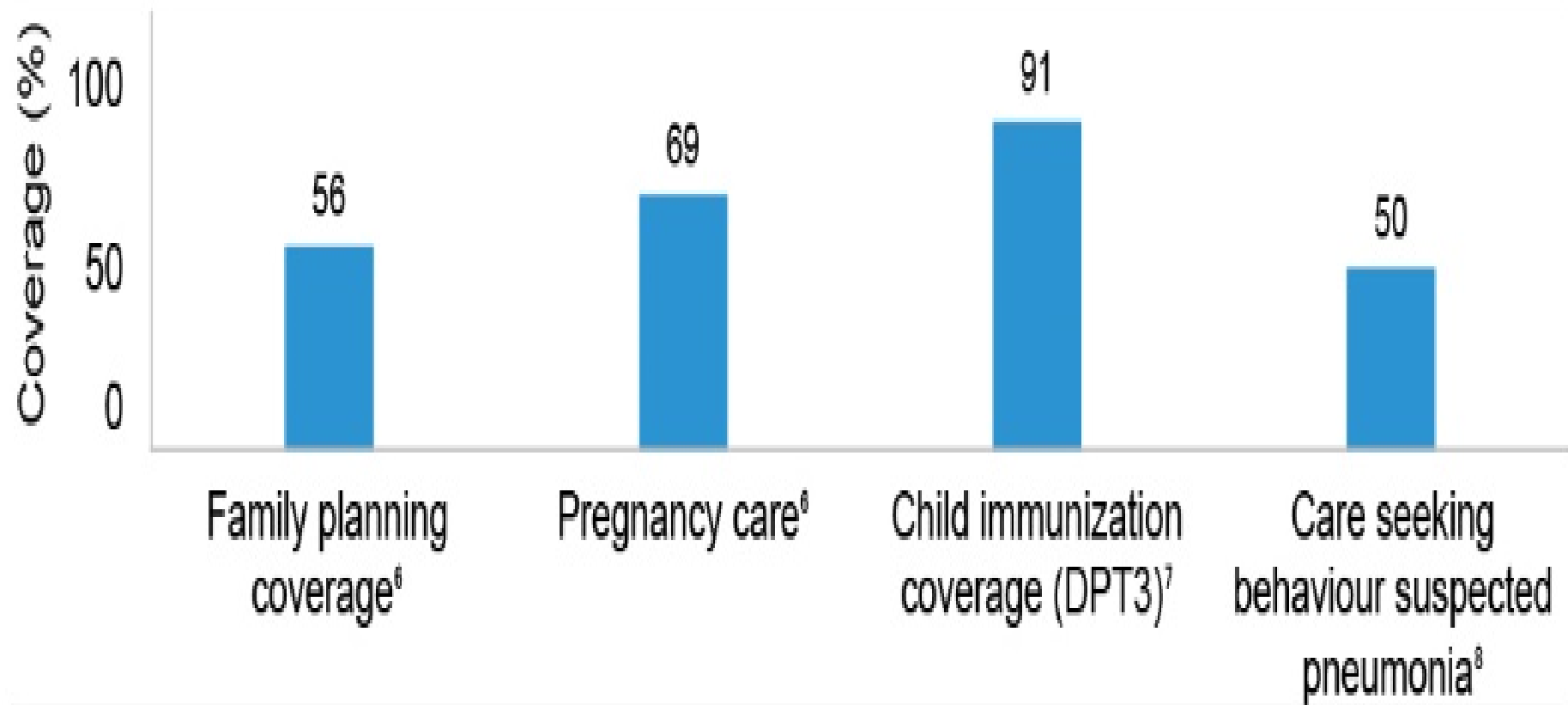
# Life expectancy of Nepalese People

- In Nepal, from 2000 (62.5 years) to 2015 (69.2 years), the life expectancy at birth has improved by 6.7 years
- Healthy life expectancy reflects overall health of the country's population. In Nepal, from 2000 (55.1 years) to 2015 (61.1 years), healthy life expectancy has improved by 6.0 years.

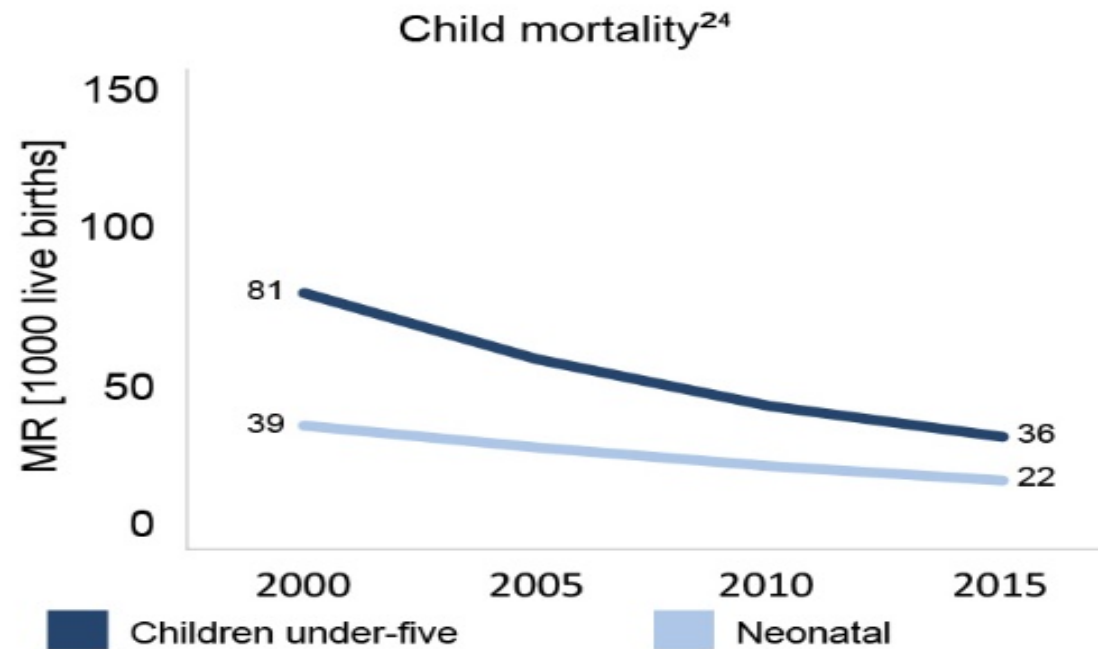
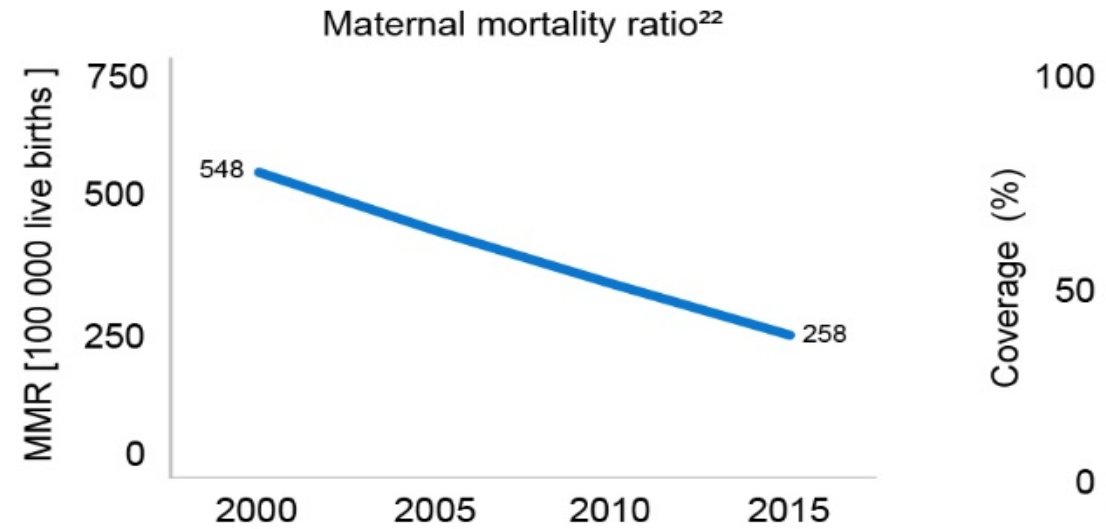
# HEALTH SERVICE COVERAGE

Reproductive, maternal, newborn and child health

Latest available data (2010-2015)



## Maternal and child mortality (SDG target 3.1, 3.2)



# **GENERAL INFORMATION OF NEPAL**

## **MEDICAL ASSOCIATION**

- Oldest professional organization in Nepal, established on 1951, started by only 20 doctors.
- Life Member of Nepal Medical Association is 6938 till the date .
- 32 speciality Societies affiliated with Nepal Medical Association.
- 16 Branches all over the country.

# **OBJECTIVES OF THE NMA**

- To protect the justifiable rights, interest and respect of profession.
- To support and extend encourage various trainings related to medical field conducted by the association as required by the nation.
- To provide service to the nation by enhancing the competence of medical professional.
- To encourage its members to maintain professional standard, ethics, and independence.
- The association shall maintain affiliation with national and international medical association as per necessity

# Activities

## List of programs conducted by NMA from September 2017 till March 2018

- 22 sep 2017 All opd services were closed as a protest against the law formed by government to the doctors.
- 21-26 september 2017 High level health officers from Bhutan visited JNMA
- 14 oct 2017 JNMA Hands-On Training for Fast Track Publication.
- 28 sep 2017 JNMA Training on Medical Research .
- 13-15 sep 2017 NMA President Dr.Mukti Ram shrestha and General Secretary Dr.Lochan Karki attended CMAAO General Assembly in Tokyo, Japan.
- 16 sep JNMA One-day workshop on advanced Scientific Writing.
- Nov 6, Dec 1,Jan 3 NMA dignitaries met Prime Minister on issues regarding Jail without Bail.
- 21-23 Nov 2017 Three days health camp in Kavre organized by NMA.
- 6 Jan 2018 JNMA Hands-on Training for Fast Track Publication.
- 26 Jan 2018 JNMA Short course for Medical Journal Editor.
- 03 Feb 2018 JNMA Advanced Techniques for Scientific Literature Search.
- 10 Feb 2018 JNMA Workshop on Hinari Basic Course.
- 17 Feb 2018 JNMA Research and Publication-A Scientific Approach.
- 24 Feb 2018 JNMA Advanced Techniques for Scientific Literature.
- 3 Mar 2018 Celebrated Nepal Doctors Day on Pokhara

**Thank You for  
your kind  
Attention.**