



*Profile of*  
**Nepal Heart Foundation**

*Established : 1988*

***Advocacy, Awareness, Training, Diagnosis, Treatment, Rehabilitation,  
Prevention & Control***

**November 2018**



**Nepal Heart Foundation**

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## Background

The current estimates reveal the increased incidences of heart disease at a faster pace in the developing countries. Almost 17.9 million people are reported to die each year from heart diseases in the world, of which almost two third occur in the low income countries.

In the last two decades, Nepal has also witnessed the increasing number of heart patients among all age and sex groups. The reason being lack of awareness building campaigns, limited access to treatment facilities, negligence in the medical care services, inappropriate lifestyle and unhealthy food habits of the people. An updated estimate reveals that around 30% of Nepalese population is affected by cardiovascular diseases.

### NEPAL HEART FOUNDATION

#### A Service Oriented Organization

Viewing over the severity of wide spread occurrences of this killer disease in all parts of the country, a group of professionals initiated a noble venture to establish Nepal Heart Foundation (NHF) in the non-governmental sector in 2045 BS (1988 AD). It is registered at the District Administration Office, Kathmandu with the aim to perform in the areas of prevention and treatment of heart diseases and rehabilitation then after. The Foundation is also affiliated with the Social Welfare Council, Nepal. The NHF is a member of the World Heart Federation and Asia Pacific Heart Network.

NHF's objective is to act as a service oriented forerunner vanguard institution to succeed in retarding the growth of heart diseases and ensure better life, free of heart diseases. In this order, the NHF has been broadly emphasizing its action focused on the following:



- Developing a platform to mobilize combined efforts of stakeholders to lead to a national campaign to prevent heart disease targeted towards the groups of people with high risk factors.
- Extending partnership with the like-minded institutions and individuals to upkeep mass awareness on heart related matters, including other non-communicable diseases (NCD). In this regard, NHF has been implementing its targeted campaigns, education programs, orientation, skill enhancement trainings, adoption of heart friendly lifestyle and providing technical and financial support to the needy patients for their treatment, and rehabilitation.
- Offering services, advices and necessary support to the Government and related organizations in policy and strategic matters including development of curriculum related to heart and NCDs in the school level text books and other forms of formal and informal education.
- Carrying out methodological research in related field and develop NHF as a specialized resource center.
- Disseminating awareness building information through print and electronic materials.
- Providing heart care initiatives to the disadvantaged





and underserved people.

- Mobilizing civil service organizations, community based organizations, media and private sector and individuals optimally for the cause of preventing people from heart diseases.

### Scope, Governing Structure and Membership

Adopting inclusive approach, being gender sensitive and targeting the people in need, the NHF is physically represented throughout the country with its central committee in the capital city Kathmandu, Province (state) coordination committees in all seven provinces and district branches in almost all 77 districts of Nepal.



The Center and the district level branches are managed by the executive committees that are elected by the respective general body every three years. The Executive Committee is mandated to meet at least four times a year. Respective secretariats run the day to day functions at both central and district levels. A Coordinator for each of the seven States (Pradesh) is appointed from among the Central Committee members/advisors of the NHF to facilitate, coordinate, supervise and oversee the functions of the district level establishments.

There are altogether, 5,200 (as of May 2018) active members from different walks of life in the NHF, who have been undertaking several effective programs for heart disease prevention at the national and local level. The membership number indicates tremendous potentiality of Human Resources.

NHF's well-equipped Heart Clinics are operational in Lalitpur, Kathmandu, Bhaktapur, Banepa, Makawanpur and Chitwan.

### National Programs of NHF

#### *Few Achievements:*

NHF operates its well thought programs in a cost effective manner in line with the Strategy adopted by its Executive Committee. The NHF activities are grouped under following national level programs:

#### *A. Save the Children's Heart and Rheumatic Heart Disease Prevention and Control*

The high priority action agenda of NHF remains to be creating massive awareness among the public on the aspects of prevention of heart diseases for which all means of publicity, promotion and actions are undertaken. With a focus to prevent heart disease of children, target programs are launched at the schools located in the urban as well as far flung areas. Children's heart is screened by medical doctors, diagnostic actions are performed (e.g. ECG, Echo, etc), treatment for needy children are taken to tertiary care heart centers and technical and financial support are provided as required.





The Government had financially supported NHF for this program every year since FY 2064 (2007) till FY 2071(2014). Over 6,000 people had directly benefitted. NHF had been successfully managing the program but the Government support of funds has stopped since 2014 AD. However, NHF was morally bound to continue the program through its internal resources and did it so far. Now the NHF has reached beyond its limited capability to continue financing on it.

The number of children benefitted from these programs account to several thousands over these 29 years of services. Even after the withdrawal of Government support, NHF has managed to continue the program through alternative sources. Activities were performed without hassles in around 200 schools covering 25 districts within 3 years. The heart screening was carried out for more than 60,000 children, of whom more than 210 were found at high risk; medicines were provided to more than 1200 and 21 children had undergone surgical treatment in tertiary heart care centers. All needy children were supported by NHF.

### ***Distribution of Penicillin Injections to the Rheumatic Heart Patients***

Among different components of the program, the segment on medicine and injection is of paramount importance. Making the penicillin injection free of cost through hospitals and other channels to the RHD affected children of age group from 5-18 has made life easier for the patients as it is not easily available in the market. Injecting penicillin being little risky, the medical professionals used to hesitate to inject it and NHF made it comfortable for them by providing necessary trainings. This action has not only saved a lot of money but also prevented patients from having expensive valve replacement surgery.



Since FY 2065 (2007 AD) till FY 2075(2018), a total of 262,267 vials of Benzathine Penicillin G injections (BPG) of 12 lakhs units and 33,700 vials of BPG 6 lakhs unit were made available free of cost to the needy patients. Government had funded around NPR 3 million annually for the program but stopped for last four years. After it, NHF was bound to spend close to NPR 1 million annually to give continuity to this program.

### ***B. Heart Attack Prevention and Control***

Under this program, NHF is actively engaged in awareness raising through dissemination of useful information through lectures, symposiums, effective use of audio visual means (video clippings, TV programs, promotional jingles), spreading tips for stress free and heart friendly lifestyle modifications, etc. Heart camps are also organized in different locations on regular basis.

Sector specific capacity building exercises were conducted for the medical service providers, community health workers and heart disease prevention volunteers at the local level. A total of 720 persons obtained training during the last three years (FY 2072–FY 2074).





These initiatives have benefited both male and female of the urban and rural areas of all ages to be aware of the heart disease related aspects.

NHF has recently initiated actions to strongly involve on subordinate risk bearing areas concerning hypertension, tobacco, diabetes, and obesity.

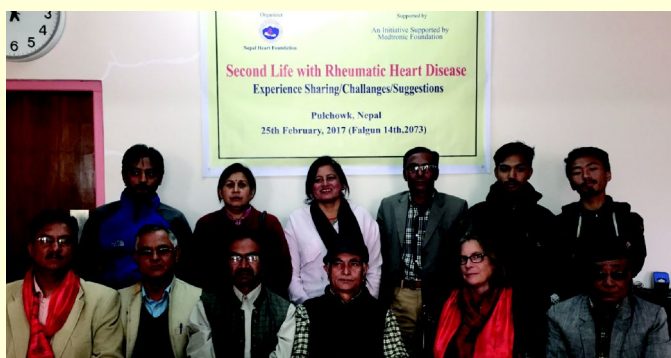
### ***C. Heart Disease Treatment Fund***

NHF Central office and its Branches at Lalitpur and Kathmandu have established such endowment funds with the financial support of individuals and organizations. The interest earned through such fund is utilized to support the needy heart patients for treatment in concerned hospitals. Within last 5 years (FY 2070- FY 2074) 215 patients have received such support from the NHF family (Central office-83, Lalitpur-101 and Kathmandu-31).A total of NPR 1.7 million was supported to those non affording poor patients in 3 years period.



### ***D. Rehabilitation of Heart Patients***

This one is the least achieved among other national programs of NHF. The Heart Club, another non-governmental institution, is the partner on this program with NHF. The initiations so far have been the counseling and sharing of experiences for better management of life of the heart patients who have undergone crucial treatments including heart surgeries and interventions.



### ***E. Go Red for Women***

This program is focused to the women before and after menopause, who are at high risk of coronary heart disease, hypertension, heart attack and stroke. Some initiations have been taken up but the central office and 9 district level Branches are doing very little to implement this gender sensitive focused program due to paucity of fund.



### ***F. Advocacy and Lobbying***

Advocacy has always remained as a crucial task of the NHF to convince the Government to include the issues of heart and NCDs in their portfolio of priority actions.

The great initiatives of NHF had resulted into the establishment of the Sahid Ganga Lal National Heart





Centre (the first dedicated heart hospital in the Government sector) and free heart valve surgeries and interventions to RHD patients.

Continued efforts of NHF in recent years have contributed to the Government's favorable actions to provide free treatment to children below 15 as well as people older than 75 years of age. The free service is provided also to the poor patients and discounted diagnostic facilities are extended to the needy ones.

NHF had pioneered the concept and played a crucial role in establishing 'Nepal Heart Net', which availed a common platform for 18 Government and non-Government institutions to mutually deal with all aspects of Heart diseases.

## Finance and Fund Management

The sources of fund for NHF are meager and limited. It raises financial resources from different income

streams including membership fees, advertisements in the publications and the interest earned from banks against the deposit of Heart Disease Treatment Fund. All these sources added together is not sufficient even to finance the ongoing programs.

The Government had financially supported NHF (NRs 2,39,86,171) under the Save the Children's Heart program for each year since FY2064 till FY2071. Under this program, over 6,000 people were benefitted. Among others, the most urgently required penicillin injections were made available to the needy free of cost from 38 zonal and district hospitals of Nepal. NHF had been successfully managing the program. Government funds are not available for last four years for the project but NHF is morally bound to continue the program through its internal resources.

A fund of US \$ 11,000 was supported by World Heart Federation to run a project "RHD –Advocacy, Awareness and Training in Nepal" from FY2071 to FY2072. Hoarding boards were placed in different public places and hospitals. Audio jingles were created and broadcasted in local FM, pamphlets regarding RHD printed and distributed among the people, stickers carrying messages for prevention of RHD were collated in public vehicles with due respect to raise awareness. A project was successfully completed and was able to raise awareness among local publics.

Rotary club of Patan and NHF were able to initialize the 3 years pilot project called "Primary Prevention of Rheumatic Heart Disease" in partnership with District Public Health Office (DPHO), Lalitpur in FY2014. A finance of US \$ 31,000 has been used provided by Rotary Club of Patan Global Grant. Blood Bank was established with the support of Rotary Clubs. Previous



methods of awareness raising was continued with this project as well, with placement of 60 billboards in local places, schools, and hospitals, 20,000 pamphlets were distributed among local publics, 5000 booklets on RHD were distributed to teachers and students, 1000 posters on RHD were distributed in schools of Lalitpur district. This project was a pilot project based on Lalitpur district only. They conducted a research on “Knowledge of RHD among people of Lalitpur district”. They worked hand-in-hand with 42 health posts of Lalitpur district to collect the data, help the local people in raising awareness and reach to the service of preventive activities on RHD to grass root level. 4000 students were screened for tonsillitis/pharyngitis, 1000 students were given free antibiotics for their throat problem, 500 throat swap cultures were done, and 300 students got their heart screened with echocardiography machine. One Training of Trainer (TOT) and several one-day trainings to teachers, health professionals and community health workers were organized.

A total of A\$ 70,000 was received from Australian Embassy in Kathmandu under two phases of Direct Aid Program during FY 2073 and FY 2074 for specific purposes of screening of children’s heart and awareness raising, which had been completed without any savings in 2017. Heart screening was carried out for 35,117



school children, of whom 121 students were identified within risk zone, medicine provided to 805 and 13 children had undergone heart surgery.

US based Medtronic Foundation had supported with US\$ 20,000 for RHD program, which was successfully completed in FY2074. Another US based Edwards Life sciences Foundation also funded the first phase of RHD program in 2017AD (US\$ 20,000) that had been successfully completed. As a second phase, Edwards has supported finance worth US\$ 40,000 which had been successfully completed. Edwards has now supported for the third phase worth US\$ 40,000 which is in operation. All available funds from Edwards will be spent by the completion of the program in October of 2019AD.

Above instances reveal credibility of NHF in

#### **Funds that have been received by Nepal Heart Foundation to undertake RHD control program**

<b>S.N.</b>	<b>Time Peroid</b>	<b>Project</b>	<b>Funder</b>	<b>Amount</b>
<b>1</b>	<b>2007-2014</b>	<b>RHD Project</b>	<b>Government of Nepal</b>	<b>NRs. 24 million</b>
<b>2</b>	<b>2014-2015</b>	<b>RHD-Advocacy, Awareness and Training in Nepal</b>	<b>World Heart Federation</b>	<b>US \$ 11,000</b>
<b>3</b>	<b>2014-2017</b>	<b>Primary Prevention of Rheumatic Heart Disease</b>	<b>Rotary Club of Patan Global Grant, 3292</b>	<b>US \$ 31,000</b>
<b>4</b>	<b>2015-2016</b>	<b>Heart Screening of School Children</b>	<b>DAP 2015-2016 Embassy of Australia</b>	<b>AUD \$ 35,000</b>
<b>5</b>	<b>2016-2017</b>	<b>Heart Screening of School Children</b>	<b>Medtronix Foundation</b>	<b>US \$ 20,000</b>
<b>6</b>	<b>2016-2017</b>	<b>Heart Screening of School Children</b>	<b>DAP 2016-2017, Embassy of Australia</b>	<b>AUD \$ 35,000</b>
<b>7</b>	<b>2016-2017</b>	<b>Heart Screening of School Children</b>	<b>Edwards Lifesciences Foundation (2016-2017)</b>	<b>US \$ 20,000</b>
<b>8</b>	<b>2017-2018</b>	<b>Heart Screening of School Children</b>	<b>Edwards Lifesciences Foundation (2017-2018)</b>	<b>US \$ 40,000</b>
<b>9</b>	<b>2018-2019</b>	<b>Heart Screening of School Children</b>	<b>Edwards Lifesciences Foundation (2018-2019)</b>	<b>US \$ 40,000</b>



successfully managing the available domestic and international resources, but it is now left with no funding support for any of its programs and activities.

The expenditure from the NHF fund is based on approved norms and standards and its books of account are audited annually. Transparency is maintained. Books of records are open to all members.

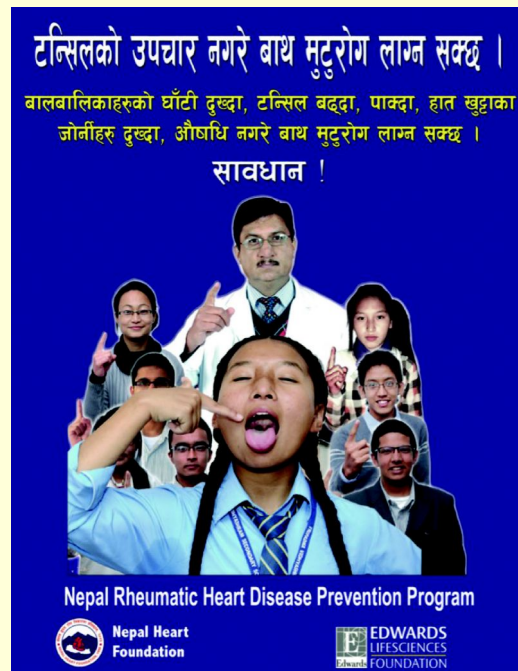
**The Founder Executive Committee  
NEPAL HEART FOUNDATION**

as per 2044 (1988) Poush 14,

President :	Dr. Mrigendra Raj Pandey
Vice-President :	Nilmani Sharma
General Secretary:	Dr. Dambar Bahadur Karki
Treasurer :	Dr. Khem Koirala Bandhu
Members:	Dr. Abani Bhusan Upadhyaya
	Dr. Motiraja Bajracharya
	Mr. Bhim Bahadur Adhikari
	Mr. Lok Bikram Thapa
	Dr. Mrigendra Prasad Shrestha
	Dr. Shyam Bahadur Pandey

## Opting for Support and Scope of Partnership

As there are no perennial sources available for NHF to carry out its noble tasks, NHF has been approaching potential partners for financial support for specific activities that suits with partner's priority, convenience and interest.



## Presidents and the General Secretaries of Nepal Heart Foundation from the date of establishment.

Year	President	General Secretary
1988-1997	Dr. Mrigendra Raj Pandey	Dr. Dambar Bahadur Karki
1997-2001	Dr. Dambar Bahadur Karki	Dr. Prakash Raj Regmi
2001-2003	Dr. Lok Bikram Thapa	Dr. Prakash Raj Regmi
2003-2005	Dr. Gopal Prasad Acharya	Dr. Prakash Raj Regmi
2005-2007	Dr. Abani Bhushan Upadhyaya	Dr. Prakash Raj Regmi
2007-2009	Dr. Abani Bhushan Upadhyaya	Dr. Prachanda Pradhan
2009-2011	Dr. Prakash Raj Regmi	Dr. Prachanda Pradhan
2012-2015	Dr. Prakash Raj Regmi	Mr. Dipendra Purush Dhakal
2015-2018	Mr. Dilli Prakash Ghimire	Mr. Balram Neupane
2018-2021	Mr. Dipendra Purush Dhakal	Dr. Prakash Raj Regmi



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