



NCD Watch Nepal

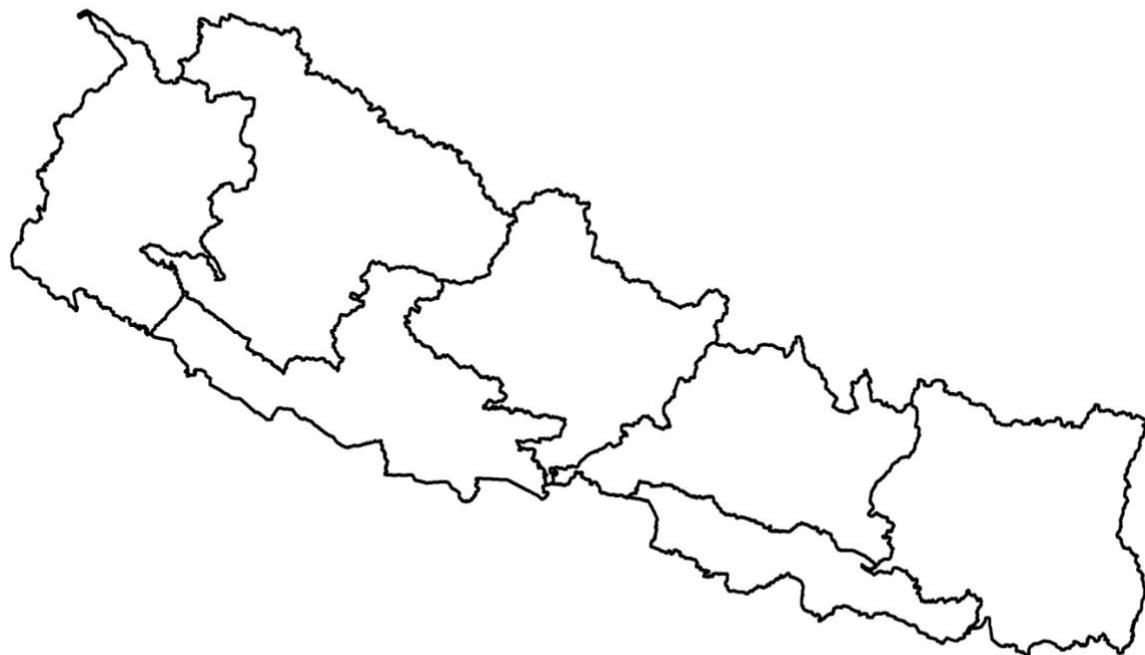
Non-communicable Diseases in Nepal

Research Roundup May 2022

Making non-communicable diseases a national priority

Non-communicable Diseases in Nepal-Research Roundup

May 2022



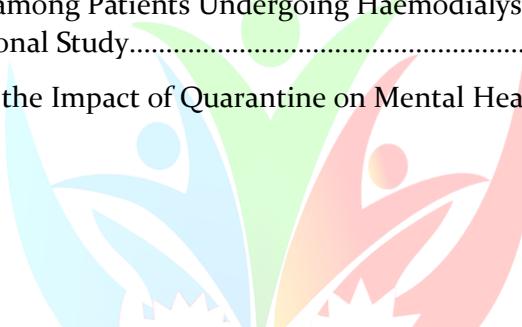
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Roundup Summary

For the month of May 2022, our scoping on non-communicable diseases in Nepal found 7 published articles. Majority of the studies were cross sectional studies and, covering the topic of mental health.

Depression, anxiety and stress among high school students: A cross-sectional study in an urban municipality of Kathmandu, Nepal

DOI: <https://doi.org/10.1371/journal.pgph.0000516>

Context: The physical, psychological, and behavioral changes that occur throughout adolescence predispose them to a variety of mental health issues.

Methodology: A cross-sectional study was conducted among 453 students of five randomly selected high schools in Tokha Municipality of Kathmandu, Nepal. The previously validated Nepali version of the depression, anxiety, and stress scale (DASS-21) was used to assess the level of symptoms of depression, anxiety, and stress (DAS).

Key message: More than half of the students had depression (56.5%) and anxiety symptoms (55.6%) and nearly one-third of the students had stress symptoms (32.9%). Therefore, prevention and control activities such as school-based counseling services focusing to reduce and manage academic stress and electronic bullying faced by the students are recommended considering the findings of this research.

Prevalence of multi-morbidity and its correlates among older adults in Eastern Nepal

DOI: <https://doi.org/10.1186/s12877-022-03115-2>

Context: Although multi-morbidity has been introduced in policy and practice in developed countries, developing countries like Nepal have not considered it as a matter of public health urgency due to the lack of enough epidemiological data.

Methodology: A community-based cross-sectional survey was conducted in three districts of Eastern Nepal among 847 Nepali older adults.

Key message: The prevalence of multi-morbidity was 22.8%. More than half (66.5%) of the participants had at least one of the five non-communicable chronic conditions; hypertension (31.6%), osteoarthritis (28.6%), chronic respiratory disease (18.0%), diabetes (13.5%), and heart disease (5.3%). Increased age, those without a partner, residing in urban areas, and being distant from health centers were significantly associated with multi-morbidity.

Depression among Armed Police Force Soldiers Serving in a Police Headquarter: A Descriptive Cross-sectional Study

DOI: <https://doi.org/10.31729/jnma.7497>

Context: Depression is a common mental health problem among soldiers worldwide. Depression decreases the efficiency and productivity of the soldiers.

Methodology: A descriptive cross-sectional study was done on a total of 314 soldiers serving in the eastern regional armed police force headquarters of Nepal. Beck Depression Inventory was used to assess the prevalence of depression.

Key message: Among the total participants, 42.36% of soldiers were found to have depression. 14.9% had mild mood disturbance, 10.5% had borderline depression, 12.74% had moderate depression, and 3.2% had severe depression.

Burden and Risk Factors of Diabetic Retinopathy Among Diabetic Patients Attending a Multispecialty Tertiary Eye Hospital in Nepal

DOI: <https://doi.org/10.3126/nepjoph.v14i1.39723>

Context: As the number of people with diabetes mellitus is increasing, the number of diabetic retinopathy is also expected to increase in the future.

Methodology: This is an observational cross-sectional study enrolling 420 diabetic patients visiting the multispecialty tertiary eye hospital in Nepal between March 2020 and February 2021. Anthropometry measurements, laboratory risk profiles, and blood pressure of the participants were recorded.

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Key message: The prevalence of any diabetic retinopathy, proliferative diabetic retinopathy, and diabetic macular edema were 30.96 %, 6.19 %, and 5.95 % respectively. Factors like duration of diabetes mellitus, hypertension, abdominal obesity, cholesterol level, etc. were associated with diabetic retinopathy.

Rheumatic Heart Disease among Patients with Valvular Heart Disease Admitted to the In-patient Department of a Tertiary Care Centre: A Descriptive Cross-sectional Study

DOI: <https://doi.org/10.31729/jnma.7457>

Context: Rheumatic heart disease is the most common cause of valvular disease in Nepal.

Methodology: A descriptive cross-sectional study was conducted at a tertiary care center among 327 patients of age ≥ 18 years presenting with valvular manifestations of any disease diagnosed by transthoracic echocardiography.

Key message: Among 327 patients, the prevalence of rheumatic heart disease was found to be 72.3%. This study suggested that early screening by echocardiography and prophylactic therapy can reduce the need for valvular repair and surgery for diseases like RHD.

End Stage Renal Disease among Patients Undergoing Haemodialysis at a Tertiary Care Centre: A Descriptive Cross-sectional Study

DOI: <https://doi.org/10.31729/jnma.7258>

Context: Studies have shown hypertension and diabetes as the leading causes of chronic kidney disease.

Methodology: This was a descriptive cross-sectional study conducted among 96 patients (>18 years) undergoing hemodialysis in the tertiary care center in Nepal.

Key message: Among 96 patients undergoing hemodialysis, the prevalence of end-stage renal disease was 86.45%. The most common underlying condition was hypertensive nephropathy in 34 (40.96%) patients, followed by both hypertensive and diabetic nephropathy in 26 (31.33%) patients. This study suggests that early diagnosis and adequate treatment of hypertension and diabetes could be crucial to reducing the prevalence of the end-stage renal disease.

COVID-19 Pandemic and the Impact of Quarantine on Mental Health of Adult Population

DOI: <https://doi.org/10.3126/paj.v5i1.45041>

Context: Isolation and quarantine were implemented to prevent the transmission of coronavirus. A new environment, a departure from loved ones, and insecurity over disease status in quarantine can aggravate mental health problems.

Methodology: This was a descriptive cross-sectional study conducted among 305 adult populations of Rupa Rural Municipality, Kaski, Nepal. DASS-21 was used to collect the data from participants.

Key message: This study found that among the quarantined group, 24.9%, 20%, and 1.2% had depression, anxiety, and stress respectively whereas, among non-quarantined respondents, 5.7% had depression, 12.9% had anxiety and 1.4% had stress.

We thank you all for joining our initiative to promote evidence-informed policymaking and promote public awareness on non-communicable disease (NCDs) and related issues in Nepal- we are committed to staying up to date with the latest NCD research in Nepal.

This issue covers summary of scientific publications on NCDs in Nepal for the month of **May 2022**.

Should you have colleagues who'd like to receive these updates via email
ncdwatchnepal@gmail.com

Individual summary of round-up is also available on our social media outlets:

- ⇒ Twitter: <https://twitter.com/NCDWatchNepal>
- ⇒ Facebook: <https://www.facebook.com/NCDWatchNepal>
- ⇒ LinkedIn: <https://www.linkedin.com/company/ncd-watch-nepal>

Please join us and share with relevant colleagues. As always, previous editions of the round-up are available in our archive here at

<https://ncdwatchnepal.wordpress.com/research-round-up/>

https://nepalhealthfrontiers.org/publication_type/ncd-watch-nepal-research-roundup/

NCD Watch Nepal is an initiative hosted by Nepal Health Frontiers (NHF): a not-for-profit organization working in the sector of health research, programs, and social development.

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Let's unite to beat NCDs.

#actOnNCDs #beatNCDs