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***Thank You!* for your ongoing invaluable support to the KIOCH Partners of America (K-PALS)**

**Dear <<First Name>> ,**

Here is to another month of progress in giving towards the children of Nepal.  
We have made some notable achievements as listed in the newsletter below.

Again, sincere thanks for being a crucial part of our mission. Together, we are creating a brighter and healthier future for the children of Nepal.

Warm regards,

**Binita Kharel Nepal**

**President**

**KIOCH Partners of America, K-PALS Inc.**

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# K-PULSE

FEB-2024 - V2 Heartbeats of Change, Chronicle of Care



Kathmandu Institute of Child Health - KIOCH

K-PALS: KIOCH Partners of America.

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Shrestha: Pioneering  
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Nepal Visit

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Kathmandu children's  
Hospital

If you're in Damak or  
Kathmandu, please stop by  
to meet our wonderful  
team. They'll be delighted  
to show you the progress  
of your contribution.



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## ➤ MEET DR. JAYA MANI SHRESTHA

KIOCH-DAMAK CHILDREN'S HOSPITAL



### Contact:

For inquiries or consultations,  
Dr. Jaya Mani Shrestha  
can be reached via  
email at  
[drjaymani@kioch.org.np](mailto:drjaymani@kioch.org.np)

### Education:

Dr. Jaya Mani Shrestha obtained his Post Graduate degree in Pediatrics from the Institute of Medicine (IOM) in 2016, marking the beginning of his journey in pediatric healthcare.

### Professional Experience:

Currently serving as a Child Specialist at KIOCH-DCH (KIOCH Damak Child Hospital), Dr. Shrestha has been an invaluable member of the medical team for the past three years. Recognized for his exceptional skills and dedication, he assumed the role of Medical Director ten months ago. Dr. Shrestha also plays a pivotal role in KIOCH's technical team, offering valuable insights and guidance as an advisor.

### Skills:

Dr. Shrestha is renowned for his expertise in pediatric care, ensuring the optimal health and well-being of his young patients. His adept leadership and management abilities contribute to the seamless delivery of medical services at KIOCH-DCH.

### Achievements:

Throughout his tenure, Dr. Shrestha has made significant strides in advancing the growth and development of KIOCH-DCH. His unwavering commitment to providing exceptional medical care has positively impacted the lives of numerous children in need.

## ➤ RECENT SUCCESS STORY

### KIOCH-DAMAK CHILDREN'S HOSPITAL

**Sapana Kumari Majhi**, 9-year-old female diagnosed with Nephrotic syndrome, steroid-sensitive, at KIOCH-Damak Children's Hospital 9 months ago. She is from an economically poor background with no family support. The previous two admissions were free of cost. This marks the third admission diagnosed as Frequently relapsing Nephrotic syndrome. presented at the OPD with anasarca and pleural effusion/ascites in distress, they initially refused admission due to a lack of money for food. We managed to arrange food supply and admitted the child. She was discharged on 4th Feb after 9 days of admission; she went into remission, and her smile returned.



## ➤ DONOR UPDATES

### KIOCH-KATHMANDU CHILDREN'S HOSPITAL



**Creators IVF Nepal Pvt. Ltd. (CIVF)** donated a sum of **NPR 5,00,500** to KIOCH towards the construction of KIOCH-Kathmandu Children's Hospital. **Mr. Tribeni Man Singha Pradhan (CEO, CIVF)** and **Dr. Sanu Maiya Shrestha Pradhan (Founder Chairman, CIVF)** visited the KIOCH office and the hospital building construction site and made the donation. The KIOCH family is grateful for this cooperation and support towards making quality health care available, accessible, and affordable to the children of Nepal.



**Sadbhab Yuwa Samaj (Nepal/Qatar)** donated a sum of **NPR 3,75,100** to KIOCH (and an additional individual donation by **Sadbhab Yuwa Samaj President, Mr. Chandi Bhusal**) towards the construction of KIOCH-Kathmandu Children's Hospital at the KIOCH office on January 26, 2024. The KIOCH family expresses sincere gratitude to the team for this solidarity towards making quality health care available, accessible, and affordable to the children of Nepal.



## ➤ CLINICAL COUNCIL PRERANA WEBINAR

### K-PALS UPDATE

PRERANA hosted a vital webinar titled "Bridging the Gaps in CHD Awareness and Care" during CHD Awareness Month, drawing pediatricians from the USA and Nepal. Speakers included Dr. Dilli Bhurtel from Children's Hospital of Richmond, Dr. Christopher Snyder from AAP, Dr. Urmila Shakya and Dr. Rabindra Bhakta Timala from SGNHC, and Dr. Bhagwan Koirala from KIOCH, with Rajesh Pandey moderating. Discussions focused on early CHD detection, timely management, the need for comprehensive children's heart centers, and policy changes to attract talent into congenital surgery and pediatric cardiology. This collaborative effort highlighted Nepal's readiness for early CHD intervention, emphasizing phased approaches and increased advocacy for CHD screening.

### Heart to Heart: Bridging Gaps in CHD Awareness and Care in Nepal

#### SPEAKERS



**Dr. Rabindra Bhakta Timala**  
Senior Consultant  
Cardiac Surgeon,  
SGNHC



**Dr. Urmila Shakya**  
Chair, Pediatric  
Cardiology  
Chapter NEPAS



**Dr. Christopher Snyder**  
Snyder Past Chair of  
Pediatric Cardiology &  
Cardiac Surgery, AAP



**Dr. Bhagwan Koirala**  
Chairperson  
KIOCH Children's  
Hospital



**Mod: Dr. Rajesh Pandey & Dr. Dilli Bhurtel**



**February 17th**  
**Saturday 9AM EST**

फाल्गुण ५ गते  
शनिबार साँझ ७:४५ बजे

## ➤ CONTINUING MEDICAL EDUCATION OPPORTUNITY: WEBINAR FOR AMA PRA CATEGORY 1 & ABP MOC PART 2 CME CREDIT

### K-PALS UPDATE

Our webinar "Pediatricians and Residents Education and Research Advancement in Nepal and America" has been approved for up to 1 AMA PRA Category 1 credit to be awarded to practicing physicians only. This activity has been authorized under our joint accreditation providers and does not indicate a partnership with Children's Health. As a member of the Children's Health Medical Staff, we will waive the Joint Providership fee.

ABP MOC Part 2 CME credit refers to Continuing Medical Education credits that are part of the Maintenance of Certification (MOC) process for physicians certified by the American Board of Pediatrics (ABP). This type of credit is earned through activities that contribute to ongoing professional development and is a requirement for maintaining board certification. This activity has been planned and implemented by the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of Children's Health and KIOCH Partners of America (KPALS). TMA accredits Children's Health to provide continuing medical education for physicians.

The Children's Health designates this Live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For ABP MOC II, the learners must complete an assessment following the CME activity. The assessment is generated from the speakers in relevance to the specific lecture. It will need to be five questions in any format. (T/F, multiple choice, etc.) Once the test is answered correctly, The certificate will populate, reflecting the MOC part 2 credit.

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## PRERANA (Pediatricians' and Residents' Education and Research Advancement in Nepal and America)

### PRERANA CME activity planning committee



**Rajesh Pandey, MD**

Course Director  
Clinical Associate Professor  
Department of pediatrics  
UT Southwestern Medical  
Center, Dallas TX



**Dilli Bhurtel, MD**

Coordinator PRERANA,  
Co-Director of Course,  
Fetal Director,  
Children's Hospital of Richmond

#### Committee members:



**Roger Bedimo, MD**

Professor Department of  
Internal Medicine at  
UT Southwestern Medical  
Center



**Sucharita Tuladhar, MD**

Assistant Professor  
Pediatric Hematology Oncology  
Patan Academy of Health Sciences,  
Lalitpur, Nepal



**Srijana Basnet, MD**

Associate Professor of Pediatrics  
Institute of Medicine  
Kathmandu, Nepal



**Ruben Vaidya, MD**

Associate Professor of Pediatrics,  
University of Massachusetts  
Chan Medical School - Baystate



**Binayak Sigdel, MD**

Assistant Professor of  
Pediatrics,  
Baylor College of Medicine,  
Texas Children's Hospital



**Gayatra Mainali, MD**

Associate Professor of Pediatrics  
and Neurology  
Pennsylvania State University,  
Hershey, PA





**Bibek Bista, MD**

Assistant Professor  
McGovern Medical School,  
UT Health, Houston, TX



**Chakradhar Mishra, MD**

Assistant Professor of Radiology,  
Children's Hospital of Richmond  
at VCU.

PRERANA epitomizes a joint endeavor focused on elevating pediatric healthcare and research by facilitating educational exchange and research collaborations among pediatricians and residents in both Nepal and the USA.  

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## ➤ EXCITING UPDATES FROM K-PALS PHILANTHROPY COUNCIL!

WE'RE THRILLED TO SHARE SOME EXCITING UPDATES FROM OUR RECENT VISITS TO KIOCH CHILDREN'S HOSPITAL IN NEPAL!



### KIOCH-Kathmandu Children's Hospital:

**Our committee chair, Som Gurung**, had the opportunity to visit the KIOCH-Kathmandu Children's Hospital and witness firsthand the progress of the main hospital building and the clinical and research building construction.

The newly built clinical and research facility will house research labs, meeting rooms, administration offices, and will soon open its doors for the public in the outpatient department (OPD). The main hospital building is also rapidly under construction.

It was inspiring to meet with the dedicated Nepal team, including Anu, Monika, Pratikshya, Mandar, and others, who are working tirelessly to make this vision a reality.



### Expansion to Pokhara:

In addition to the Kathmandu visit, our committee chair, Som Gurung, also traveled to Pokhara alongside Dr. Bhagawan Koirala to meet with potential team members and stakeholders. The aim is to establish a strong KIOCH team in Pokhara, expanding our reach and impact to serve even more children in that region.

These visits underscore our commitment to advancing pediatric healthcare in Nepal and to work towards our mission of providing quality healthcare to every child.

**If you're in Damak or Kathmandu, please stop by to meet our wonderful team. They'll be delighted to show you the progress of your contribution.**

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## ➤ A GLIMPSE INTO THE ONGOING CONSTRUCTION OF EAST BLOCK AT KIOCH-KATHMANDU CHILDREN'S HOSPITAL

### KIOCH-KATHMANDU CHILDREN'S HOSPITAL

In each of our monthly newsletters, we're committed to providing updates on the construction progress of KIOCH-Kathmandu Children's Hospital to showcase the milestones achieved and the remarkable progress made. Rapid Progress: We're thrilled to report that construction is progressing rapidly, with everyone putting in tremendous effort. The changes are evident, and the building is visibly taking shape, reflecting the collective dedication and hard work of our team.

Continuous Work: Work is underway tirelessly every single day, as we remain focused on our mission to create a state-of-the-art facility that will provide quality healthcare to children in need. Your support and encouragement continue to drive us forward, and we're grateful for your unwavering commitment to our cause.

Stay tuned for more updates as we continue to make strides towards the completion of KIOCH-Kathmandu Children's Hospital. Together, we're building a brighter future for pediatric healthcare in Nepal.

We express gratitude for your generous support, making a positive impact on the future of children in Nepal. Thank you for being part of this meaningful journey.



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If you have any questions, please direct them to [info@kpals.org](mailto:info@kpals.org).

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